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The Brand

March 20, 2020 • Lowry High School • Winnemucca, NV

Our Story
Page 2



**KEEP
CALM
AND
WASH
YOUR
HANDS**



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

CS243041B

NOTE: Governor Sisolak announced the school closure one day before the deadline to submit the paper to the printer. The Editors decided at that time to continue working to publish a digital only paper and changed the cover story.

Some of these stories were written before the closure but we felt it important to include them as evidence of what Lowry students were doing and planning to do before their lives were put on hold.

It is due to the efforts of these students that you can hopefully enjoy a small distraction from the events of the day.

Best of luck and stay safe.

*~The Staff of
Lowry Digital Media*



COVID-19 and its effects

Unless you live under a rock (you wouldn't be reading this if you did), you and the entire world knows of the newest pandemic sweeping the Earth, COVID-19. As of writing this, Italy's death toll exceeds 3,400 with 41,000+ cases. The number of infections in Germany is over 11,000, and Spain has reported more than 17,000 cases (The New York Times). The US has banned international travel, and Governor Sisolak of Nevada has decided to close non-essential businesses. So what's next?

WHAT WE KNOW

According to CBS News, early patients of the coronavirus were associated with Hua Nan Seafood Wholesale Market in Wuhan, China; home to over 11 million people. Initially, the virus was believed to be transmitted from animals to humans. That's not the case anymore, as the virus is spreading widely from person-to-person in the form of droplets from coughing or sneezing (Centers for Disease Control and Prevention [CDC]).



Luckily, there's no evidence of the virus spreading through food, but according to the CDC, it may be possible the virus can live on surfaces and can infect people through touching said surface and then coming in contact with the eyes, mouth, or nose.

On a brighter note, the CDC stated that they have not received any reports of pets becoming sick due to the virus, and there is no reason to believe they can spread COVID-19 either.

Those at most risk for the virus are those with underlying health conditions such as asthma, diabetes, sickle cell anemia, obesity, and those under treatment or have been treated with chemotherapy.

Even if those of us without previously compromised immune systems aren't in any immediate personal danger, there is nothing safe about contracting COVID-19.

"Even if they aren't susceptible to it, they could be spreading the virus to others who are," said senior, Makayla Leville.

Symptoms of the virus may appear 2-14 days after exposure. They include fever, cough and shortness of breath. Some emergency warning signs include shortness of breath, pain or pressure in the chest, confusion, and bluish lips/

face. Get this: if you're not showing symptoms, there's no reason for you to use a facemask! Only those who are showing symptoms truly need them, and this is purely for the protection of others.

For the first time since the outbreak, there have been zero new cases in Wuhan, China and in the Hubei province. It is also mentionable that out of 145,000+ active cases worldwide, 95 percent are in mild condition. Out

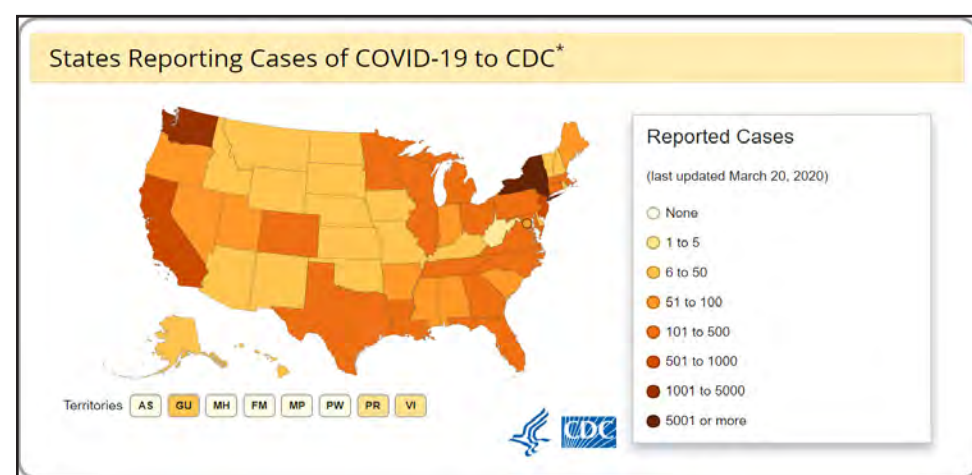
of the almost 100,000 closed cases, 90 percent of those people are recovered or were discharged (worldometers.info).

CONSPIRACIES

As always, the conspiracy theorists are tearing apart this piece of history unraveling before us. One theory proposes that the coronavirus is actually a bio-weapon created by the CIA as a way to wage war against China, and another suggests that governments were introduced to the virus as a way to make money from a potential vaccine. China

Trump's coronavirus propaganda. The Atlantic stated "Trump's efforts to play down the pandemic have been amplified by the same multi-platform propaganda he's relying on for reelection... the purpose of this sort of propaganda is not to inspire conviction in a certain set of facts; it's to bombard people with so many contradictory claims... that they simply throw up their hands in confusion and exhaustion."

This propaganda, of course, is to land him back in office later this year. By



even accused the US Army of bringing the coronavirus to Wuhan.

Junior Christina Rodriguez believes the media is taking away important information that people are missing out on.

"Although I do enjoy conspiracy theories, I think in this case it really takes away our attention from the bigger picture and the issue at hand," said Rodriguez. "We really should be spending more of our time and efforts as a nation to come up with solutions to problems being generated by the quarantine and virus."

Leville stated that she had heard about this being a repeated thing as history does tend to repeat itself.

"I try not to think about the fact that it could be a population control method, but I have heard talk that it is history repeating itself at the same time every century, like in 1720 with the Black Death or 1820 with the Cholera outbreak, 1920 with the Spanish Flu and so forth," said Leville.

Although conspiracies are just people's opinions majority of the time, the facts tend to outweigh them.

The Atlantic recently posted an article around President

muddying the waters, voters may deem Trump fit for a second term because of this 'alternate reality' he has created where the virus isn't as bad as it seems.

Freshman Oliva Hanninen and junior Triniti Gordon both agree that the media is causing hysteria.

"I think the people aren't educated enough about this virus and are just going off of what the media says, and we all know that the media loves to cause chaos," said Gordon.

"The media is just trying to get watchers and spectators," said Hanninen.

IS IT COMING OUR WAY?

As of March 19, the state of Nevada has reported 95 COVID-19 cases with 74 of them being in Clark county with only one death (Fox5 Vegas). 18 cases have landed in Washoe county, one in Douglas county, one in Carson City, and one in Elko county.

Sophomore Julian Aguirre believes there is a chance that there could be someone here who has it or if not, it is bound to happen.

"There's a slight chance it will make it here because of the traveling...nobody is traveling under self quarantine," said Aguirre.

Triniti Gordon has become aware of the situation and how every person is dealing with the lock down.

CONTINUED ON PAGE 3

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COVID-19 from page 2

"It's kind of inevitable," said Gordon. "A case was confirmed in Elko and there's many people who don't care and are partying or ignoring this virus."

Many panicked residents are stocking up on quarantine supplies, emptying the shelves at every store in town. Even toilet paper has become a scarce and valuable commodity.

"There are people that I know that can only shop once a month and they're unable to get the necessities that they need," said senior, Frankie Baumeister.

All nonessential businesses across the state of Nevada have also been closed, causing additional economic panic on top of the free falling stock market.

"Individuals still need jobs and many companies cannot afford to have employees on paid leave," said Gordon. "People have no means of income and some are still required to pay rent by the 1st of every month."

Now, considering our state is now shut down, before the virus has spread to Humboldt county, we may have a chance. But that being said, a lot of people are still traveling, and Winnemucca is a gateway city. We're four hours from Boise and Sacramento, five from Salt Lake City, and seven from Las Vegas. Not to mention, big enough for fast food right off of the interstates. Winnemucca is the perfect halfway-point between many places, and even though the local businesses and casinos have been shut down, fast food and grocery stores are still in full operation, allowing us to have more contact with one another, and potentially exposing us to COVID-19.



Lesley Martinez/Courtesy • Winnada

Schools statewide have been cancelled until April 6 minimum, and UNR as well as UNLV and universities around the country have transferred to online. Though this extra spring break is nice, it's detrimental to the AP students like Leville, Gordon, Schoenecker, and Baumeister who are preparing for exams in early May and are now two weeks of instruction time behind.

Schools in Humboldt County are attempting to continue student education in the interim through online databases and homework packets that can be picked up from the front offices of students' respective schools.

LOCAL EFFECTS: SPRING SPORTS

As many have already heard, the Nevada Interscholastic Activities Association (NIAA) has decided to postpone spring sports due to the coronavirus outbreak. Though high school level sports are most affected, this does include travel ball and entry level sports. Some players have gone as far as to quit their sport of choice, most are disappointed, but many have kept hope that things will blow over quite soon and the season will continue.

On March 11, the NIAA sent out a statement addressing COVID-19, announcing the suspension of sports for all of its member schools effective March 16. This is for the "protection of students and the general public."

Though the suspension is in the public's best interest,

many senior players are upset about the last season of their high school career.

Varsity softball player Kelcey Cooper stated "I've been super bummed but also very hopeful. I feel this will all blow over and we can continue our season. We are definitely losing some opportunities since we can't practice but hopefully, we can keep going with the season and pick up right where we left off."



Kelcey Cooper attempts to bunt in a game last year. Martinez/Ron Espinola • Lowry Digital Media

As far as college recruitment goes, Sierra Maestrejuan (varsity softball player) is concerned that her and her peers will need to find other ways of getting in contact with college-level coaches.

"I think that many opportunities for players will not be given due to our seasons being suspended and some canceled," said Maestrejuan. "The athletes looking to play in college are going to have to train on their own and find other ways to have contact with coaches."

Though the senior players are being hit the hardest, the lower classmen are also feeling disheartened.

JV baseball player Eric Bergenheier was looking forward to watching his brother, Brooks Bergenheier, play with the varsity team this season.

"I'm disappointed because it's my brother's senior year and he is on a really good team," said Bergenheier. "They may not be able to show what they have because of the suspension."

Lesley Martinez (track) and her team were hoping to qualify for regionals as well as state this year.

"The team was mostly disappointed because we had all worked so hard and we were looking forward to future meets," said Martinez. "We were most disappointed about not being able to compete and do better in order to qualify for regionals and state, and I'm mostly disappointed because I was really looking forward to the meets and improving my records."

Players understand that the suspension may be a good preventative measure to keep the virus from spreading, but everyone has a different take on the situation.

Varsity baseball player Justin Horton thinks the ban is justified, stating that "even larger leagues like the NBA, MLB, NHL, and MLS have also canceled games. It just happens that our administration thought this was the right decision as well."

Horton also mentioned the accountability at hand if the NIAA has not postponed spring sports.

"It could be good for the district because it means they won't be responsible if someone catches COVID-19 and it could be good for us because it means we might not get it. It just is disappointing that this happened," said Horton.

Swimmer Zoey Thies, on the other hand, believes that there wasn't a very good reason to cancel the swim season.

"I feel like it was a bit of an overreaction at least with swimming," said Thies. "We're swimming in chlorine which will kill a cold pretty easily. It would be a little different I think if there were more than just two cases of the virus in Nevada. It would make the reaction, I think, more justifiable."

In the meantime, players will be practicing on their own time and keeping up strength in hopes that the season will resume shortly.

ALL IN ALL...

The best thing you can do to protect yourself from the coronavirus is to wash your hands, don't come into close contact with anyone, and don't buy out the stores. This is a very scary time for many, and fear is absolutely acceptable but what is not acceptable is buying seven gallons of milk for a family of two. Trying to keep calm is the second best thing to do. Chances are you won't die, and neither will those you love as long as you're practicing social distancing. As of now, there are no confirmed cases in Humboldt county. Practice good hygiene (as you already should've been doing) and try to keep your distance, help keep yourself and everyone around you safe.



Justin Horton runs to third base. Martinez/Ron Espinola • Lowry Digital Media



/Courtesy • Tumisu from Pixabay

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SHARE FACTS ABOUT COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT 1

Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT 2

For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

FACT 3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT 4

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

FACT 5

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

[cdc.gov/COVID-19](https://www.cdc.gov/COVID-19)



CS 315446-A 03/16/2020

HELLO
my name is


**Otila
Castaneda**

STAFF

HELLO
my name is


**Araceli
Galarza**

EDITOR

Introduction to Engineering to change next year

Two years ago Lowry decided to switch it up and take out Physics and replace it with Project Lead The Way (PLTW) also known as Introduction to Engineering, now Lowry is changing it up once again but this time it's out with the new and out with the old. Scott Santos has been teaching for four years, he taught Physics for two years and the last two years he has been teaching Intro to Engineering. He believes that PLTW is an important class but does not fit into the science curriculum at Lowry well.

"I believe that it is important for PLTW to continue to be offered to Lowry's students, but the Engineering course does not fit particularly well into the sci-

ence department," said Santos about the class. "The Introductory Physics curriculum will more effectively develop a skill set that is more valuable for all 9th graders."

A better fit for the PLTW class will be in the CTE department. Some of the things that the current freshmen did in PLTW includes 3D printing as well as designing different things through a computer program. All of which make an amazing class. Santos has high hopes for the PLTW class as an elective.

"It is my current understanding that the Science Department will again be offering Introductory Physics, and PLTW will be moved to the CTE Department," said Santos. "Both courses are important for Lowry's students to take. I hope that enrollment in the

PLTW courses is high as I believe CTE is particularly valuable."

Shelby Ruff, a science teacher at Lowry, explained what physical science is. Ruff thinks Physics will be a good class for the students because of what it has to bring.

"It's a better fit for providing basic knowledge about physics and other courses," said Ruff. "In addition, students would learn lab safety and experimental design as well as foundation topics in chemistry and physics".

Different students feel differently about the program change then others, some are for it and others wish it would stay the same. Damon Fetty and Kaleb Gordon are both glad that they got to take the PLTW course.

"I like the engineering program and what it was about. I don't really like actual science so I'm happy that I got to take engineering instead," said Fetty.

"I like the engineering curriculum because you learn a lot," said Kaleb Gordon.

Sandivelle Guererro a freshman is on the side that wishes she would have had the same opportunity that the freshmen coming up will have.

"It's kind of a bit hard and I feel like it would be easier if we changed it to physics this year," said Guererro.



Students conduct an experiment in Mrs. Shelby Ruff's PLTW class./James Roberts • Lowry Digital Media



Students working in Mr. Scott Santos' PLTW class./Araceli Galarza • Lowry Digital Media

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SHOULD HOMESCHOOLERS BE ALLOWED TO PLAY PUBLIC SCHOOL SPORTS?

The controversy between whether or not homeschoolers should be able to play public school sports continues. Believe it or not, some states don't allow it. According to the New York Times, twenty-five states now allow homeschoolers to play at public schools. If you choose to be homeschooled, you shouldn't be allowed to play public school sports.

The majority, if not all, of the people on the team, are already acquaintances so you will for sure already miss that



bond experience. Plus, you chose to do your schoolwork at home when you could be social at school and making these bonds. Everyone who plays sports and goes to public school has to balance between schoolwork, practice, extracurricular activities, and social time, so most likely more than a homeschooled student would. You shouldn't have to pick between academics and athletics but depending if sports or school work means more to you, only you can make that call and know what's

best for you.

If you are homeschooled, you will have a slight advantage compared to those who go to public school for seven hours a day. You will have more time to practice and potentially get better which then could lead to homeschooled kids taking the roster spots of public kids. Homeschooled kids usually don't have to go to school as long as public kids do which gives them time to practice their sport a lot more.

Another factor that plays into this is eligibility. In high school, they tend to do grade checks every two weeks to make sure their players are keeping up the



good grades. But with homeschool, most coaches don't have access to their grades, only their proctor.

Some people may say that homeschooled kids should be able to participate in public school sports because of taxes. Silly reason right? But some may argue that they pay the same taxes as their neighbor who is in public school and they pay taxes to have such public schools. They all pay the same taxes to the state to maintain these public schools, so they, therefore, argue that homeschooled students should be able to play public school sports. With all of this, I believe that homeschoolers are missing out on a big chunk of high school but that is their choice.

INTELLIGENCE; NURTURE OR NATURE?

Are you born smart or raised that way? Different arguments can be made that support the idea that intelligence is not something you're born with. Such as the fact that when one is born they are born knowing nothing, one learns in school and the idea that if one was born with intelligence one would have nothing to learn. All are solid arguments but fail to consider the basic idea/concept of what intelligence is. Intelligence is the capacity to understand and comprehend a subject. When most make their arguments they are based on what people call book smarts but intelligence is not limited to what you can memorize from a book. Different people have different forms of intelligence, for example, have you ever met someone who could just look at a car and know what's wrong with it? This is just a good example of intelligence as the girl who understands how to calculate water potential. Of course one grows up learning and that attributes to the idea of nurture, but at some point, you reach your mental capacity and you just don't learn as well and for that

same reason nature prevails over nurture. So to put it simply, you are born smart.

The argument that people are born knowing nothing and learn as they are raised is a nuisance argument at best. While there is validity to the point the opposed fail to consider what intelligence is. One does not learn how to retain information. One is born with the capacity to understand, this is not something that is nurtured nor taught throughout time.

The way that I see it is simple, some people learn better than others. For example, you have two girls in the same AP Psychology course, same age, same family stability, and the same grade in the class. The only difference? Girl A can just hear the lecture and understand the concept and can put this learning into practice. Girl B spends three hours every night to understand and apply the same concepts that girl A understood with a 45-minute lecture. While it is true that some people understand different concepts better than others the



simple fact remains, no one taught girl A how to understand easier. Yes they both are in a class being taught but one understands easier which is intelligence.

Of course there is the idea that if one was born intelligent one would be born knowing how to talk, do simple math and read. This however is quite flawed in the thinking. Once again intelligence can't simply be measured by how well you do in school. Report cards are one thing but how you comprehend is another. Once again you can not teach someone how to comprehend easier, no matter the math games, nor time spent, you can't teach intelligence, therefore, intelligence is based on genetics.

Genetics play a big role in everything, from determining hair color to determining how intelligent one is. While true that one has to nurture the intelligence they are born with the fact remains the same. You can not raise someone to be smart, they have to be born that way.

PRANKS

Pranks. They're supposed to be funny, and sure, they can be, but how often are they really? When was the last time you saw a prank that really was funny? With April Fool's day coming up, we're sure to see an abundance of line crossing, but just how far is too far? No matter how severe, they're almost never fun for the prankster, but if you're going to insist on celebrating this April Fool's day, at least consider what not to do.

Messing with hair. This one is really popular, but why? Dying, cutting, burning hair; when have any of those actually turned out well? Whatever you do to

someone's hair is stuck with them for a long time, and as part of your appearance, it's hard to hide. A person's hair can be just as important to him or her as the act of wearing clothes. Like, any clothes. So seriously, hands off.

Anything involving cars. Cars are expensive. Even if whatever your prank is isn't intended to cause damage, sometimes things happen that are out of your control. If you can't afford/aren't willing to pay to fix it (even worst case scenario), don't touch it. It's that simple.

If the sentence has "glue" in it,



forget it. This one is hard to understand. Again, permanent damage. Say you glue a teacher's mug to their desk. Congratulations, that desk is now useless if he or she ever needs to move the mug. Glue also leaves residue. Even if your victim can dislodge the object without damaging anything, that glue will never be completely gone.

Surprise pregnancy/engagements. While these pranks may not be as offensive as some of the other bad ideas on this list, they can still be a serious matter. Especially if you're still in high

school. Both of these things are huge commitments and will panic a lot of people if they don't think you're ready. The kind of panic that crosses lines.

Playing with emotions. The absolute worst thing you can do is upset someone on purpose. This can be pretending to break up with or cheat on your significant other, pretending to abandon or insult a friend, even faking a death. You're going to know it's all just a joke, but the whole idea is that your victim will not. These kinds of things can cut people deep. Sometimes those cuts can be more like deep chasms neither of you will ever get over. Just don't go there.





HOW TO CONTINUE LEARNING WITHOUT TEACHERS AND SCHOOLS



As we all know during this quarantine students around the world were forced to continue their learning without school and teachers, having to do their work online. Many students

already do this for example homeschooled kids. For many, this could be a drastic change from having to go to school for hours to just working on assignments that have to be done at home at any time. The point is learning without teachers and schools is both a good and bad thing.

As a result of the coronavirus, students have to stay home, continue their learning online. I learn a lot better when the work is being shown in front of

me, being taught in steps meanwhile all the makeup work that has to be done is on google classroom or emailed.

Everybody learns in different ways they can be visual learners, auditory learners etc., but with there being so many methods of learning, people get used to what the school has to provide. With assignments being posted online students may not understand the material and there are many ways to fix that.

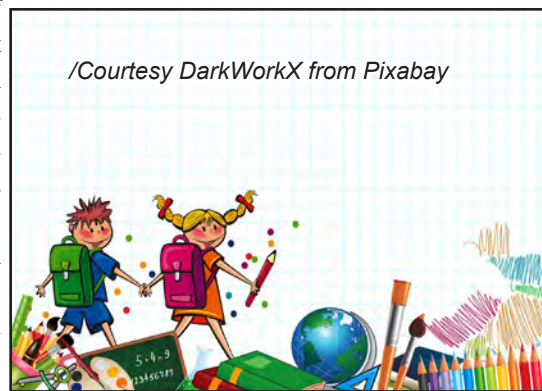
Students who need help can email the teacher asking questions or ask classmates through social media. Algebra teachers recom-

mend using Khan academy or youtube videos that can be used as a resource to help you better understand.

Some students don't have wifi and this can affect their learning but luckily our school is providing packets that could be picked up at the main office at the school for different classes like that have work to do like Algebra.

Overall there are many ways to deal with learning at home without teachers and schools as long as there is a way to get it done.

/Courtesy DarkWorkX from Pixabay



WHY IS VOTING IN A PRESIDENTIAL ELECTION IMPORTANT?

Voting is a right that not many Americans take seriously. Voting is not required by the law but it's an important right given to the people of a democracy.

In order for our democracy to continue to be successful, we need to get more involved. A democracy cannot work without the people's voice. People don't usually vote because they think that their voice won't really matter but it does. Almost all voters are a lot older, but the younger voters should vote because they are a powerful group of people that can make an impact on the results and they're the generation that is going to be around the longest.

The main reason that not many people vote is that they feel like voting isn't an effective way of changing society. Director at Tufts University Kei Kawashima-Ginsberg of CIRCLE has conducted research that found, "that a majority of young people don't think voting is an effective way to change society." The candidate that usually wins the popular vote gets elected



but there have been some cases where a candidate received the majority of the popular vote but didn't win the presidential election.

There is no excuse for a person not to vote since it is easier than ever to vote through means such as early voting and absentee voting. If you're not going to be in town you can vote early or even send your vote through the mail so you don't have to go through the struggle of waiting in line when elections come up. The system is willing to work with you if you're willing to cooperate.

Despite the problem of low voter turnout, there are still so many uninformed voters. These are people that just vote to vote and they don't really do any research on the candidates and the things that the candi-

dates are fighting for. Voting is important and every vote counts but we really need to have more informed and involved voters because they'll know the issues and things that the country is struggling with at the moment.

Being an informed voter is something that we should all take the time to do because you are going to vote for someone that has the same beliefs as you. It is easy to be an informed voter nowadays with our technology and social media platforms. For the young voters, you are starting to learn about our government at the start of your adulthood because many schools require you to take a government class where you learn about democracy and how it makes a government successful and unique which encourages you to go register and vote. So there is no excuse for you to not find yourself

at the courthouse when the second Tuesday of November comes up. At the end of the day voting is a right and whether you want to exercise that rule is up to you but in order for a democracy to work it needs the people's opinion.

Voting is a way for people to have a voice in what happens to our country. The candidate that we choose to be in the office is going to be passing laws and handling matters for our country for two years so it's important that we choose the person that's going to make the best decisions for our country. The only way to choose the best option is to get more involved with our democracy. You see so many people complaining about how they don't like the things that the president does but they can't really say anything because they didn't choose to get their voice out there when it mattered.

The voting process is simple and quick, it really doesn't take that much of your time so it's important to make a stand for what you believe and if the candidate that you voted for doesn't end up winning well at least you tried.



/Courtesy Dobins Air Reserve Base

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Lowry swim team prepares for a new season

The Lowry swim team made their first appearance of the season on March 12 in Carson City. With new changes every season the team has high hopes for their season.

The men team beat Incline 90-27 as the girls team lost to Incline 100-64. The men 200 medley relay won as well as the 400 relay. The girls 200 medley relay came in second but came back and won the 400 relay. Along with relays everyone placed in the top four.

Senior, Hunter Lewis looks forward to spending time with his team along with improving his times and making the most of it.



Mackenzie Swensen swimming at practice/Mackie Grady • Lowry Digital Media



Ashton Kalkoske practicing the freestyle/Mackie Grady • Lowry Digital Media

"I'm looking forward to a great season, to get along with everyone on the team and to have fun," said Lewis. "The difference from last year is that this year is my last year and I gotta make the best of it."

Lewis' main goal is to better himself as a swimmer.

"My events are usually the 100 backstroke and the 200 IM medley. I also swim any other events," said Lewis. "My goals this season are to try and make it to state this year again and hopefully try and beat the school record in the 100 backstroke."

With a new season, comes new athletes. Sophomore, Zoey Thies explains what her hopes are for the season.

"I'm looking forward to swimming under a new coach and cutting time on my events," said Thies.

This year, not only did the team gain new members, it gained a new head and assistant coach.

"From what I can tell the coach is a little more understanding and tweaks the workouts as we go to adjust based on everyone's times."

Thies also has personal goals for the season.

"My goal this season is to try events I have not done before and cut time on the ones I have done before especially the 500," said Thies.

This year, Lowry gained two former LHS swimmers as their head and assis-

tant coaches.

Head coach McKenzie Rupp is looking forward to each athlete's improvement throughout the season.

"I am most looking forward to watching each individual swimmer improve, go a little outside of their comfort zone, and meet the goals they have set for themselves this season," said Rupp. "We have such a great team dynamic in which our more experienced swimmers are positive and are willing to share their skills to help build up our less experienced swimmers."

Coach Rupp explains she has high hopes for her team this year.

"My goal is to provide each swimmer with the necessary skills to be successful in meeting their goals and improving their skills this season," said Rupp. "I want each of my swimmers to end the season knowing they put in 100% and are proud of what they accomplished."

Rupp believes each swimmer is capable of accomplishing anything as long as they put in the work.

"I believe each swimmer needs to demonstrate dedication and determination to the sport. Consistency with attending practices and giving 100% at each practice," said Rupp. "Each swimmer needs to set goals and have the realization that they are the decider of whether or not their goals are obtained."



Zoey Thies practices kick during a practice/Mackie Grady • Lowry Digital Media

Senior Tristan Miller is a part of the 4x100 freestyle relay and hopes to make it to state again with his fellow relay teammates.

"I hope that we can make state again this year and place higher," said Miller. "I also swim breaststroke in the 200 medley relay as well as swim in the 4x100 freestyle relay."

Miller hopes for a successful season and to end it with a PR and make it to state.

"My usual event is the 500 freestyle and I do everything else throughout the year once," said Miller. "My goals for this season are to get my 500 freestyle below 5:50 and make it to the state in an individual event."

The Lowry swim team continues their season as they head to South Tahoe on March 21.

Ashton Kalkoske, Hunter Lewis, Matthew Lizanetz, Tristan Miller, Elizabeth Cardenas, Adaya Goldblatt, Emily Lewis, Mackenzie Swensen, and Zoey Thies.

NOTE: This article was written prior to the announcement of the suspension of spring sports.



Softball season is up next and so are the JV players

Softball season has sprung its head around the corner once again. This year has all new players and all new strategies. Coach John Dunckhorst and assistant coach Sean Cooney are excited about the upcoming season.

"I'm excited to see the progress of the younger girls that made the team and to see them develop into varsity players," said Dunckhorst. "I really don't have a favorite part, but I guess I would say games because you get to see all the preparation that one does and see if the players took that into the game and if the players were able to retain it."

The Lady Bucks opened the regular sea-

son with a split against Spring Creek. They took game one, 21-10 but lost the next 15-11.

Softball is a fast-paced sport that requires knowledge of all positions. Coaches Dunckhorst and Cooney understand this and try to incorporate this into the way they coach. Jaylynn Smith, a sophomore on the team, appreciates the way the coaching this year is occurring.

"They are trying to play everyone in different spots and see what everyone is good at rather than keeping everyone in the same position and they are a lot more open-minded," said Smith.

Besides positional changes and the ability to play those different positions, the coaches

are worried about the fundamentals. The main goal of JV is to prepare the players to play at a varsity level.

"Not many things will change at the JV level. We really are just focused on teaching the fundamentals," explains Dunckhorst. "We focus a lot on organization and effort. I like to see my players put in a hundred percent effort."

Looking back through all the hard work it is important to have and to appreciate the game, players Saige Kirches and Jaylynn Smith look back fondly on the away games.

"All the memories and experiences and the crazy hotel room time," said Smith.

"I'm excited about our improvements and to see how well we do as a



Alyssa Garcia, Alyssa Perez and Cadance Mercado happy about the new season/Staff • Lowry Digital Media



JV softball players running drills/Staff • Lowry Digital Media

team and after practices," said Kirches.

NOTE: This article was written prior to the announcement of the suspension of spring sports.



Varsity baseball swings into play

This baseball season, there are a lot of seniors eager to give it their all. The team held Spring Creek on their home field on March 14, coming up short the first game (15-14) but winning the second (8-7).

Senior, Jordan Parker hopes for the team to make it to the playoffs.

"I'd like our team to make the playoffs for the first time in a long time," said Parker. "This year we are more of a team, we play for each other and not ourselves."

Parker is excited to get closer to his team this year.

"I'm looking forward to the bonds

with my teammates and coaches that'll be made," said Parker.

Senior, Josh Leveille sees potential in his team making it to regionals.

"My goals for the season are to better myself and help my team make it to regionals," said Leveille. "I am most looking forward to growing as a team and seeing how far we can get throughout this season."

The team has been playing together for years, but are much closer this year.

"This year we are more of a team and are much closer, as we have all been playing together for a long time," said Leveille.

Senior, Dominic Kelley is looking

forward to getting back on the field with his teammates.

"My goal is to be 100% and hopefully play a few games," said Kelley. "I blew out my knee and cannot play yet but I am looking forward to getting back on the field with my friends."

With different players come different goals and that is no different for this year's varsity baseball team. Junior Tristen Schmittel hoped that the team would grow in their skills enough to make it to the playoffs, a common goal shared by the entirety of the team.

"My personal goals for the season were to just make sure that everyone played like a team and backed each other up," said Schmittel. "Team goals were to just try to win as many games as possible and make it to the playoffs."

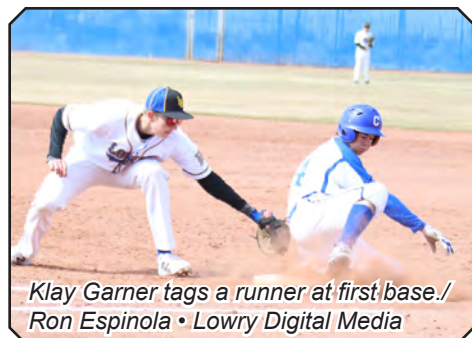
With all the fun of the sport also comes the bad, Schmittel dreaded the team making mistakes but appreciated the differences in warmups and the pushes that the coaches provided. He hopes that season will eventually resume so he can get back to playing.



Players cheering from the dugout./Ron Espinola • Lowry Digital Media

"The most difficult part was when we would make errors," said Schmittel. "We warm up differently from last year and the coaches know that we are capable of making it to playoffs so they push us hard sometimes and I think it was definitely our year to be able to get to playoffs and hopefully this virus passes by so we can continue on with our season."

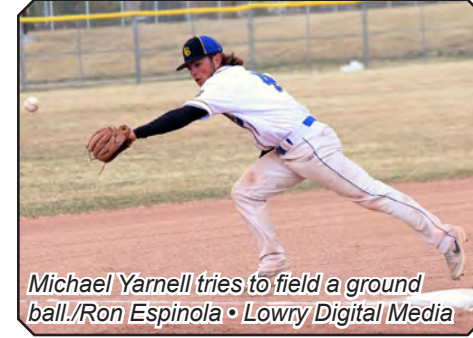
NOTE: This article was written prior to the announcement of the suspension of spring sports.



Klay Garner tags a runner at first base./Ron Espinola • Lowry Digital Media



Garette Hinshaw delivers a pitch./Ron Espinola • Lowry Digital Media



Michael Yarnell tries to field a ground ball./Ron Espinola • Lowry Digital Media



JV baseball split with Spartans to open season

JV baseball started with a strong season right out of the gate. In the first two games, the team trailed by only one point, taking a 5-4 loss to South Tahoe, and another loss of 18-17 against Spring Creek. In their final game, also against Spring Creek, the team bounced back for a 13-8 win.

Freshman Erick Bergenheier attributes the team's tight season to the players' ambition and focused attitude towards the game.

"We're always pedal to the metal and we always want to win," said Bergenheier.

As a close follower of Lowry's baseball program,

Bergenheier is confident in what the future may hold for this particular team.

"We have struggled in the past but I feel like this season we have one of the best teams in the program's history," said Bergenheier.

As with all teams, JV baseball wasn't without their struggles. Among them, Bergenheier said, we're staying positive and fielding.

As many players on JV and freshman teams come to find out, the step between previous sports organizations and high school ball can be a large one. Along with that can come a significant change in attitude.

"The coaches at Lowry don't like players who are lazy," said Bergenheier. "The coaches I've played for in the past were a lot more relaxed."

ROSTER: Jesse Murin, Braidyn Anderson, Omar Gomez, Brendan Robinson, Kaiden Boyles, Omar Gomez, Wyatt Sakurada, Erick Bergenheier, Zach Fernandez, Logan Fetic, Tai Combes, Marco Ruiz, Travis Urain, Justin Horton, Trenton Domire

NOTE: This article was written prior to the announcement of the suspension of spring sports.



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AOI CARLY CAPELLEN

Being a student-athlete is quite a challenge. Not only do you have to practice constantly, but you have all the pressures of keeping up one's grades and maintaining a healthy social life; but you have to worry about work and much much more. For the Athlete of the Issue, Carly Capellen, this is her daily life.

Carly has been involved in sports since she was young: she played soccer, volleyball, and basketball, but by the time she got up to high school, she settled for volleyball and basketball.

"Volleyball is my favorite. I like the speed and how it challenges you mentally when you make mistakes and it's hard to not get into your head," said Capellen. "Sports offers you a lot of leadership skills that you have to use in the real world. It's a lot of communicating with other people,".

With basketball and volleyball, both being in different seasons of high school Carly can only catch a break during spring sports. She tends to fill her time with constant naps and spending time with family. Her love of sports stems from her love of family and what inspires her. Especially her parents Nikki and Jereme Capellen.

"My parents are my biggest inspiration, they are really supportive," said Capellen "They go to all my games, they travel everywhere and always push me to do my best. We also go on a lot of trips together as a family. We go around the country to Colorado

and Oregon."

Most people assume that for student-athletes sports are the most important thing but for Carly, sports come second to her schooling. She is focused and dedicated and has a very impressive academic report. She is enrolled in AP Biology, Calculus and is taking college courses through the local community college, GBC. AP Biology teacher Michele Doyle spoke about Carly's dedication to her studies.

"Carly is a well-deserving student! As an honors student, Carly is diligent in her studies," said Doyle. "She pays attention to lectures and gets right to work when time is given. She's great at synthesizing complex topics and always willing to help out if needed."

In preparation for college, Carly was awarded the ACT freshmen scholarship to the University of Reno Nevada where she plans to go after high school. This scholarship is offered to students who have excelled in high school and who plan to go to UNR. There she will pursue her career.

"I plan to work over the summer and move to Reno in August," explained Capellen. "I want to pursue a career in the medical field and I feel like sports have helped me build up my character and work hard which are both important things you need in that field. My brother Peyton is already

attending UNR so I feel like that will make the transition in August easier."

Carly has left a lasting impression on basketball team. Dedication and perseverance went a long way. She worked her way through all the teams starting out on freshmen her freshman year and moving up to JV her sophomore year and finally finishing out on varsity for her junior and senior year. The varsity basketball coach Melanie spoke a lot about Carly.

"Carly was chosen as one of our captains this year as a second-year varsity player," said Thurmond. "She will be greatly missed as she always came to practice with a good attitude and always worked hard. She started several games for us this year and shot the three balls really well."

Carly's high school career is coming to an end but the memories that Carly had in her four years at Lowry high school will follow her until she's old and grey.

"The best part of high school was probably all of the amazing memories and friendships I've made and playing sports," said Capellen. "I've played sports with all my friends and we've all grown together."



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AOI: GRATIAN DAWSON

During Gratian Dawson's four years of high school, he has played football, baseball and ran track. It's hard to play sports as well as maintain a GPA all while dealing with the pressures that come with being in high school. Dawson is no different.

The older he became, the more he excelled in playing football. He worked hard and advanced up the totem pole that is high school football.

"I played on the freshmen team, then JV and varsity my junior and senior year."

Everyone has a role model. Gratian describes his dad as being his role model. He credits his father's influence and attributes it to his well-natured manner.

"Probably my father, he is always pushing me to strive better and to make the right choices in life," said Dawson.

During his time in high school, he has had many different coaches including Tyrell Lucas, one of his football coaches. Lucas describes Dawson as a dedicated hard working person who has

great things coming to him.

"As a player, he is an extremely hard worker, very dedicated to his craft," said Lucas. "He does everything he needs to improve himself and his teammates around him and as a person, he is a real stand up citizen. He does things without being asked to do them and he is a very quality person."

Lucas describes Dawson as a good team member and a quality person.

"The best quality he brought to the team was, he put the team first, he is a team first-person

not worried about his individual statistics or anything like that," said Lucas. "He is a great team player. He is a great teammate, he always tries to build up the people around him and he leads by example."

"All of my friends and memories I made growing up," said Dawson to

what he is going to miss from high school.

Gratian is going to continue playing football in college. He has signed and is committed to Eastern Oregon University and says he will enjoy it there.

"I have signed with Eastern Oregon University to play football, it's a smaller NAIA college with a good football program," said Dawson. "I love the people there and it makes me feel like I never left home."

In the end, Lucas expects great things in Dawson's future.

"I think given his work ethic and the way he dedicates himself to whatever it is that he is doing, he will do just fine, he'll excel in college," said Lucas.

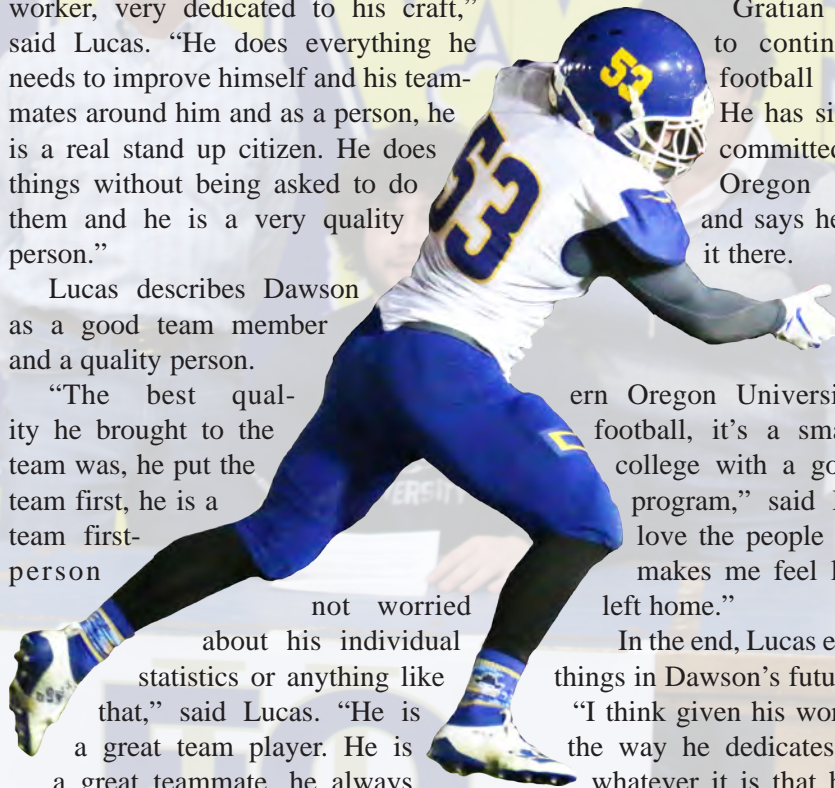
Sports have always been praised for the lessons that come from it. Dawson

has learned a lot from being a part of athletics. Football specifically has taught Dawson that you will get nowhere unless you work together.

Lucas isn't the only one that has been impressed, Cababat has also been one of Dawson's football coaches and describes him as a good teammate, player, and person overall.

"He works hard, obviously as a person that translates into what he does in the weight room and outside of the weight room, good kid," said Cababat. "He worked hard, he was selfless, he was all about the team first and did his best to improve others around him and himself. He has that personality where he will be able to grow and be successful. Might start off a little slow just because of the type of talent he is about to see is going to be different for him, but I think with his attitude and his desire he'll be better and successful in the end."

Dawson is going to college for four years and will study fire science. He hopes to gain a fire training experience and a brotherhood with friends. Dawson plans on becoming a firefighter.



Boys golf is in full swing

This year's golf team headed to their first match in early March in Spring Creek for an icebreaker. The Lowry golf team beat Elko and Spring Creek. Lowry finished with a total of 351 with Elko runner up with 367, and Spring Creek coming in third with 410.

The top three for Lowry were Kobe Stoker who scored an 80 with Max Mavity scoring 88 and Caden Rorex, 89. Bodi Miller scored 94 and Cal Peters (99) and Hunter Smith (120).

Coach Andrew Meyer is looking forward to working with his team this year.

"What I am looking forward to most this season is the group of athletes I have playing this year," said Meyer. "They are a great group of student-athletes that will make the season fun and enjoyable."

Meyer's goal for the team is to be competitive against the other teams in the league.

"My goal as a coach is to be able to instill a life-long love of golf in all my players," said Meyer. "My goal as a team is to be as competitive as possible and make the state tournament as a team."

This year Meyer hopes for his athletes to have a stronger swing this year.

"No new changes other than we'll be swinging harder and hitting farther," said Meyer.

Meyer has high hopes that his team is able to bring a state title.

"Our team's goal is to bring home some hardware at state, even the second place trophy would look good hanging in the halls of our school," said Meyer.

Senior Caden Rorex is hoping to improve at every tournament as this year is his last year.

Rorex explains he hopes to make bonds with the new kids on the team while making the best of his season.

"I hope to do well my senior year and make it to state," said Rorex. "This year we have a lot of new young kids who I hope to get to know."

Rorex believes the team can make it to state.

"I think that we will do good and hope to make it to state," said

Rorex. "My goal is to make it to state and be able to compete with the other teams."

Senior Max Mavity has high hopes for his team and is pushing to the end goal which is state.

"I feel like our top six players have really made improvements from last year to this year," said Mavity. "I hope to make it to the state tournament again for our fourth year in a row."

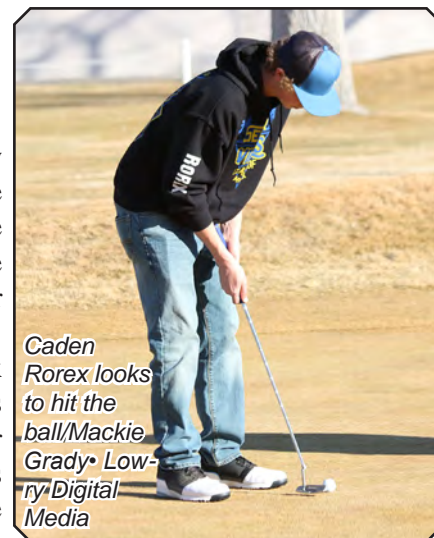
Mavity is looking forward to his last golf season.

"I'm looking forward to traveling with the team and enjoying every moment of my last season," said Mavity.

The team hosts their home tournament on March 30 and 31.

ROSTER: Tyler Carpenter, Rian DeLong, Dawayne Grasmick, Seamus Maloon, Maxwell Mavity, Bodi Miller, Wade Mori, Thomas Moser, Hunter Mullins, Cal Peters, Hector Rivera, Austen Rorex, Caden Rorex, Hunter Smith, and Kobe Stoker.

NOTE: This article was written prior to the announcement of the suspension of spring sports.



Caden Rorex looks to hit the ball/Mackie Grady • Lowry Digital Media



Tyler Moser sets up to hit the ball/Mackie Grady • Lowry Digital Media



Tyler Carpenter hits the ball/Mackie Grady • Lowry Digital Media

HELLO
my name is



Araceli
Galarza

EDITOR

Lady Bucks take two from Spring Creek

Lowry's softball season is at full speed, the girls have only recently started playing but started off with a great scrimmage in Sacramento. Varsity captains this year are Kelcey Cooper and Sierra Maestrejuan are hoping for the best season since this will sadly be both of their last year playing.

"I am very excited to just play my last season with my teammates. We have so much fun together on the field," said Maestrejuan.

"I'm super excited to just play with all my friends for my last season. we have a great defense, we need a little work on our offense but when we get that figured out we can definitely bring home a state championship," said Cooper.

In the first weekend of league play the girls brought

home two wins. They beat spring creek 9-6 and won 12-2 the second time around.

Head coach Austin Mayo is also excited for the season to begin and to see the girls progress their playing skills.

"I am excited to see how some of our older girls step up and how some of our younger girls perform," said Mayo. "We have quite a few young girls and I just want to see how they react and perform at varsity level softball. Our older girls are also in a good position to step up as leaders. I know they can perform but I am excited to see them help the younger girls get to the level they need to be at".

With new years come new coaching techniques, Mayo, however, doesn't feel the need to mess with what works but hopes to implement some more conditioning.

"Last year we finished one run away from making the state championship so I think we are going to be keeping things pretty much the same," said Mayo. "Just try to increase our mental toughness and our con-



The varsity softball team before a game./Courtesy • Dana Peters

ditioning a little bit. We can mix up the conditioning and as coaches talking about different mental situations that you need to be on, by doing different drills where these situations would present themselves."

Kelcey appreciates the new coaching techniques and feels that the team will benefit as a whole and show the potential of the team.

"They have switched our positions which I think is going to work out great. Also, they have been really tough and hard on us a little more this year because they know we have great potential," said Cooper.

The team is made up of Ava Zebroski, Shelbie Hoyt, Bailey Hayes, Kenzi Dowd-Smith Kelcey Cooper, Alexis Gomez, Destiny Starkey, Sierra Maestrejuan, Hannah Toth, Hannah Toth, Mackenzie Salas-Begay, and Bree Dunckhorst.

NOTE: This article was written prior to the announcement of the suspension of spring sports.



Coach Austin Mayo talks to the team at practice./Courtesy • Dana Peters



The softball team warms up for Spring Creek./Courtesy • Dana Peters

HELLO
my name is



Ariana
Perez

STAFF

HELLO
my name is



Araceli
Galarza

EDITOR

Lowry's track team prepares for the season this year

Track season came running at full speed, with new coaches, new coaching styles new everything the team was really in for a shock. This year along with coaches Byron Jeppsen and Kitty Norcutt, Lowry welcomed coaches Sergio Cabada, Chad Backus, and Maite Hernandez.

Head Coach, Bryon Jeppsen is making a few changes on how the team Works

"The one big change we did make is that we have athletes split into four groups: throwers, distance, jumpers, sprinters," said Jeppsen.

Jeppsen's Main focus is on Conditioning and working on the technical aspects this season

"Track isn't as simple as just going out and running, jumping or throwing. There are technical elements to every event in track and it is important that we repeat these technical elements over and over so that it becomes natural," said Jeppsen.



Colby Terry practices pole vault./Araceli Galarza • Lowry Digital Media

Lesley Martinez a junior on the team spoke about the different coaches and what they are focusing on.

"My throwing

coach is Mr. Jeppsen and he is also head coach, the long-distance coaches are coaches Cabada and Norcutt, the sprinting coach is Chad Backus, and the jumping coach is coach Maite," said Martinez.

Martinez also explained what having different coaches provides for the teams. She enjoys the different perspectives and the improvements that come with new coaches.

"The best part about it is being able to get a different perspective of the sport and having a fresh start with people who care about making you better," said Martinez.

With a new season and new personnel, athletics can be meaningful for the athlete.

"I think being a student-athlete has taught me important life lessons such as responsibility. Sports teach people have to work together and have accountability along with responsibility," said Sophomore Alexis Olson.

Junior Robert Rangel also spoke about the differences involving new coaches.

"There is nothing different with our practices except for a fresh mind that knows running and the mindset around it," explained Rangel.

Jeremy Walker a junior appreciates the changes and how the new leadership is influencing the team.

"Now we train a lot more independently in our groups compared to last year and it's been really nice," said Jeremy Walker. "We are all very supportive of each other and are overall a pretty great team. The new coaches have brought an all new type of organization and leadership to the program which is really nice to experience."



/Araceli Galarza • Lowry Digital Media



Mckenzi Peterson high jumping./Octavio Ruiz • Lowry Digital Media

Eddie Leon who is a senior enjoys the new changes.

"Last year I didn't do track but from the past year compared to this year, everything is more organized and I can proudly say these coaches have made track a fun place to come to after a long day of school," said Leon.

Many people only get around to running when it's away from something, but for these individuals track provides so much more than just that. Martinez and Rangel appreciate the and their personal improvements.

"It's a team, as well as an individual sport, you can excel in your own event and still compete as a team," said Rangel.

NOTE: This article was written prior to the announcement of the suspension of spring sports.



Winter sports review

132 weight class and Peterson was part of the 170. Coach Brant Corak hopes to come back better than ever

VARSITY BOYS BASKETBALL

The boy's varsity basketball team ended their season with an overall record of 18-8 and a league record of 14-4. They beat Elko on the road which was the first time since 2011. The boy's basketball team made it to regionals and lost in overtime for the second year in a row in the semi-finals against Elko 70-67.

Head coach Chad Peters was proud of this year's team and what they accomplished.

"I couldn't be more proud of the team and how well they were playing at the end of the year and all that they accomplished," said Peters.

Every player works on improving themselves throughout the season but JJ Backus worked on improving himself so that he and his team could be successful.

"I improved on learning what my team roles were to help the team be successful and fulfill our potential," said Backus.

VARSITY GIRLS BASKETBALL

The girl's varsity basketball team ended their season with an overall record of 16-11 and a league record of 13-5. The girl's basketball team made it to regionals and lost in the semifinals against Truckee 54-41. They grew as a team as the season went on.

Coach Melanie Thurman is excited about the future of Lowry and the upcoming seasons with the team being so young. This year they did really well and have great potential for years to come.

Sierra Maestrejuan played her last season of high school basketball this year and was pretty happy with the overall outcome.

"I think that our season was great overall! It didn't end up how we wanted but we kept getting better and I had so much fun playing with my teammates", said Maestrejuan.

VARSITY WRESTLING

Lowry Wrestling team had a really good season, they ended up finishing fourth overall. The team had a lot of young athletes, they had three seniors on the team, Taylor Corak, Cade Bell, and Eduardo Aguilar.

The team did really well because of all the conditioning that they would do, and it would show in the third round of a tight match. Although they didn't win a state

next year.

The intensity and the extremely hard workouts that the team did was one of the reasons the team was so successful.

"We felt like our largest strength was our conditioning and it usually showed in the third round of a tight match," said Corak. "We pride ourselves in out-working our opponents and this year was no different."

JV BOYS WRESTLING

The JV wrestling team had a successful season with learning what it takes to be part of the Lowry wrestling team. The younger wrestlers have learned from the grueling conditioning and the programs high demands to work hard and maintain a positive attitude.

Coach Corak says he owes most of the team's success to being pushed daily by the younger wrestlers.

Damon Fetty has wrestled this year and plans on continuing next year, he hopes to make it to state and improve.

"Working harder and having a better work ethic and my shot," said Fetty toward next season.

Corak is excited for the new season with high expectations.

"We hope to bring all these athletes back next year and even get some work in during the off-season," said Corak. "The ceiling is high and so are our expectations."

JV BOYS BASKETBALL

JV boys basketball started and ended the season strong with many wins and progressed as the season continued. The JV boys team ended the season with an overall record of 16-3 and a league record of 12-2.

Coach Grant Beatty said the group of boys he coached was a quality team who was coachable.

"The qualities they brought were teamwork, communication, effort, a lot of skill and they were competitive," said Beatty.

The goals for the JV program remain the same.

"Help get kids ready for varsity, try to win our league and have fun doing it and represent Lowry basketball with class," said Beatty.

JV GIRLS BASKETBALL



Kaytee Delaney tries to drive by a defender./Ron Espinola • Lowry Digital Media



Jessie Hawkins in control of his opponent./Ron Espinola • Lowry Digital Media

The girls had ended their season winning but losing many. This year they had a lot of younger girls on the team who were brought up. This season was a little rocky for the girls but Alyssa Perez has said it caused them to grow closer together as a whole.

"We lost a lot of games but that caused us to grow closer as a team and as a family as well," said Perez.

FRESHMAN BOYS BASKETBALL

Coach Calvin Connors set a goal for his team at the end of the season.

"I challenged our team to play the best defense of the year, and they were able to rise to the challenge," said Connors.

The boys created bonds with each other and definitely met new people during this season. Jordan Bills was one of those and he really enjoyed this season.



Cal Peters puts up a shot./Bree Dunkhorst • Lowry Digital Media



Jeremiah Grasmick goes to win a jump ball./Otila Castaneda • Lowry Digital Media



Hannah Whitted goes up for a rebound./Ron Espinola • Lowry Digital Media

title there were individuals that did such as Corak and Anthony Peterson both won state titles and Cole Mattson finished fourth. Corak was part of the

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Artist of the Issue: Lizzy Rackley

The Artist of the Issue, Lizzy Rackley is a very talented artist who has been taking Art and has participated in the Lowry Art Club since her freshman year. Lizzy has also participated in the Scholastic Art Competition many times. She is a very creative person and she is a very artistically gifted student which makes her stand out as an artist

“Like every little kid I went through an art phase, but I realized that I was

good at it. Plus I’m not competent enough to do anything else,” said Rackley about what drove her to do art.

“Lizzy challenges herself to explore new mediums and has a very creative spirit that makes her who she is as a person and as an artist,” said Topholm.

Lizzy’s work can be seen all around campus. She has helped to create many of the murals in the halls of Lowry High School, but this is not all of her work Topholm’s favorite piece of Lizzy’s is not seen in the halls of Lowry.



“It’s hard to say but my favorite piece of Lizzy’s was a portrait of Stevie Nicks that she entered into the Scholastic News Art Competition. It stands out because it is an amazing combination of her love of art and her love of music,” said

Topholm about her favorite piece of Lizzy’s.

Lizzy has interests and oppression in almost all arts. Excluding art, her favorite classes were choir and percussion. She enjoys classical music and idolizes great artists like Michelangelo and Frida Kahlo. Lizzy’s high school experience has been a great time for self-discovery.

“It’s been a learning curve,” said Rackley. “I feel that I’ve learned more about myself than I have academically, it’s not that I haven’t learned things in high school it’s just that I’ve learned all about myself,” explained Rackley about her high school experience.

Lizzy is also an artist with an extremely strong work ethic and is exceedingly dedicated to her craft. Whether it is her modern pop art or her realistic portraits she is determined to create something great.

“I can’t walk away without completing my piece, and it doesn’t matter what other people think I do it for me,” said



Rackley. “Sometimes I hate my art but I know that I am by far my worst critic,” said Rackley about her art.” Said Rackley about her art.

This year Lizzy is a senior, which means that it is her last year she will be participating in any of Lowry’s art programs. Although this does not mean that her art career ends here as Lizzy plans on further pursuing art in her future.

“Yeah but I am not sure how I am going to do it but in simple terms, I want to be the next Topholm, a high school art teacher.”

Lizzy has achieved Artist of the Issue for her impressive talent, creative mind, and exceptional work ethic.



Best of social media

Insta: @itsdougthepug
“Doug the Pug ” is the world’s most famous pug, not to mention the most adorable. The page shows Doug in a variety of different outfits, eating different foods that are not necessarily the greatest for his health, and dressing up as celebrities and characters. The Instagram page is bound to bring some warmth to your heart on a bad day. The pug also has 3.9 million followers.

Insta: @gymshark
“GymShark” is a fitness clothing brand. They have a very motivational Instagram page that with just one look makes you wanna hit the gym and work on your summer body. They have a different range of workouts featured across the page ranging from workouts

for abs to quads. The page shows people’s success in fitness and will help you go from your winter hibernation and give you some motivation and confidence to help better yourself.

Twitter: @BuzzFeed
“BuzzFeed” is a twitter page that also branches out into different BuzzFeed pages of almost every category. The BuzzFeed twitter page is good for making sure you don’t miss out on anything going on in the media. From viral cat videos to life hack videos. It is a good page to follow if you don’t want to be extremely bombarded with politics but still want to know what’s going on in today’s media.

TikTok: @overtime
“overtime” is a TikTok account that shares vid-

eos and typically makes them go viral if they weren’t viral to begin with. They post people’s miracles and accomplishments of life dreams that are tear-jerkers. They also post sports highlights or unbelievable moments in sports that will leave you with your jaw dropped. They even show adorable videos of babies to make you get “baby fever” or people’s incredible talents and so much more.



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Performer of the Issue: Frankie Baumeister

Every musician has two choices when it comes to their craft. Just as in life, it's easy to spend every waking moment merely making noise and never getting anywhere, but with a little work you can make true music and move nations. True musicians' sheer dedication and love for music is so infectious that they inspire everyone around them. Performer of the Issue Frankie Baumeister is one of these people. In Chamber Choir, Baumeister represents the ideal of a true leader, stepping outside of her traditional role as a student to help the group succeed.

"It helps make my job easier that I can rely on her to help the other groups while I am working with other people," said director Sean Whelan. "She's done a fantastic job and that's why she deserves to be Performer of the Issue."

For Baumeister, music is about doing what she loves and pushing herself to flourish and achieve all she can.

"I enjoy singing and sharing my talents with others," said Baumeister. "I also really like learning about music and being able to convey different emotions from different songs. I also think music

teaches patience, as well as concentration."

All performers strive for excellence. Baumeister's unrelenting drive began at an early age.

"If anybody has been around me when I am practicing I get upset when something doesn't sound right," said Baumeister. "I guess I have always been like that because when I was little, my mom would sing to me and I would cover her mouth and tell her to stop. I really feel bad because my mom can sing."

However, excellence is a difficult feat to achieve in anything in life and often goes unnoticed by much of society. Baumeister talked about the common misconception surrounding the "simplicity" and ease of creating music.

"There are hours, days, or even weeks worth of work and effort to make beautiful music. There is also a ton of technical work that comes into play that people don't know about...people think this way because music is supposed to sound effortless, and when it does, the musician is doing their job."

Throughout her high school career, Frankie has garnered an impressive list

of achievements to boast of. She sang the National Anthem at the Reno Rodeo, she has been in Honor Choir all four years, and she was even accepted into All-State Choir. On January 30, she took first place at the Winterfest Talent show. Through her accomplishments, she learned many lessons.

"They taught me to work hard and they prove what I can do, giving me some confidence," said Baumeister. "I had to practice a lot. I wasn't able to just show up and audition. I had to practice everything almost every day."

Aside from the obvious techniques and tips students learn from guest conductors at events such as honor choir, Baumeister credits them with more than just technical instruction.

"I really enjoy being able to travel and sing as a group," said Baumeister. "I think traveling really brings us together and we learn a lot...I got really close to a few people I never would have been close to."

Baumeister said that she really can't pinpoint who had the most influence on her love for music. She credits her teachers, past and present, but is most



Frankie Baumeister performs at a concert earlier this year. / Clarissa Olson • Lowry Digital Media

grateful for her teacher in Fields Oregon, Mrs. Andrews, who first introduced her to music.

"She taught me the basics of piano and guitar," said Baumeister. "I don't play those instruments a lot now, although she started me on music performance."

Baumeister plans to attend UNR in the fall, but although she is leaving the Lowry High band room, her music will stick with her forever. While Baumeister is still largely unsure of the extent to which she intends to further her education in music, the notion sounds very attractive.

"I hope to at least take a few music classes in college, although I'm not sure if I will major in music or pursue a singing career," said Baumeister.

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Who Knows You with Justin Scott

Mrs. Lisa Scott

Mr. Greg Scott

1. What is Justin's favorite color? Green.
2. What is Justin's favorite holiday? Christmas.
3. What is his least favorite chore at home? Emptying the dishwasher.
4. What is Justin's favorite subject in school? CAD.
5. When is Justin's birthday? June 24.
6. How old is Justin? 14.
7. What is Justin's favorite sport? Basketball.
8. What is Justin's favorite sports team? Probably the Milwaukee Bucks for basketball or Seattle Seahawks for football.
9. What number is Justin in the sports that he plays? 34 in Basketball and 42 in football.
10. What job does Justin want after high school? Engineer.



1. What is Justin's favorite color? Green.
2. What is Justin's favorite holiday? Thanksgiving.
3. What is his least favorite chore at home? All of them.
4. What is Justin's favorite subject in school? Math.
5. When is Justin's birthday? June 18.
6. How old is Justin? Well, he's a freshman so he's gotta turning 14.
7. What is Justin's favorite sport? Basketball.
8. What is Justin's favorite sports team? Milwaukee Bucks.
9. What number is Justin in the sports that he plays? 34, 35 or something like that and for football whatever linemen position was free.
10. What job does Justin want after high school? Professional football player.

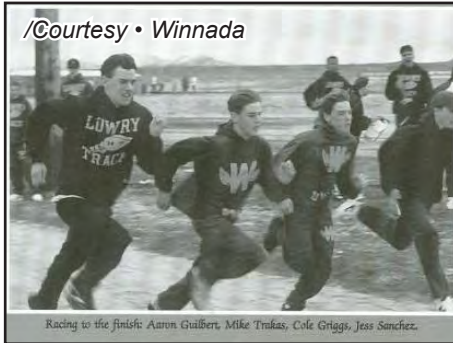
ANSWERS: 1. Definitely blue. 2. Probably Thanksgiving because it means I get to gain ten pounds. 3. Doing the dishes. 4. Math. 5. June 24, 2005. 6. I am 14. 7. Either football or Basketball. 8. Milwaukee Bucks. 9. 52 in football and 34 in basketball. 10. Engineer.



Lowry Then and Now:

1968

Track and field has been a sport that has been around for many years and it has changed a lot throughout Lowry's history. Just like technology, we have always been looking at ways we can improve safety and performance which applies to sports as well.



Back in the 1960s, track athletes would wear comfortable clothes such as sweats and t-shirts. Their sweatpants were really loose and they wouldn't compete in shorts like nowadays, they wore

sweats and a hoodie that had the Lowry track logo in the center. Runners would run in running shoes, not like today where most athletes wear spikes to help them improve their performance. Pole vault was also just being added so it wasn't a thing back in the day. The track that we know of today wasn't actually built at the time so people were running on dirt.





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Career profile: Probation officer

The four years one spends in high school are said to be some of the best four years of your life, but once you hit those upperclassmen classes one can freak out. Everyone knows the girl who has had her whole life planned since pre-school and that's a scary idea when one doesn't know what they want to do after high school. If this is you, here's a look into a possible job that has some killer benefits.

Tim Grady has been working as a probation officer for many years now and offered some insight into what qualifications one needs to be able to go into this field.

"You need to be over twenty-one, you must have a high school equivalent diploma, so a GED would work," said Grady. "You also need some college experience like an AA or associates in criminal justice and applied field or a four-year bachelor's degree. You must also go through the POST academy, it is a 428-hour academy where you learn the laws as well as

participate in a lot of physical fitness. Then once you come out of the academy you are certified in different categories such as a level one, two, or three. Category II is a probation officer 10-week academy, Category I (police or deputy) is a 16-week academy."

Like college, the academy has high standards in regards to physical fitness as well as academic studies.

"At the academy on day one you need to do so many push-ups

in a minute, so many sit-ups, you need to be able to run a mile in a certain amount of time," explained Grady. "If you didn't meet these requirements you would be sent home. You would spend Monday-Friday at the academy much like a college campus. You had room-mates. It was rough at times not always being able to

see my girls nor my wife all the time. The police academy also has a code of ethics, no cheating be respectful. You were in the classroom depending on what was going on from 8-10 hours a day. You learned Nevada laws the amendments a lot of instruction also went into it."

As a probation officer physical fitness is a very big deal so it is good for someone who would want an excuse to keep in shape. Along with the physical aspects

of the job Tim explained the benefits that probation officers get which is also quite important when looking for a job such as health and dental.

Like any job retirement and the different plans that are available are just as important as a salary or benefits.



Horoscopes

Aries (March 21 - April 19) - It's almost Aries season. And spring break. Live in the moment and let the sun fuel your fire.

Taurus (April 20 - May 20) - Apply for college before it's too late.

Gemini (May 21 - June 20) - Life is stressful. Watch season 7 episode 19 of "The Office".

Cancer (June 21 - July 22) - If you're going to keep crying at a rate of 45 tears per minute, it would be in your best interest to drink some water.

Leo (July 23 - August 22) - Stop following the Kardashians and focus on yourself. They're made of plastic and were born into wealth because of Kim's... you know.

Virgo (August 23 - September 22) - Write a book before graduation. Title it "The Misadventures of a High School Senior".

Libra (September 23 - October 22) - Being book-smart will only get you so far.

Scorpio (October 23 - November 21) -

Buzzfeed personality quizzes are not a valid reason to stay up until 2 a.m.

Sagittarius (November 22 - December 21) - Being optimistic isn't always your best option. Maybe the cup is simply half.

Capricorn (December 22 - January 19) - Stop posting so much on your Snapchat story. I promise you, three snaps is more than enough.



Aquarius (January 20 - February 18) - From now on, only accept apologies in the form of ice cream and changed behavior.

Pisces (February 18 - March 20) - If you haven't already, adopt a reptile. A lizard would suit your cold-blooded personality perfectly.





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Your voice, your vote, student council elections at Lowry

Lowry held interviews for the student body, and all of the candidates running for student body and class officers on February 19. Voting started on February 20 and ended on the 21. The winners were announced on February 24.

Student body winners included Student Body President is Anjolie Karrer, the vice president is Adia Bengochea, the secretary is Boni Jacinto, the treasurer is Harlie Baker, and the historian is Alessandra Arelano. Following student body Senior class winners are Fabian Rubio Ochoa is the president for the senior class, Aaron Woolsey is the vice president, and Camille Roberts is the secretary/treasurer. Junior class winners are Nazelli Diaz is the president for the junior class, Arianna Ruiz is the vice president, and Alexis Olson is the secretary/treasurer. Sophomore class winners are Ruben Garcia as the president for the sophomore class,



and Jason Riley is the secretary/treasurer. Finally, the freshman class winners are Kelly Zhelayev is the president for the freshmen class, Alia Novi is the vice president, and Austin Formby is the secretary/treasurer.

This is probably the biggest year that students have shown interest in

running. Julia Tophlom is in charge of the leadership class and is one of the teachers that helps organize the election every year. Her favorite thing about organizing this is the application process.

"I think the application process for students interested in student leadership because we want to make sure that we are getting the students that truly want to be of service to Lowry High School," said Tophlom. "It's just not about getting the popular vote. We have multiple processes that create the election. Popular vote weighs into it a lot but we also have the interview process, campaigning, and getting evaluations from their teachers".

Anjolie Karrer is the Student Body President for the year 2020-2021. She has been a part of the student council for the last three years. As a student body president, she wants to have a different impact on students.

"I want to change Leadership and have a different impact on kids at the school because I think kids are enjoying high school," said Karrer.

Student council is like a government for high school.

"Student council is like a student government so you have the President, Vice President, Secretary, and Treasurer," said Karrer. "So you have three officers in charge of the entire class and we just try to get the class included in community service projects, doing things throughout the school, and being the role models of the class and we represent the school."

Adia Bengochea is Student body Vice President for the year 2020-2021. She is honored to be a part of the student body.

"I'm honored to be a part of the student body. It's a difficult job and I'm looking forward to it all," said Bengochea.

Her plan for this year is to spread love and lead by example.

"My plans are to spread some love and lead by example. I want to be a part of building a happier environment for everyone," said Bengochea.

Everyone has a different

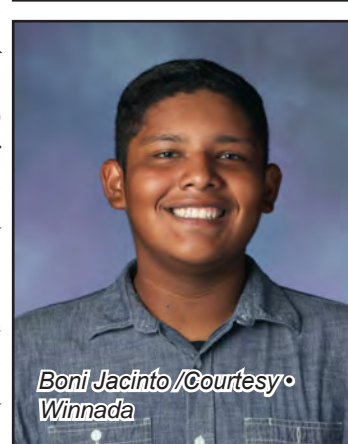
opinion on what the most important aspect of the student council and Bengochea shares her opinion.

"The most important aspect is setting an example of how to stay true to yourself throughout high school. Student council is a way for me personally to branch out to everyone and make new connections," said Bengochea.

Participating or wanting to participate in the student council is a way for the students' voices to be heard about the changes they want to see. Ms. Tophlom saw a lot of students show interest in student council.

"For our 2020 -2021 student council and officer elections, this was the biggest year that we have had with people showing interest in running," said Tophlom. "Some students didn't quite meet the eligibility requirements but still, it was great to see that a lot of students show interest and hopefully that's going to be the progression as years go on."

Requirements that students have to meet in order to run for the student body are 2.5 GPA and a high school student at Lowry needs to have at least a one-year experience in Leadership or have served as a class officer prior to running. To run for a class office one must meet the minimum GPA requirement as well as be a Lowry student.



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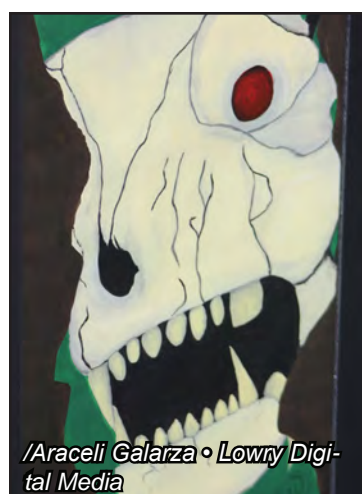
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HCSD Art Show celebrates 47 years

The Humboldt County School District kicked off their 47th Annual Student Art Show on March fifth from 5 - 7 p.m. The Art Show is held at the Humboldt County Museum. It runs through March 27 and is open during museum hours which are 9 a.m. - 4 p.m. on Wednesday - Fridays and 10 a.m. - 4 p.m. on Saturdays. All Humboldt County students who take an art class are eligible for the show. The reason behind the Art Show taking place in March every year is because it is National Student Art Month.

Pieces by students are selected to go into the art show through a process the teachers do to choose them.



/Araceli Galarza • Lowry Digital Media

“Pieces are evaluated by teachers and then selected. Overall craftsmanship, medium and technical application play a huge role,” said Julia Topholm.

Not only do teachers put those elements into consideration, but they also consider much more.

“Student improve-

ment and progress working with a medium also plays a part because it is important to showcase student work that shows they are working to improve skills and technique in the artistic process,” said Topholm.

The Art Show also gives many awards in the art show such as placing from first to third, Best in Show, and a Judges Choice. Lowry does a best in show for all levels.

“For Lowry we had three Best in Show winners: Saree Milikan, Lizzy Rackley, and Araceli Rivas,” said Topholm.

Senior Natasha Owen won first place in the entire show.

Lizzy Rackley, a senior who is a Best in Show winner, has been interested in art from a young age.

“I’ve been drawing since I was really young but didn’t start to develop a passion until 7th grade,” said Rackley.

Rackley continued her art career since then by taking Art classes under Topholm and by taking on dance as a different art form as well.

Rather than sticking to one repetitive theme, Rackley has many things she loves about art including different types of art and her own art as well. Part of the appeal for Rackley is watching her work progress.

“My favorite part about art would have to be doing concept work and watching my ideas fully develop,” said Rackley. “My favorite kind of art is definitely the cartoon and pop art style.”



/Araceli Galarza • Lowry Digital Media

Rackley as an artist, has tried hard to work on and to improve her art skills.

“Over the years I’ve tried to become more comfortable with different mediums at one point I struggled with such as watercolor, pen and ink, sculpture even acrylic painting,” said Rackley.

Unlike Lizzy Rackley, Natasha Owen never had a huge passion for art until recently.

“I took an art class in 7th grade and this year, and I really didn’t do much drawing or painting or anything until I took the class this year,” said Owen.

Throughout Owen’s art experience Jenkins has been her only art teacher.

“Mrs. Jenkins is my teacher this year, and she was also my teacher in 7th grade,” said Owen.

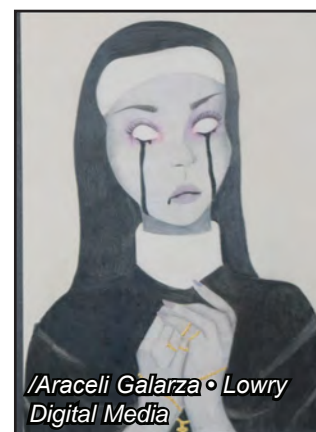
Owen decided to take art this year because she wanted to try something new.

“I wanted to do art because I haven’t gotten deep into my artistic side with anything other than music, and I wanted to explore a new experience,” said Owen. “Art is not my main hobby, singing and playing instruments is.”

Owen’s favorite kind of art is Photo Realism because it captures all the details in a photo and is very raw and natural. It exposes the true nature of something.



/Araceli Galarza • Lowry Digital Media



/Araceli Galarza • Lowry Digital Media

Although Natasha is just starting her artistic journey, she has tried hard to make improvements as well.

“I’ve had to make improvements with my time management, definitely, but other than that I’m just learning as I go, just like everyone else,” said Owen.

Lowry



Look-Alikes



Jeremiah Simmons/Staff • Lowry Digital Media



Mr. Sean Whalen/Courtesy • Winnada



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Drama Presents ‘Aladdin Jr.’

Every year Lowry puts on multiple plays and gives the community a good laugh. This year is no different, with the live-action “Aladdin Jr.” being released last year the drama class decided to follow suit.

A lot of hard work goes into performing on stage in front of an audience. It's hard not to get into your head and not many people could sit on a stage and sing. Natale Contreras is no different, she throws herself into her work and the nerves just fade away.

“Honestly, you are so focused on making sure that the production goes right that you don't even really notice,” said Contreras. “Your nerves die down and if you are nervous, you can just try to remind yourself that almost everyone feels the same way and that audience will most likely not remember your mistakes if

you make any.” This year the play is being featured as the kids play, for the drama cast especially Jeremy Walker who plays Aladdin along with Daniel Fernandez.

“My favorite thing about this play is giving this experience to the kids,” said Walker. “Giving them the magic feeling that I had when I watched the plays as a kid.”

A lot of hard work goes into producing a play, from set designs to rehearsals, it is important to remember that while the play can be spectacular it isn't perfect off the bat.

“I think the play has been going great so far,” said Walker. “At first, it was a little rough but thanks to the awesome Stagecraft and Drama crew we've been able to really develop the play and enjoy it.”

Makayla Leveille explained the effort that must go into practicing lines and how she has learned to prioritize.

“I have to fit in/make time throughout the day because learning my lines needs to be a priority to make the plays as successful as possible,” said Leveille. “The toughest part about drama is being able to put everything together at the dress rehearsal and trying to keep things fluid at the same time.”

Playing such big roles is a lot of pressure, Ariana Galindo and



Beyanka Sigala as Jasmine (middle) Otila Castaneda • Lowry Digital Media

Bianca Sigala were both cast to play Jasmine. With all the little girls looking up at them it's hard to find a balance but that is exactly what Galindo had to overcome. “Jasmine is such a strong character, she's very independent and I definitely had to practice how to be gentle and strong all at the same time,” said Galindo. “I think we can all relate to Jasmine in a way, as women I think we all want to be seen as independent and Jasmine is so independent she will voice her opinions to anyone. She's such a great character to play and I'm glad I get to channel my inner princess.”



Jeremy Walker and Jonathan Green Otila Castaneda • Lowry Digital Media



Otila Castaneda • Lowry Digital Media



Lowry Voices: What are your plans for spring break?



“My plans are to sleep, hang out with friends, and hopefully, go to Idaho to see family.” Dylan Nee.



“My plans for this spring break is to sit around the house and get ready for summer.” Brenton Baker.



“My plans for spring break are hopefully going to Jalisco, Mexico.” Marisol Lopez.



“I am going to Idaho for spring break.” Evette Ponce.

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