

PRESS RELEASE

What: In November, Community Chest, Inc. honored both **Kari Ramos** and **Freida Carbery** for their contributions to social justice in Nevada.

When: During Healthy Communities Coalition of Lyon and Storey's November public meeting

Where: Silver Springs Community Center, Silver Springs, NV

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Kari Ramos and Freida Carbery Honored for Helping Nevada Communities

Northern Nevada - Community Chest, Inc. recently honored Kari Ramos of Reno and Freida Carbery of Dayton during the November meeting of Healthy Communities Coalition. Both women were declared Nevada Social Justice Superheroes of 2011 for their long history of constant determination and unceasing commitment in the field of social justice. Kari Ramos is the Chair of the Alliance for Victim's Rights, and Freida Carbery is the Volunteer Coordinator for Healthy Communities Coalition of Lyon and Storey.

Tamara Burnet of Community Chest introduced the two recipients of the Social Justice Awards, saying she "couldn't be more proud to honor them for the work they do in the community."

Kari Ramos: Burnet introduced Kari Ramos by reading letters from survivors of sexual violence who have benefited from Ramos' help. Ramos, who insisted that she also benefits by learning valuable lessons from all the people she meets in the course of her work, has obviously had a positive impact on many, many lives. One young woman wrote, "Kari has helped me enormously in this process by her piercing insight, extreme compassion, kindness and honesty. Her strength, which is not only employed in confronting violence and injustice but simply living and being who she is has left an indelible imprint upon me. Kari's tremendous joy and dedication to the healing process reminds me that although victims have in some way, at some point in life lost everything, stand to gain everything they fear will always be missing: happiness, fortitude, the ability to set boundaries, strength, and personal power." Yet another wrote, "Kari Ramos' deep love for working with youth manifests in her teaching young women about the effects of media on self-esteem and values, working with the Northern Nevada Childhood Cancer Foundation (she recently shaved her long locks of hair down to her scalp to raise money for childhood cancer research) and as Big Sister for Big Brothers Big Sisters mentoring program."

Burnet went on to explain that, "Kari Ramos travels the state of Nevada educating communities and professionals on issues surrounding Sexual Violence. Her work with the Nevada Coalition Against Sexual Violence mainly focuses on the prevention of sexual assault and improving statewide victim care and response. Additionally, she works with schools across the state, including Virginia City High School, to implement healthy relationship and sexual violence prevention and peer advocate programs for their students. She is the Chair of the Alliance for

Victims' Rights, a collaborative effort to connect agencies and community survivors with meaningful victim rights work and raising crime awareness within Northern Nevada communities. This passion for working with victims of crime can be seen through her years of volunteer work with the Committee to Aid Abused Women, Sexual Assault Support Services, the After-Hours Temporary Protection Order Program, leading support group meetings for survivors of sexual violence and teaching as a nationally certified self-defense instructor. In April 2011, Ramos was given the 2011 Essence of Advocacy (Outstanding Advocate) Award."

Freida Carbery: Burnet introduced Carbery by explaining that, "As Healthy Communities' Volunteer Coordinator, Carbery's passion is to ensure that people of all abilities and resources have a central role in making communities in the region healthier. With her leadership as director, Dayton Food Pantry has become a model of co-production, service learning, and community connections that brings food and services to roughly 1,500 individuals per month. She is also a key leader of the "Help MORE" event (Medical Outreach Response Event), a major medical outreach event for the underinsured of the entire Lyon-Storey-Mineral region scheduled for April 2012. And in her former role as Nevada Prevention Fellow, Carbery worked with the Substance Abuse Prevention and Treatment Agency (SAPTA) and the ten coalitions across Nevada that comprise the Nevada Statewide Coalition Partnership to help implement the federal Substance Abuse and Mental Health Services Administration 's strategic initiatives to reduce substance abuse, prevent suicide and cultivate community members' sense of purpose."Christy McGill, Director of Healthy Communities, added to Burnet's introductory remarks about Carbery by saying, "There's one word that can describe Freida, and that word is "love". She truly upholds the Christian ideal with everyone she meets. Her work as a volunteer coordinator and recruiter is blessed because she believes everyone has a role to play and a gift to give." But Carbery insisted that "The real Superheroes are the volunteers who contribute over 1,000 hours of labor a month to the Food Pantry and the generous people who donate food and funding to the Pantry."

What is Community Chest, Inc? Community Chest, Inc. is a nonprofit organization based in Virginia City that strives to build healthy communities by providing social services, educational programs, and a resource center to people in Northern Nevada. You can find out more at the agency's website at communitychestnevada.net or by calling (775) 847-9311.

What is Healthy Communities Coalition? A collaboration of nearly one-hundred groups and hundreds of community volunteers that agree to work together so that all members of our communities in Lyon, Storey, and Mineral have opportunities to thrive. You can find more about the Coalition at healthycomm.org or by calling (775) 246-7550.

What is the Nevada Coalition Against Sexual Violence? The mission of Nevada Coalition Against Sexual Violence is to enhance the abilities of service providers through training, education, public policy, networking and technical assistance while promoting sexual violence awareness throughout the state. For more information, call (775) 355-2220 or see the website at ncasv.org