

THE FALLON POST



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Keeping You Posted on Local News

Friday, December 16, 2022

Food Hub Awarded \$633K Grant to Provide Local Food

By Rachel Dahl

The Nevada Department of Agriculture has expanded a grant program and awarded \$6 million to community organizations to fight food insecurity and improve food access in Nevada communities, expanding funding to 14 projects working on the ground in local communities to feed those in need.

The Fallon Food Hub was one of six projects awarded \$96,000 in May of this year out of the first \$500,000 of the American Rescue Plan Act funding and was recently chosen as one of the 14 projects that will utilize the \$6 million funding. Two days a week, members of the community could access fresh, local food at either the Life Center or the Fallon Tribe.

According to Executive Director Kelli Kelly, the Fallon Food Hub was awarded \$633,000, to purchase food from local farmers within a 400-mile radius of Fallon to distribute produce and value-added products to food insecure families through the William N. Pennington Life Center and the Fallon Paiute Shoshone Tribe.

Kelly said the grant will make it possible to provide for produce distribution once each week for 89 weeks at both locations. Additionally, the Food Hub will be able to purchase a refrigerated vehicle which will increase its capacity to store, move, and keep more food through the supply chain. There is also funding to provide produce each week to both kitchens. "That is a \$400 budget augmentation each week to each senior center to supplement food purchases for both kitchens," she said referencing the senior center at the Tribe and the Pennington Life Center.

Kelly said that this community does a good job of providing food resources to those in need. "If you need food assistance there are so many places to go to get help," she said. However, there is a large segment of the community that does not qualify for food assistance by the regulatory standards, but because



of their income levels have to make the choice each month between electricity or fuel and healthy food.

To qualify for many food programs, a family has to fall significantly below the poverty line. "Easily one-third of the food insecure population in this community is unable to access those programs because they don't meet the metric. It's folks who are just getting by or on a fixed income. With the rise in gas prices if there are any unexpected expenses it will have an impact on their ability to buy healthy and nutritious food."

It is that part of the community that this program was designed to serve. "That is whom we're trying to target with this grant program, people who don't think of themselves as food insecure, but are," said Kelly. "This is for anyone who needs help. There is no barrier to entry, we just ask that they get a Life Center card because that's how we track our

numbers and just show up." There is no age limit to access the program.

Kelly said they are slated to start the distribution in mid-January and are working on a notification plan to make sure they can get the word out.

Jennifer Ott, Directory of the NDA said that "Food insecurity is present throughout Nevada, but the resources to fight it have historically been centralized in the state's urban centers. These projects will expand food distribution and food assistance resources in underserved rural and Tribal communities, as well as provide additional assistance to high-need urban areas. Projects from 14 organizations were funded to improve food security in the state."

Above: Fallon Food Hub volunteers packing local produce boxes during COVID. File photo.

From the Publisher

Captain's Log – *Getting the Story*

It's become a bit of an inside joke – as things come up in the daily business of running a local, community newspaper, things like payroll taxes, building a filing system, applying for a periodical postal permit, creating an operating manual in case I get hit by a bus so the book club girls can keep the paper going, someone will invariably say something like, "Things you never considered when you decided to start a newspaper."

This past four years has been a most incredible learning experience. And like all of life, the funny dichotomy of the things you don't know you think will be the things that make you fail, but they're actually the things that keep you in it. If I had known about a periodical postal permit, things may have gone a lot different.

Thank goodness for simple naiveté or this project would never have launched – we saved a theatre, built a Food Hub, of course we can start a newspaper. But those projects were a bit different. I was just the flint. the bright idea. And I knew that I didn't know so I found people who did and got them excited and invested and then turned the whole thing over to them.

Every time I see Zip Upham he has some choice comment about how I got him involved in the Cantaloupe Festival. But look what they've done – that thing is still here, and they've grown it into the premier agriculture and community festival in the state. And then there was this project – somebody needs to start a community newspaper. I love to write and have generally followed the inner workings of the community in various levels for most of my life, I guess I could do it. How hard could it be.

Bahahahaha...

There are so. Many. Things.

Ultimately, though there are the stories. The very best part of having a newspaper is getting to tell what's going on. To watch and to translate and pass on the information. That's really all it comes down to and that's where all the joy is.

But when you have a newspaper in a small town run by a little tribe of volunteers, the story is very often the very last thing that gets done. And that is the hardest part for me. There are just so many stories.

So much goes on in our little town and sometimes it takes a few weeks (months) to circle back to some stories. Sometimes you start a story and it isn't ripe or another story out-priorities it and you hold it and by the time you get back to it you sure as heck needed it done a month ago cause now its background and how do you bring everyone up to speed without it so you can tell the new development.

But here's the best part.

When you finally sit down to the keyboard and let everything else melt away, that guy you need to get back to about the ad, the invoices you need to file, the paper you need to order, when its just you and the blank screen and the feel of the words coming out the end of your fingers. That's the magic. That's when you know you're where you belong, doing what you need to be doing – telling the story.

So while I'm making the list of things to do this afternoon after we get the paper out, I'll be right here, with all these stories...

...Keeping you Posted.
Rach

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Central Nevada Health District Opening Date Set

By Jo Petteruti

During its first meeting as an organization on December 8, the Central Nevada Health District elected its officers, adopted bylaws, participated in ethics training, and made a series of appointments.

Churchill County Public Information Officer Anne McMillin said in a press release, “The health district will fully implement services starting July 1, 2023, with public health preparedness, disease investigation, public health nursing, environmental health, and disease prevention in Churchill County, Mineral County, Pershing County, City of Fallon and through an interlocal agreement with Eureka County until they are legislatively able to join as a full member.”

The slate of appointed board members is composed of representatives from each of the participating districts: Churchill County Manager Jim Barbee and Social Services Director Shannon Ernst, Mineral County Commissioner Cassie Hall and Mt. Grant General Hospital Administrator Denise Ferguson, Pershing County Commissioner Larry Rackley and Tyson McBride of the County Physician Center, City of Fallon Mayor Ken Tedford and Chief of Staff Bob Erickson, and Dr. Justin Heath as their Medical Representative.

Mayor Ken Tedford was elected Chairman, and Commissioner Cassie Hall was elected Vice Chair, both will serve until January 2024. Appointments of Commissioner Dr. Justin Heath as Physician, Dr. Ted McDonald as Interim Health Officer, and Reno-based Arc Dome Strategies, LLC Manager Caleb Cage as Transition Manager/Interim Director were also made.

Ernst said, “This has been a long time coming. We started looking at this almost 15 years ago, and then the pandemic brought it to light. It can usually take three to four years to do something like this, but we were able to do it in a year and a half. It’s been a lot of work, and a lot of people are involved. Truly we couldn’t have done it in that time if it wasn’t for the partners from all the communities that were at the table and dedicated to the process. The state was standing behind us with the support we needed to make it happen right down to a response from the governor within 30 days who referred us to the legislative Inner Finance Committee meeting in August. The state board of health then approved our application in December. They saw that we were able to show that we had the capacity, the funding, and the



agreements in place for approval to form the new district.”

Nevada Revised Statutes govern the creation of health districts for counties whose population is less than 700,000. Pursuant to those regulations, the county was authorized to create the new health district. Churchill County Commissioners voted on November 16 to abolish its own board of health in accordance with NRS 439.383 and incorporate those services within the CNHD. Ernst said, “When you look at the transitioning, everything from Churchill County Public Health will be moved to the Central Nevada Health District. We are having a bit of a gap for services during this time, from now until July 1 because of all the board-approved name changes we have to make everywhere. We feel bad to have this gap, but hopefully how we have timed it so that no one will feel any issues. We’ll be back up and running with a new team of individuals to provide services. More self-testing is being offered for COVID and other things, and we are working with others to provide vaccines in the meantime. It’s a very detailed process, and there are about 15 different regulations governing this.”

Her role is transitioning too as she continues to manage the county’s public health side. “They don’t have an administrator in-house yet, so I’m also working with the transition team to make sure everything is ready for the July 1 implementation. We’re excited we got approved,

but now its boots to the ground to get all of the work done – policies, procedures, staffing, getting them in and trained.”

Ernst said, “This is the first rural health district that has been approved in the State of Nevada, and only the third health district in the state. We have mapped this whole process out to help other communities do this in the future. There have been conversations with other rural counties that are interested in creating their own health district and they can look at our road map that is still a work in progress but will be done on July 1. I think this will be amazing for all of our communities. It’s looking at what the gaps in services are in our communities and what they really need. Rather than a blanket approach it will be a community approach. We are pulling everyone’s resources and working toward the betterment for all of our communities.”

Above: Mayor Ken Tedford, Mineral County Commissioner Cassie Hall and Mt. Grant General Hospital Administrator Denise Ferguson, City of Fallon and Chief of Staff Bob Erickson, Pershing County Commissioner Larry Rackley and Tyson McBride of the County Physician Center, Social Services Director Shannon Ernst, and County Manager Jim Barbee are sworn in as the board of the Central Nevada Health District.

Photo courtesy Churchill County.

Community

Grange and Comstock Quilters Present Quilts of Valor

By Suzann Gilliland Peterson

On Saturday, December 10, High Desert Grange held a special ceremony at the American Legion Hall in Fallon to honor seven veterans with a Quilt of Valor. Partnering with the Grange was Comstock Quilters whose organization has presented over 1500 quilts in the past 8 years. Handmade with love and respect for their service, Comstock Quilters partnered with the Grange to personally present each veteran with his own unique quilt.

Marsha Strand of Comstock Quilters shared the history of the Quilts of Valor Foundation from its inception in 2003 to today. Born from a dream of a young, despondent veteran, founder Catherine Roberts saw this man wrapped in a quilt that changed his demeanor to one of hope and wellbeing. The dream's message was clear: Quilts = Healing. She set about creating the Quilts of Valor Foundation where volunteers would gather to donate their time and materials to make quilts unique to each individual recipient. The quilts would be handmade, which means either hand or machine quilted, not tied. These quilts are not "charity" handouts. Each one is "awarded" and contains the inscription Thank you for your service, sacrifice and valor in serving our nation.

In addition to Ms. Strand, several more Comstock Quilters personally awarded each quilt. Following are the names of the recipients and a brief overview of their service:

- Michael Christopherson – Navy 1989-1999 serving in the Gulf War and Operation Restore Hope
- Charles "Chuck" Cook – Navy 1964-1968 serving in Vietnam
- Jim Falk – Navy 1954-1974, S.CPO, serving in Vietnam
- Michael Gardner – Navy 2000-2008 serving in Operation Enduring Freedom and the War on Terrorism
- Christopher Hansberry – Marine 1988-2011, Staff Sergeant
- Terry Peterson – Marine serving during Vietnam
- Don Scott – Navy 1962-1968 serving as a Motorboat Operator

When asked if there was something he wanted to say, Senior Chief Petty Officer Jim Falk answered, "I would do it all over again." Don Scott's first duty station



was Naval Air Technical Training at Naval Air Station Glencoe. He then served on the USS Plymouth Rock LSD 29. The Armed Services Expeditionary Medal and the National Defense Service Medal were awarded him for his part in ending the Dominican Republic Uprising. During the Vietnam War, Terry Peterson was shot in the left arm and hand.

High Desert Grange will be taking names for their next presentation of

Quilts of Valor. If you have someone in your family or a friend you would like to nominate for a quilt, please contact High Desert Grange at <http://www.grange.org/highdesertnv22/> or contact Gloria Montero at (775) 427-8210.

High Desert Grange gratefully thanks these veterans and veterans throughout our country for their bravery, courage, and many sacrifices in the service of our nation.



K-9 Officer Bear Receives Protective Vest from Elks



The Churchill County Sheriff thanks Elks leader Roy Gramlich, a retired K-9 handler, for his generous donation of a vest for K-9 Bear. Your generosity is most appreciated. From left: Capt. Matt Timmons, Sheriff Richard Hickox, Deputy Hannah Zamora, Bear (wearing his vest), Roy Gramlich, and Elks members Sarena Whisehunt, Gary Butori and Nancy Balash. Photo Courtesy Anne McMillin, PIO Churchill County.

Trustees Recognize Outgoing Members



Dr. Summer Stephens, Kathryn Whitaker, Fred Buckmaster (4 years), Gregg Malkovich, Carmen Schank (12 years), Matt Hyde, Tricia Strasdin, and Amber Getto recognize Buckmaster and Schank for their years of service as they participate in their last meeting of their terms. Neither ran for re-election. Staff Photo.

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THE FALLON POST



Community

Frey Ranch Distillery Donates \$2,500 to Fallon Food Hub



Frey Ranch Distillery recently made a \$2,500 contribution to the Fallon Food Hub during the annual Whiskey Harvest Celebration. The non-profit Food Hub creates opportunities for local farmers, provides education on the benefits of eating seasonally, as well as supports people who are food insecure in the Churchill County community.

Mad Hatter Whimsy for New Year's Eve

Staff Report

Bring your visions of whimsy to the Churchill County Museum New Year's Eve Mad Hatter Ball on Saturday, December 31, at 8 p.m. You will be entranced with the theme created around the Mad Hatter Tea Party. Come enjoy the evening with dinner provided by Maine St. Café and dancing to the music of Mc-Cain's DJ service. Costumes are encouraged but optional.

Fallon's premiere Master of Ceremonies, Zip Upham, will be bringing his humor and eccentricity to the fanciful evening of entertainment and music. Don't miss the live and silent auctions with specialty items, wine baskets, and a few surprises. Unique auction items include a

ghost town guided tour, Rambling River Hay and you could be the winner of the Champagne and Rose Pedal Spa Bath.

Doors open at the Pennington Life Center, 952 S. Maine St. at 8 p.m. for a no host bar and photo opportunities with the Mad Hatter.

The price of admission includes dinner, wine, dancing, and a midnight celebration toast. Tickets are \$75 per person or \$550 for a table of 8. Tickets are available at the Churchill County Museum, 1050 S. Maine St.

Join us for an evening of whimsy, fun, and fancy.

For more information, contact the Churchill County Museum, at (775) 423-3677.



Announcements

Marriages Licenses

November 2022

Churchill County Clerk



November 2

James Levi Lawhon, age 44 to Mary Eillen Solano Tabar, age 32, both of Fallon

November 3

Angel Ari Cornejo-Apolinar, age 23 to Yulisa Lizeth Sanchez Solorio, age 26, both of Fallon

November 4

Brian Daniel Behling, age 76 of Folsom, California to Brenda Kay Cotty, age 58 of Sacramento, California

November 14

Christopher Braden Miller, age 33 to Cameron Anne Prentiss, age 27, both of Fallon

November 15

Marcela Gonzalez Borrego, age 26 to Elena Victoria Gomez, age 24, both of Fallon

November 18

Joseph Kevin Venezio, age 43 to Elizabeth Almanza, age 45, both of Fallon

November 21

Andrew Smith, III, age 39 to Shadaveia Zaneshi San Nicolas, age 32 both of Fernley

November 22

Jaran Adonis Krenzaxavier, age 30, to Amber Lynn Sherman, age 33, both of Fallon

Barnett Haden, Jr., age 58 of Fallon to Traci Lynn McComas, age 59, of Silver City, New Mexico

Victor Albert Baltazar, II, age 25 to Melissa Sue Cooper, age 40 both of Fallon

November 28

Michael Joseph Lowe, age 31 to Drew Elaine Strieter, age 29 both of Fallon

DIVORCES

NOVEMBER 2022

CHURCHILL COUNTY

DAILY, BRANDON ANDREW V DAILY, RAELYNN	DECREE OF DIVORCE	11/10/2022
DOWELL, CHRISTOPHER RAY V GLESSING, TERESA LEE	DECREE OF DIVORCE	11/30/2022
FEREA, CHRISTINE V FERE, DANIELLE	DECREE OF DIVORCE	11/1/2022
GARNER, DAWN MARIE V GARNER, ELTON C. JR.	DECREE OF DIVORCE	11/7/2022
GILLESPIE, SEARCY PIERRE V GILLESPIE, FAYE RITA	DECREE OF DIVORCE	11/2/2022
GMUR, MA CARLOTA GRACIA V GMUR, JAMES	DECREE OF DIVORCE	11/14/2022
GOLDEN, JENNIFER V GOLDEN, DANIEL THOMAS	DECREE OF DIVORCE	11/2/2022
HALL, ROSELYN V HALL, VINCENT	DECREE OF DIVORCE - DEFAULT	11/9/2022
HOWELLS, TREVOR V HOWELLS, KATHELYN	DECREE OF DIVORCE	11/9/2022
JACKSON, KAILY JILL V SPONSLE, CODY	DECREE OF DIVORCE	11/29/2022
KARAMANLI, ELENI V SPERELAKIS, ANASTASIOS	DECREE OF ANNULMENT	11/9/2022
KELLEY, GLEN V KELLEY, AMANDA PETHEL	DECREE OF DIVORCE	11/28/2022
KUNIN, LAUREN V KUNIN, CHRISTOPHER	DECREE OF DIVORCE	11/22/2022
LEUTERIO MARTINEZ, CHRISTEPHANY HALE V MARTINEZ, LYNDON MONSANTO	DECREE OF DIVORCE	11/28/2022
LOPEZ MEDINA, JASMINE ARAHI V LOPEZ MEDINA, ANDY ALAN	DECREE OF DIVORCE	11/29/2022
MASTALKA, JUSTIN V MASTALKA, SHELBY J.	DECREE OF DIVORCE	11/29/2022
MATHIEU, KEVIN V MATHIEU, MEGAN	DECREE OF DIVORCE	11/4/2022
MERRITT, OCTAVIA V MERRITT, BRYNT	DECREE OF DIVORCE	11/29/2022
OSORNO, MARIO JR. V HOFFMAN OSORNO, BRIDGETTE ALYSSA	DECREE OF DIVORCE	11/28/2022
OWSOWITZ, JEREMY IEUAN V MORGAN, MELISSA COLLEEN	DECREE OF DIVORCE	11/9/2022
ROJO, RONALD V ROJO, DAWN RITA	DECREE OF DIVORCE	11/14/2022
RYKEN, JOHN DAVID V SPEARS, JULIE KRISTEN	DECREE OF ANNULMENT	11/22/2022
SABALA, JODI LENE V SABALA, JOSEPH ANTHONY	DECREE OF DIVORCE	11/30/2022
SHEPARD, JENNIE V SHEPARD, BARRY BRUCE	DECREE OF ANNULMENT	11/29/2022
TIPLER, TRMALE DEMON V TIPLER, CASANDRA MAE	DECREE OF DIVORCE	11/29/2022
VASILATOS, JERRY V NASHIVANKO, ELENA ZARYTSKYI,	DECREE OF ANNULMENT	11/2/2022
ROMAN V KUMINOVA, ANASTASIA	DECREE OF DIVORCE	11/3/2022

Obituaries

Louis Gomes

Louis Gomes, 98, passed away at home with family by his side on December 9, 2022.

Born February 8, 1924, in Fallon, Nevada to Constantino and Maria Gomes, he lived in Fallon until the age of seven, when they moved back to the Island of Flores, Azores. This is where he completed his schooling before returning to the United States of America at the age of 21.

Louis held many jobs in California including milking at a dairy, working as a timekeeper, and eventually becoming a part-owner in his dairy. After his two daughters were born, he and his wife Nancy moved the family to Fallon to farm the land originally owned by his father. During this time Louis expanded the farm to over 300 acres, became one of the first hay brokers in the valley, and welcomed a son to the family. He and Nancy lived on that farm together for over 60 years.

Louis was a loving father, grandfather, and great-grandfather. He enjoyed spending time at his cabin in Virginia Lakes, fishing, reading, and playing games with his family. Although a very private person, he touched the lives of many people that came to know him.

He will be greatly missed.

Louis is survived by his children: Melody (Edward) Lipnicki, Joyce (Mike) Hughes, and Chris (Samantha) Gomes; Grandchildren Cyndi, Tina, David Lipnicki, Whitney (Andy) Denning, Mathias Hughes, and Jessica Gomes. Great grandchildren Ryan Lipnicki, Gage Brown, Madison Wells, Jordan Lipnicki, Alessandra Denning, Eleanor Hughes, Melinda Lipnicki, David Lipnicki, and great-great grandsons Roman Lipnicki, Beau and Asher Brown. He is survived by his sister Teresa Freitas and many nieces and nephews.

Louis is preceded in death by his wife of 68 years, Nancy E. Gomes, and sisters Dolores Pimentel and Salome` Gomes.

There will be a Rosary at St. Patrick's



Church on Monday, December 19, 2022, at 10:00 a.m. The Funeral Service will follow the Rosary at 1100 a.m., with interment at the Churchill County Cemetery to follow.

Arrangements are under the direction of The Gardens Funeral Home, 775 423-8928. In lieu of flowers, donations can be made to the FFA Chapter of choice.

Palma Portillo Maldonado

Palma Portillo Maldonado of Phoenix, Arizona was born August 23, 1951 in Chihuahua, Mexico. She died on December 4, 2022.

Palma came to live in the United States in early 1974. She came to the States with her loving husband, Elias A Maldonado with their two young children, Elias and Diana.

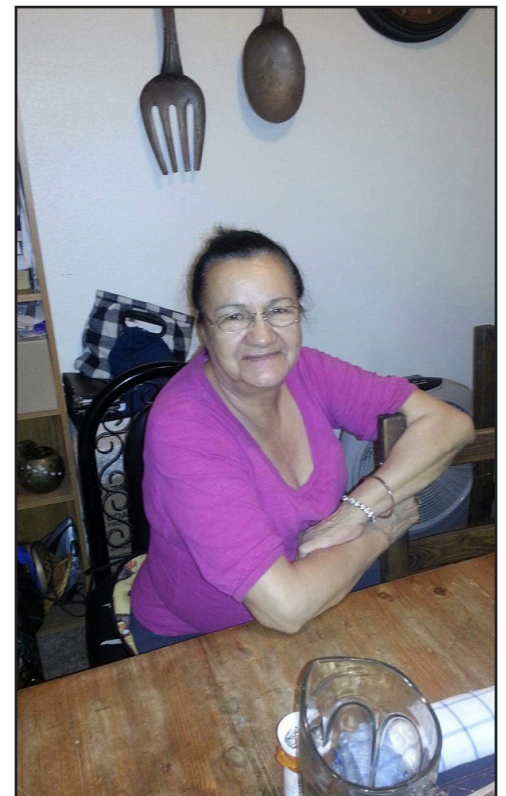
Elias and Palma settled in the Fallon, Nevada area after Elias worked in Smith Valley, Yerington, and settled in Fallon after adding two more daughters, Maria and Yessenia. Palma spent many years being a housewife, mom, and best friend to many people. She was known for her kind heart, giving attitude, and most of all her food! Nobody enjoyed her food more than those who were able to partake of what she would make.

Palma is preceded in death by her son, Elias Maldonado; granddaughter, Shawnee Nicole Clark; and parents, Elena Y Gregorio Trevizo.

Surviving family includes her husband E Alejandro Maldonado; daughters, Diana Maldonado of Phoenix, Az;

Grandchildren: Cristian Diego Montes-Maldonado, Selena Montes, Erika Montes, Luiz Montes, Remy Montes, and Kataleya Maldonado; Daughter, Maria Maldonado of Grass Valley; Grandchildren: Dakota (Zoe) Baumbach of Hawaii, Macienze Baumbach of Florida; Daughter, Yessenia Maldonado of Fernley Nv; Grandchildren: Mateo Maldonado of Fallon; Kara Clark and Samuel Maldonado of Fernley NV; Grandchildren: Michael Brittain of Texas with great-grandchildren: Nova and Carston and great grandbaby to be Ezio Perez; Lia Maldonado of San Luis Rio Colorado, Mexico; Sisters and Brothers: Maria Elena Keener, Sylvia (Eliseo) Maldonado, Sergio Portillo, Rosario Portillo; Bertha Portillo, Carlos (Louisa) Portillo and Fernando Portillo; Numerous nieces and nephews.

Prayers are appreciated for the family during this difficult time and as arrangements are made for a Spring Celebration more information will be posted.



Construction Begins on Truckee Canal Project

Staff Report

Construction on the Truckee Canal Public Safety Improvement Project began in earnest this past week with Phase 1 of a multi-phased project to restore the safe, long-term operation of the Truckee Canal, according to a press release issued by the Bureau of Reclamation.

The project, funded by a bipartisan Infrastructure Law and implemented in collaboration with the Truckee-Carson Irrigation District, includes concrete lining approximately 3.5 miles of the earthen canal in the most vulnerable stretch in the City of Fernley. The project will significantly increase public safety and improve water supply reliability.

Owned by the United States and operated and maintained by the Truckee-Carson Irrigation District, the Truckee Canal is one of the Bureau of Reclamation's oldest projects. The 31-mile-long canal provides water for more than 50,000 acres of farmland, wildlife, and communities in western Nevada. The earthen canal breached in January 2008 resulting in an uncontrolled water release that caused flooding and damage to properties in the City of Fernley. The

City of Fernley has doubled in size since the breach, which increases the importance of the project to the community.

"We recognize the impact of the canal outage this irrigation season," said Reclamation's Lahontan Basin Area Office Manager Jack Worsley. "However, the long-term public safety benefits to our local community are needed now and will last for decades to come. We must look to the future and improve our aging water infrastructure now for generations to follow."

"This canal is the lifeblood of Lahontan Valley, Fernley, and surrounding areas," said Truckee-Carson Irrigation District Board President Eric Olsen at the Nov. 4 groundbreaking ceremony. "Without it, life would be radically different. The importance of this canal is as critical as the very air that we breathe."

In May 2022, \$35 million in funding from the Bipartisan Infrastructure Law was announced as part of the first package to restore aging water infrastructure in the West. The inclusion of the Truckee Canal Project in the first round of aging infrastructure funding under the law emphasizes the need to get this project completed.

"After years of careful study and planning we are thrilled to see the physical work begin," said Ben Shawcroft, General Manager of TCID. "The project will be a tremendous improvement to the safety of the residents who live near the canal."

Formally referred to as "extraordinary maintenance" under Reclamation policy, the project is ultimately a public safety project and will be referred to as the "Truckee Canal Public Safety Improvement Project" to better underscore why the project is being implemented. During the 18-month construction period, the canal will be temporarily dewatered for a portion of this time and no water deliveries will be made from the canal during the 2023 irrigation season.

The Bipartisan Infrastructure Law provides \$8.3 billion to Reclamation over five years to fund aging infrastructure projects, water efficiency and recycling programs, rural water projects, and WaterSMART grants to ensure that irrigators, Tribes, and communities receive adequate assistance and support.

To learn more about the project visit the Truckee Canal Public Safety Improvement Project webpage.

Koenig Submits BDR to let Commissions Choose Lawyer *Churchill Commissioners Come to Agreement with DA*

By Rachel Dahl

A week after Churchill County Commissioners tabled the issue, Assemblyman-elect Greg Koenig submitted a Bill Draft Request that would allow county commissioners to hire their attorneys instead of using the civil deputies appointed to them by local district attorneys.

"The BDR is not predicated on Churchill County's support," said Koenig. He said there was a similar bill that came before the legislature during the last session that did pass out of the Assembly, although it did not get heard in the Senate.

"I don't really understand," said Koenig, "If you're a county that's happy with your DA then just keep your DA, but if you're a county that isn't happy and you have a conflict, then why not hire your own, I don't see why the DAs don't want to give that up. It doesn't make sense.

They should be able to have someone they're comfortable with representing them."

The Nevada District Attorneys Association opposed the bill when it came before both the 2019 and the 2021 legislature.

Currently, state law provides for a check and balance system, separating the legal and legislative powers delegated to local governments by seating the responsibility for advising the elected commission in the elected office of the DA. Civil deputies represent the county as a whole and advise the commission on legal issues on behalf of the community.

Some commissioners are asking to be given the power to hire their attorneys.

After strong opposition from DA Arthur Mallory at their last meeting on December 1, commissioners tabled the agenda item that would have approved the creation of a BDR to allow the com-

missioners to select their civil council, until the December 21 meeting.

During the discussion on the item on December 1, Mallory said he thought it would be a great idea if commissioners wanted to participate in the hiring process of the civil deputy. "We can absolutely add a commissioner into that process and in looking back probably should have a long time ago," he said.

This week the agreement was penned. "Joe and I authored that proposal," said Mallory referring to the current civil deputy Joe Sanford. "We will include them in the process of evaluating the civil deputy each year, and in the hiring of new civil deputies."

Commissioners will not address the issue at the regular commission meeting scheduled, as there has been a Memorandum of Understanding drawn up between themselves and the office of the DA.

Sports & Recreation

In Fallon We Train Them Early

By Rachel Dahl

As a community, we are true believers in youth sports. Train them well and train them early. Not unlike wrestling and football or soccer and softball, rodeo kids in Fallon are getting in on some early training as well.

On a long Sunday evening on the outskirts of Fallon this summer, a group of parents gathered together to help the next crop of bull riders learn the skills they would need to continue competing in what has become an exciting, growing, lucrative sport both in Fallon and across the country.

Bells on the bull ropes clanged while quick little dogs dodged across the arena and pre-teen boys compared war wounds behind the corral as dads coached the “bull” rider in the chute and adjusted him on the back of the steers. The famous Fallon sun set behind each brave boy as he gamely, with all seriousness, nodded the gate open.

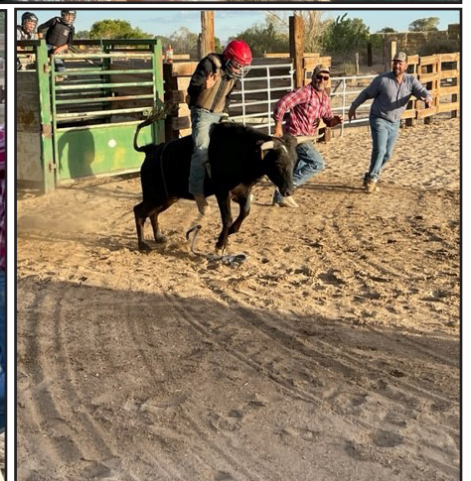
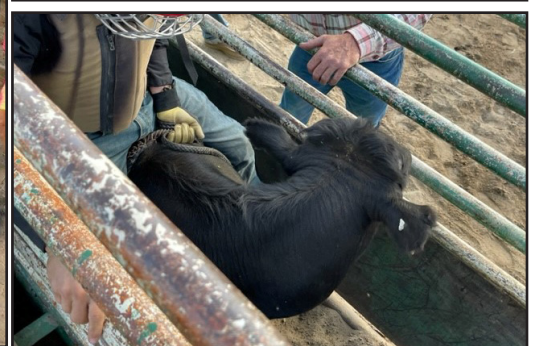
Across the arena the steer would go. Sometimes giving a good string of bucking and sometimes running and ducking as he ruined the hopes of a brilliant 8-second ride.

There were five boys there that night getting help from Justin Snow and Monte Grenamyer. Jaime Lynn Drake makes her place available along with some calves and some sheep the little kids use for mutton-busting. She said Snow and Jack Payne bring calves and they help coach the boys along with John Zimmerman and Cody Geiner.

According to Drake, there were some Sundays during the summer leading up to the Fallon Jr. Rodeo and the Cantaloupe Festival rodeo when there were close to 100 people at the practice, between parents, coaches, and the kids. There are even a couple of girls who’ve been out to get in on the action.

Practice will continue to run through the winter at least once or twice a month until it warms up. Drake said anyone interested should follow her on Facebook for information on the schedule.

As more and more rodeo events are attracted to Fallon and the Rafter 3C facility, including the Hooey Topgun Invitational this New Year’s Eve and the second Battle of the Broncs next summer. Our future rodeo stars certainly have a lot to look forward to and thanks to these dedicated volunteers, the new generation will have the skills to be ready to eventually compete.



District Court Law and Motion

By Teresa Moon

The Tenth Judicial District Court convened on December 13 with Judge Thomas Stockard presiding.

Kyle Gary Fuller pled not guilty to Category E Felony of Grand Larceny of Personal Goods or Property, and to a Gross Misdemeanor of Conspiracy to Commit Grand Larceny. A date for a settlement conference and a tentative trial date were set.

Salvadore Vera-Torres pled guilty to a Category E Felony of Possession of a Controlled Substance 1st or 2nd Offense which is punishable by 1-4 years in Nevada State Prison and a potential fine of up to \$5,000. Sentencing was set for January 24, 2023.

Jed Ira Starr pled guilty to an amended information of a Category D Felony, Coercion Force which is punishable by 1-6 years in Nevada State Prison and a fine of up to \$5,000. The judge ordered a Pre-sentence Investigative Report with sentencing set for March 7, 2023.

Michelle Nicole Davis was not

present for Arraignment and a Bench Warrant was issued.

Gabriel Lee Wilson received a sentence of 14-48 months in Nevada State Prison, suspended. He was placed on probation for 18 months with conditions attached. Fines and fees were imposed.

Matthew Allen Acree, in custody, appeared for sentencing on a Category B Felony of Sexually Motivated Coercion with the Use of Force or the Immediate Threat or Physical Force; and a Category D Felony of Fraudulent Use of a Credit Card or a Debit Card. Acree also has a case pending in Washoe County. Victims of both crimes were present and made impact statements. Acree received 14-48 months in Nevada State Prison on the fraud charge. He was ordered to pay restitution in the amount of \$1,551.38. On the coercion charge, he received 22-60 months in Nevada State Prison. The sentences will run concurrently. Both sentences will run consecutive to the Washoe County sentence. Fines and fees were imposed. Acree must register as a sex offender.

Hannah Marlene Cole appeared for a Status Hearing. Cole has appeared repeatedly regarding completing the second required competency evaluation. When she appeared on October 11, the judge told her if she did not have the evaluation completed before today's hearing, he would order her held in the Churchill County Jail until it could be completed. As the evaluation has not been done, Cole was remanded to the custody of the Sheriff.

Thomas John Dame, in custody, was sentenced to 12-48 months in Nevada State Prison on a Category D Felony of Possession of a Controlled Substance. Fines and fees were imposed.

Ronald Dean Smith, in custody, appeared on a Sentencing Violation. There was discussion regarding if the alleged violation was a technical or a non-technical violation as the crystalline substance has not yet been tested. The judge set a Status Hearing for January 3, 2023, stating he wants some answers at that time regarding the delay in testing and the testing procedure.



The Churchill County Museum Association Presents...

The Mad Hatter's Ball & Auction

December 31, 2022

8pm-12am

Pennington Life Center
(952 S. Maine St, Fallon)

\$75/individual or \$550/table of 8

Tickets available at the Churchill County Museum



Education

Bighorn Bulletin -- Update from Oasis Academy

Senior Spotlight:

Aedre Soderberg

Starting at Oasis Academy College Prep in August of 2021, Senior Aedre Soderberg delved into being active in student activities. She then immediately signed up for Student Council, volleyball, and lacrosse.

"I love being active in general and the activities helped me do that. Student Council has given me the opportunity to meet new people, help plan fun activities for the school, and give back to our community. I've also enjoyed playing both volleyball and lacrosse. Along with the athletic aspect of the games, I've loved the teammates and coaches," said Soderberg.



Part of those activities has included a mentor and a teacher Soderberg would like to acknowledge. "I would like to thank Mrs. Lisa Swan, she is the best coach and teacher anyone could ask for," added Soderberg of the Student Council Advisor and Lacrosse Coach.

"My favorite parts of my time at Oasis included the Leadership Retreat to Disneyland my junior year and my favorite classes were Music Appreciation and Psychology 299. Both classes had engaging teachers and I learned a lot."

Soderberg will graduate in May with her high school diploma as well as her Associate of Arts from Western Nevada College. She plans to attend either Arizona State University or the University of Nevada, Reno in the fall of 2023.

"Have fun and try not to worry so much over grades and who is doing what, because it doesn't matter in the long run," said Soderberg as her advice for future OACP students.

We the People

Competition in Reno

The Oasis Academy College Prep We the People class competed in the Northern Nevada District Invitational on Saturday,

December 10 in Reno. The group did well with two groups receiving unit awards.

We the People is a competition-based class where students are assigned areas of the United State Constitution. The students must not only learn what each amendment says but also relevant court cases for it. Groups are then given questions pertinent to their units and must discuss both the pro and con sides of the question.

The two groups that received unit awards this year included Anna Springfield, Halle Feest, Michele Grossi, An Nguyen, Joshua Guswelle, Zach Budner,



and Clint Vaughn.

To prepare for the competition the class hosted a Showcase event on November 30. Oasis is grateful to local attorneys and community members Joe Sandford, Jeff Weed, Mike Richards, Sean Rowe, Hunter Drost, Kenny Tedford, Jr., Dylan Tedford, Trent de Braga, and Anthony Tisdale for taking their time to judge and critique the students.

The students were also presented with Congressional Recognition Awards from Congressman Mark Amodei in recognition of their performance at the event.

"This competition is always nerve-racking for the students but this year, post-Covid, was the first time many of my students had the opportunity to speak in front of other people. Couple that with in-depth discussions about Constitutional principles with practicing attorneys, sitting judges, and Nevada Supreme Court Justices, and anyone would cave under the pressure. But our students held their own and I am always proud of how they shine," said We the People Advisor Eric Grimes.

Student Council Hosts

Blood Drive

By Emily Bird

On November 8, 2022, Oasis Academy partnered with Vitalant to host a blood drive at Western Nevada College. Vitalant is the nation's largest independent nonprofit organization and is solely



focused on providing lifesaving blood services. They have a network of 120 donation centers across the country and host approximately 60,000 blood drives annually.

The Oasis Blood Drive collected forty units of blood, which will help a considerable number of people. Donating blood now is still more important than ever. Our nation is in a national blood crisis and every pint of blood has the potential to save three lives.

Oasis Student Council would like to take a moment to appreciate and thank every person that donated, helped organize this event, and spread awareness about it. The next blood drive is scheduled on February 2, 2023, at the Western Nevada College Campus.



Around the Churchill County School District

CCHS
FFA students have been selling and maintaining beautiful poinsettias on campus at the CCHS greenhouses for their annual poinsettia sale. They started with 480 of them and still have plenty left. “The FFA students have done this in the past but it has been a while. The students were excited when I told them we were going to do it again this year and have been dedicated to selling and caring for them,” said CCHS Agriculture Educator and FFA Advisor Aspen Johnson. If you



are looking for the perfect gift or something to add a little holiday spirit to your home or office, come get a poinsettia for just \$15 (cash is preferred). The CCHS greenhouses will be open to the public this weekend, Saturday, December 17, and Sunday, December 18 from 8 AM - 4 PM. If you are interested in purchasing a poinsettia but unable to make it this weekend please contact Aspen Johnson at 775-423-2181 or johnsona@churchillcsd.com

CCMS
With the help of CCMS students, the Purple Star Committee has decorated a Purple Star tree that is displayed in the main foyer to represent the school's military families. “The holidays can be a difficult time for military-connected families so we wanted to acknowledge the sacrifice of our service members who may be away from their families and those families themselves who are missing their loved ones,” said teacher and Purple Star Committee member Courtney Aguilera. Students in Aguilera's craft class created the yarn stars and decorated the tree. Many of the students were military-affil-



iated but some were not which made it a great opportunity for the military-connected student to share their stories with the other students. Head of the Purple Star Committee, teacher William Wallace, felt very strongly about this special project and its importance. “As a District, it is vital that we recognize our military-connected students. Our goal is to make the transitions both incoming and outgoing a seamless process and we also like to take as many opportunities as we can throughout the year to recognize them,” said Wallace.

Numa
Students in Tara Rogers and Barb Hickox's classes worked on their Science experiments this last week. They conducted investigations to determine whether mixing two or more substances would result in a new substance. The



concept behind this lesson is that by planning and carrying out these different investigations students further understand how to answer questions they have and test out their theories while simultaneously developing their critical thinking skills.

E.C. Best
During December, students in Alyssa Tousignant's third-grade class worked on their appreciation trees. Tousignant had students write a statement of appreciation about each of their classmates. “We discussed how sometimes the greatest gift doesn't cost anything, it is about bringing joy to people, even in small ways,” said Tousignant. After students submitted their appreciation statements, Tousignant turned them into appreciation trees, which she then printed and laminated. The day before winter break, she gifted these to her students for them to take home and display. Tousignant looks forward to doing this project with her students every year. “It is my absolute favorite. There is nothing like seeing

each student light up as they read all of the nice things their classmates said about them. It truly makes my entire year and is a great way to leave each other before the long holiday break,” said Tousignant.

Lahontan
During the month of December, students worked on their take-home literacy gingerbread men. “We came up with this idea because we wanted to do something fun for the students that would also involve the families and encourage reading at home,” said librarian Megan Smith. Gingerbread templates were provided to each student and they were tasked with disguising it as their favorite book character using crafty materials. They were encouraged to work with their families to help execute their creative idea. Smith wanted to make this activity even more fun and invited judges from Churchill County Library to come in and choose which ones were the most creative. Every student who turned in a gingerbread received a winter-themed slap bracelet, 3rd place a book, 2nd place a book and a hot chocolate mug, and 1st place a book, a mug, and a fuzzy blanket. Judges Jesslyn and Dave from CC Library judged the gingerbread on Wednesday morning and the winners were announced on Thursday. See page 14 for winners.

Northside
Students in Kassidy Hen14erson & Laura Lee Christensen's classes frosted and decorated the gingerbread cookies they made. Not only was this activity fun but it got the students in the holiday spirit, and also had many learning benefits. It taught them how to follow directions, allowed for the exploration of their creativity, and helped to improve their fine motor skills. From stirring and rolling to frosting and placing decorations these young students were able to work on their hand-eye coordination all while having fun. Then in the end they got to enjoy a little taste of their hard work.



Education

Gingerbread Contest at Lahontan Elementary



Local librarians from the Churchill County Library were kind enough to judge the Gingerbread Disguise contest on Wednesday. Winners pictured are Kindergarten 1st place Colton Franks, 2nd place Harper Ritchie, not pictured 3rd place: Allana Lewis. First Grade 1st place: Kayden Seay, 3rd place: Eli Harmon, not pictured 2nd place: Victoria Miranda. Photo courtesy Denice Pinder.

High Desert Grange and Toys for Tots Convoy Of Lights

By Suzann Gilliland Peterson

The 2022 Christmas Convoy of Lights sponsored by the High Desert Grange and Toys for Tots has announced its winners. Awardees are Ray and Karie Blankenship for Best Use of Lights and the High Desert Grange for Best Use of Toys.

With an increase to 33 entries this year, the expansion of the route is up for discussion so more people can join in the fun next year. While family excitement and laughter were in abundance, filling the Toys for Tots boxes and contributing cash donations were the highlight of the 2022 Convoy. Be on the lookout next November for information on the 2023 event.



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“Tis the Season” -al Affective Disorder

Tis the season to be jolly? Or is it? For some, it's not just a matter of hating the time change in November or feeling the holidays coming on and not being prepared. Seasonal Affective Disorder, or SAD, is a type of depression that happens at certain times of the year. Most often it will happen in the fall or winter. It's thought that shorter days, longer nights, and less sunlight overall may trigger a chemical change in the brain leading to symptoms of depression. SAD usually starts in adulthood as the risk of SAD increases with age. People under 20 show symptoms of SAD and women are rarely affected more than men. Research shows that melatonin, a sleep-related hormone, has been linked to SAD as the body naturally makes more melatonin when it's dark.

There are two types of SAD. One is a fall-onset, also called “winter depression,” with symptoms of depression beginning in the late fall to early winter months. Fall onset eases during the summer months. There is also a spring onset also called “summer depression,” with symptoms of depression beginning in late spring to early summer. Spring-onset SAD is much less common.

The symptoms of SAD are very much the same as Major Depressive Disorder with the exception that symptoms usually tend to come back and then improve at about the same times every year. The treatments for “winter depression” and “summer depression” often differ and may include exposure to sunlight, light therapy, psychotherapy, and/or antidepressants. For many, spending time outside or near a window can help relieve symptoms. Exposure to a special light for a specific amount of time each day may help. Cognitive Behavioral or interpersonal therapy helps change the distorted views you may have of yourself or your environment. It can help you improve interpersonal relationship skills and identify things that cause you to stress as well as how to manage them. These are prescription medications that can help correct the chemical imbalance that may lead to SAD. There is no clear cause of SAD.

Melatonin is a hormone that your brain produces in response to darkness and has been linked to SAD. It helps with the timing of your circadian rhythms, your 24-hour internal clock, and with sleep. Being exposed to light at night can block melatonin production. In addition to improving sleep, melatonin is also involved in managing immune function, blood pressure, and cortisol levels. Plus, it acts as an antioxidant, with some

research finding that it can significantly affect many health conditions. But there are also negative effects of too much melatonin with the most common ones being headache, dizziness, and nausea. Less common side effects of melatonin are vivid dreams or nightmares, short-term feelings of depression, irritability, stomach cramps, diarrhea, constipation, decreased appetite, and urinary incontinence at night. People who take melatonin because they do not sleep well at night run the risk of these side effects. The best way to regulate melatonin is to get a balance of sunlight and darkness and let your body do the rest.

At one point in my life, I found myself standing at my patio door staring off into the backyard. I noticed that I would do this for maybe 20 minutes at a time, several times a day. It wasn't until I went for a yearly checkup and my blood test results showed “no” levels of vitamin D that I made the correlation of vitamin D levels coming from sunlight. My physician prescribed vitamin D “bombs”,

which I took for 3 months. After that, I continued with 4000 IU of vitamin D daily. After a year of taking vitamin D, I realized that I wasn't standing at my patio door as often or for long minutes at a time. Now, I'm just saying this was my experience, but research has shown that low levels of vitamin D, caused by low dietary intake of the vitamin or not enough exposure to sunshine, have been found in people with SAD. However, it's unclear whether vitamin D supplementation can help to relieve SAD symptoms. Very little research has been done on dietary supplements other than vitamin D for SAD.

Tis the Season for SAD. If you think you might be suffering from Seasonal Affective Disorder talk to your doctor or mental health professional. Turn the season into one of glad instead of SAD.

Vicki Jones invites the public to send mental health questions to GetReal@thefallonpost.org and will post her answers in the educational column called, “Get Real With Mental Health.”

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Local Columnists

Heaven on Earth Horoscopes: December 16 - 22

Aries - This week presents an opportunity to begin something new, this is a strength that can benefit you if you are willing to take the risk. Don't let lack of knowledge, or over-planning hold you back. Gain the knowledge you need in order to feel competent by learning as you go, that way you won't let a good thing pass you by.

Taurus - Your strength this week is that of the diplomat, to see both sides, to understand and come to a fair consensus. Striving to create a win-win situation for all involved will help you to overcome any tension created by differing opinions, ideas, or arguments.

Gemini - You'll have the ability to work out any situation that may need closure or a successful resolution. Conflict resolution can be worked out and come to a happy ending through relaxing the ego and being willing to talk about what needs to be talked about.

Cancer - Whatever has a hold on you, or is a negative influence on you, this is an opportune time to break the chains and free yourself from this unhealthy bond. Unhealthy controlling relationships, addiction, vices, or whatever robs you of your personal power is now weakened. The challenge is believing you have the power to change or transform yourself or the situation.

Leo - This week provides you personal insight into what commitment issues you might be struggling with. You're aware of the risk you'll need to take, the investment of time, effort, or the resources involved. The biggest obstacle may

be warming up to the idea and allowing yourself to feel the passion you have for this situation or person.

Virgo - Awareness is your strength this week. Big questions surrounding where you feel stuck in life, where you might be holding onto anger or fear are making themselves known. The obstacle to get around is facing that fear, accepting the unknowns of life and sit with them for a while to get a feel for what they are trying to show you. Patience is the process.

Libra - Cooperation is the name of the game this week. You can make decisions that will help create a sense of security for all involved. There may be some tendency to hold back. Allow yourself to feel love and compassion, as this will help you make the choice to participate and cooperate. Making a choice is your power, the outcome is your clarity.

Scorpio - You make your own happiness this week by breaking up stagnation, routine, or habitual patterns. This can open up opportunities to create fairness, reciprocity, or balance. Changing the loop from negative to positive energy is your strength. The challenge may be recognizing hidden pride, putting it aside to find the willingness in order to engage in a new positive way.

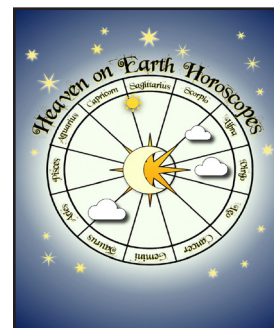
Sagittarius - You also feel the need to break up routine, but this week you will find strength in staying where you are for now and continuing to do what you're doing. This can help you accept where you are in your current situation and circumstances. Find peace in the process, keep making progress, and don't worry

about what you are not ready to change right now.

Capricorn - You'll have the fortitude to stand your ground this week, to keep going against whatever obstacles and challenges you have to face. This is your strength, to face the fear of the unknown factors, the risk, the not enoughs, and be able to keep the goal in sight - alive with faith and perseverance.

Aquarius - This week brings you emotional awareness of where your energy is stuck in the past, what you've been holding on to, carrying with you that needs to be released. You'll find the strength to be compassionate and supportive and see where you might have been unreliable or inconsistent. The challenge is to replace what you were carrying with you from the past and try on commitment for size.

Pisces - Wondering what to do, hesitations, a missed opportunity - these are the shadows that hold you back from the powerful influences of love and success this week. What might you need to give up or sacrifice so you can be reunited with loved ones, travel for the holidays, or just to reconcile with a friend or lover?



Rebekah Dahl interprets heavenly influences to help bring wisdom, love, and empowerment into our earthly experience.

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What's Cooking in Kelli's Kitchen - *For a Pot Roast All Your Own*

This week, I could not stop thinking about pot roast. At its most basic, pot roast is a tough cut of meat that is cooked in a moist environment for long enough that it turns tender and delicious. It is a truly American dish arising from a mishmash of culinary techniques and traditions that were brought to our newly formed country with immigrants from France, Germany, Russia, Hungary, and Austria. When you add carrots and other root vegetables, the name is Yankee Pot Roast.

You take a tough cut of meat that would be terribly prepared on the grill or dry roasted in the oven and you unlock the magic within by adding a few easy steps.

With modern technology, the connective tissue in a chuck steak, seven-bone roast, or short ribs will happily transition to gelatin (ahem, god's butter) while you are away from the house running holiday errands or toiling at work. In a pinch, an electric pressure cooker enables the preparation of a passable pot roast in as little as 90 minutes, though I avoid this sacrilegious practice.

On the culinary side, there are a couple of fancy terms that explain what happens when you cook a pot roast. Braise is a combination cooking method that involves both dry and wet heat. Braising is similar to stewing except less liquid is used and the piece of meat is generally larger, think roast vs. stew meat.

A Maillard Reaction happens when heat is applied to something that has amino acids and sugar. The heat causes the sugars and amino acids to reorganize themselves into shimmery rings creating new flavor compounds and turning the surface brown. You see the results of the Maillard Reaction when you sear a steak or toast bread.

While these terms might sound complicated or fancy, there is nothing that makes a pot roast hard to make. My ap-

proach to braising is slow and measured. Layer flavors one on top of the other and then allow everything to develop and meld over time.

My last little tidbit of culinary wisdom regarding a braised pot roast is that the technique and the time are the most important factors. You can change this recipe in so many ways to make it your own. Want to peel your veggies, do it. Want a different cut of meat, no worries. Don't like carrots, don't use them. Make it as simple or complex as you like because a pot roast should reflect the person who made it and the family that eats it.

Pot Roast

INGREDIENTS:

3lb beef (a tough cut; e.g. chuck roast, 7-bone roast, short ribs, oxtail, brisket, flat iron roast)
Salt and pepper
3 T canola oil
4 T butter
2 Onions (any color or an equivalent amount of cippolini or pearl onions) cut into large chunks
3 lb root vegetables (carrots, parsnips, rutabagas, turnips, potatoes, etc) cut into large chunks
8 mushrooms cut in half - optional
1 head of garlic - top cut off
¾ c tomato paste
Herbs (bay leaves, rosemary, thyme)
1 ½ c red wine
3-4 cups beef broth

DIRECTIONS:

1. Preheat oven to 350 degrees. Generously season meat on both sides with salt and pepper. On the stovetop, heat oil over medium-high heat in a dutch oven or other heavy-bottomed, oven-friendly cooking vessel with a lid. When the oil is shimmery, gently add your roast. Let cook without fussing until it is well

seared, 3 to 7 minutes. Flip the roast over and sear the other side. Remove meat to a plate.

2. Reduce heat to medium and add butter, add garlic, and root vegetables. Stir regularly, scraping the bottom of the pot until the vegetables get nice and golden brown, 8 to 10 minutes.

3. Add tomato paste and stir frequently until the mix darkens slightly about 5 minutes.

4. Add herbs and wine and cook, stirring occasionally until the liquid has reduced to the consistency of a thick gravy, about 7-10 minutes.

5. Return meat to the pot, add broth, cover with a lid, and transfer to the oven. Let cook for 2½ hours. Remove from oven and let sit on the stove undisturbed for at least 15 minutes.

6. Put the meat on a cutting board. Discard bay leaves and any herb stems you encounter. Squeeze out any garlic that remains in the skins into the stew and discard the skins. Slice the meat across the grain and serve in a bowl with root vegetables and a generous amount of the cooking liquid.



*Kelli Kelly -
Slinger of Produce. Slurper of Dumplings.
Person of the Bean.*

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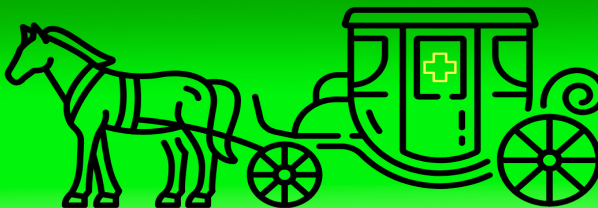
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Entertainment

Carol's Book Report - "Portable Magic: A History of Books and Their Readers by Emma Smith"



A history of one of the most resilient and influential technologies; the book.

This is a selected history which includes exploding the myth that Gutenberg's was the original printing venture, how books impacted women and the anti-slavery movement, how a book becomes a classic, the impact of the ideas found in a book, and more. Smith discusses the look, touch and feel that makes a book so appealing to so many people. She concludes with, to my way of thinking at least, that "in the hands of its readers... a book that is not handled and read is not really a book at all."

This little book is a wonderful gift for the historian and book lover on your holiday list.

This title is available in print at the Library.

Carol is the Director of the Churchill County Library. She thinks it's a real treat to stumble on a book like this.



Bells are ringing! Okay, maybe not this one, which alerted the "CC Boys" (as Fallonites often called Civilian Conservation Corps workers) when it was time to enjoy meals in the Westgate camp's mess hall during the 30s. However, there will be plenty of bells ringing when the Tintabulations Handbell Ensemble performs at our Holiday Open House on Saturday! The concert starts at 1pm, and there will be light refreshments and activities for the whole family from 12-3.



Westgate CCC Camp mess hall bell,
William D. Ferguson Collection.

Movies & More

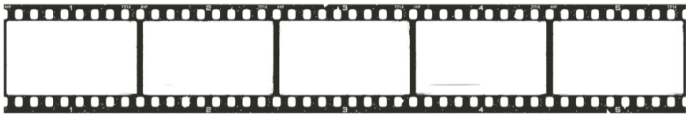
At Your Community-Owned and Operated Fallon Theatre

As we close in on Christmas, we have two very special events for you this week. We are very excited to have the Nashville duo Luke and Kaylee take our historic stage for a holiday show Wednesday, December 21. Luke and Kaylee will be playing country, Christmas, and original songs. Tickets are \$20 per person with 20% of ticket sales donated to a local charity. Doors open at 6 p.m. with the performance starting at 7. For tickets, visit www.lukeandkayleemusic.com/tour. Hope to see you there.

Friday, December 23, at 6 and 6:30 p.m. we will be showing the heartwarming movie classic "It's A Wonderful Life." We know you have seen this movie on TV more than once but please join us Friday night to enjoy this terrific movie on the big screen. The 6:00 show will be the original black & white version with the 6:30 show the color version of the movie. In this 1946 classic, directed by Frank Capra, an angel is sent from Heaven to help a desperately frustrated businessman by showing him what life would have been like if he had never existed. It stars Jimmy Stewart, Donna Reed, Ward Bond, and Lionel Barrymore.

The Fallon Theatre will be closed for the rest of 2022. We wish you all a very Merry Christmas and a Happy New Year!

As always, all movies are free. Hope to see you "at the movies".

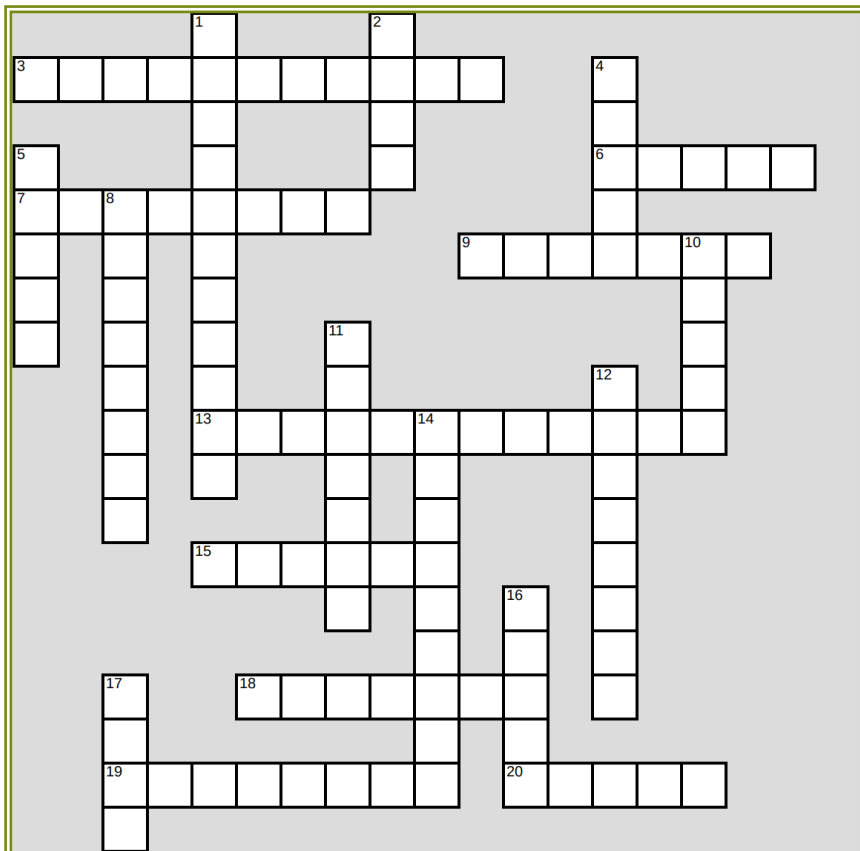


December Movies

<p>Friday 12/2 Traditional Fallon Christmas Tree Lighting 4:30-6:30pm</p> 	<p>Friday 12/2 Lahontan Valley Concert Choir Free! 6:30pm</p> 
<p>Friday 12/2 6:30 & 7:00pm</p>  	<p>Saturday 12/3 6:00 & 6:30pm</p>  
<p>Friday 12/9 6:00 & 6:30pm</p>  	<p>Saturday 12/10 6:00 & 6:30pm</p>  
<p>Friday 12/16 6:00 & 6:30pm</p>  	<p>Saturday 12/17 6:00 & 6:30pm</p>  
<p>Friday 12/23 B&W 6:00pm Color 6:30pm</p>  	<p>Closed: Christmas Eve & New Year's Weekend!</p> 

All Movies are FREE!

The Wonderfulness of You



Across

- 3 System bringing life and snuffles
- 6 Compassion
- 7 System including your heart
- 9 Alms
- 13 System bring life and pleasure
- 15 Germ defense system
- 18 One of the five senses
- 19 Serene toleration
- 20 One of the five senses

Down

- 1 Vein and arterial system
- 2 Deep affection for another
- 4 Jokes, riddles and puns
- 5 One of the five senses
- 8 System including ligaments
- 10 One of the five senses
- 11 System containing neurons
- 12 Opposite of cruelty
- 14 Gastrointestinal system
- 16 One of the five senses
- 17 Belief and trust

Commentary

SEND YOUR LETTERS TO THE EDITOR TO:

admin@thefallonpost.org

Dear Editor

For those who don't have school age children and are not aware of the decision to give students in the middle school pass or fail marks rather than letter grades, I would like to inform you of this new idiocy.

Are our students so deficient in skills that they cannot strive for A's, B's or C's? Are parents so interested in sports, karate, dance, and other extra-curricular activities that their child doesn't need to strive for excellence.

I as well as everyone in Churchill County pay taxes to support schools.

I would like to get something for my money, and it isn't a blanket Pass which says my child has not Failed but God only knows how they perform compared to others in their class, others in the state, and others in the nation.

I dread to see how these students perform in high school since work for a C is the same as work for an A. Why work harder if less gives you a Pass.

Mediocracy thy name is Churchill.

Thank you, Dr. Stevens, I'm sure this will make your accountability much easier. Better 150 passes rather than a 150 C-. Sure makes it less glaringly obvious that your students aren't able to compete with

others in the state. I'm sure Harvard, Stanford, UCLA and the University of Washington will all be willing to accept students who perform on their SAT tests at a subpar level.

But why worry? Heaven forbid any student from Churchill County attend a four year university elsewhere? Why work hard to become a doctor, lawyer, or CEO of a Fortune 500 company?

So, in parting, I will leave you with this final thought... Did you receive a Pass on your doctorate?

--Martie Carlson

Silver State Warriors - a New Travel Team in Town

Staff Report

Silver State Warriors travel team took 12U "B" Consolation Runner-up in the Winter Classic held recently in Las Vegas, NV. The team would like to thank the Fallon community that supported their fundraisers and helped them get to the tournament. "Without your support," said Tami Madison, one of the parents involved, "It would be impossible for these girls to go to Las Vegas.

Silver State Warriors has 10u and 12u age groups available and focuses on bringing opportunity to young girls who usually lack the ability to be involved for a number of reasons. Through their involvement with the team, the girls develop work ethic, manners, a positive attitude, and skills that focus on and work toward personal and teamwork goals.

Contact Myra McNammer at 775-217-3692, and visit our website at silverstatewarriors.org.



LOCAL FOOD ASSISTANCE PROGRAMS

New Frontier Food Pantry
775-423-1412
Midday drive up service -
call for details

Out of Egypt Food Bank
775-428-2744
Thursday 9:30 AM
(come early)

The Food Pantry at Epworth Church
775-423-4714
Monday 10:00-1:00

Check the FBNN Calendar
for distribution days at
<https://fbnn.org/gethelp/programschedules/>

Fallon Daily Bread Meals
at Epworth Church Monday & Thursday
5:30-6:30 775-423-4714

Find community all resources at <http://falloncommunityresources.com>

Contact Your Representative

Senator Catherine Cortez-Masto
<https://www.cortezmasto.senate.gov>
400 S. Virginia Street
Suite 902
Reno, Nevada 89501
(775)-686-5750
Rural Mobile Office: 775-225-1457

Senator Jacky Rosen
<https://www.rosen.senate.gov/>
Bruce Thompson Federal Building
400 S. Virginia Street, Suite 738
Reno, NV 89501
(775)-337-0110

Congressman Mark Amodei
<https://amodei.house.gov/>
5310 Kietzke Lane, Suite 103
Reno, NV 89511
(775)-686-5760

Governor Steve Sisolak
<https://gov.nv.gov>
Carson City
State Capitol Building
101 N. Carson Street
Carson City, NV 89701
Phone: (775) 684-5670
Fax: (775) 684-5683

Senator James A. Settelmeyer
[James/Settelmeyer@sen.state.nv.us](https://sen.state.nv.us)
2388 Highway 395
Minden, NV 89423-8923
(775)-450-6114

Assembly woman Robin L. Titus
<https://Robin.Titus@asm.state.nv.us>
P.O. Box 377
Wellington, NV 89444-0377
(775)-684-8507

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Fallon, NV 89406
(775) 666-5757
jheath@churchillnv.gov

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Fallon, NV 89406
(775) 427-7995
polsen@churchillcountynv.gov

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District 3
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155 N. Taylor Street
Fallon, Nevada 89406
bscharmann@churchillcountynv.gov

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Mayor Ken Tedford
ndooley@fallonnevada.gov
55 West Williams Avenue
Fallon, NV 89406 (775) 423-3040

Councilwoman Kelly Frost
Ward 1
kfrost@fallonnevada.gov
(775) 423-0120 (Home)

Councilwoman Karla Kent
Ward 2
kkent@fallonnevada.gov
(775) 423-2126 (Work)

Councilman James Richardson
Ward 3
jrichardson514@hotmail.com
(775) 423-3040 (Work)

Churchill County School Board
Matt Hyde
President Term: Jan. 1, 2015 to Dec. 31, 2022
775-423-4909
1325 Rancho Dr. Fallon, NV 89406
hydem@churchillcsd.com

Tricia Strasdin
Vice President
Term: Jun. 23, 2016 to Dec. 31, 2024
775-423-0132
1040 W. 5th St. Fallon, NV 89406
strasdint@churchillcsd.com

Carmen Schank
Clerk Term: Jan. 1, 2013 to Dec. 31, 2022
775-423-5673
2475 Austin Hwy. Fallon, NV 89406
schankc@churchillcsd.com

Amber Getto
Acting Clerk Term: Jan. 1, 2019 to Dec. 31, 2022
775-423-4509
1200 Lovelock Hwy. Fallon, NV 89406
gettoa@churchillcsd.com

Kathryn Whitaker
Member Term: Apr. 23, 2015 to Dec. 31, 2024
775-426-9337
2690 Lone Tree Rd. Fallon, NV 89406
whitakerk@churchillcsd.com

Fred Buckmaster
Member Term: Jan. 1, 2019 to Dec. 31, 2022
775-232-4809
1640 Drumm Ln. Fallon, NV 89406
buckmasterf@churchillcsd.com

Gregg Malkovich
Member Term: Jan. 2021 to Dec. 2024
775-835-9106
4250 Santa Fe Dr. Fallon, NV 89406
malkovichg1@churchillcsd.com

Nevada System of Higher Education
Board of Regents District 9
Carol Del Carlo
775-846-9909
2601 Enterprise Road
Reno, NV 89512
cdelcarlo@nshe.nevada.edu

Community Meetings

Dec. 19 - Dec. 23

Churchill Library Association
December 19 at 4:15 p.m.
507 South Maine Street
Library Annex

Fallon City Council
December 20 at 9 a.m.
55 West Williams Avenue
Council Chambers

Regional Transportation Commission (RTC)
December 21 at 9:30 a.m.
155 North Taylor Street
Room #102

County Commissioners
December 21 at 1:15 p.m.
155 North Taylor Street
Commission Chambers

Library Board of Trustees
December 22 at 3 p.m.
155 North Taylor Street
Commission Chambers

Newlands Project Water Levels

*Measurements taken
December 15, 2022 at 7:55 a.m.*

Lahontan Reservoir
24,310 af

Truckee Canal at Hazen
0.00 cfs

Truckee Canal at Wadsworth
0.00 cfs

Carson River Below Lahontan
1.84 cfs

Carson River at Ft. Churchill
108 cfs

December 13

2022 : 23,695 acre feet

2021 : 44,303 acre feet

2020 : 60,836 acre feet

cfs - Cubic Feet per Second

af - Acre Feet

Source: [TCID.org](https://www.tcid.org) & [WaterData.USGS.gov](https://www.waterdata.usgs.gov)

Business Directory

Providing Equal Access to Justice



Kwame Bell
HIV Project Outreach Coordinator

204 Marsh Ave.
Reno, NV 89509
P: 775-284-3491 ext 223
F: 775-284-3497
kbell@nevadalegalservices.org



Sunday - Thursday Specials
Buy one get one free beer, micheladas, house liquor
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Friday Cornhole and Music
Saturday Dancing
Sunday Football

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Jonny Gurr
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loserinlovetattoo@gmail.com
775-867-4454

2895 Reno Hwy. Fallon, NV 89406

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If you would like to become a sustaining member call 775-423-6210
For movie and event times call 775-423-4454

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| HOPE | MERCY | RESPIRATORY | TOUCH |

December

Lunch Served
11:30am - 12:30pm



Ages 60 and over;
\$3 suggested donation - Under age 60 \$6

19 Teriyaki Chicken

Fried Rice
Layered Salad
Fresh Fruit
ADSD #95

20 Sweet Italian Sausage

Peppers & Onions
WW Macaroni
Broccoli
Mixed Green Salad
LS Dressing
Pineapple
ADSD #9

21 Chicken Cordon Bleu Fest

Hosted by the City of Fallon

22 Mexican Casserole

Comstock Corn
Ranch Beans
Cottage Cheese w/Peaches

23 Pepperoni French Bread Pizza

Mixed Green Salad
Italian Dressing
BBQ Green Beans
Warm Peaches

Pennington Life Center | 775-423-7096 | Lunch served in dining room located at - 952 S. Maine St.

Business Directory

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10:00 am

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SATURDAY, DEC 31, 5:30PM
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