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Keeping You Posted on Local News

Friday, October 28, 2022

Nevada Day Celebrations

By Rachel Dahl

We used to celebrate Nevada Day on October 31, to commemorate the day Nevada became a state in 1864. In the year 2000, Nevada Day observation was changed by the legislature to celebrate the holiday on the last Friday in October, with hopes that the three-day weekend would generate more interest.

And has it ever – there has been an ongoing undercurrent ever since of those of us who love the day off being happy and those of us who are purists being insulted. And many times, we are both of those. Nonetheless, we observe the holiday today, freeze ourselves at the parade tomorrow, and we still Trick or Treat on our state's real birthday.

In addition to the parade and the day off, several other celebrations take place

around the holiday. There is a month-long treasure hunt, a tour on Friday of the historical east side of Carson City, and free admission to the Nevada Railroad Museum and the State Museum. There is a pancake breakfast at the Governor's Mansion on Saturday before the parade, beginning at 7 a.m., a chili feed at the Carson Nugget, hot air balloons, and of course, the parade that begins at 10 a.m. with over 200 entries that will last for four hours.

For more information about events see the website at nevadaday.com.

Locally, the Churchill County Museum has an awesome exhibit "The 1860s: The Decade That Made Nevada," that will be up through November: <https://bit.ly/3gNh6lM> be sure to go see that while you can.



Photo by Jim Cork.

Satellite Lab Opens in Fallon

By Rachel Dahl

On Monday at the County Annex Building located at 485 W. B Street, Shannon Ernst Director of Social Services, and Jim Barbee Churchill County Manager, welcomed dignitaries and staff from various state and local agencies in a media tour and ribbon cutting for the new State Satellite Laboratory.

"It's been a long road getting to this point so really this is a celebration and we're very excited to have everyone here," said Barbee. "We want to thank all of you – from sitting and talking to the mayor about what the vision on this was, Rob at the hospital, obviously the

commissioners, the facility folks whom I drove absolutely crazy, and from a wide-open space and using blue tape on the floor to lay it out, this is something that's going to have such a dynamic, significant impact in our community and other rural communities across the state. It really is a shift and impactful all around."

Dr. Mark Pandori from the University of Nevada School of Medicine and Director of the Nevada State Public Health Laboratory said that "Labs are emotional and important to me as a lab director and a person of science," quoting Louie Pasteur he said, "without laboratories, people of science are soldiers without arms."

The idea for a satellite lab grew out of frustration during the COVID pandemic as the high demand for testing meant unprecedented long waits for results and frustration with reporting numbers and data throughout rural communities.

During a public meeting in December 2020, Mayor Ken Tedford said the City of Fallon agreed with the idea of a local health district. "This gives a lot better health care for us locally, not regionally. We believe in community health care, not regional. That puts us in local con-

LAB continued on page 3...



From the Publisher

Captain's Log – *Don't Bury the Lead*

We have gotten some really cool compliments over the years on this grand experiment of a local newspaper from our dear, loyal readers. We've also gotten some harsh and caustic criticisms, but that's for another morning.

Last week I received a letter in the mail, old school, like my grandma used to write, from a subscriber in Reno. She likes the paper and had sent an issue to a friend of hers, an 89-year-old retired Associate Editor of the LA Times. She reported in her missive that he said it was a "caliber production."

"But he did say you tend to 'bury your leads.' These are his notes – just thought you'd get a kick out of this."

And I did. What a hoot! I totally loved reading his thoughts (for reals) and hearing once again the voice of Anne and C.J. who over the years have harped on me for "burying the lead." (Not really).

Can confirm – I do tend to bury the lead. I'm much more of a storyteller than a reporter. He offered some other useful advice that I will for sure use, and we will add this letter to our "Support Wall" – thank you so much.

In other news, we haven't had much bunny spam lately, but get ready – happening this weekend in Reno (drumroll...) is the American Rabbit Breeders Association Convention and Show happening at the Convention Center. Not even joking. The NATIONAL rabbit show is taking place in our backyard. I've been looking forward to this since I first learned about it this spring. All week long I've been watching the videos the organizers are posting on social media as they set up for the show. For months I've been reading various breeders and bunny farm people from across the country make plans for which rabbits they're bringing to show and which they're bringing to sell. People are bargaining and planning for transport and marveling at how many people got on the plane in Seattle with rabbits.

I had no idea how many types of rabbits there are in the world. Mine are English Angora, but there are five different versions of Angora alone – satin, French, Giant, and German. There are also Holland Lops and Jersey Woolies and Flemish Giant, Rex, and a Thrianta of all things. And I can't WAIT to see this.

Be ready because next week you're getting a full report. And while I traipse off to the city to see how real rabbit people live, I'll still be right here...

...Keeping you Posted
Rach

The Fallon Post

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Governor Nominates Two for National Award

Staff Report

Governor Steve Sisolak announced this week his selection of two nominees to represent Nevada in the national selection process for the Recognizing Inspirational School Employees (RISE) Award. Sisolak chose Ms. Carlene Pacheco from Fallon and Mr. Ronald McCullough of Las Vegas to represent Nevada based on their dedication to Nevada's students and school communities.

The RISE Award, initiated by the U.S. Congress in 2019 and overseen by the U.S. Department of Education, honors classified school employees who provide exemplary service. Each state is invited to nominate up to two outstanding employees for selection of a national honoree by the U.S. Department of Education.

"Mr. Ronald McCullough and Ms. Carlene Pacheco are invaluable assets to their school communities," said the governor. "Both of these exemplary school employees have dedicated their lives to supporting their schools and demonstrate their unwavering commitment to our students daily. I am pleased to recognize these well-deserving school employees and express my gratitude for their tireless work."

"I'm thankful we have devoted, caring, and hard-working Nevadans like Mr. McCullough, Ms. Pacheco, and our other RISE finalists who dedicate themselves to our students and improving our schools," said Jhone Ebert, State Superintendent of Public Instruction. "I thank Governor Sisolak for selecting these two outstanding finalists, and I am proud to have them represent Nevada on the national stage."

LAB continued from page 1...

trol, not the state level which has caused a great deal of frustration for us in this community."

At the time, Ernst said the turnaround time for the testing results was seven days. With this state-of-the-art local lab results within 24 hours are now a possibility.

Not only will the lab be used for COVID testing but is built to be forward thinking with the machines having the ability to be programmed to test for different diseases.

"With the development of the Central Nevada Health District under the leadership of Churchill County," said Julia Peek, Deputy Administrator for the Department of Health and Human Services, "to have the nurse at the same site

Ms. Carlene Pacheco is a paraprofessional and the Title 6 Liaison at Churchill County High School in Churchill County School District. Pacheco is known for going above and beyond her job description. She is an advisor and counselor for Native American students and families in her district. Along with all her other work, she offers one-on-one tutoring, classroom support, and after-school tutoring. She has increased graduation rates among the students on her caseload.

Pacheco said, "I am honored to be recognized for my passion and dedication to Indian Education in the Churchill County School District, as one of two RISE award recipients in the State of Nevada. I am thankful for the opportunity to serve my community."

Tim Spencer, CCHS Principal added his congratulations, "This recognition is well-deserved. Carlene is the only liaison in our entire district, and she works hard for our Title VI students. We truly believe she will be the finalist for the entire state."

"This is so awesome. We are thrilled for Carlene and want to commend her on her hard work and dedication to our students," added Superintendent Dr. Summer Stephens.

The other Nevada nominee, Mr. Ronald McCullough is a paraprofessional at Las Vegas High School in Clark County School District. Mr. McCullough is a former Las Vegas High School student and says he carries the lessons he learned when he was in school. He works within the Autism program as a Special Programs Teacher Assistant. According

as the lab, at the same site as the epidemiologist, I can't tell you how rare that is, to have all of them in the same building. For residents of Churchill and surrounding counties, they're going to be able to get their testing processed in real-time and it really does make a difference if you or your family is exposed, and you can find out quickly."

In addition to the satellite lab, Churchill County is in the process of developing a health district that includes Mineral, Eureka, and Pershing Counties. During the pandemic, because there was no local health district, rural counties relied on the state for testing and other public health needs. During the December 2020 Board of Health meeting, Dr. Tedd McDonald County Health Officer said, "Having a local health district means having local resources and tools to



to his coworkers, McCullough comes up with new and innovative ideas to engage students. Outside of the classroom, McCullough plays a pivotal role in the athletics program at Las Vegas High School.

The other finalists include Mrs. Shiree Carter lunchroom manager at Edith W. Fritsch Elementary in Carson City School District, Mrs. Patricia Dack school secretary at Pinon Hills Elementary School in Douglas County School District, and Mrs. Aurelia Shamblin a paraprofessional at Wells Combined School in Elko County School District.

The announcement of the RISE Award recipient will be announced by the U.S. Department of Education in the spring.



Shannon Ernst presents recognition to the Churchill County grounds crew at the opening of the State Satellite Lab this week. Photo by Rachel Dahl

expand health care for this community."

The new lab will shorten the turnaround time for COVID tests, flu tests, and other public health tests in rural communities including Churchill County.

Community

Death of Local Man one Year Ago Ruled Accidental

By Rachel Dahl

The investigation into the death of Benjamin Knell one year ago has been closed and the death listed as accidental.

Sheriff Richard Hickox said in October of 2021 that the investigation into Knell's death led to the issuance of two search warrants on September 22, 2021, one for Knell's official residence of record, 261 Serpa Place where he lived with his parents, Geoff and Dorothy Knell, along with another residence where Ben Knell kept a trailer at Tom's Trailer Court on South Taylor Street.

Geoff Knell, Ben's father, has a long history of "street preaching" in Fallon. He regularly attends local government meetings, accusing elected officials of being "ungodly" and has said on several occasions, "I will do whatever it takes to

stop you."

Hickox confirmed at the time, that the Federal Bureau of Investigation and the Bureau of Alcohol, Tobacco, Firearms and Explosives were in Fallon on Sept 22, 2021 to assist with the investigation, as well as the Naval Criminal Investigative Service and the Drug Enforcement Administration. He confirmed that chemicals and explosives were found at the South Taylor residence, as well as in a shop in the back yard at Serpa Place. Additionally, sources said, and the Sheriff confirmed there is a 10' by 12' hole under the shop on Serpa Place.

"We have closed out our investigation into the matter," said Hickox on Thursday, "and Geoff is not a suspect in any ongoing investigation." According to Hickox, the cause of death was multiple blunt force injuries due to an explosion.

Knell was found dead by a friend on September 22, 2021, at mile marker 34 north of Fallon on Hwy 95.

At the Churchill County School Board meeting in October 2021, Geoff Knell was in attendance and spoke during public comment. "It's amazing how corrupted the school boards are...its nothing but brainwashing our children. It's terrible that our children in this county are being directed in a certain way...my child who died recently is part of your conditioning."

Sheriff Hickox is urging the public to "be diligent and pay attention to people who are doing dangerous acts."

Knell is currently a candidate for the Fallon City Council, running in the open Ward 3 against Paul Harmon.

Volunteers Needed at Auxiliary

Men, Women: Bored, Lonely, Need Something to Do?

Retired? Empty Nester? Kids at school during the day? Bored, need something to do? Want to make new friends? Would you like to do something for your community?

Well, we have just the solution. The Banner Health Churchill Community Hospital Auxiliary has a volunteer job for you that will fit the bill. The Auxiliary has been providing services and support to the Fallon/Churchill community since 1957. In addition to providing volunteer services to the patients and staff at the hospital we also own and operate the Stuf 'n Such Thrift Store at 99 S. Nevada Street and the Rainbow Treasures Gift Shop in the hospital lobby.

We need volunteers to fill positions at these locations. Men and women, at least 18 years of age are welcome to join. Many positions are available from assisting visitors and staff at the hospital to sorting and processing donations at the thrift store, cashiering, crocheting baby hats & booties and more. No specific skills are necessary, just a desire to belong to a worthy organization that works for the betterment of the community. We only ask for a few hours a month, at least 8 per month and you may schedule your own hours. The hospital volunteers work Monday through Friday and the Stuf 'n Such staff Tuesday through Saturday.

Pick up an application at the Stuf 'n Such Thrift Store or the Rainbow Treasures Gift Shop and apply today. We are affiliated with Banner Health and comply with its health and safety policies so a background check and some vaccinations are required.

Check our Facebook pages or stop by the thrift store or the Fallon Banner hospital for more information.

<https://www.facebook.com/BannerAux>

<https://www.facebook.com/bcchthriftstore>

<https://www.facebook.com/RainbowTreasuresGifts>

 **Banner Health**

Churchill Community Hospital

Auxiliary

P.O Box 1707 Fallon NV 89407

Stuf 'n Such 775-423-6446

Rainbow Treasures 775-867-7104



*For inquiries
about
obituaries,
please contact
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Lisa Ann Gonzales

Lisa Ann Gonzales passed away on October 23, 2022, at Banner Health at the age of 61 with family by her side. She was born Lisa Ann Ensle on August 11, 1961, to William and Jeannette Ensle of Titusville, PA.

Lisa is preceded in death by her father, William Ensle. She is survived by her husband of 18 years, Mark Gonzales; daughters, Phoenix (Brandon) Cornwell and Allegra (Jonathon) McFadden; sons, John Ezzell, and Stefan Ezzell; stepchildren, Jill Gonzales and Michael Gonzales; grandchildren, Patrick, Avalon, Bradyn, Leilani, Hudson, and Hayleigh; mother, Jeannette Ensle; sister Gina Omiatek; brother, Fred (Grace) Ensle; as well as numerous nieces and nephews.

After graduating High School, Lisa joined the Air Force in 1979 and served her country honorably as an imagery analyst. She was stationed both in Germany and Texas before leaving active duty and relocating to Fallon, NV in 1993, where she remained until her death.

Upon moving to Nevada, Lisa transferred into the Nevada Air National Guard, where she served another 10 years before retiring.

In addition to serving her country, Lisa loved to garden, crochet, and could often be found at Top Gun Raceway alongside her husband. Lisa loved to travel and spent much of her free time in Virginia City and Las Vegas. Lisa also enjoyed spending time with her grandchildren and making fun memories together.

In death, she will be able to join her favorite uncle and aunt, Joe and Betty Hollabaugh.

Graveside services with military honors will be held on Monday, November 7, 2022, at 1 pm at the Northern Nevada Veterans Cemetery located at 14 Veterans Way, Fernley, NV 89408. A Celebration of Life will be held in Fallon after graveside services. Arrangements can be sent to 20 N. Carson St, Fallon, NV, 89406.



Nicholas Matlavage

Nicholas Edward Matlavage, age 43, passed away on October 24, 2022 at Renown Hospital in Reno.

Nick lived in Fallon all of his life. He was widely known for his musical abilities, being an accomplished guitarist.

Nick loved animals and being in the outdoors. His first love was his daughter, Trinity, and his mother, Gwynne Matlavage.

He will be lovingly remembered by his daughter, his mother, and his many aunts, uncles, cousins, and his friends.

A Celebration of his life will be held on Saturday, November 12, 2022, at 2 pm at the Gardens Funeral Home at 2949 Austin Highway Fallon, Nevada 89406, phone 775-423-8928



Lowell Andrew Warbington Jr.

Lowell Andrew Warbington Jr. was born to Lowell and Marlene Warbington in Reno, Nevada on July 6, 1976.

Andrew died in Fallon, NV on October 19, 2022 at the age of 46.

Andy lived his life to the fullest. He enjoyed his time living in San Francisco, Portland and Seattle. He had been living in Reno for the last several years.

He was a photographer, writer, musician and lifelong student with a love for books and music.

He was a diehard skateboarder. The Foxy Olive was Andy's 2nd home, where witticisms were served with drinks and where many of the patrons were considered his second family.

Andy is survived by his parents, Lowell and Marlene; his sisters, Marlea

Stout (Scott) and Michon Leal; his niece, Mallorie Leal (Ian) and great nephew Kai; niece, Madison Ellingwood (C.J.) and great nephew, Casey; his nephews, A.J. Leal (Gabby), and Kaden Leal; his aunts, Sandy Warbington of Sun Valley, NV., Mona Rowe of Sparks, NV and Putts Bell of Fallon; his uncles, Tony Barrenchea and Buddy Barrenchea both of Fallon; many cousins; and his girlfriend, Aleena Pera, who stuck with Andy through thick and thin.

Andy will be sorely missed. Gone but not forgotten.

A celebration of life will be held at a future date.

Arrangements are with Smith Family Funeral Home in Fallon. 775-423-2255.



Community

CAPS Looking for Volunteers for FUNdraising Event

By Rachel Dahl

In spite of being the beneficiary of a generous move by the City and County to build a new facility for the CAPS organization, there are still the day-to-day expenses of taking care of the animals as well as vet bills, food, and the little surprises that happen on a regular basis like someone from another community abandoning four puppies.

Local volunteers are getting creative and having some fun while they work to raise money to help cover these daily expenses that fall outside the covered costs of the new building.

Marjorie Lewis is spearheading a local "Tele-thon" in the old Jerry Lewis style at The Grid on November 5 from 1 to 5 p.m. "Going to the Pound" is the theme of the event that will see local "celebrities" raising "bail" to help get themselves out of hock.

"Don't let the dogs and cats down," said Lewis, "Join us at the Grid on the 5th and help us raise funds needed to care for these precious animals."

The group is looking for volunteers who are willing to be at the event and call their friends and families to help raise pledges toward the fundraising goals. Lewis said so far Mary Sutherland from



Café de Espresso, Caryn Marshall from J&K Llamas Nursery, Kari Lister and Jenny Mitchell, local school teachers, Tim Mitchell from Fallon Ford, Mitch Young the Fire Marshal, Lane Mills from the District Attorney's office, Kelli Kelly from the Food Hub, Lucy Carnahan from the Fallon Chamber, and Kathy Fraker from Fallon Daily Bread have all volunteered to come help out.

Join this crowd to help our local animals by calling Marjorie Lewis at 775-217-0087 today.



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The Library is a Community Resource

By Rachel Dahl

The Churchill County Library Staff recently released the 2022 Annual Report, showing how they have worked over the past year to meet the mission of “Educating, Entertaining, and Enriching our community.”

Circulation at the library came in this past year at 120,222 items checked out, a 64% increase over last year. There are 50,499 physical items in the collection, and 6,903 library card holders, with over 26,000 visits to the building over the year.

A strong cadre of 34 volunteers donated over 1,089 hours of their time.

With a budget of \$756,747 for operations, the library staff was successful in being awarded over \$51,000 in grants with much of that going toward downloadable subscription materials, eBooks, eAudios, streaming video and music, and eMagazines. This delivery method has shown significant growth over the past few years. Additionally, the Library Association provided \$5,623 to assist in funding the Summer Reading Program, a consultant for the Strategic Plan, and the Volunteer Appreciation Reception.

Over 600 programs for all ages were attended by over 9,000 people. Subjects presented during the programming included Science, Technology, Engineering, Art, Math (STEAM), Summer Reading, Story Time, Artist Receptions,

Author Events, Virtual Reality, 3D printing, Outreach to the Community, and Reading with Rover.

The library staff offers many online programs and items of interest on social media including YouTube, TikTok, Facebook, and other outlets which extend the library’s reach beyond the physical building. Additionally, the Summer Reading Program kicked off with a Carnival in June, where over 600 people signed up for summer reading, an increase in participation of over 80% from last year. As part of that program over 2,000 books were distributed to home libraries in the community through the summer program.

The Strategic Plan 2022-26 was approved by the Board of Trustees in January and presented to County Commissioners. The trustees are Kelli Kelly, Jo Petteruti, Ashlee McGarity, Bill Williams, and David Brakebill.

The Churchill County Library’s Director is Carol Lloyd who also authors a weekly book review for this paper. “How nice it is to work and live in a community that offers such wonderful support to the library,” said Lloyd.



*Beloved children’s librarian Jeslyn MacDiarmid at Story Time this week with middle school intern in Halloween costume.
Photo Courtesy Churchill County Library.*

Live Your Dream

Soroptimist International of Fallon is seeking local applicants for the Live Your Dream Award. The award will be given to a woman with primary financial responsibility for herself and her dependents who is attending an undergraduate degree program or a vocational skills training program in need of financial assistance. The \$1,000 award can be applied to the family’s monetary needs, such as childcare, tuition, books, gas, food, or a computer.

If you know a woman attending school, share the information today. The application deadline of November 15 is approaching quickly.

The application includes references from two non-family members.

For more information and assistance with the application contact Sue Chambers, at 775.217.2859 or chambers-sue96@gmail.com.

The application is online through the Live Your Dream portal at the Soroptimist International of the Americas website, www.soroptimist.org.

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Chamber Luncheon Includes Tour of Art Center

By Jo Petteruti

The Fallon Chamber of Commerce continued its monthly tour of local facilities with its luncheon at the Oats Park Art Center on Thursday, October 20. Attendees were able to peruse the art galleries, the 350-seat Barkley Theatre, and the Charts Gift Shop prior to enjoying a taco bar buffet lunch, churro desserts, and beverages provided by Azteca Grill and Bakery.

Chamber Director Lucy Carnahan welcomed the more than 65 attendees and then asked how many of them had never been in the building before that day. More than two-thirds raised their hands, to which Carnahan said, "It hurts my heart to see how many people haven't enjoyed this facility yet, and how many will enjoy it now. You have each received complimentary pairs of tickets to two upcoming performances in the Barkley Theatre valued at \$80. We hope that you will either use them or pass them on to someone who will."

Carnahan introduced Art Center Executive Director Michael Eric Scott who gave a brief history of the building, going back to 1915 when the Oats Park School first opened through its renovation and reuse as the Oats Park Art Center, to everything it does today. Scott said, "We've come through different steps as the Arts Council. The first years were seeing what was possible in the community, and how much of an appetite there was for different events. It went so well that Valeria Serpa, Kirk Robertson, and the community took that next big step to develop the Art Center here. Now we have our footing, and we're able to do our programming, so this is really the third act or the next step to make the Art Center more of a space for the community. It needs to be open to more people for more events. Anne Johnson has been a huge driver of that with her Art School that opened about a year ago. I just think it's really great what the Churchill Arts Council and the community have done over the years. But for me, and for the



Anne Johnson and Michael Eric Scott (standing left) speak with attendees in the Art Center foyer. Photo by Jo Petteruti

board, what we really want is to have 70 or 80 people in here and when asked how many haven't been here, I want to see only one or two hands go up. We're not trying to turn people into artists or musicians. We want people to take different things into their life and do with it what you will."

Scott then introduced Anne Johnson, saying she is the catalyst behind many things happening at the Art Center. Johnson described how the Art School got its start. "A year ago November, I approached our former Executive Director Valerie about opening an art school here. I had been teaching art at the Oasis Academy as their Art Teacher for five years as well as giving private lessons for three years. I thought it would be fabulous to coordinate with an art center to have my classes, and it really took off here. I usually have 50 to 60 students each month. I had weekly classes that ranged in age from 2 through high school age, so bringing that here was fabulous because many of the students had never been here. Now they were able to experience the art and the history in the building and share that with their families."

The Art School also offers piano and violin lessons and Johnson is looking to

add literary and performing arts programs. Adult workshops continue to be offered, taught by local artisans with the silversmith classes being hugely popular. They also offer basic line drawing, pottery, ceramics, botanical dying, mixed media weaving, and a variety of holiday workshops. The Art School space is on the lower level of the Art Center in the northwest corner of the building where the tall windows of the west and north walls light up the room with their natural incandescence.

The Chamber of Commerce luncheons are held on the third Thursday of each month and have been touring and lunching in various places in the community. Visit the Chamber's website to stay up-to-date on Chamber and community events, <https://www.fallonchamber.com/>

The schedule of upcoming Oats Park Art School fall and winter classes can be found on The Fallon Post's Events tab, <https://www.thefallonpost.org/events/1357,fall-winter-art-classes>.

More information about the Oats Park Art Center and its 2022 - 2023 events can be found on the Churchill Arts Council's website, <https://churchillarts.org/>.



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The Grid Expands – Breakfast and a Brew Pub

By Rachel Dahl

When Paul Picotte was getting ready to retire from the Navy in 2018, he took a class at NAS Fallon given by the Small Business Administration. It was called The Boots to Business Workshop, and it's taken by scores of retiring service members and veterans across the country. He wanted to open a brewpub in Fallon with his wife Tiffany and he was way ahead of the rest of the students in the class. This is inside knowledge because it was me, the author of this story, teaching the class when I was working for the SBA. He was also way ahead of me. It has been exciting to watch this idea turn into a successful bar and restaurant in the old Sandwinds building that they purchased and turned into The Grid.

The latest move for the couple is an expansion in the restaurant to serve breakfast on Thursday through Sunday mornings. They open at 8 a.m. and serve until 11 a.m. On Sunday the brewpub side opens at 10 a.m. so patrons can catch the early football games.

Even more exciting than a new breakfast spot in town is the expansion of the Grid Brewery and Market which will be located next to 3D Shipping. Work on the building started with renovations last week. The brewery will start with three of its beers, brewed on-site by Brewmaster Jim Atkinson. The current plan includes the Grid Blonde, Lead Dog IPA, and a rotating third beer that will change from time to time. The ultimate goal is to perfect those three and then add another three.

"We are working with 40-Mile Malt right now, with the barley," said Tiffany. "He works with Colby Frey out at the Frey Ranch Distillery and is helping us out."



In keeping with their philosophy of using local businesses, Paul was able to coax a local contractor out of retirement to do the refurbishing/remodeling work on the building.

In addition to the Brewery, there will be three retail spots for three businesses to set up. The smaller space is 12X17 feet, and the other two are 24X17 feet. "I would love to see a place that carried something like Patagonia or North Face, a flower shop," said Tiffany. "We've seen these markets all over, which is where the idea came from. One in Albuquerque had a greenhouse. The nice thing for the people who do rent there is they will

have the traffic from The Grid brand." She said if anyone is interested in one of the spaces, she is taking suggestions and looking for the perfect fit of business that would complement the new building.

There will also be a Poke Bowl stand/storefront walk-up order and go space.

The projected opening date has not been set as it depends on the refurbishing schedule. "December would be nice," said Tiffany laughing, but Paul said spring is more accurate.

*Work begins on the brewery at 2040 Reno Hwy.
Photo courtesy of Tiffany Picotte.*

An advertisement for Tedford Tire & Auto Service. The background is a photograph of the service area with several cars parked. The text is overlaid on the image. At the top, it says "TEDFORD TIRE & AUTO SERVICE" in large, bold, blue letters. Below that, it says "One Stop Shop - Complete Auto Service" in bold black letters. On the left side, it lists "Lube & Oil", "Alignment", and "Brake Service". In the center, it says "Fallon's Good Service Guys Since 1947" and provides the address "255 E. Williams Ave - Fallon, Nevada 89406" and phone number "775-423-5144 - www.tedfordtire.com". On the right side, it lists "Batteries", "Diagnostics", and "Factory Services". There is also a Facebook logo.

Law & Order

Notes from Justice Court

By Teresa Moon

The New River Justice Court convened Wednesday, October 26 with Judge Ben Trotter presiding.

Stephen Michael Dean, in custody, appeared for arraignment on a misdemeanor charge of Illegal Dumping of Garbage which is punishable by six months in Churchill County Jail and a fine of up to \$1,000. Dean pled guilty to leaving camping equipment and rubbish under a canal bridge. Trotter sentenced

Dean to 10 days with credit given for 2 days served, suspended for 2 years with the conditions that 1) Dean does not commit the offense of illegal dumping or abandon any property on anyone else's property including public property within the 2 years, and 2) Dean complete 10 hours community service at Daily Bread within the next 30 days and submit proof. Dean was released from custody.

Shoshone Mandi Campbell, in custody, admitted to Contempt of Court Failure to Comply on a case from 2017.

Campbell failed to complete her hours of Community Service. Campbell told the court that between going to prison, getting out, and going to work "I just totally spaced." Trotter sentenced Campbell to 10 days with 1-day credit for time served in the Churchill County Jail, suspended for 6 months with the condition that she complete her remaining 9.25 hours of Community Service within the next 30 days and submit proof to the Court.



Churchill County 4-H

ENROLL TODAY

4-H is for YOU!
4-H is for FUN!

4-H is a world-wide youth development program ages 5 to 19

2022-2023 year is now open

- ✓ Stop by the 4-H office at 111 Sheckler Road in Fallon, to complete an enrollment form.
- ✓ Check out the 25+ clubs to join.
- ✓ Join more than one club.
- ✓ The cost is only \$5 per member payable by cash or check to the Board of Regents.
- ✓ As a reminder, livestock exhibitors must be enrolled by 11/01/2022.

4-H'ers are...

- 4X** more likely to give back to their communities
- 2X** more likely to make healthier choices
- 2X** more likely to participate in STEM activities



4-H GROWS HERE

For more information contact
Karen Bogdanowicz,
4-H Youth Development
111 Sheckler Road, Fallon
Office 775-423-5121
Cell 775-427-2480
kbogdanowicz@unr.edu

EXTENSION
College of Agriculture,
Biotechnology & Natural Resources

An EEO/AA Institution: Extension is a unit of the University of Nevada, Reno's College of Agriculture, Biotechnology & Natural Resources engaged in Nevada communities, presenting research-based knowledge to address critical community needs. It is a county-state-federal partnership providing practical education to people, businesses and communities.



St. John's Lutheran Church

1170 S. Taylor Street
Fallon NV 89406

Presents the 9th Annual Holiday Craft Fair & Fundraiser

Friday, Nov. 4, 22 1pm-7pm

Dinner 4:30pm to 6pm; \$6 Hot sandwich, chips, cookie & drink

Saturday, Nov. 5, 22 9am-4pm

Lunch 11:30am to 1pm; \$6 Hot sandwich, chips, cookie & drink

Raffle

Admission: \$1

Do not have to be present to win!



Sylvia Dankers 775-217-5771 or desyl@cccomm.net



District Court -- Stockard Law & Motion

By Teresa Moon

The Tenth Judicial District Court convened Tuesday, October 25 with Judge Thomas Stockard presiding.

Becky Ann Humphrey appeared for a Status Hearing. Humphrey was originally arrested in June of 2020 for charges of Accessory to a Felony, a gross misdemeanor, for hiding her brother, Wesley Lattin on her property who she knew was wanted since August of 2005 for Failure to Appear for the crimes of sexual assault on a child under the age of 16 years. She entered a plea of guilty and was sentenced to 364 days in jail. In August 2021 she was temporarily released from custody and the hearing has been reset for January 17, 2023.

Stacey Lee Rice appeared for a Review Hearing. Stockard said Rice was found not competent in September. Public Defender Jacob Sommer told the court that Lake's Crossing would prefer to see him weekly but are willing to do so every other week if need be. Rice is currently homeless and has been unable to obtain transportation to Lake's Crossing. Following a discussion regarding possible solutions to the situation, the judge ordered Rice to do the treatment at Lake's Crossing. He was also ordered to check in with Court Services daily.

Nathaniel Belingheri pled guilty to three counts. Count 1, Burglary with Possession of a Firearm or a Deadly Weapon, a Category B Felony punishable by 2-15 years in Nevada State Prison and a fine of up to \$10,000. Count 2, Grand Larceny of a Firearm, a Category B Felony punishable by 1-10 years in Nevada State Prison and a fine of up to \$10,000. Count 3, Ex-felon in Possession of a Firearm, a Category B Felony 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 to be completed, ordered Belingheri to continue supervision by Court Services, and set sentencing for February 14, 2023.

Selina Muncy failed to appear for arraignment. A Bench Warrant was issued.

Sonnie Angelo Anzaldua pleaded guilty to a charge of Battery on a Law Enforcement Officer, a Gross Misdemeanor that carries a potential penalty of 364 days in the Churchill County Jail and a fine of up to \$2,000. Anzaldua was sentenced to 30 days in the Churchill County Jail, with credit given for 5 days. Anzaldua was granted two days to turn himself over to the Sheriff's Office.

Lydia Ann Page Chenoweth appeared for sentencing. ADA Priscilla Baker told the court the state has no

objection to the defendant being officially placed on the Mental Health Diversion program. Public Defender Sommer stated Chenoweth is "already provisionally attending the program and is doing well." He asked that she be officially be placed in the program. The judge granted Chenoweth Mental Health Diversion, ordered a Mental Health evaluation be completed, and fines and fees were applied. She was placed on probation for not less than 12 months with conditions.

Sarah Arlene Marsh admitted to a non-technical probation violation. ADA Baker said the defendant was found to have a blood-alcohol level of .197, she admits she is a binge drinker, she failed to appear for appointments or testing, and was terminated from Drug Court. The state asked that probation be revoked and impose the underlying sentence. Public Defender Wright Noel asked that probation be reinstated. Marsh told the court she is now employed and asked that if she is going to be sentenced to jail, she be allowed to give 2 weeks' notice so that she might be rehired when she's released. Stockard sentenced Marsh to be reinstated on probation with the original conditions except for drug court, with the additional condition of 150 days in the Churchill County Jail to be served three days a week for the next 50 weeks.

Robert Allen Whitaker Jr., in custody, appeared for a Court Services violation. Whitaker admitted to using methamphetamine. Court Services said Whitaker has been testing since June and has not missed a test or had a positive test until his test on October 17. Public Defender Wright Noel asked that probation be reinstated, and Whitaker be allowed to go back to work as he had "one hiccup". Whitaker does have a trespassing charge set for arraignment in Justice Court on November 28th. ADA Baker voiced concern for "public safety as well to make sure he is adhering to all of his requirements" in saying "the state believes he should remain in custody." The judge reinstated probation with the condition of random testing and sentencing was set for November 8th.

Christian Tylor Kackley, in custody, appeared for sentencing on one count of Attempt to Commit Battery by a Prisoner While in Lawful Custody, a Category C Felony punishable by 1-5 years in Nevada State Prison and a fine of not more than \$10,000. ADA Baker told the court that following a lively discussion with another inmate the defendant punched the inmate. After a few punches, the other inmate fell to the ground and Kackley continued to kick and punch the other

inmate while he was on the ground. She cited his violent criminal history which included 16 counts from 2016 to present. Baker concluded her argument with, "This defendant deserves prison. He deserves the maximum of 24 to 60 months for this case." Court Appointed Attorney Moria Desmarais told the court she has never heard the defendant say this is not his fault or blame anyone else for his choices. She asked for the minimum prison sentence of 12 months. Kackley received a sentence of 19-48 months in Nevada State Prison to run concurrent with his previous case. Fines and fees were imposed.

Kyle Jonathon Cuthill, in custody, appeared for arraignment on a charge of Possession of a Schedule 1 or 2 Controlled Substance for the Purpose of Sales, a Category D Felony punishable by 1-4 years in Nevada State Prison and a fine of not more than \$5,000. The state and the defense agreed to conditional release of Cuthill to go to inpatient treatment, immediately returning to custody upon that treatment's end. The judge set sentencing for January 17, 2023 and ordered a Pre-sentence Investigative Report be completed. He also ordered conditional release to inpatient treatment once a bed becomes available.

Brady James Drayton, in custody, admitted to a non-technical probation violation of Possession of a Firearm. Sentencing was set for November 15th.

Kevin Andrew Sneed, in custody, appeared for sentencing violation of absconding. ADA Jeffrey Weed pointed out that the state has tried repeatedly to get the defendant help and he absconded for approximately 90 days. Weed concluded by saying "the state's position is the same as last week." Last week the state asked that probation be revoked, and the underlying penalty be applied. Public Defender Charles Woodman stated the defendant has mental health issues and he's "trying to juggle a lot of balls and they drop here and there." Woodman asked that the court consider the significant mental health aspect involved. Public Defender Jacob Sommer told the court he believes Sneed had gotten the message and is "a lot clearer on the importance of dialing in the communication a lot better to make sure his obligations are met." Sneed told the court, "It was all a misunderstanding." He said he "should have been a lot firmer about calling in." The judge revoked probation and modified the underlying sentence to be served concurrent to his current sentence.

Education

Bighorn Bulletin -- Update from Oasis Academy

Senior Spotlight: Ariana Wolf

As part of a military family, senior Ariana Wolf has attended numerous schools. After attending three different schools her freshman year alone. She settled into Oasis in January 2020.

"Out of all three schools, I have never felt as included, happy, and important as I have felt here at Oasis. I feel like I am actually learning, and I found a lovely community of friends. Oasis has helped me grow as a person, as a student, and community member," said Wolf.

In her time at Oasis, Wolf found mentors and teachers that have helped develop her into the person she is today.



"A teacher and mentor I would like to thank is Mr. Lenon. The personal growth lessons I have learned from him have been monumental. When I first started at Oasis, I was timid, uncomfortable in my skin, and unmotivated to do any schoolwork. Yet, through my years of attending Oasis his lessons of time management, creating habits, getting into a growth mindset, which I would like to thank Mrs. Stockard for teaching that lesson as well, preparing for college, and so much more have really helped me and made me feel like I can truly grow into the best version of myself. I am so grateful for all of the time he has taken to personally help and talk with and encourage me. I couldn't ask for a better counselor."

"I've had two favorite classes. One is Mrs. Stockard's American Lit & Composition. I really enjoyed the literature we got to read, the in-depth analysis of those pieces of literature, the essays (I know, I'm weird), and the growth vs. fixed mindset lesson. Mrs. Stockard's class really kindled my love for literature and writing. The other class is Mr. Lenon's EPY class. As a college preparation class, he really got the job done. I learned how to write good personal statements, how to communicate in a college setting, time management, and the importance

of keeping myself healthy. Without Mr. Lenon's class I would have never made it through my junior year," added Wolf.

Wolf has fully engrossed herself as part of the Bighorn Herd during her time at Oasis. "Surprisingly, I have involved myself in activities and sports that my past self would have heavily judged me for and enjoyed it! I never thought I would end up on the Varsity Volleyball team, the cheer team, the Vice President of our National Honors Society, or trying out Yearbook. Yet, I am so glad I did," explained Wolf.

"My advice for future students is a few things. First things first: Live. Don't just exist or just be going through the motions. School and life outside of it is so much more enjoyable when you are making every moment count. It doesn't even have to be a big thing, just things like sending your friend a text, calling them even, or treating yourself to that cookie you've been craving. One of my favorite quotes is from Shel Silverstein's book 'A Light in the Attic,' - 'Put something silly in the world that ain't been there before.' Secondly, do the things you are passionate about. Don't go into a field of study just for the money, go in that direction because you love it. Do the things in life that make you excited, learn the things that make you want to research it until 3 a.m. but don't stay up that late, you need your beauty rest. Doing things that you can be excited and passionate about will make it seem like you're not even working because you're having fun. Lastly, pay attention in your EPY class. You will not regret it and you will be so grateful for it in your junior year, and future college. Your future self will thank you," finished Wolf.

Wolf will graduate in May with both her High School Diploma and Associate of Science degree from Western Nevada College. She plans to attend the University of Nevada Reno to earn a Bachelor of Fine Arts in Graphic Design while working on a personal online business selling her art, making an animated series and writing a book or two.

Soroptimist Support FFA

The Fallon Chapter of Soroptimist recently gifted Oasis FFA \$1,700 for the group's trip to the National Convention. The generous donations will support the team as they travel to Indianapolis, Indiana for the convention.

"This community continues to astonish with their support. The National FFA Convention is a wonderful opportunity for our students and this once-in-a-life-

time experience would not have been possible without the generous donations like the one from Soroptimist," said FFA advisor Jackie Bogdanowicz.

Golf Tournament a Success

The Oasis Golf Tournament was a huge success, making more money than the previous year's tournaments. Thank you again to all our sponsors, teams, and donors. Funds raised from the tournament will be used towards the purchase of vans for transportation for extracurricular activities.

"The tournament was well organized and super fun. Lots of new faces this year. Mrs. Angela Viera did a fabulous job of making it efficiently well-paced. Huge thank you to all of our sponsors," added Rochelle Tisdale, CAO.

Oasis's own Olivia Kutansky won the women's longest drive. The first-place team was the Not New Shop made up of David Halloran, Oasis alumni Trevor Halloran, Joe Cushing, and Alan Kalt. Second place was the team of Jeremy Barnett, Matt Benedickt, Gary Thompson, and Brandon Alvarez.

A heartfelt thank you to Nate and Katie Dahl, Sean and Jenny Hiskett, Lauen Kelly, Ned Kelly, Ana-Lisa and Scot Laca, Chris and Amanda Yanger. Thank you for your time and talents.

Oasis Academy encourages you to visit and support the businesses that helped make the tournament such a success. Including the Fallon Golf Course, Manpower of Northern Nevada, Tedford Tire, Western Nevada College, Mackedon de Braga Law, City of Fallon, the Not New Shop, Lane and Associates, CC Communications, Nevada Dental Arts, Hillside Dairy, Berney Realty, the Woodliff Company, New Millennium, The Dentist's Office, Financial Horizons, A & K Earth Movers, Banner Hospital, Ski Mt. Rose, Scheels, Chi-fil-A, Benshots, Just Country Friends, Tahoe Donner, Hiskett and Sons, Chipotle, Vessel, Churchill County, Old World Coffee, In-N-Out, The Gardens, Harmon Junction, Kents Supply, Ana's Thai Massage, and Buckin Cactus Boutique.



Submitted courtesy of Angela Viera.

Student Work from Churchill County School District

CCHS

ChurchillCSD Title VI Indian Education Liaison, Carlene Pacheco had the opportunity to speak as a voice on the Native American perspective in Heather Benjamin's class. They were learning about different cultures and cultural perspectives. Pacheco and Benjamin took the students on a field trip to the Stewart Indian School, Cultural Museum and they visited the Under One Sky Exhibit at the Nevada State Museum. Students were able to go on a self-guided audio walking tour at the Stewart Indian School and enjoy lunch at the museum while listening to guest speaker Daphne Hooper, the Director of Indigenous Relations. The Stewart Indian School experience ended with a story from Ms. Eben, a Stewart Indian School graduate from the class of 1966. The response from students was overwhelming. "They found the field trip to be amazing, intriguing, and told us it was one of the best field trips they have attended," said Pacheco.



CCMS

CCMS recently created Caring Awards to be awarded to teachers and staff. Awards are presented throughout the week from advisory classes. "Nominations are based on those teachers and staff who demonstrate self-care, helpfulness, gratitude, empathy, and compassion," said Vice Principal Deana Poretta. This week, Angela Stritenberger's advisory class awarded their Caring Award to Mr. Frank, the daytime custodian at CCMS. The students all agreed that Mr. Frank creates a positive environment in the cafeteria and school by always being kind and greeting the students as they get their lunch or breakfast. He exemplifies everything the CCMS Caring Awards are about and is very deserving of this recognition.

Numa

ChurchillCSD NAS Fallon school Liaison Nicole Jullanant came to Numa to meet with 5th-grade student council members. They discussed military transitions, and the importance of peer support to make those transitions easier, through the Navy Youth Sponsorship Program. "The Youth Sponsorship Program is implemented with the collaboration of schools to pair a new student with a peer, who then gives them a school tour, helps them get to/from their classes, eats lunch with them, and more until the new student is able to build their own peer relationships," explained Jullanant. Students also discussed how important this is for any new student starting at Numa. "It is important for kids to support and encourage each other as they develop the resilience needed to face the many difficult situations in life," said school counselor Noreen Swenson. Numa student leaders are excited and enthusiastic about this opportunity and will be working to further develop a youth sponsorship program for all new students.



E.C. Best

This is Blue Ribbon Week at E.C. Best. "It is nationally known as Red Ribbon Week, but because blue is one of our school colors we decided a blue ribbon would stand for our mission at The Best," said school counselor Janell Suess. This week teachers worked with students on how to make good choices, participate in healthy activities, learn how to cope with any problems, and they shared daily drug awareness messages. The staff went above and beyond to make it a fun week for students as well. "We incorporate activities during recess, have dress-up days and our halls are filled with awesomely decorated doors spreading the message to Celebrate Life and live drug-free," said school counselor Janell Suess. Students in Stacy Stults's third-grade class decided on the theme "Celebrate with Fireworks not Drugs" for their door. "We watch fireworks when we are celebrating

something in life and drugs should never be used because they will ruin your life," said student Jayden Jacobs.

Lahontan

Students in Rachel Gonzalez's Kindergarten class are learning and observing the life cycle of a pumpkin by growing their own. Instead of using soil, they



are growing them in plastic bags on the window in their classroom so they can actually see the growth. "Kindergarten students are very visual learners and because they cannot see in the dirt they have a hard time understanding the process," said Gonzalez. Students get to check on their seeds in the window every day to see if they are growing and observe what stage of the life cycle their pumpkin is in. "It starts as a seed and then into a sprout and then vines and vines and vines and then it grows flowers and then the flowers grow up into little balls that turn into green pumpkins and then orange pumpkins, and it's called a life cycle of a pumpkin," said student Harper Ritchie.

Northside

Three-year-old students in Sandy Vanderbeek's class got to explore pinecones by rolling them in paint to create a picture. "They got to feel the sap on some of the cones and also learned that they have some sharp points," said Vanderbeek. Early childhood activities like this are important for young students. From art activities to math games and fun science activities, everything teachers at NELC do in their classrooms allows their students to use their creativity while developing their imagination, dexterity, and physical, cognitive, and emotional strength.

Submitted courtesy of Kaitlin Ritchie.

Education

Logos First-Graders Learn about Mining in Nevada



Miner's Day for first graders at Logos Christian Academy. Photo Courtesy of Logos.

Art Students at LePetit Atelier Design Silk Screen Shirts



Anne Johnson has been teaching her students to create designs and make silk screened shirts. Photos courtesy Le Petit Atelier.



Getting Real with Mental Health -- You are Enough

I'm a writer. I always have been. I've written a book, poems, research papers, and love letters. I encourage my clients to journal, to put their words on paper. Writing is cathartic and cleansing. Putting pen to paper takes your thoughts and gives them substance. When clients write about their trauma the results can be inspiring and beautiful. This week a client wrote about the trauma she experienced as a little girl and the lasting struggle to find her sense of self. It is with her permission that I share her words.

"I've done this before. I wrote out my feelings and read them to myself, but not out loud as your actions play inside my head and the words are too terrifying to come out of my mouth. It's easier to hate you inside of myself than with words others can hear. That's the problem with secrets; you become great at keeping them. So here I am once again trying to accept what has happened, not merely putting it behind me, and not thinking of it again. I will say these words so my ears can hear what my mouth has always wanted to say but was too scared of the pain I would have to experience all over again. I was a little girl, even older I felt young, smaller than other girls as I hadn't grown at all. I lacked boundaries, even when I said no it sounded like a yes, and all I ever wanted growing up was to be noticed but not in any other way than my beauty. I lacked self-control in the worst ways. My tongue was harsh if I chose to speak at all. Numbing it was the best

choice I could think of.

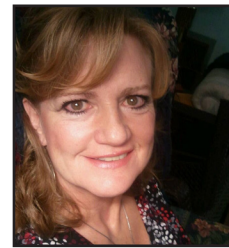
You were weak if you needed therapy. You wouldn't be wanted if you asked for help with the hard stuff. The darkness deep inside calling you worthless, a failure, and telling you to not even try because you know you'll fail. So, you stayed in the same place with the same men, waiting for them to want you more, not as a girlfriend but as an option on a drunken night with the boys who call you pretty. You'll feel better somehow. These were boundaries I lacked.

The last 20-plus years I ran from that little girl, the one who was stolen right out from under me. Telling me how pretty I am, but you would call me a fox. At least I knew I was pretty. You made me feel like a princess raised in dirt on a farm. That seems so long ago now, but why at times does it feel like yesterday too? The trauma that happened in that moment became intertwined in my body. I didn't know whom to hate so I chose you. You never said sorry to my face which made it easier to hate you. You never admitted to me that what you did was wrong.

So, I held onto it for so many years not knowing how to put it down. How could I live without all that pain? Could I even be the same person? Would I have to change? I finally took my first steps toward asking for help even though it was the hardest thing I've ever done. To finally let go of standing still like a little girl holding her pain in secret. I've been

cleaning myself out; sifting through all the garbage; the suitcase full of pain."

I'm telling you this now, I forgive myself for not thinking I'm good enough for a life of happiness and joy. I forgive you for putting your trauma on me as a little girl who knew nothing of self-love and only looked to men for her worth. I forgive you for teaching me that no boundaries are ok as long as you're bigger and scarier than my 'NO.' I forgive you for the examples you showed me of who men really are. I tell you now, I'm letting go, not dropping it, or throwing it off a cliff, but accepting that this is a part of who I am. Core memories make me the strong, bold, caring, kind, loving, beautiful person I am today full of empathy and no longer rage. I forgive myself for not letting it go. I am in love with who I have always been. I will hold my little self and tell her how proud I am of her and all she has done. Little Shannon, you deserve to smile again, so this is my goodbye to the pain that isn't who I am but what I thought I couldn't live without. From Shannon to Shannon. Forever Shannon. You are enough!" ~ Shannon



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."

LITTLE SHOP OF HORRORS



Audition, Seymour!



Audition for the Musical
Little Shop of Horrors, a Sci-Fi, 60's do-op dark musical comedy!
An **informational meeting** will be held **November 1st** in the Auditorium during **1st lunch**.
Auditions will be held **November 7th-9th**.

Scan for all the info!



Local Columnists

Halloween Horoscopes

Happy Halloween! A perfect night to dress up and express your personality aesthetically through makeup and costume. A night for intimate parties, lively conversation, and fun. What will you be tonight? Your perfect monster, or your rebellious shadow side? Let's get dressed for the party. Your sign's light and dark costumes...

Aries: A goblin: determined to have a wild night, paints a mischievous grin on his face, loads his bag with tricks, and chuckles all the way to the party thinking: whoever eats the deviled eggs is sure in for a surprise. Or... The Grimm Reaper: bored and frustrated with the mortal fools, he can't understand why people seem to be avoiding him. Decides to go stalk the vampire.

Taurus: A Mummy: front yard party, feeling peacefully content wrapped in the laughter and chatter of friends and family while handing out candy. Or... A Troll: crouched behind his 1965 Ford Mustang with a carton of eggs ready to give it back to the hooligans that TP'd his house and car last year.

Cancer: A Witch Doctor: travels to the otherworld and brings back cures and counsel for the guests. Or... A Ghost: floats in the corner feeling lonely and invisible, maybe she'll go haunt a friend for spooks and giggles.

Gemini: Black Cat: perceiving everything, watching, and observing. And of course, the center of attention with your charisma and wit. Or... Headless Horseman: so many parties, so little time. All action - no plan, ends up throwing flaming pumpkins for amusement.

Leo: Clown: the life of the party, you aim to entertain and have fun. A night for

laughter and jokes. Someone needs to save the crowd from the "brain-eating" jokes. Or... A Voodoo Doll: thought it would be funny in a self-deprecating way but everyone that walks by kicks, pinches, or pokes. Not fun.

Virgo: Scarecrow: sacrifices going to the party in order to chaperone the kids trick-or-treating and scare away the bullies. Ends up having a blast. Or... Skeleton: afraid to dress up as anything other than her true essence, devours her brain and ends up telling self-deprecating jokes about how the mind is a terrible thing to taste.

Libra: Frankenstein holds the event together among a patchwork of ideas, opinions, and perspectives all the while maintaining harmony in a perfectly lively party. Or... Zombie: can't choose who to dance with, he'll just wait by the punch bowl and attack anyone who drinks more than their fair share.

Scorpio: A Fortune Teller: fascinating an intimate group of friends with occult knowledge, reading their future, and sharing her personal transformation story. Or... A Vampire: primal instincts high, she suspects some of the guests are vampire hunters ready to drive a stake through her heart. Eternally thirsty, insatiably hungry - she'll drink too much and sleep like the dead.

Sagittarius: A Werewolf: a treasure hunt themed party in the woods. High adventure, good times. Stops to help Little Red Riding Hood and ends up talking until dawn. Or... Little Red Riding Hood: trusts the Werewolf in the woods for directions, gets lost, meets up with a Witch and ends up talking until dawn.

Capricorn: A Wizard: enchants the guests by enacting parables of wisdom through magic acts, then disappears in a puff of smoke. Spends the rest of the evening out back, under the stars, enjoying his spiced cider in solitude. Or... Medusa: has her tentacles of knowledge in every conversation, slithering into a position of authority. Looking for anyone who disagrees so she can turn them into stone.

Aquarius: A Mad Scientist: concocts fizzing drinks of vibrant colors that emit a melody that matches the one who drinks it. The potion liberates the guests of their inhibitions, sets them free to express their true individuality. Best. Dance. Party. Ever. Or... A Gargoyle: climbs atop a speaker tower, crouches ominously over the crowd and sees a flock of sheep. The guests have nightmares that night, haunted by the empty stare of the Gargoyle.

Pisces: A Witch: stirring her cauldron in the corner, guests gathered around mesmerized by the visions she conjures out of the vapors. Everyone wants a glimpse of the magic. Or... The Devil: gorges on deviled eggs, downs too many of the Mad Scientist cocktails, dances like a maniac, and then sees who she can tempt to go TP her ex-boyfriend's Ford Mustang.



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

Maliah's Minute -- Doll Island: a Horror Story

A creaking door slams. "Hello? Is anyone there?"

I felt a shiver go down my spine. In the distance, I could see eyes glowing. I fumbled for my flashlight, dropping it, and creating a loud thud. I looked down and slowly bent to grab it. When I looked back up the eyes were gone. It felt like something was watching me, I slowly turned. I was startled when I saw the glowing eyes staring me dead in the eye. My hands started to shake. I froze not knowing what to do. Shaking, I moved my hand and pushed the switch on the flashlight. Right there. Right in front of me was the the the...

I started sprinting down the hallway trying to get away from this monster. The hallway was getting longer and longer. All of a sudden, the floor fell from underneath me. It felt like I was falling for hours on end. I woke up and thought it was all a dream. But no, it wasn't. I stood up confused and did not know where I was. I sat up realizing I was lying on an old mattress. All the walls were gray cement. There were cobwebs

everywhere, in every corner. There were no doors and no escape. So, I sat there. Thinking.

Why did I come here? I know now I have made a big mistake. It all started 3 months ago. It was a normal day before work. I was a reporter for Fox News, and every morning I listened to the morning reports while cooking breakfast. The news reporter said, "doll island" and it brought my attention to the tv.

As I listened, I learn about an old man and the island he lived on. One day the old man was by the river, and he saw a little girl's body drifting close to shore. In her hand was a doll. From that day, he worshipped the doll in her honor. He hung the doll up and then became obsessed with dolls and would find dolls or doll parts and hang them around the island. It was said to be haunted by all the dolls, but one day the old man was found dead drifting in the same spot as the little girl. One day later news reporters were on the story. I was in pure shock but also so fascinated. I needed

to know more and that's how I ended up here. I was determined to see this island.

I flew 18 hours on 3 different flights, ending with a 2-hour boat ride. It took a lot of convincing to find a willing boat captain. They all refused to go there. They said it was against the rules. But there was no way I flew this far to be turned away. After searching and searching I finally found someone willing to take me. It took a lot of bargaining for the owner of a small, rotted, rowboat to agree. I threw myself into the boat, filled with excitement knowing I was going to doll island. We were quiet the whole time. I could see the fear in the sailor's eyes which gave me an unsettling feeling in my gut. I was starting to rethink my decision. But there was no going back now.

Maliah Harris is a thirteen-year-old entrepreneur and goofy teen with big opinions. She attends Churchill County Middle School and wants to work for NASA when she grows up. We can't wait to read the rest of her story.

What's Cookin' in Kelli's Kitchen -- *In a New Neighborhood*

I just had one of those “what day is it” moments... I would have sworn it was Wednesday, but it is not. I am dangerously close to causing our esteemed editor great levels of stress and anxiety. Fortunately, I asked before heading out on an adventure. My disorientation can be blamed on losing almost a whole day to traveling across the country to Brooklyn, NY.

The first thing that needs to be said for anyone who is considering flying out of the Reno airport is to take the 2 hour arrival timeline seriously. While Reno has historically been a super simple airport to access and navigate, it is now fully back from the pandemic travel slow down—which means that parking is an issue. Social media posts from friends caused me to approach this trip with extra caution; I had heard that long-term parking has been a valuable commodity as of late.

The night before my early evening flight, I checked how many parking spaces were available (almost 600). You can do this via a website found at: <https://www.renoairport.com/parking-transportation/parking/> I checked again the morning of my departure and discovered there were around 150 parking spots available. But by the time I arrived in Reno, there were less than 80 spots in the surface lot and the entire structure was full. Once a spot can be found, it is important to note that the walk to the ticketing plaza takes significantly longer from the surface lot. The other important factor is that the Reno airport is actively under construction and likely will be for a few years. I am sure that the new facility including additional terminals will be wonderful, but between now and then, make sure to budget extra time.

My flight to New York was uneventful and I slept well on the plane—but I was still hit by a wave of jetlag upon arriving and lost the entire afternoon to a long nap. Hence my lack of awareness about what day it is.

Everything's in flux at my sister's

house in Brooklyn. Since my last visit, there has been a move and the new house, a lovely multi-level brownstone, is just now meeting basic kitchen functionality requirements. I have been tasked with preparing the first home-cooked meal in the new house: Chicken and Dumplings scheduled for Saturday. Until then, we will subsist on take out and leftovers warmed in the microwave or on a hot plate—it reminds me a bit of college except with significant more square footage.

Since I have already shared my chicken and dumplings (at least twice), I will instead share a delicious meal that I ate today including how to go about making it at home. The new neighborhood brings with it a new cultural hub and, naturally, new foods. Specifically, we are situated squarely in the middle of the Little Caribbean. I spent some time in the Caribbean years ago where I subsisted almost entirely on Roti. In the islands, Roti is a type of sandwich with curried meats and vegetables wrapped inside a light, stretchy pita-like bread.

Caribbean Roti

INGREDIENTS:

Curried Chicken Filling
2 T Vegetable Oil
1 1/2 lbs Boneless, Skinless Chicken Breast (cut in bite sized cubes)
1 large Onion (diced)
1 t Minced Garlic
1 t Jalapeño (diced) (Use a traditional Scotch Bonnet Pepper instead of a jalapeño if you like hot and spicy dishes. Just add the whole pepper to the pan with the Chicken Broth)
1 t Fresh Thyme (leaves only, minced)
1 t Cumin
1/2 t Ground Allspice
1/2 t Ground Nutmeg
2 t Curry Powder
1/2 t Cayenne Pepper
2 – 3 c Chicken Broth
1 T Light Brown Sugar
1/8 t Finely Grated Ginger

1/2 t Salt
1/2 t Pepper
1 1/2 c Potatoes (peeled and cubed)

Roti Skin
1 1/2 c, plus 2 T All Purpose Flour
1/8 t Salt
3 1/2 T Softened Butter (not melted)
Water

INSTRUCTIONS:

Curried Chicken Filling

1. Heat large saucepan, add oil. Add onions, garlic, jalapeño, thyme, cumin, allspice, nutmeg, curry powder and cayenne and sauté for about 2 minutes.
2. Add chicken and sauté another 2 minutes, being careful not to let the mixture burn.
3. Add chicken broth, light brown sugar, ginger, salt, pepper and potatoes. Bring to a boil, then cover and let it simmer on low until the sauce thickens (about 20-30 minutes)

Roti Skin

1. Combine the flour and salt in a bowl and mix. (A stand-mixer also works well).
 2. Mix in softened butter and while mixing, slowly add in a small amounts of water at a time until dough becomes soft and pliable.
 3. Sprinkle a large surface with flour (I used a large cutting board) and knead the dough on the surface until smooth.
 4. Divide dough into 5 pieces. Roll each piece into a thin, round shape.
 5. Heat a pan with a small amount of oil. Place one roti in the pan and cook until it begins to brown. Flip the roti and brown on the other side. Repeat with the remainder of the roti's.
- Putting them together
1. Lay out one warm roti, and spoon 3/4 – 1 c of the curried chicken mixture onto the roti.
 2. Fold the roti tightly around the mixture and serve with mango chutney.

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



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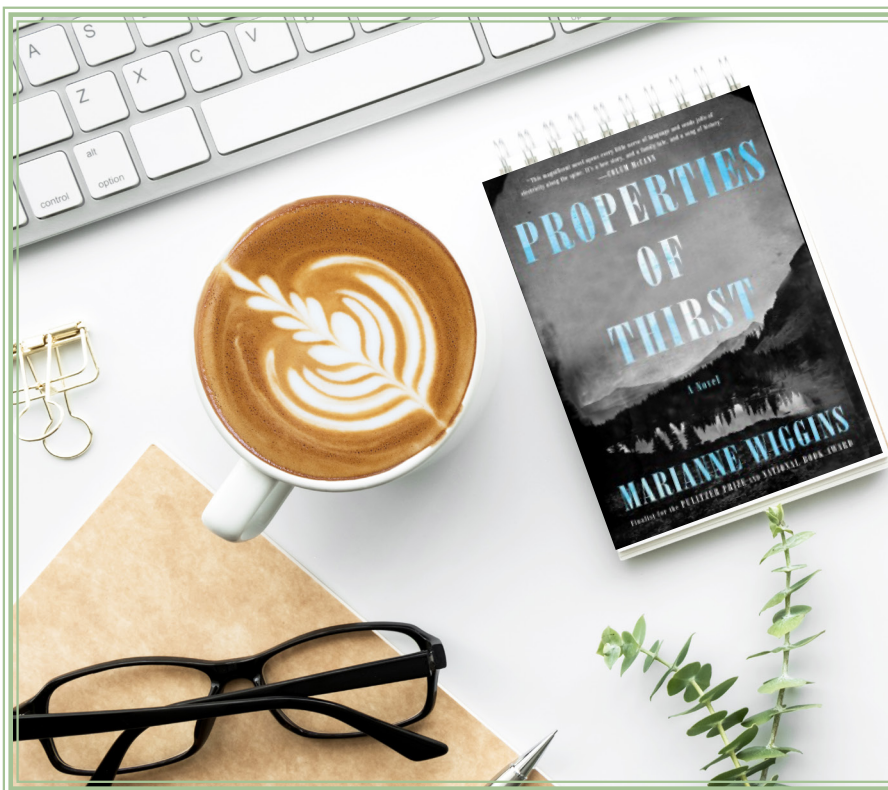


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Entertainment

Carol's Book Report – *Properties of Thirst: a Novel by Marianne Wiggins*



Rocky, raised in the east, headed west with his wife to ranch near Lone Pine, CA. His wife passes away when their twins are young, and his sister Cas comes to help raise them.

World War II is erupting and his son Stryker has joined up. Rocky is battling with the LA Water Corporation as they pull water from the thriving Owens Valley to quench the growing thirst of the expanding Los Angeles area. Then a lawyer from the U.S. Interior Department shows up seeking help to build Manzanar, the Japanese American concentration camp.

This majestic novel ties together fascinating American history and family dynamics set against the beautiful backdrop of the Sierras and the high desert.

This title is available in print at the library.

Carol is the Director of the Churchill County Library. A library volunteer turned me onto this beautifully written novel about an area I've been passing through for years.

Volunteer Painters Wanted! Churchill County Museum Mural



Mural Design by Kenyen Hicks

The Churchill County Museum in conjunction with the Churchill Community Coalition is looking for volunteers to paint the third panel of our "Our Community, Our Stories" Mural! This will be a paint by numbers mural where you will come and be given a number/section to paint.

If you're interested please contact Marilyn at 775-423-3677 or at mgoble@ccmuseum.org.



Dates Volunteers are Needed:

Sat., October 15, 2022	12-5pm	Sat., November 5, 2022	12-5pm
Sun., October 16, 2022	12-5pm	Sun., November 6, 2022	12-5pm
Sat., October 29, 2022	12-5pm		
Sun., October 30, 2022	12-5pm		

Churchill County Search & Rescue
Presents:

Trunk or Treat 2022
Saturday, October 29th
Venturacci Park
4-7 PM

Fallon Youth Center will be
Open for fun and games!

Sponsored by:
Churchill County Commissioners
City of Fallon

For more information:
rickmccusker@cccomm.net
or call: (916)201-9543

Movies & More

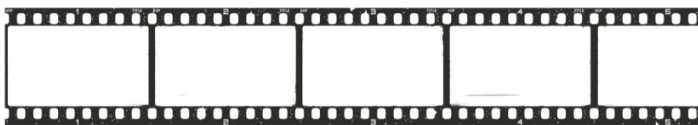
At Your Community-Owned and Operated Fallon Theatre

We welcome November this weekend, November 4th & 5th, with two great movies which will be showing both Friday and Saturday evenings. Our first feature each evening, starting at 6:00 is the 2015 children's movie "Home." When Oh, a loveable misfit from another planet, lands on Earth and finds himself on the run from his own people, he forms an unlikely friendship with an adventurous girl named Tip who is on a quest of her own. Through a series of comic adventures with Tip, Oh comes to understand that being different and making mistakes are all part of being human. Voice provided by Jim Parsons, Rihanna, Steve Martin, and Jennifer Lopez.

Our second feature each evening, at 6:30, is the 1989 adventure film "Back to the Future II." This fun movie follows Marty McFly and Doc Brown as they travel from 1985 to 2015 to prevent Marty's son from sabotaging the McFly family's future. The duo must return to 1955 to restore the timeline. It stars Michael J. Fox, Christopher Lloyd, Lea Thompson, and Elisabeth Shue.

Stand-up comedy returns to our stage on Saturday, November 12 with Veterans Day Weekend Comedy. Advance tickets - \$20. Doors open at 6:30 p.m. and the show starts at 7:30. For more info visit: brianleecomedy.ticketleap.com/veterans-day-weekend-comedy-night.

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

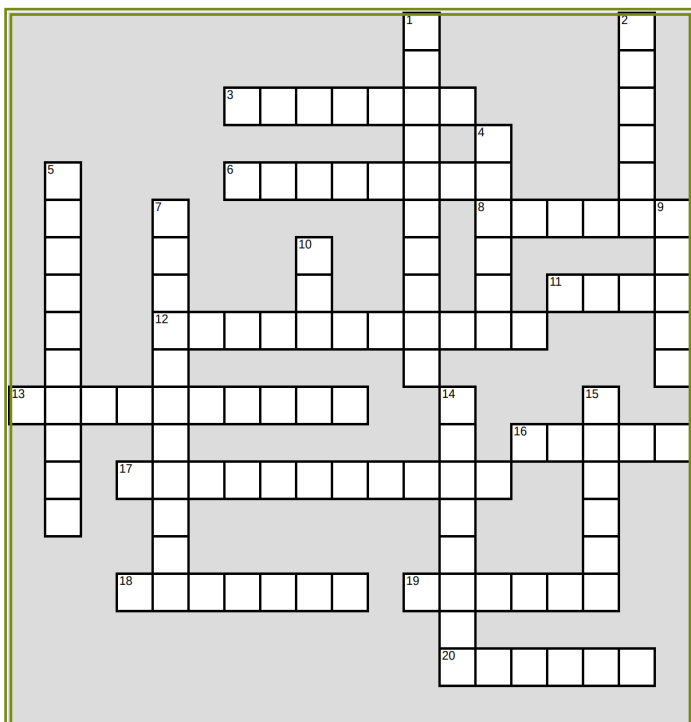


November Movies

<p>Friday 11/4 6:00 & 6:30pm</p> 	<p>Saturday 11/5 6:00 & 6:30pm</p> 
<p>Friday 11/11 6:00 & 6:30pm</p> 	<p>The Fallon Theater - presents Saturday November 12th 7:30 p.m. COMEDY NIGHT with Rodney Norman Advance Tickets - \$20 Day of Show - \$25 brianleecomedy.ticketleap.com/ *weekend comedy ticket only! *weekend comedy ticket only! *weekend comedy ticket only!</p> <p>Saturday 11/12 7:30pm \$25</p>
<p>Friday 11/18 6:00 & 6:30pm</p> 	<p>Saturday 11/19 6:00 & 6:30pm</p> 
<p>Friday 11/25 6:00 & 6:30pm</p> 	<p>Saturday 11/26 6:00 & 6:30pm</p> 

All Movies are FREE!!

Nevada Day -- The Largest Celebration of Statehood in the Country



Across

- 3 Desert sheep
- 6 Indigenous people
- 8 Comstock ore
- 11 Comstock ore
- 12 Nickname
- 13 Nickname
- 16 Roughing It author
- 17 Fossil
- 18 Pyramid Lake's large white bird
- 19 Indigenous people
- 20 Spanish for snowy

Down

- 1 Capitol
- 2 Ethnicity of some early settlers
- 4 40-mile
- 5 Oasis for migratory birds
- 7 Pine tree
- 9 Riding and roping contests
- 10 Governor in 1864
- 14 Blue bird
- 15 Indigenous people

SEND YOUR LETTERS TO THE EDITOR TO:

admin@thefallonpost.org

Where oh where has the common sense gone...

We are inundated with political advertisements and surveys that don't seem to touch on anything that concerns me. If you happen to think that being dependent on other countries for our oil and gas is bad, just think how vulnerable and horrible it will be if we become dependent on foreign countries for food. I loved being a small farmer and I have lived long enough to see an insidious assault on agriculture. Furthermore, I don't think it is always unintentional.

During the pandemic, we saw empty shelves in our grocery stores regularly and it was distressing. The shortage of certain items was basically because of the lack of trucking and the delivery system we had. However, if our shelves are empty because we can no longer produce the food it will be disastrous, and especially devastating to our middle- and low-income citizens.

I first became aware of the movement to eliminate some of our agriculture in the 1980s when our local irrigation district was targeted because we were small, naïve, and the first Reclamation Project in the US. Even more con-

cerning and shocking is what is occurring in California right now. A year ago, the powers that be in California, decided it would be better to use water for a fish than the rice it has been used for years to produce. Hence in 2022, 300,000 acres of rice were not planted that had been producing an average of 9,000 pounds of rice per acre per year. The area where this occurred is perfect for growing rice because the clay soil acts almost like a swimming pool keeping water on the rice, helping to naturally conserve the water. It has also been very high-quality rice and some of it has been used as seed to plant rice in other areas.

We must remember how important California is to our whole nation and the world's food supply. Before Covid, 50% of the fruits and vegetables the people of our nation consume were produced in California. Internationally rice is one of the top three grains consumed. But at that time, one in seven children in the US went to bed hungry. This is unacceptable.

Now millions of people have come across our borders. In a few years, how are we going to feed everyone?

There are many side effects to ceasing production of a crop. Machinery sits unused with payments still owed. The taxes must be paid, despite no revenue generation. If the soil is left unused for a couple of years, the heavy clay will set up and be practically impossible to use and must have extensive investment to put back into production. Meanwhile, the business infrastructure, such as supply companies and mechanics need to go elsewhere to make a living leaving the farmer without necessary contacts.

Farmers and ranchers are price takers, not price makers. As a farmer, you get paid what the buyer offers. Coupled with that is the high cost of operating your machinery, paying for the increase in fertilizer, and getting your product to market or the processing plant. Taking any amount of land out of production will put farmers out of business, but worse, causing less food to be produced, increasing food insecurity across the county.

-- Sonya Johnson, Fallon

Perla Batalla at the Arts Council November 5

As a Grammy-nominated singer and touring band member with the legendary songwriter Leonard Cohen, Perla Batalla knew there was much of Cohen's body of work she still wanted to perform and record. Cohen's passing in November 2016 reaffirmed Batalla's mission of sharing the lesser-known songs of Canada's poet laureate to a younger public mostly familiar with the well-covered, "Hallelujah."

Perla Batalla In the House of Cohen features selected songs and rare personal anecdotes that serve to reveal the timelessness of Cohen's art through Batalla's signature cross-cultural style. Having recorded and toured with Leonard Cohen for over ten years on multiple world tours, Perla launched her solo career with Cohen's encouragement.

Since then she has recorded seven albums, been featured in film and television, and performed and recorded with artists such as Lou Reed, k.d. lang, John Cale, Sonny Rollins, Jackson Browne, Duquende, Luz Casal, Laurie Anderson,



David Sandborn and George Duke.

"Onstage, offstage, digital or analog, I love Perla Batalla." – Leonard Cohen

SATURDAY, NOVEMBER 5
Box Office, Art Bar & Galleries Open at 6pm, Performance at 7pm
Tickets: Members \$17 · Non-Members

\$20 · Youth & Students \$10

Tickets available at: Jeff's Digitex Printing or call the Churchill Arts Council at 775-423-1440

For more information visit: <https://www.churchillarts.org/2022-23/PerlaBatalla>

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://www.settelmeyer.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](https://www.robin.l.titus@asm.state.nv.us)
P.O. Box 377
Wellington, NV 89444-0377
(775)-684-8507

County Commissioner
District 1
Justin Heath (R)
155 N. Taylor Street #110 (office)
Fallon, NV 89406
(775) 666-5757
jheath@churchillnv.gov
County Commissioner
District 2
Pete Olsen (R)
155 N. Taylor Street #110 (office)
Fallon, NV 89406
(775) 427-7995
polsen@churchillcountynv.gov

County Commissioner
District 3
Greg Koenig (R)
155 N Taylor Street #110 (office)
Fallon, NV 89406
(775) 666-5878
gkoenig@churchillnv.gov

City Council
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

Oct. 31 - Nov. 4

Fallon City Council
November 1 at 9 a.m.
55 West Williams Avenue

TCID Board of Directors
November 1 at 9 a.m.
2666 Harrigan Road

Parks and Recreation
November 1 at 7 p.m.
155 North Taylor Street

Advisory Board to Manage
Wildlife
November 2 at 7 p.m.
155 North Taylor Street

County Commissioners
November 3 at 8:15 a.m.
155 North Taylor Street

Highway Commissioners
November 3 at 1:15 p.m.
155 North Taylor Street

CC Communications
November 3 at 1:45 p.m.
155 North Taylor Street

Newlands Project Water Levels

Measurements taken
October 27, 2022 at 9:18 a.m.

Lahontan Reservoir
13,480 af

Truckee Canal at Hazen
251 cfs

Truckee Canal at Wadsworth
280 cfs

Carson River Below Lahontan
1.16 cfs

Carson River at Ft. Churchill
7.56 cfs

October 26

2022 : 12,896 acre feet

2021 : 6,967 acre feet

2020 : 48,770 acre feet

cfs - Cubic Feet per Second
af - Acre Feet


Business Directory

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Kwame Bell
HIV Project Outreach Coordinator

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kbell@nevadalegalservices.org

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<p>31</p> <p>Beef Enchiladas</p> <p>Spanish Rice Refried Beans Fruit Cocktail ADSD #170</p>	<p>1</p> <p>Broccoli Cheddar Soup</p> <p>Turkey & Swiss Sandwich Fruit Jello Baked Chips Cucumber Salad</p>	<p>2</p> <p>Chicken Fried Chicken</p> <p>Tater Tots Country Gravy Mixed Vegetables Spiced Peaches</p>	<p>3</p> <p>Shepherd's Pie</p> <p>Fresh Spinach LS Italian Dressing Bran Muffin Fresh Fruit ADSD #29</p>	<p>4</p> <p>Sloppy Joes</p> <p>WW Bun 3 Bean Salad Cooked Carrots Baked Banana ADSD #155</p>
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