

# THE FALLON POST



Locally Owned Operated & Printed

\$1.00

www.TheFallonPost.org

Volume 4, No. 9

Keeping You Posted on Local News

Friday, December 30, 2022

## Kids Under the Hood - Career and Tech Education at CCHS

By Rachel Dahl

Students at the Churchill County High School recently hosted the community in a CTE Roundtable to show off the career and technical programs available to them as the district works to make all students "life ready."

Assemblywoman Robin Titus attended the roundtable, working with students in Chase Johnson's Culinary Arts program to answer survey questions and provide community input to the process.

Hosted by Principal Tim Spencer and Superintendent Summer Stephens, the event was held in response to discussions held during the past election cycle about the state of the district programs including Future Farmers of America and the building trades.

Stephens provided welcoming remarks and explained that the district currently runs 20 different programs from Automotive Technology to Principles of Agriculture and Nursing to Video Production. There are currently 150 students in the Culinary Arts program, 141 in Multimedia Communications, 111 in Principles of Health Science, and 107 in Military Science, just to name a few of the busier programs. There are also three separate Career and Technical Organizations: FFA, SkillsUSA, and HOSA for the health occupation students. SkillsUSA is a nationwide program for students in career, technical, and skilled service occupations.

Stephens said that over the next three years, nationwide, 29% of the construction workforce is set to retire with baby boomers aging out of the workforce. "That's reality, that's not just Fallon," she said. "We just want you to be prepared."

The district has a Board Goal specific to CTE and Workplace Readiness, as Stephens explained, to increase the percentage of students who pass the end-of-program from 59% of the students enrolled in CTE at the end of 2020-21 to 70% at the end of 2023-24.

She said the reason for the round-



table was "to strengthen community relationships so we can build better partnerships." In addition to the CTE skills, students are also prepared through their classes to gain and improve their workplace-ready skills including creativity and innovation, critical thinking and problem solving, initiative and self-direction, and their respect for diversity among several other life skills.

In partnership with the Churchill Entrepreneur Development Association, the district will also offer several work-based learning opportunities for students to gain real-world experience in the auto, construction, and healthcare industries.

Stephens also explained that the CTE programs are funded by a state CTE allocation based on the number of students enrolled in the programs. In addition, the district has been awarded several grants that help fund the pro-

grams as well including Federal Carl Perkins, Competitive College, and Career Ready funding. The Perkins grant for support staff in high-needs classes to increase participation, and a Competitive Teaching and Training grant to meet the teacher shortage, and "grow our own" as Stephens said. The Competitive College and Career Ready funding will allow the district to fund some college credits as well as provide for a full-time and part-time position to fund a work-based learning coordinator and a career center that Stephens said will "stand up over the next few years."

Several of the programs provide learning and practice that lead students

*Continued on page 5...*

*Students gather around the virtual autopsy table in the Health Occupations lab with teacher Elaine Adams and Culinary Arts teacher Chase Johnson. Photo by Rachel*

# From the Publisher

## Captain's Log – *Do you Believe in Magic*

There were several additions to The Fallon Post playlist this week – do you know how many songs there are about magic?

It's been a long time since we've added to the list, but we used to break into song on a regular basis around here when everyone was working at the shop together.

I miss that a lot. We're all farmed out and we've lost some of our team and gained some new members who are remote, so we haven't had a chance to indoctrinate them into the ways of *The Post* – we haven't shared our moments much lately.

There truly is a song for every situation though, if you remember.

And since last week, there have been many. Many moments. Many songs. Much magic. "The magic of Christmas" was repeated often last week. Funny how often I heard it.

I was so sick last week I knew it would be a Christmas Miracle if the paper got out. And it did – it was. In my Nyquil haze that thing came together. A product of fluff and fun photos. Light on the news.

Not much different this week – I'm on the mend finally, and there is no Nyquil haze. Mostly because there's no Nyquil to be had in this town. The medicine shelves are Bare. Everyone says everyone's got whatever bug this is and apparently it's worse if you're a kid. Moms are on Facebook reaching out for children's Motrin, Tylenol, whatever, because there isn't any in the stores.

But you should see our list of stories for next week. Look out. Brush off your reading glasses and stock up on coffee – your Friday/Saturday morning read will take a while.

So let me hustle up and get this paper together and we'll get through our holiday magic and launch into next year when our newly electeds get sworn in or sworn at, and we get back to the daily grind.

And as I bang away on this keyboard writing you stories for next week, I'll be right here...

...Keeping you Posted.  
Rach

*Photo of the Week*

*Finches*  
By Jo Petteruti



Subscription orders and change of address can be placed online, by mail at 2040 Reno Highway #385, or phone (775)-423-4545. Single copies may be purchased for \$1.00 at local merchants listed on the back cover. Subscribe online at: [www.theFallonPost.org](http://www.theFallonPost.org). Subscription rate is \$9.95 monthly, or \$119.49 annually.

## The Fallon Post

Location  
2525 Reno Highway  
Fallon, Nevada 89406

Mail  
2040 Reno Highway #385  
Fallon, Nevada 89406

(775)-423-4545  
[admin@thefallonpost.org](mailto:admin@thefallonpost.org)

**Publisher/President**  
Rachel Dahl

**Editor**  
Rachel Dahl

**Staff Writers**  
Jo Petteruti

**Contributors**  
Mike Berney  
Dawn Blundell  
Jim Cork  
Rebekah Dahl  
Joe Dahl  
Doug Drost  
Suzann Gilliland-Peterson  
Maliah Harris  
Alisha Hill  
Sonya Johnson  
Vicki Jones  
Kelli Kelly  
Mandie Koeckes  
Leanna Lehman  
Carol Lloyd  
Trina Machacek  
Michon Mackedon  
Anne McMillin  
Teresa Moon  
Sylvia Nash  
Marie Nygren  
Ty O'Neil  
Bill Post  
Michelle Richardson  
Jaime Sammons  
Carry Thibaut  
Angela Viera  
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Patricia Whitten  
Vic Williams

**Volunteers**  
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Denice Pinder  
Mike & Beth Reese  
Maribeth Robinson  
Cheryl Venturacci

*The Fallon Post* (ISSN 2767-6234) is published weekly, on Friday, by The Fallon Post, 2525 Reno Highway, Fallon, NV 89406.

Periodical Postage is paid in Fallon, NV  
POSTMASTER: Send address changes to The Fallon Post, 2040 Reno Highway #385, Fallon, NV 89406.

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Sequence #108

## Retired Comptroller Gives Tribute to Commission Chairman

By Rachel Dahl

During the county commission meeting last week, retired county comptroller Alan Kalt spoke during public comment to give tribute to Commission Chairman Pete Olsen during what was Olsen's last meeting before retiring himself. Olsen has served 12 years on the commission and is termed out of his seat. Myles Getto was elected to fill the District 2 seat.

"Seventeen and a half years ago," began Kalt, "you asked me a question as we sat at a baseball tournament watching our sons. You were talking about why is the county putting bike trails and speed limits on certain county roads and I told you, 'you know what - you need to run for county commissioner.' And you said to me, 'now why in the hell would I run for county commissioner?' Today, I can tell you why."

Kalt continued by saying it had been an honor and privilege to work for the commission for 27 years and have the opportunity to work with several selfless leaders over the years. He said that Olsen came onto the commission during a great recession and sat in staff meetings figuring out how to not lay people off. "You believed in staff, and we were able to get through that difficult time."

Kalt referred to Olsen's vision and insight to bring in economic development to help during those tough times. To bring in the Dairy Farmers of America and work to put in the infrastructure needed, "Maybe you ran for commissioner to build a bridge and do the things to make this community prosper."

Referring to the Pennington Life Center he said, "Maybe you became a commissioner to help seniors, to retire that old, tired building and work with the Pennington Foundation on a new facility to expand Meals on Wheels and other programming."

Kalt spoke of the short window of opportunity presented to purchase the golf course and said, "Maybe you wanted to buy a golf course and keep that resource for the community for recreation," and he said perhaps Olsen wanted to be a commissioner to partner with the geothermal industry and work with Enel to allocate resources to match funding and build a new Youth Club.

"Or maybe you wanted to help the employees at the Sheriff's office with that deplorable jail facility and lend your leadership to bringing in the new jail," said Kalt.

He also spoke of the city and county working together and the leadership Ol-

sen provided during the covid crisis, as well as finding a generational solution to the Newlands Project flooding with the Big Dig, or the foresight to the investment in the Rafter 3C facility.

"Today I can answer why you would want to serve as a county commissioner," said Kalt. "So you can leave an indelible mark on this staff, and the place we call home."

He closed by saying the only thing Olsen had to worry about now would be which grandkid to go visit.



A hiring advertisement for New Frontier, a non-profit corporation. The ad features a green mountain logo with a sun rising over it. The text "WE ARE HIRING" is prominently displayed in large green letters. Below this, it says "HIRING FOR A VARIETY OF POSITIONS" in yellow. A yellow box contains the text "CALL DEBBIE AT" followed by the phone number "775-423-1412 X 244" and the email address "OR EMAIL DEBBIER@NEWFRONTIERNV.US". At the bottom, it says "HAPPY NEW YEAR!" in green. There are also some decorative elements like a megaphone and arrows.

# Obituaries

## Sylvia Ann Tuttle

1949 - 2022

Sylvia passed away peacefully on October 27, 2022, of complications of Parkinson's disease.

She was born in Oildale, CA to Richard and Ima Mahon in 1949. Being a railroad family, the Mahons moved 13 times before finally settling in Pleasant Hill.

Sylvia graduated from College Park High School in 1968 and started working for Pacific Bell in San Francisco. She was married on July 12, 1969, for 53 years to her beloved husband Rex. She moved to Chico for four years, landing in Reno in 1974. She retired from Nevada Bell in 2002 after 33 years of service.

Sylvia was Worthy Matron of Eastern Star #13 of Reno where she met many wonderful friends.

She is preceded in death by her dad and stepmom Richard and Sybil, and her in-laws Jesse and Janis.

She is survived by her husband Rex, her mom Ima, brother Robert, and sisters Christine and Amy, as well as her sons Brian and Steven, and her grandkids Cortney, Tyler, Abby, Cierra, Quincy, Chloe, and Brooklyn, and great grandkids Aleah, Tanner, and Zayden.

She was loved by everyone in her life and will be forever missed.



## Donald Henry Hardy

Donald Henry Hardy left this world on November 14, 2022 and earned his eternal ride in heaven. He was surrounded by his loved ones and his best friend, his pug, Buster.

Don was known by many names throughout his life. Just to name a few, Donny, Don, Dad, Grandpa, and Chief. He was very involved in the Fallon Community throughout the years. He coached football and softball. He helped organize several functions and leagues. He was involved in organizing the Pop Warner Youth Football-Youth Cheer league, the Fallon Annual Cantaloupe Festival, The Farmers Market, and his most current passion was getting his brothers and sisters together and creating a riding club that is able to give back to the community, The Nobody MC. He also spent many hours in his early years working and racing his stock cars. He and his family spent many weekends at the racetracks. It was not unusual to find Don at his kitchen table on his phone visiting with his friends and family. Besides riding his Harley, his kitchen table was his favorite place to be.

Don was known as grandpa to a lot of kids throughout the years. He would take kids into his home and give them a place to sleep and food to eat. He always tried to give kids a chance to grow, even if they were complete strangers.

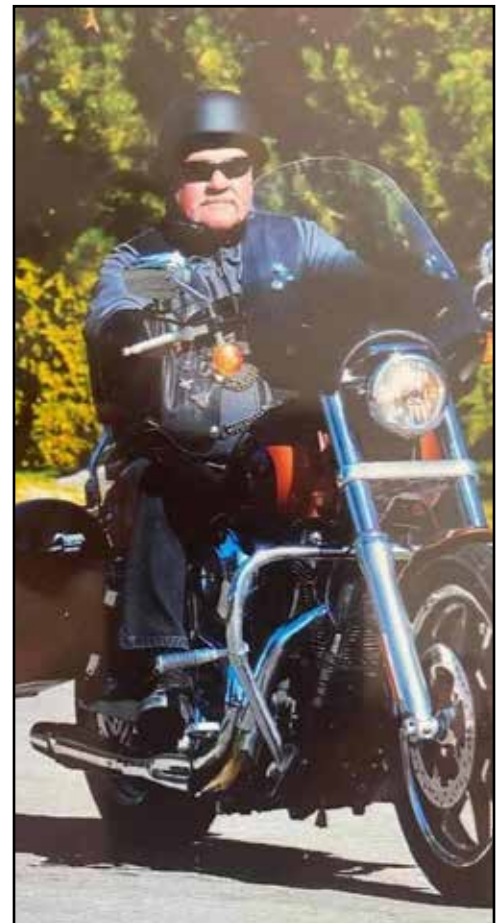
Don found peace in riding with his brothers and sisters in his club. He found joy in riding with his pack. Buster, his pug, was never far from him. Don and Buster were best of friends.

Donald H. Hardy was born on March 4, 1947, in Fallon, NV to Gail Marie Brown and George Hart. In 1953 Gail moved to Carson City, NV, where she married William Fine Hardy. Don enlisted in the US Navy in 1964 where he was able to earn his GED, become a certified deep-sea diver, and serve two tours in Vietnam. In 1972 he married Kerry L Wilde and had two children, Ashley and Justin. They then moved around the world serving this country. In 1984 he married Barbara J Fornash. He resided in Fallon and raised their three girls, Danette, Lanette, and Mary, with pride.

He retired from the Navy in 1984 and served as a civilian on base as head of physical security until he then retired. Don lived his life unapologetically. He lived life exactly the way he wanted to. He often could be heard giving his most famous quote, "Don't sweat the small stuff."

Don is survived by his brother Ted Hardy, his daughters Blazze Hardy, Lanette Bagby, Mary Bagby, Ashley Osborne (Jason), his son Justin Hardy (Hether). His pride and joy were his grandchildren Donald, Shylaa, Dustin, Kelsey, Colton, Tyler, Thomas, Michael, Rowdy, Cameron, Zach, Adrian, Caitlyn, and Conner. Don was blessed to have experienced the joys of becoming a great-grandpa as well. Family was his nucleus.

He was preceded in death by his mother Gail Blytenburg, Fathers George Hart and Bill Hardy, Brother Larry Hardy, wife Barbara Hardy, stepdaughter Danette Buntmeyer.



Funeral Services will be on January 13, 2023 starting with his last ride to the Northern Nevada Veterans Memorial Cemetery. The ride will start at The Gardens Funeral Home. Kickstands up at 11:15 a.m. Services will start at 1 p.m. at the wall in Fernley. A reception will follow in Fallon at 4 p.m. at the American Legion Hall pending availability.

## Museum Postpones New Year's Eve Mad Hatter Party

Due to several circumstances, the Churchill County Museum Association is regrettably postponing its New Year's Eve fundraising event until sometime this next Spring. We apologize for the inconvenience but will be sure to keep everyone informed when the new date is decided.

The museum is open Tuesday through Saturday 10 a.m. to 4 p.m., and Sunday 10 a.m. to 3 p.m.

Looking up family history, or just want to know about this area? We can help. The reading room is open for business. Just make sure you contact us ahead of time to make an appointment so we can make sure you have everything you need.



*CTE from front page...*



to certifications they can earn while in high school that make them employable in high demand occupations including automotive, welding, nursing, and several healthcare positions including Emergency Medical Technician.

Several students were on hand to take community members through their classrooms and see the technology they have to work with through the various curricula. Culinary students showed off their new walk-in refrigerator and the new ranges and imposing ventilation system in what Johnson said is the biggest hood set-up in the community, which he was able to purchase through a grant that he wrote.

Auto students took attendees through their shop, showing off their hoods as well.

ROTC students explained the various programs and the competitions they

are preparing for, including drill teams, the rifle team, and the newest cybersecurity program that they are building with a grant they just received.

Students in the Health Occupations fields have access to all the modern tools of the trade including a high-tech autopsy table that teacher Elaine Adams was able to purchase last year through a grant that she found and was awarded.

Spencer reported at the last board meeting on the success of the evening saying he was able to gather good feedback that will be used to continue to improve ongoing programs.

Trustee Schank talked about retired teachers Richard Evans and Louie Mori and the auto and building programs they had built over the years. "We have to get people who want to invest in the community and build these programs that kids want to feed into."



# Community

## Jury Questionnaires Being Mailed

Staff Report

Jury questionnaires will be mailed out the first week in January to about 3,000 randomly selected individuals in Churchill County to potentially serve as jurors for trials scheduled at the 10th Judicial District Court and Justice Court of New River Township in 2023.

The purpose of the questionnaire is to help the courts determine who is eligible to be summoned for jury trials during the year. Out of the approximate 35,000 to 40,000 names provided by voter registration rolls, a Nevada utility, DMV, and DETR which the courts are required to use to create the annual jury pool, 3,000 names will be randomly drawn to form the prospective active jury pool for 2023. Receiving the questionnaire does not mean you have been summoned for a trial.

Individuals who believe they have a statutory reason for being excused should return their questionnaires right away to help avoid being summoned for a trial. If an individual believes they have another reason outside the statutory ones, they must contact the 10th Judicial District Court office at (775)423-6088 and speak with staff before submitting their questionnaire.

Prospective jurors are strongly encouraged to complete the questionnaire online at <https://Churchill Courts Ne->



10th Judicial District Court building in Fallon.  
Photo courtesy Churchill County.

vada i-Juror/main.asp?id=index. Otherwise, questionnaires may be mailed back or dropped off in person to the Jury Commissioner, 73 N. Maine Street, Fallon, NV 89406. Please return the questionnaire within two weeks of receipt.

Individuals who do not return the

questionnaire are still subject to being summoned for a trial at a later date.

Should you have questions before submitting the questionnaire, please call the Jury Commissioner's Office at (775)423-6088, and staff will assist you.

Brought to you by the  
City of Fallon



Happy  
New Year

2023

Fireworks at 6 p.m. at the Fairgrounds  
followed by a bonfire at 7 p.m. at the  
Churchill County High School - I Greenwave Circle

## City Recognizes Youth Sports Teams - Fountain Dye



*In honor of the FYFL Freshman Cheer team as well as the Junior Varsity, and Collegiate football champions, the City and Council helped celebrate by dyeing the fountain followed by an awards ceremony in the City Hall Courtyard.*  
*Photos by Nicole Dooley.*



Churchill County Aquatic Center  
will be holding our

# FREE WATER WORKOUT SHOWCASE

SATURDAY, JANUARY 14TH  
FROM 9:30 AM TO 11:00 AM

We would like to invite you to come try out our water aerobic classes.  
You will have a chance to check out 4 different classes that we offer.  
Doors open at 9:15 am & Class will start at 9:30 am  
A Free Pass will be handed out to come back  
& try a full class of your choice.

You will also be entered into a Raffle Drawing for Full Passes.

# Local Government

## The Devil is in the Details

### Commissioners get a Run-Down of FRTC

By Rachel Dahl

During their regular meeting last week, Churchill County Commissioners heard a report from Jeremy Drew, a consultant with Resource Concepts Inc. who has worked with the county for the past six years on several natural resource issues including the modernization of the NAS Fallon Range Training Complex and the requested expansion of the Navy footprint in Churchill County and Northern Nevada.

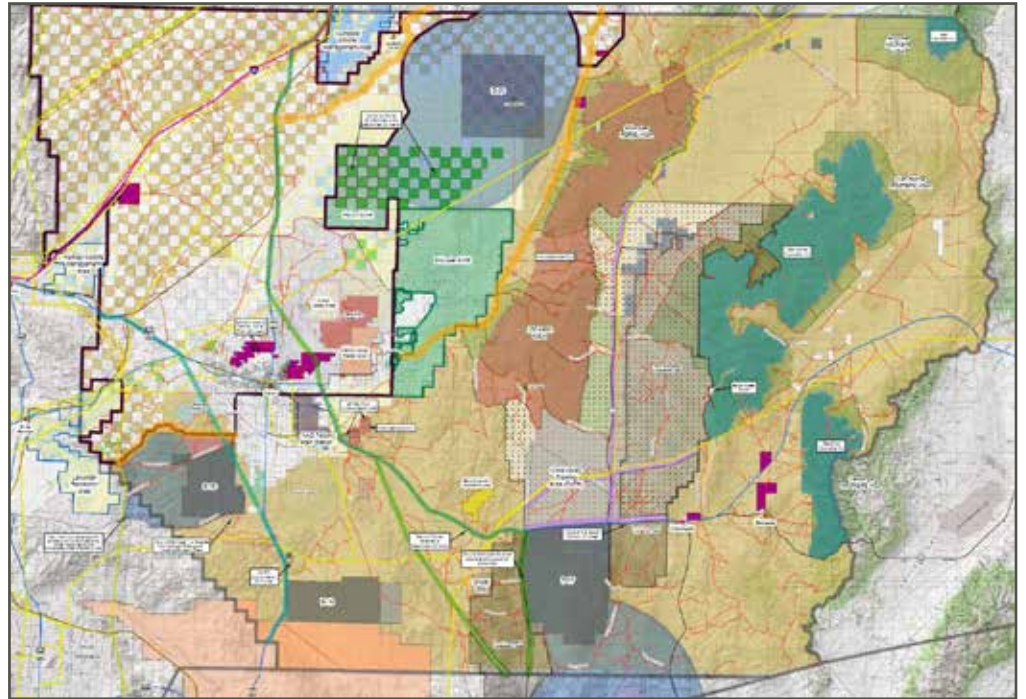
The FRTC was included in the National Defense Authorization Act that passed both the House and the Senate before Christmas and was signed into law by President Biden on December 23. The FRTC will add an extra 558,535 acres to ensure the Navy's training missions are met.

Implementation of the expansion and modernization is expected to take several years to complete and according to Drew, no training will take place in the expanded areas until the mitigation is completed.

Drew reported to the commissioners that approved along with the FRTC, was the Churchill County Lands Bill that provided several economic development measures and cleaned up several outstanding Wilderness Study Areas. Reviewing issues that had been negotiated with the Navy, he said that relating to Bravo-16, located southwest of Fallon, Sand Canyon and Red Mountain Road will be closed and realigned around the northern boundary of the range. As the Interstate 11 construction continues, it will eventually cut through the Navy land.

Relating to Bravo 17 southeast of the community, the boundary of the range will shift south and east of the Rawhide Road and will include Slate Mountain and the Monte Cristo Range, resulting in loss of recreation, but there is a provision for a 15-day big game hunt. Roadways from other communities will remain available for public access. The Navy relinquished 23 acres around an existing well and corrals that are utilized for livestock grazing. Drew also said that the Navy will relocate State Route 361, the Gabbs Highway, as well as rebuild Lone Tree Road. Additionally, the WSAs have been eliminated.

The Dixie Valley training area will encompass land from the toe of the Stillwaters to the Clan Alpine and from Highway 50 north to the old settlement.



There will be no live fire in Dixie Valley, and it will be managed under special rules. The special management area will overlap the east half of Dixie Valley, run south of Highway 50 along Fairview Peak and over to Sand Springs. Over the next two years, a management plan will be developed by the BLM and there will be no formal withdrawal.

Management for Dixie Valley will be under the Federal Lands Management Policy Act and there will be no new mines, however, livestock grazing and geothermal will still be allowed. Additionally, La Plata is not included in the Dixie Valley training area.

Drew said there will be a new National Conservation Area around Grimes Point as well as the Numunaa Nobe NCA located north of Job Peak in the Stillwater Range, while the WSAs at Job Peak and the Stillwaters will be released to multiple use and will be managed under the new Resource Management Plan underway at the BLM.

Under the Lands Bill, the Department of the Interior will convey lands to the county around the city boundaries for public use, the county will convey ground to the DOI in the wildlife refuge north of Stillwater, and the Department of Navy will convey 86 acres at the entrance of Sand Mountain to the DOI. He also said there is a resolution of the checkerboard ground in the northwest of the county, with the DOI being given two years to look through and decide what to keep and then make exchanges and

conveyances.

Drew said the Fallon Paiute Shoshone Tribe reservation will expand north and west of the current boundaries by 10,000 acres, and they will receive \$20 million for the construction and operations of the Numu Newe Cultural Resource Center to help sustain knowledge, culture, language, and identity associated with aboriginal land and traditional ways of life for the Fallon Paiute Shoshone Tribe and other affected Indian tribes.

Additionally, Drew said the Walker River Paiute Tribe will gain two sections near Hazen called the Fernley East Parcel, and the reservation will expand by 8,000 acres near the northeast corner of Walker Lake as well as receive \$20 million.

Private property owners, both grazing and mining, will be compensated, with the Navy working with grazing permittees to find replacement grazing allotments or they will compensate for the grazing rights which is not limited to the remainder of the permit, but as if someone else were going to purchase the value.

Churchill County will receive \$20 million for impacts associated with the withdrawal.

The language in the bill also makes Churchill County now eligible for two provisions in the Southern Nevada Public Lands Management Act, clause four which allows for the development

*Continued next page...*



## Positive Police Department Statistics Reported

By Jo Petteruti

The Fallon City Council received positive news from Police Chief Kristopher Alexander during its last meeting on December 20. The chief presented the police department's monthly report for November where the total number of calls for service and incidents reports dropped from 841 in October to 642. The crime summary showed domestic battery, battery assaults, and larceny crimes all down from October with total crimes on a downward trend from 22 in July to 11 in November.

A total of 37 arrests for felonies, gross misdemeanors, misdemeanors, DUIs, juvenile crimes, CPCs, and domestic violence crimes were made in

November. Traffic accidents and moving violations were both down in November as compared to October.

One citizen survey was received last month which rated their interaction with Fallon Police as "very satisfied," praising Officer Itskin and Dispatcher Schwartz by saying, "You should be very proud of these two employees. Both were very professional and helpful."

As part of their public relations support, the chief reported that Fallon Police provided traffic control for dying the fountain on Maine Street and provided an escort for an Oasis Academy long-distance runner who was going to state, a career day presentation at Oasis Academy, a suicide prevention presentation at Churchill County Middle School,

a winter driving safety class and traffic briefing both held at NAS Fallon.

In another action, the City Council approved a drinking establishment liquor license requested by Gary Sinclair for Analee's Cafe located at 66 West Center Street. Police Chief Alexander, Deputy City Clerk Elsie Lee, City Engineer Derek Zimney, and City Attorney Michael Mackedon also recommended approval of the license request.

Regular City Council meetings are held every first and third Tuesday of the month at 9 a.m. in the City Hall Council Chambers located at 55 W. Williams Avenue. Meeting information can be found on the City's website, <https://www.fallonnevada.gov/city-council-meeting-and-agendas/#city-meetings>

*FRTC DETAILS from page 8...*

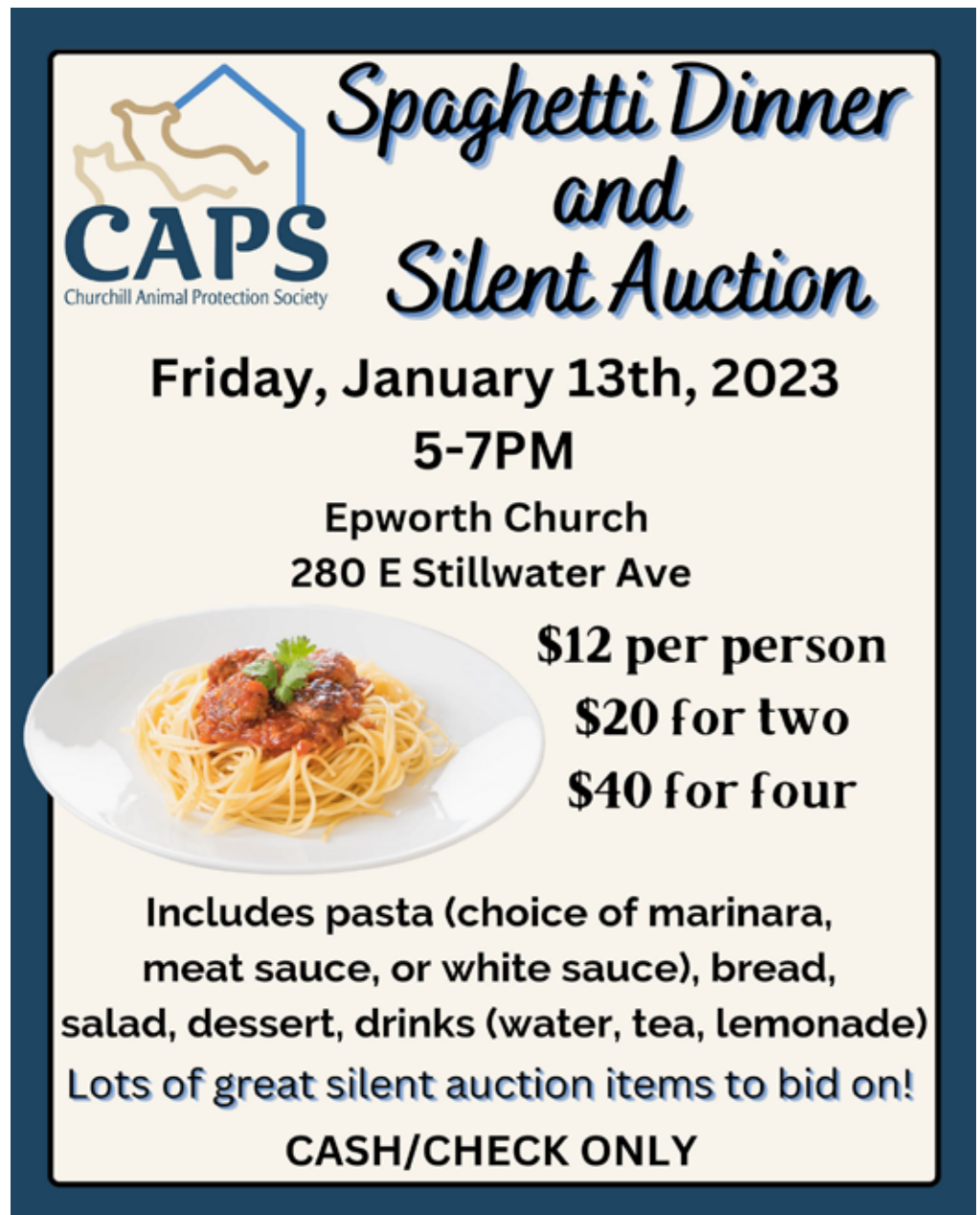
of parks, trails, and natural areas, and clause 11 which allows for reimbursement expenses by the DOI for implementation.


Carlene Pacheco, a member of the Fallon Tribe spoke during public comment about the new council at the Tribe. "We've had so many different entities coming at the Tribe, Department of Wildlife, the base, I just want you guys to have really good communication with the council. Tribal leaders were invited to D.C. to make a decision on the FRTC expansion; however, they should not have made a decision without their tribal membership at each tribe. There are tribal members at the Walker River that are dissatisfied and tribal members here at the Fallon Tribe that are dissatisfied with this deal that was made in D.C."

"That's not unique to the tribes," said Chairman Pete Olsen, "there are people here in our community who want no part of it." He explained that Chairman Cathi Tuni rode with him when they took the Undersecretary of the Department of the Interior, Tommy Beaudreau on a tour of the community. "She rode with me for eight hours and we took him to the top of Fairview and across the Stillwaters, we wanted everyone to have the same opportunity to see the same things and talk to the undersecretary just like we did."

Commissioner Bus Scharmann said, "Our intent is to work closely with the Tribe, and we want that to continue."

The language of the bill and a larger version of the map along with a legend, can be found in the agenda packet at [churchillconv.portal.civicclerk.com/event/3005/files](http://churchillconv.portal.civicclerk.com/event/3005/files).



**Spaghetti Dinner  
and  
Silent Auction**

**Friday, January 13th, 2023  
5-7PM**

**Epworth Church  
280 E Stillwater Ave**

**\$12 per person  
\$20 for two  
\$40 for four**

**Includes pasta (choice of marinara,  
meat sauce, or white sauce), bread,  
salad, dessert, drinks (water, tea, lemonade)**

**Lots of great silent auction items to bid on!**

**CASH/CHECK ONLY**

# HAPPY NEW YEAR'S

*In the spirit of fun and curiosity as to the reasons our grandmothers fed us these things, we did a little research and bring you a list of --*

## *Traditional New Year's Day Food*

Black-Eyed Peas – if you eat poor on New Year's you'll eat fat the rest of the year

Round Sweets – bring a full circle of luck in the New Year

Pork – inspire progress because pigs root forward

Corn Bread – symbolizes gold and riches

Greens – brings prosperity, symbolizes folded money

Buttered Bread – an old Irish tradition that involves banging bread against the door frame to ward off bad luck

Lentils – round like a coin, symbol of abundance since they increase so much in size when cooked

Grapes – at midnight eat 12 grapes, each grape brings luck for the 12 months ahead

Noodles – super long noodles bring long life in the New Year, especially if you make them without breaking in half

Pomegranate Seeds – have always been affiliated with fertility and life

Fish – symbolizes abundance

Oranges and Honey – good fortune, wealth, and money

Dumplings – shaped like little money pouches

Don't eat lobster or chicken – lobsters walk backward and chickens scratch backward and they are winged so your luck could fly away

# 2023

## Emotionally Focused Therapy Available

By Jo Petteruti

According to “Psychology Today,” Emotionally Focused Therapy aims to improve couple relationships by rekindling the physical and emotional bond lost due to disappointment and alienation from their partner which creates a distressed relationship. Fallon now has a Certified Emotionally Focused Therapist in Elizabeth Polinsky who specializes in helping military and veteran couples who would like to improve communications with each other, thereby improving the quality of their relationships. “EFT is an evidenced-based treatment, meaning that the treatment will create the changes it is meant to, and it’s the only evidenced-based treatment for marriages or relationships.”

Polinsky has been a therapist since 2015 and working for the Department of Veterans Affairs. “That was actually my favorite job back then, very rewarding. I was one of two PTSD specialists for the V.A. and the only female. I have a lot of specialty working with military and veteran couples where one or both have experienced trauma or PTSD. While at the V.A., veterans would talk to me about going through a traumatic experience, but what they really couldn’t get over was the fact that their partner cheated on them, or that they left. That is not to minimize the impact of the traumatic event, that certainly was and is painful for many people. But I was shocked when some of them told me that it was the relationship part that hurt.”

Polinsky’s business is registered in Virginia which is where her husband who is in the Navy was last stationed. However, she can provide online counseling services throughout Nevada, Virginia, Arkansas, and South Carolina. “I still see a number of Virginia clients virtually.” Her Fallon office is located at 20 North Ada Street where Chamber of Commerce Executive Director Lucy Carnahan recently held a ribbon cutting for her.

“I’ve always had an interest in relationships. Both of my parents were military, and military life played a part in the decline in their relationship. My mom left the service, but my dad stayed in, and I watched both of them struggle in that relationship. That influenced my pas-

sion for working with couples. Once my husband and I started moving around, I knew I wanted to specialize in adult couples therapy. He was transferred to NAS Fallon this past August, and we expect to be here for three years.”

She said military life, and especially the deployments, have the greatest impact on relationships with affairs or breakups happening around deployments. “One client I worked with had a suicide attempt right after a breakup, and many of those do happen when a relationship ends. That’s one of the biggest risk factors. If I can try to help some couples repair their relationships, maybe we can prevent some of those things.”

Because EFT is an evidence-based treatment, it is also structured in stages. “The first stage is about identifying a communication pattern. Shutting down or becoming defensive is the first pattern that we may work on to improve communications and understanding between the partners. If they can both understand what is happening on the inside, they don’t react negatively to each other. It’s also about decreasing the ways we react to each other. The second stage is where we work on creating a permanent new pattern. If there are any betrayals, we also work on the healing part for that. The last stage is to look back at the good work that has been done, and how to keep using the skills to move forward. There is a definite endpoint: to create a lasting change, emotional safety, and emotional closeness.”

Her business model is a direct pay relationship, and as an out-of-network provider, she does provide billing (superbill) that the client can submit to their insurance carrier for possible reimbursement. Her website, <https://www.elizabethpolinskycounseling.com/> contains a full description of her fees and questions to pose to the insurance company for full or partial reimbursement.

She also has a podcast called Communicate and Connect specifically for military relationships. “It can be especially hard for military couples to access marriage counseling. Scheduling counseling time can be difficult for military couples too.”

Polinsky’s education includes four years for her bachelor’s degree, two years for her master’s degree, and now four



*Elizabeth Polinsky in her office at 20 North Ada Street. Photo by Jo Petteruti*

years into achieving her Ph.D. She’s also had two to three years of training for her therapist license since completing her master’s. It also took two years to become licensed as a marriage and family therapist. “At one point, I was working on my doctoral internship, my LMFT license, and my certification in emotionally focused therapy all at the same time.” She’s now working on her dissertation for her Ph.D. and expects to complete that within the year. “It covers marriage and family therapy with a focus on couples therapy. It also delves into how the strength of the relationship can be the source of resiliency for military spouses and for the military relationship.”



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# Year in Review



From top left: Governor Sisolak gives the State of the State to an empty Raider's Stadium as COVID shutdowns persisted, Annual Burn's Night kilts, Naomi Irion is senselessly murdered and abandoned in a remote corner of Churchill County, The Rafter 3C Event Center is completed, Wade Cushing receives \$100,000 scholarship from Gemini, Inc., CCHS art students show art in Reno and receive major awards, Captain Shane Tanner assumes command at NAS Fallon, Rafter 3C hosts the first Battle Born Broncs and the Native American Pow-wow, bringing several events throughout the year, Top Gun Maverick is finally released to great box office success, the shopping cart issue reaches a crescendo, the parade tradition continues, several youth sports teams take top honors at tournaments across the country including the Vipers girls' soccer, City of Fallon brings back Live Local, the Library and Arts Council partner in a grant to train local artists, the FRTC passes through Congress after a six year process. Photos by staff and graciously submitted by our readers.

# Year in Review



# Education

## Bighorn Bulletin -- 2022 Top Oasis Happenings

By Angela Viera

As we close out 2022, Oasis reflects on the achievements of our amazing students. It was a year marked by celebrating and recognizing these accomplishments. As a school, community, and family of students, Oasis Academy continued with serving our community and providing high-level education to students throughout the year.

The 2022-2023 school year is all about running with the Bighorn H.E.R.D. Staff and students are putting a focus on Honesty, Empathy, Respect, and Determination or the HERD principles both inside and outside the classroom.

Oasis CEO Melissa Mackedon described the year, "As we close out 2022, I find myself feeling really proud of this community. One of our leadership core values is students first and we have embodied that value over the last year. To think back to where we were one year ago and where we are right now- it's impressive. I could not be prouder of this team."

As educators, we know that test scores, much like graduation rates and college acceptance rates, are only one measure of a student. At Oasis Academy we prioritize the whole child, as evidenced by our 248:1 student-to-counselor ratio (Nevada's average is 480:1), but student outcomes should matter to everybody. Nevada's tests are aligned with our state standards, the concepts we are responsible for teaching. By focusing our teaching on those standards and then measuring our success based on standardized tests, we are giving our students a rigorous education with high expectations. We want our students to be prepared to reach their future ambitions, regardless of what those might be, and test scores give us a sense of how



prepared they are. Additionally, on a more global level, standardized testing is a way to keep public schools, like ours, accountable for the millions of dollars

of taxpayer revenue they are entrusted with annually. We could not be prouder of our educators and our students. No doubt about it, the last two years were a challenge, but the Oasis team rose to the occasion and as a result, our students are



more prepared to realize their goals. We want to take just a moment to celebrate those outcomes and the hard work and dedication, of teachers, students, and parents, that went into these numbers. The numbers can be found at <http://nevadareportcard.nv.gov/DI/nv/>.

Oasis Academy College Prep maintained its 100% graduation rate and graduated 36 students with 24 of those also receiving an associate degree from Western Nevada College. This premier dual enrollment program helped the 2022 graduating class secure over \$1.5 million in scholarships. Graduating seniors were accepted into the University of Nevada, Reno, College of Southern Nevada, Texas A & M, University of Arizona, Montana Western, Tarleton State University, BYU, Western Welding Academy, Truckee Meadows Community College, Southwestern University, United States Navy, BYU Idaho and more.

After serving students in the Fallon community for over a decade, Oasis Academy Charter School purchased the building we are currently located in at 920 W Williams Street and property on Venturacci Lane. The expansion comes at a critical time as the school's slow growth model has led to three classes in grades K-6 for next year. Plans also include moving Oasis Academy College Prep to a section of the newly purchased property on Venturacci Lane.

In other Oasis success stories, Junior Hunter McNabb placed tenth in the nation at the FFA Convention in Agriscience. Mayor Ken Tedford and the City of Fallon also recognized McNabb for his success. Fifth-grader Gianna Salisbury published an article for the Nevada Bighorns Unlimited Journal titled "My First

Hunt" detailing her experience hunting javelina with her father in Arizona. Oasis students Clayton Hiibel, Colton Fait, and Lauren Goings participated in the American Cowboy Team Roping Association (ACTRA) National Finals Rodeo at the end of October in Reno. The students represented the Bighorns and Fallon well. Hiibel placed fifth out of 1024 teams and fourth in the competition. Fait and Hiibel both finished in the top 45 out of 727 teams and third during the competition. And the Lady Bighorn eighth grade girls' basketball team finished the season undefeated and as Sagebrush League Champions. The team beat Pershing County in the championship game at the Venturacci Gym.

This year's Oasis Golf Tournament was a huge success, making more money than 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.

Oasis Academy encourages you to please visit and support our tournament sponsors: these businesses the Fallon Golf Course, Manpower of Northern Nevada, Tedford Tire, Western Nevada College, Mackedon deBraga Law, City of Fallon, the Not New Shop, Lane and Associates, CC Communications, Nevada Dental Arts, Nate and Katie Dahl, Hillside Dairy, Chris and Amanda Yanger, Ned Kelly, Berney Realty, the Woodliff Company, New Millennium, The Dentist's Office, Financial Horizons, A & K Earth Movers, Banner Hospital, Ski Mt. Rose, Diana Paul, Scheels, Chi-fil-A, Benshots, Sean and Jenny Hiskett, Ana-Lisa and Scott Laca/Just Country Friends, Lauren Kelly, 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.



## Churchill County School District Cares

By Kaitlin Ritchie

Winter vacation is a time for students and staff to relax, unwind, and settle into a safe, restful, and well-deserved break. The holiday season is a time for togetherness and joy but it can also be a time of stress and grief. Some are experiencing the holidays without a loved one. Some are balancing endless to-do lists from shopping to entertaining. While celebrating this season's joys, it's important to stay mindful, acknowledge feelings, and reach out for help if needed. Churchill County School District has partnered with Care Solace to support the well-being of our community. The Care Solace service is available at no cost to Churchill County School District students, staff, and their families. "We are proud to support Churchill County School District in prioritizing the well-being of its school community by providing timely access to mental health care and substance use treatment services," said Chad Castruita, Founder, and CEO of Care Solace.

If students, staff, or any of their family members are looking for help with mental health or substance use, Care Solace can help them quickly find treatment options matched to their needs, regardless of the circumstance. This is a complimentary and confidential care coordination service provided by the school district. "Our students, families, and staff are experiencing significant levels of need for mental health support and assistance that we have not seen before. Partnering with Care Solace to help individuals navigate insurance needs and provider schedules is a win for our entire community," said ChurchillCSD Superintendent Dr. Summer Stephens. "This work with Care Solace ensures that we are meeting our second strategic theme of developing the whole person and what that requires to bring that to fruition."

Care Solace is on a mission to calm the chaos of mental health care. The organization provides mental health care coordination services for school systems to ensure that students, staff, and their families quickly connect to verified providers in their communities. Care Solace offers mental health care providers and substance use treatment options. They proudly serve three million students and twelve million staff and family members in over 300 school systems.

Those interested in using Care Solace to help find themselves or a family member a mental health care provider can call 888-515-0595. or visit [www.caresolace.com/churchillcsd](http://www.caresolace.com/churchillcsd)



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Our Care Companion team is available 24/7/365 to help you understand options, call providers on your behalf, and schedule an appointment.



### **CARE REGARDLESS OF INSURANCE**

Connect to care with any coverage including Medicaid, Medicare, and sliding scale options for those without insurance.



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Use Care Match, the self-serve website, to find a provider on your own.

Please note: Care Solace is not an emergency response service or mental health services provider. In the event of a life threatening emergency, call 9-1-1 or the National Suicide Hotline 9-8-8.

[caresolace.com/churchillcsd](http://caresolace.com/churchillcsd) and either search on your own or click "Book Appointment" for assistance by video chat, email, or phone. Support is available 24/7/365 in over 200 languages.

The school district is also working with Parent Guidance and encouraging all parents and guardians to check out <https://ParentGuidance.org> to access on-demand virtual courses and professional support. Parent Guidance is a safe place for parents and guardians to learn how to support their children and get answers to mental health questions. There are courses on anxiety, depression, self-worth, grief and loss, suicidal ideation, and other mental health concerns. All courses are created by therapists, psychiatrists, psychologists, and other certified mental health practitioners.

There is a portal where parents can "Ask a Therapist" their tough questions, as well as see questions and answers from other parents. The Cook Center for Human Connection has made these resources

available to help increase hope in a time of continuing uncertainty and growing mental health concerns. There are good people in our community working to provide solutions and help for those who are struggling. If you or anyone you know is in a mental health emergency, reach out immediately to the suicide prevention lifeline at 1-800-273-TALK (8255), text HOME to 741741, or dial 9-8-8 to connect with the National Suicide Hotline.

The school district hopes the students and staff enjoy the rest of their break and return, on January 4th, rested and reinvigorated for a fantastic new year.



Care Solace connects students, school staff, and families to care. At no cost to you, Care Solace will quickly and confidentially find available mental health and substance use providers matched to your needs.

Find the right help at the right time.

# Local Columnists

## Heaven on Earth Horoscopes: December 30 - January 5

Happy New Year!

**Aries**\_\_ your strength this week is releasing the need for justice. When you finally accept the situation for what it is and surrender the fight to make things fair or equal, then you will find your peace. There may be a lack of connection or intimacy, and this is the driving force behind the need for justice. Let go of this controlling influence and go with the flow this week. This is how you will feel your power and self-worth rise again.

**Taurus**\_\_ focus on regeneration and healing this week. The recent conflicts and struggles you may have been enduring are losing their power over you now. Take the opportunity to dispel any insecurities that are holding you back. Connecting with a friend or family member will help you feel supported and remind you of your own supportive powers that you also have to share.

**Gemini**\_\_ the power of communicating is your strength this week. With mind ruling over emotion, you'll be able to be clear, direct, and cut to the chase. You may have to banish intrusive negative thoughts that pull you down into thinking "what's the point?" Take it slow, be reasonable, fair, and check your pride. Not everyone is as quick thinking as you.

**Cancer**\_\_ having already felt hurt by this situation, it just doesn't have the same influence over you anymore, phew! This week you are moving past hurt feelings with a fresh vigor for getting on to the fun parts of life. You're learning to move on more quickly and let things go. This week let go of the notion that you are settling for less and instead search for the hidden gem in the situation.

**Leo**\_\_ feeling bad or regretful can be a great motivator and reminder of what exactly you do want. This awareness is your guiding light this week. Holding on

to uncertainty about a situation, wondering if you will ever see positive change - these keep you emotionally stagnant. Let this awareness move you forward into the next step: apologize, make a necessary tough decision, or allow your heart to heal.

**Virgo**\_\_ once you let go of needing recognition or feeling your character or reputation should speak for itself, you can focus on the present situation and release those notions of ego. Move into your strength this week of being able to surrender to your higher consciousness of peacemaker and open up to listening with your head and your heart. Your hope is restored.

**Libra**\_\_ although you may have a right to be angry, be cautious with your strength this week. The object is to figure out how you feel about the situation and what to do about it. The person or situation behind the anger isn't going to change any time soon, let this go. You've done what you can for now in this relationship or situation. Take time for yourself to reflect on what's next.

**Scorpio**\_\_ when you realize you're dealing with the other person's insecurities, it shifts the focus and understanding of the situation. It's not so much about them anymore, but rather how much you are willing to endure. Do you have the patience and fortitude to stick it out? Will it be different this time, or more of the same? Is this heaven or hell? You get to decide what you make of it. It sounds tough, but you are way more powerful than you give yourself credit for.

**Sagittarius**\_\_ feeling like you must stay committed and keep on keeping on can create a huge block to your innate need to learn, grow, experience and feel challenged in life. Awareness of this conundrum will have you pondering your future dreams and goals. A change can

do you good. You don't have to break any commitments for now, but you can begin to make plans.

**Capricorn**\_\_ when you evolve from giving with strings attached, to giving freely, you have experienced a spiritual success. Your strength this week is giving. Without needing to make a point or teach a lesson in virtue, you are able to keep some thoughts to yourself and just be generous because it is in you to do so. Release any need to preach. The best lesson you can teach is through example.

**Aquarius**\_\_ let go of thinking you have to play by the rules this week. Instead, go have some fun. Your power is your enthusiasm. It may seem selfish, but it's good to invest in yourself. Take a road trip, explore, or go out with friends. Whatever institution you may have to answer to can wait a day or two, or three. Go enjoy life, do what charges your battery and makes you smile.

**Pisces**\_\_ self-awareness, that's your strength. It may seem dull, sometimes it feels as if we just have lessons to learn and no real power for the week. Don't despair Pisces, self-awareness insights are the most powerful catalysts for change, freedom, happiness, and inner peace. So, break the silent treatment and let go of the idea that you need to start again and will just end up in the same place. You're fully aware of what you are not allowing yourself to get over.



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

SEND YOUR LETTERS TO THE EDITOR TO:

admin@thefallonpost.org



## What's Cooking in Kelli's Kitchen - *The Week Calories Don't Count*

Another year is drawing to a close. Let's be honest, the year is basically already over. There is just this delightful week in which it is totally normal to be unsure what day it is and to be stuffed full of cheese. I recommend putting off anything important until next week including goal setting, grant reporting, project planning, and, most importantly, calorie counting. In the spirit of being fat, happy, and wrapped in sherpa blankets I give you these recipes that are delicious, totally not nutritious, and are begging to be made before any sort of diet adherence is part of the dialogue.

First up is a recipe for sugar cookie bars from renowned baker Christina Tosi, owner of Milk Bar. I found this recipe in Neil Patrick Harris' newsletter, "Wondercade." These "cookies" are gooey, crispy, and playfully topped with sprinkles!

### *Christina Tosi's Sugar Cookie Bars for Wondercade (the way I make them)*

#### INGREDIENTS:

Pan Spray  
Graham crackers  
Saltine crackers  
1 ½ sticks of butter  
½ c sugar  
1 can sweetened condensed milk  
1 T vanilla extract  
1 t salt  
White chocolate chips  
Sprinkles

#### DIRECTIONS:

1. Preheat oven to 350 degrees. Spray a 9x13" baking pan with pan spray. Place graham crackers in the bottom of the tray to form a complete layer. Stack a layer of saltine crackers on top of the graham crackers.  
2. Over medium heat, heat butter and

sweetened condensed milk together stirring regularly. Add vanilla extract, salt, and sugar. Continue heating stirring regularly until the mixture comes to a boil. Reduce heat and let simmer for 3 minutes.

3. Carefully pour the mixture over the top of the stacked crackers until evenly coated. Bake in the oven for 15-20 minutes then let cool completely.

4. Melt white chocolate chips in the microwave according to the package directions. Drizzle white chocolate over the top of the treat and scatter sprinkles to your heart's content.

5. Cut into the shape of your choice and enjoy.

Here's another playful and nostalgic recipe for a Christina Tosi treat. This one is a tasty blend of rice crispy treats and peanut butter chocolate balls, both sweet snacks that I enjoyed as a child.

### *Christina Tosi's Chocolate Peanut Butter Bars*

#### INGREDIENTS:

3 ½ cups Rice Krispies cereal  
½ cup coconut oil, melted  
1 cup peanut butter  
2 cups confectioners' sugar  
1 tsp kosher salt  
3 Tbsp peanut butter  
1 cup + 1 Tbsp chocolate chips

#### DIRECTIONS:

1. Grease an 8x8-inch pan and set aside.  
2. In a large skillet, toast the Rice Krispies over medium heat until a fragrant and deep golden brown, about 3 minutes. Remove from heat, set aside.  
3. In a large bowl, mix together coconut oil and 1 cup of peanut butter until smooth. Add in toasted rice cereal, confectioners' sugar, and salt, mix until well combined.

4. Pour the mixture into the greased pan and press down firmly with a spatula to ensure a flat, solid layer.

5. In a microwave-safe medium bowl, melt the 3 tablespoons of peanut butter and chocolate chips together in the microwave in 30-second spurts, stirring after each, until smooth. Pour this chocolate/peanut butter mixture over the flattened Rice Krispies/peanut butter layer and spread into a smooth layer from corner to corner.

6. Freeze for 30-40 minutes or until firm to the touch. Remove the rectangle from the pan and cut into eight 1 x 8-inch strips. One strip at a time, slice on the diagonal every 1 ½-inch length to form diamonds. Serve out of the fridge or freezer.

While these recipes can be enjoyed all year long, I recommend preparing them when you don't care so much about health and wellness. You will want to eat all the cookies and all the bars. The last week of the year is the perfect time for next-level indulgence. So, indulge!



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

# Green Cross Pharmacy

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# Entertainment

## Carol's Book Report – *Fresh Water for Flowers* by Valerie Perrin



Violette is a cemetery caretaker in the small town of Bourgogne. Her life consists of interactions with mourners, casual visitors, groundskeepers, and the local priest in the capacity of her job. She offers up coffee and occasionally something stronger, a listening ear, and arranges services.

Then Julien Sole, a police chief, stops by to spread his mother's ashes on the grave of a man he doesn't know and things start to shift. The gesture sets into motion the connection between the two and Violette's dismal backstory. This is a beautifully written page turner.

This book was a bestseller in France prior to being translated into English.

This title is available in print at the Library and downloadable ebook and audiobook through hoopla.

*Carol is the Director of the Churchill County Library. She wishes everyone a Happy New Year.*



The Churchill County Museum Association and Employees raise our glasses in a toast to everyone having a healthy, safe, and Happy New Year!

*Bottle ca. Early 20th Century,  
Purchased from Willie Capucci  
Amber Brown Champagne Cider Bottle,  
by J. Roberts, Tonopah Nevada, B & C Co.*



## Movies & More

*At Your Community-Owned and Operated Fallon Theatre*

Happy New Year to all of you! A big thank you to everyone who joined us for the Luke and Kaylee concert - what a great turnout. Another big thank you to all who attended all our Christmas movies and specials this December.

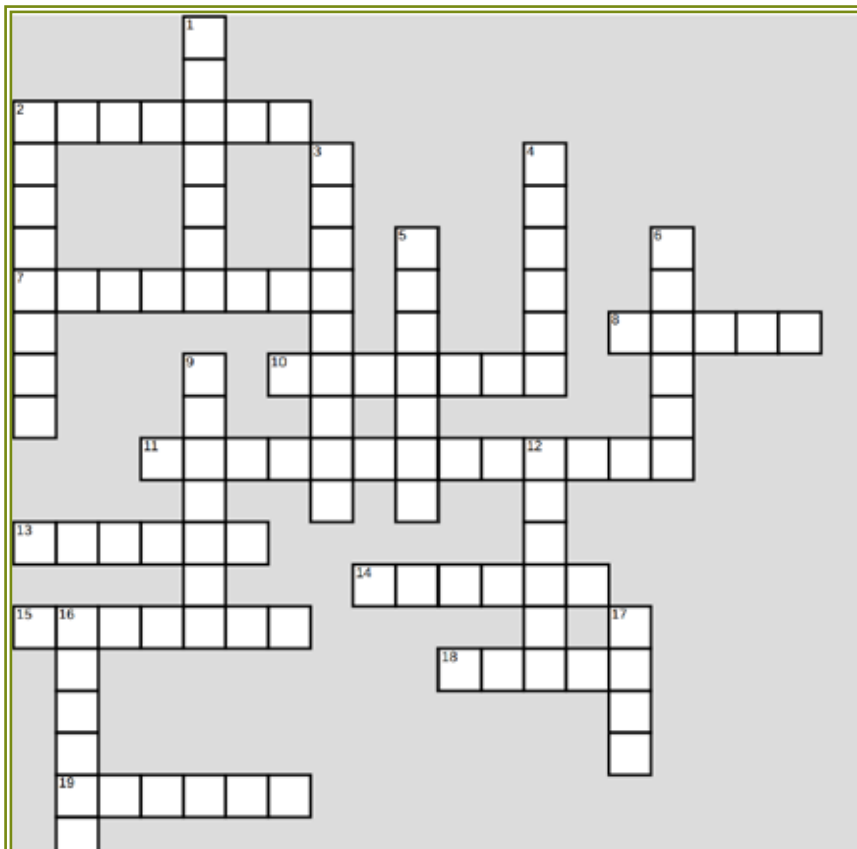
To start the New Year, this weekend January 6 and 7, we have two great movies playing for you both Friday and Saturday evenings. Be aware that our times have changed, the early movie will now begin at 6 p.m. and the second feature each evening will start at 7 p.m. Our first movie, at 6 p.m. is the 1988 animated film "The Land Before Time." An orphaned brontosaurus named Littlefoot sets off in search of the legendary Great Valley. A land of lush vegetation where the dinosaurs can thrive and live in peace. Along the way, he meets four other young dinosaurs, and they encounter several obstacles and the evil predator Sharptooth as they learn to work together to survive. Voices provided by Pat Hingle, Gabriel Damon, and Bill Erwin.

Our second feature each evening, beginning at 7 p.m. the 2001 fantasy film "Harry Potter and the Sorcerer's Stone," the first installment in the Harry Potter film series. The story follows Harry's first year at Hogwarts School of Witchcraft and Wizardry as he discovers that he is a famous wizard while beginning his formal wizarding education and learns the truth about himself, his family, and the terrible evil that haunts the magical world. Stars Daniel Radcliffe, Richard Harris, Robbie Coltrane, and Maggie Smith.

Mark your calendar for three great special events this January. Starting Friday, January 20, we have a local film being debuted at the Fallon Theatre entitled "Senior Cut Days." The movie begins at 6 p.m. that evening and tickets are \$13 per person. The next evening, Saturday, January 21, we have The Coaches in concert, bringing their great brand of music to our stage. Doors open at 6, the concert starts at 7 p.m. and tickets are \$10 per person. The following week, on Friday, January 27, The Will Shamberger Band will once again rock our stage. Tickets are \$15 per person, doors open at 6, and the concert starts at 7 p.m.

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

## December 31 in History



### ACROSS

- 2 Ironclad sank off Hatteras
- 7 Pirates of \_ opened in NYC
- 8 Baby Jane actor marries
- 10 NFL 196 champs
- 11 Charter ratified
- 13 Country Roads singer born
- 14 He declared WWII over
- 18 He resigned as President of Russia
- 19 Last of the Golden Girls dies
- 20 Became capital of Canada

### DOWN

- 1 Dictator who fled Cuba
- 2 Popular board game patented
- 3 Jockey who shattered records
- 4 Last day for Calvin and
- 5 Lector actor born
- 6 The Notebook author born
- 9 Their I'm a Believer hit #1
- 12 US royal palace constructed
- 16 He premiered incandescent lamp
- 17 Atticus Finch actor marries

# Legal Notice

ANNUAL STATEMENT  
MENTAL WELLNESS AND RESEARCH  
INSTITUTE, LLC

For the Year Ending: 2022  
Location of Principal Office Address:  
283 Constitution Drive, Suite 600  
Virginia Beach, VA 23462  
Location of Business in Nevada Address:  
20 N Ada Street, Fallon, NV 89406

I, Elizabeth Polinsky, Managing Member,  
do hereby certify that the foregoing is a  
true and accurate statement of business  
transacted by said LLC during the year  
ending December 31, 2022.  
/s/ Elizabeth Polinsky  
Dated December 27, 2022

Published in The Fallon Post on Decem-  
ber 30, 2022 and January 6, 2023.  
Ad #6044

## TCID NOTICE OF MEETING DATE CHANGE

Notice is hereby made by the Truck-  
ee-Carson Irrigation District Board of  
Directors that its regular meeting in  
March, 2023 will be held on March 14,  
2023 at 9:00 AM at 2666 Harrigan Rd.,  
Fallon, NV. Thereafter, each meeting  
of the board of directors in the month  
of March, will be held on the second  
Tuesday.

Printed in The Fallon Post on December  
23 and 30, 2022.  
Ad #6043

## COMMUNITY FAREWELL

*You are invited to a farewell/appreciation  
open house for Churchill County's outgoing Commissioners*

**Pete Olsen**      **Greg Koenig**

**January 11, 2023**  
5:30 p.m.

**Rafter 3C Arena**  
**325 Sheckler Road**  
**Fallon, Nevada**



## LOCAL FOOD ASSISTANCE PROGRAMS

<b>New Frontier Food Pantry</b> 775-423-1412 Midday drive up service - call for details	<b>Out of Egypt Food Bank</b> 775-428-2744 Thursday 9:30 AM (come early)	<b>The Food Pantry at Epworth Church</b> 775-423-4714 Monday 10:00-1:00
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**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](mailto:James/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>  
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](mailto: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](mailto:polsen@churchillcountynv.gov)

County Commissioner  
District 3  
Bus Scharmann  
155 N. Taylor Street  
Fallon, Nevada 89406  
[bscharmann@churchillcountynv.gov](mailto:bscharmann@churchillcountynv.gov)

City Council  
Mayor Ken Tedford  
[ndooley@fallonnevada.gov](mailto:ndooley@fallonnevada.gov)  
55 West Williams Avenue  
Fallon, NV 89406 (775) 423-3040

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

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

Councilman James Richardson  
Ward 3  
[jrichardson514@hotmail.com](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:cdelcarlo@nshe.nevada.edu)

## Community Meetings

### Jan. 2 - Jan 6

County Commissioners  
Jan. 3 at 8:15 a.m.  
155 North Taylor St.

Fallon City Council  
Jan. 3 at 9 a.m.  
55 West Williams Ave.

TCID Board of Directors  
Jan. 3 at 9 a.m.  
2666 Harrigan Road

County Commissioners -  
Departmental Tours  
Jan. 3 at 10 a.m.  
155 North Taylor St.

Highway Commissioners  
Jan. 3 at 1:15 p.m.  
155 North Taylor St.

CC Communications Management  
Jan. 3 at 1:45 p.m.  
155 North Taylor St.

Parks and Rec Commission  
Jan. 3 at 7 p.m.  
155 North Taylor St.

CC Communications  
Jan. 5 at 1:15 p.m.  
155 North Taylor St.

## Newlands Project Water Levels

Measurements taken  
December 29, 2022 at 8:25 a.m.

**Lahontan Reservoir**  
**27,530 af**

**Truckee Canal at Hazen**  
**0.00 cfs**

**Truckee Canal at Wadsworth**  
**0.00 cfs**

**Carson River Below Lahontan**  
**1.31 cfs**

**Carson River at Ft. Churchill**  
**1210 cfs**

December 28

2022 : 27,320 acre feet

2021 : 59,868 acre feet

2020 : 69,091 acre feet

cfs - Cubic Feet per Second

af - Acre Feet

Source: TCID.org & 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



Specialty - Thursday Specials  
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Pizza - Wings - Nachos  
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bran\_96@msm.com

775-835-9978

149 S. Maine St.  
Fallon, NV 89406

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Rural Emergency Assistance Project  
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775-423-7327



**Jonny Gurr**  
TATTOO ARTIST

lozerinlovetattoo@gmail.com  
775-867-4454

2895 Reno Hwy. Fallon, NV 89406

**Fallon Theatres**  
For show times call 423-1151

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Friday and Saturday night at 6 and 6:30 p.m.

Join our mailing list by going to bit.ly/TheatreEmail  
If you would like to become a sustaining member call 775-423-6210  
For movie and event times call 775-423-4454

Fallon Community Theatre, Inc., a local non-profit with all volunteer staff, appreciates your support - 71 S. Maine St, Fallon




**NUGGET BET IT HERE BONANZA CASINO**

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PACKERS  
PECK  
PENZANCE  
SHOEMAKER

SPARKS  
TRUMAN  
UNITEDNATIONS  
WHITE  
YELTSIN

January  
Lunch Served  
11:30am - 12:30pm



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

2 Holiday CENTER CLOSED Happy New Year!	3 Chicken Nugget Bowl Mashed Potato w/Gravy Corn Cheddar Cheese Dinner Roll Diced Peaches	4 Spaghetti with Meat Sauce Zucchini Colorful Salad FF Italian Dressing 9 Grain Bread Orange Mango Cup ADSD #39	5 Honey Garlic Chicken Red Pepper Garlic Pasta Brussel Sprouts WW Bread Salad w/Dressing ADSD #16	6 Chuckwagon Chili Corn Bread Margarine Colorful Salad Butterscotch Pudding
--	---	--	---	--

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

# Business Directory

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Travel Center

- Country Store and Gift Shop
- Gas • Diesel • Propane
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- Cable TV • Big Rigs
- 30/50 Amp

((( Wi-Fi )))

775-867-2332

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Email: FallonLivestockProcessing@gmail.com

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**76**

**Dave Singh**  
General Manager

**Fallon Food Mart**  
5180 RENO HWY  
FALLON, NV 89406  
OFFICE (775) 867 2580  
CELL (775) 342 3825  
FALLONFOODMART@GMAIL.COM

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| Churchill County Museum       | Maine Street Cafe             |
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