

THE PERSHING POST



Your Local Community Newspaper Lovelock Pershing County

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Pershing County Elected Officials Sworn In

By Heidi Lusby-Angvick

On December 30, 2024, at the Pershing County Courthouse, there was a Swearing In ceremony for the newly elected officials. Judge Jim Shirley and Pershing County Clerk Lacey Donaldson performed the task for this momentous occasion. Each individual raised their right hand, swore to and signed their oath. They will immediately take office and perform the duties of those positions.

Melanie Hamilton was elected as the Pershing County Recorder Auditor. She has been in the role for over a year, after having been selected by the commissioners when Rene Childs retired.

Sondra Sayles was re-elected to the Pershing General Hospital Board. There are currently two vacancies on the hospital board that still need to be filled. Interested parties should submit a letter to the County Clerk for consideration.

Charles Sayles and Connie Gottschalk were sworn in as new county commissioners. Michael Mancebo and Melissa Shields



Justice of the Peace Darrell Mancebo and Judge Jim Shirley. Photo credit Barbara Rackley.

were re-elected to the Pershing County School Board. Charles Safford joins the school board as a new member.

Darrell Mancebo was elected as Justice of the Peace for the Lake Township Justice Court. He follows after Judge Karen Stephens who retired in December 2024.

Mancebo retired from the Lovelock Police Department on December 27, 2024, to take on the role of Justice of the Peace.

Jim List, JT Portman, and Kevin Machado were all re-elected to the Lovelock Meadows Water District Board for another term.

John Gerhardt, Ed Hendrickson, and Chris Nichols are new members of the Big Meadow Conservation District. The Big Meadow Conservation District is a unit of state government consisting of Supervisors Elected by Pershing County Residents. The district provides guidance and sets priorities for technical assistance to the cooperating agencies and assists with implementation of the Farm Bill Programs.

The district leadership also develops a detailed list of resource concerns for Pershing County and identifies improvement practices pertaining to those resource concerns. BMCD provides technical assistance and services to the private sector and public agencies through education and management programs to promote wise use of all natural resources.

New Park and Playground in Imlay



Imlay Playground.

By Heidi Lusby-Angvick

The town of Imlay developed a new park and playground in 2024. Located on the corner of Bannock Street and Pacific Avenue in Imlay, the once vacant lot has started to take shape as a safe place for children to gather and play. Fencing, gravel and a brand-new play structure have all been installed within the past few months. There has been some discussion on adding a covered picnic area and swings in the future.

It has been a process to get to this point. One thing to celebrate is having the Imlay Town Board active again. For the last few years, the board has flourished after being stagnant for several years. With the Imlay Town Board being active and meeting regularly, they have been creating goals and advising the county commissioners on the needs and desires of the community. One of those goals was to create a park, with a playground, for the community's children.

Funding for the project was from the county's Local Assistance and Tribal Consistency Fund (LATCF), in the amount of \$4,044,600. Originally ear-marked for a County Manager, \$100,000 was placed in a contingency fund for the development of the Imlay Park, \$30,000 was set aside for improvements of the Imlay Community Center, and an additional \$30,000 to be used for improvements of the Grass Valley Community Center. On September 4, 2024, the Pershing County Commissioners approved the change to the LATCF budget. Work on the park commenced shortly thereafter.



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Spotlight Position for the Week:

CERTIFIED NURSING ASSISTANT (LTC)
Lovelock, NV - Long-Term Care



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obituary text is best in a Word document format,

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no images or pictures of text, please

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FROM THE PUBLISHER

Captain's Log

The Pecking Order

By Rachel Dahl

I got new chickens. Ten of them. Hens from one of Josi's friends. We're now at 23.

So far in this new batch we have Denise – the spicy redhead who just hangs out with me all the time. Pretty sure she's really an Edgmon. Then there is Rose, the sweetest, prettiest little fluffy head, and Blanche of the silver feathers, and Sophia who is all white and also has a fluffy head. Dorothy is white with black tail feathers and seems to be the wisest of all of them, hanging out most of the day in the tamaracks. I don't know who the other five are yet – but they're all fairly friendly and are settling in quite well.

It appears that the Boyer Bunny Ranch is becoming the rescue of choice for urban-dwelling chickens in Reno. Let's face it, if you were a chicken, you probably wouldn't want to live in Reno either.

Larry came from a gal in South Reno who discovered she was he after binging chicks at the hardware store. Apparently, her neighborhood has a strict "No Rooster" policy and she needed him gone before anyone figured it out.

Chester the Fabulous came from Lemmon Valley. A guy posted on Facebook that his neighbor was threatening to shoot him – the rooster not the guy – and he needed him gone that very day. I met him and his kids at a Starbucks off the freeway and send them pictures from time to time of Chester with his harem.

He settled in fast – we had lost our original rooster to the owl, and the minute I let Chester out of the carrier into the yard, Goody claimed him for her very own. Love at first sight, quite literally. They are inseparable. But he has also turned out to be the most amazing protector of all his girls, patrolling the yard, getting in between them and whatever, including me. He regularly attacks my lower legs as I go in and out of the shed getting them food and checking for eggs. Ungrateful rascal.

At first, I had a little PTSD from the horrible rooster we had as kids at Yeoman Lane. The one who eventually met his demise at the end of a polo mallet when he attacked my mom as she was carrying a brand-new Harvey across the yard. That creature was the reason I hadn't become a crazy chicken lady until this late stage in life.

When he first got here, I wasn't sure Chester and I were going to make it. He would relentlessly fly at me and grab or spur



Posing with my new gal Rose.

or peck or whatever in a great display of bravado, sending my heart racing and offending my delicate sensibilities. Until one day when I was out in my barn boots and heavy leggings and realized it didn't really hurt, it was just intimidating. Now I just let him have at it and walk through the bluster. I'm actually so impressed by his protectiveness that I wouldn't want to do anything to discourage him.

It's been really interesting to watch all of them interact with each other and the cats and the Great Dane. Each one of them has a distinct personality and there really is a pecking order and they establish it fast. Pretty glad the cats were kittens at first because they are firmly at the bottom of the pecking order. And no one has any use for Clio unless they've gone wandering off and she gently trots off to round them up.

So while we revel in our chicken-lady-ness and hunt the yard for wayward eggs, we'll be right here...

...Keeping you Posted.

— Rachel

Rachel Dahl is a sixth-generation Nevadan who owns Fallon Media Co. and prints The Fernley Reporter, The Fallon Post, and now The Pershing Post, local community newspapers focused on providing "An Oasis in the Rural Nevada News Desert." She also publishes an online, rural news site called the Silver State Chronicle. She raises chickens and English Angora rabbits, spinning their wool into yarn. In her spare time, she is learning to knit.

Incident Report and Arrests

Total Incidents	225
Calls for Service	88
Deputy Initiated Incidents	137
Traffic Stops	22
Other OIA Incidents	115
Business / Building Checks	85
Vehicle / Pedestrian Check	1



DECEMBER 21, 2024

Kristie Mabelle Sloan, 50, of Lovelock NV, was booked for possess schedule I or II controlled substance less than 14 grams, first of second offense.

DECEMBER 23, 2024

Christopher Lee Spotards, 43, of Vallejo CA, was booked for arrest of fugitive from justice in another state upon complaint and warrant.

DECEMBER 26, 2024

Aleta Lockwood, 58, of Winnemucca NV, was booked for unlawful installation of mobile tracking device.

All information for the incident and arrest reports provided by the Pershing County Sheriff's office and is considered by law to be public information. All subjects are innocent until proven guilty in a court of law.

ANNOUNCEMENTS

Cattlemen's Update 2025



Staff Report

The University of Nevada will host the annual Cattlemen's Update in person and virtually January 13 - 17, 2025, in several locations across the state. The presentation will be in Fallon on Tuesday, January 14 at 5:30 p.m. at the Fallon Convention Center, with dinner provided.

For more than 40 years, the University has held updates across Nevada in January of each year to provide ranchers with current research-based information about issues that may affect the efficiency, productivity, profitability, and sustainability of their businesses and the Nevada cattle industry.

Cost of the workshop is \$20 per ranch. For additional information contact Jamie Lee at 775-426-8299 or jamielee1@unr.edu.

University Beginning Farmer & Rancher Certification Class to Start

Courtesy UNR Cooperative Extension

University of Nevada, Reno Extension's Herds & Harvest Program is providing a certification program Jan. 22 - March 19 geared toward new or up-and-coming ranchers and farmers that will allow them to obtain a Nevada Beginning Farmer & Rancher Level 1 Small Acreage and Farm to Fork Certification. The classes will take place 6 - 8 p.m., Wednesdays, Jan. 22 - March 19, with additional field trips touring small-acreage farms and ranches in Washoe and Douglas counties.

The program's courses will be conducted via Zoom and will draw upon the knowledge and experience of established Nevada agriculture producers and University of Nevada, Reno experts. Participants who complete the course, attend a tour or one of the spring Nevada agriculture conferences, and complete a business plan review will receive their Level 1 Certification. Course topics include:

- Jan. 22: An overview of small-acreage and farm-to-fork production, including identifying resources, understanding jurisdictions, developing a business plan and setting goals.
Feb. 5: Soil health and livestock grazing, focusing on plant needs and how to determine the best plants for a given land space. This will include an overview of how plants grow, nutrients and day length requirements, and soil basics.
Feb. 12: Value-added programs in Nevada and where and how to market products,

including farm stands, direct market sales, sale yards, using Nevada Grown and social media. Participants will also learn how to develop a marketing plan.

- Feb. 19: Livestock production focuses on needs and requirements, including basics of livestock and poultry nutrition, feed management, reproduction and the Quality Assurance Program.
Feb. 26: Meat quality, processing and training, including the characteristics of meat based on nutritional management and an overview of meat regulations in Nevada and the statewide meat program.
March 5: Understanding Nevada water, focusing on the basics of water rights and water law in Nevada.
March 12: Farm financial management in the 21st century, focusing on financially building a farm, building business skills and assets, estate planning, and balance and cash flow basics.
March 19: Partners and funding, including an overview of opportunities and resources available to Nevada producers.
Field Trip (dates to be determined): Field trips touring local farms and ranches in Washoe and Douglas counties will be available to participants, who can choose to attend either a tour or one of the Extension's Agricultural Conferences to receive certification in the course.

The cost for the program is \$60 per person, and registration can be completed online. For more information, email Staci Emm, Extension professor, or call her at



775-312-0424; or email Kaley Chapin, Extension outreach specialist, or call her at 702-467-2668.

Persons in need of special accommodations or assistance should email Paul Lessick, civil rights and compliance coordinator, or call him at 702-257-5577 at least five days prior to the scheduled event with their needs or for more information.

The Extension Herds & Harvest Program combines a series of workshops on different topics and provides educational business management and mentoring skill building to support Nevada agricultural producers. The project is supported by the Beginning Farmer and Rancher Development Program of the National Institute of Food and Agriculture.



Local Columnists Wanted:

Do you have a special interest and are you willing to share that with your community? We are looking for local community members who would be willing to write a garden column, a weekly book review, and a recipe or cooking column. We would love it if you would write every week, but once a month would be great too. If you have an idea for something else you would be willing to share shoot us a note at admin@ThePershingPost.com

Subscription form for The Pershing Post. Includes a checkmark icon and the text 'Yes! I'd like to subscribe today!'. The form asks for Name, Date, Address, City, State, Zip, Phone, and email. It offers two subscription options: Monthly Subscription for \$9.95 (every 31 days) and Yearly Subscription for \$119.49 year. It also provides online subscription instructions and a mailing address: P.O. Box 362, Lovelock, Nevada 89419. A special thank you message is at the bottom.

COMMUNITY



Contact Your Representatives

ELECTED OFFICIALS CONTACTS

Congressman Mark Amodei
775- 686-5760

Senator Ira Hansen
Ira.Hansen@sen.state.nv.us

Assemblywoman Alexis Hansen
Alexis.Hansen@asm.state.nv.us

PC Commissioner Joe Crim
jcrim@pershingcountynv.gov

PC Commissioner Charles Sayles
csayles@pershingcountynv.gov

PC Commissioner Connie Gottschalk
cgottschalk@pershingcountynv.gov

Mayor Rodney Wilcox
rwilcox@cityoflovelock.com

PC District Attorney Bryce Shields
districtattorney@pershingcountynv.gov

PC Sheriff Jerry Allen
775-273-2641 (non-emergency)

PC Clerk-Treasurer Lacey Donaldson
clerk-tres@pershingcountynv.gov

PC Assessor Laureen Basso-Cerini
assessor@pershingcountynv.gov

PC Recorder-Auditor Melanie Hamilton
mhamilton@pershingcountynv.gov

Lake Township Justice Court, Judge Darrell Mancebo
775-273-2753

11th Judicial District Court, Judge Jim Shirley
775-273-2410

NON-ELECTED CONTACTS

City of Lovelock Clerk
clerk@cityoflovelock.com

PC Economic Development
pceda@pershingcountynv.gov

PC Planning and Building Department
775-273-2700

PC Cemetery
775-273-3824

Lovelock Animal Control
775-273-7297



PET OF THE WEEK

Rufus is Available
for Adoption



Have you been considering adding a new fur baby, but you're really not into it for the puppy stage of things? How nice would it be to get a dog that already knows his commands, plays fetch, loves to run around, but will also cuddle with you on the couch? He's not too big, but he's not too small. To make him happy all you really need is a ball. Rufus is his name, he is ready to be home for these holidays.

Use the QR code to donate to the non-profit with raising money to help with spaying and neutering our pets in Pershing County.

Use the QR code to donate to the non-profit with raising money to help with spaying and neutering our pets in Pershing County.



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SENIOR CENTER MENU

PERSHING COUNTY SENIOR CENTER | 630 WESTERN AVE., LOVELOCK, NV | 775-273-2291

Lunch Served Monday - Friday 11:30 a.m. - 12:30 p.m. | Suggested donation of \$3 for those 60 and older, under 60 \$5, kids 10 and under \$2

Monday, Jan. 13
Macaroni & Cheese
Malibu Veggies
Spinach Salad

Tuesday, Jan. 14
Taco Casserole
Spanish Rice
Pineapple

Wednesday, Jan. 15
Turkey Salad on Croissant
Marinated Cucumber Salad
Peaches

Thursday, Jan. 16
BBQ Chicken
Scalloped Potatoes
Steamed Spinach
Apple Sauce

Friday, Jan. 17
Spinach Cobb Salad
w/Bacon, Hard Boiled Eggs
Tomato & Cheese
WW Roll
Pears

GOVERNMENT



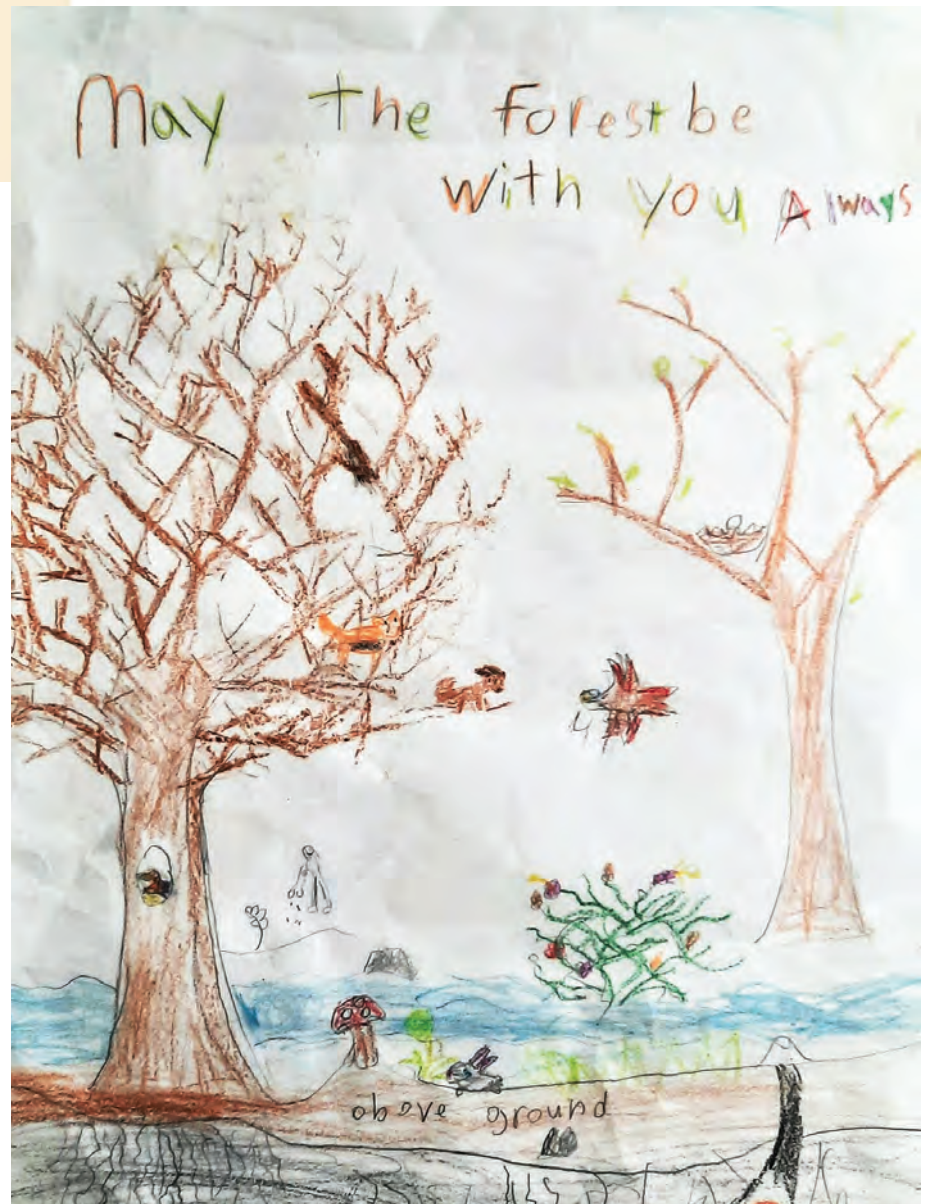
Big Meadows Conservation District Poster Contest

Staff Report

The National Association of Conservation Districts holds a poster contest each year, giving K-12 grade students a chance to have their artwork displayed nationally, while they highlight conservation district efforts. The contest begins locally and advances to state levels whose winners compete at the national level. National winners are recognized at the NACD annual meeting. The 2024 Poster Contest theme was, "May the Forest be with You Always."

Winners were chosen by the Big Meadows Conservation District, and these are the 1st and 2nd place winners in the K-1 and the 4-6 grade category.

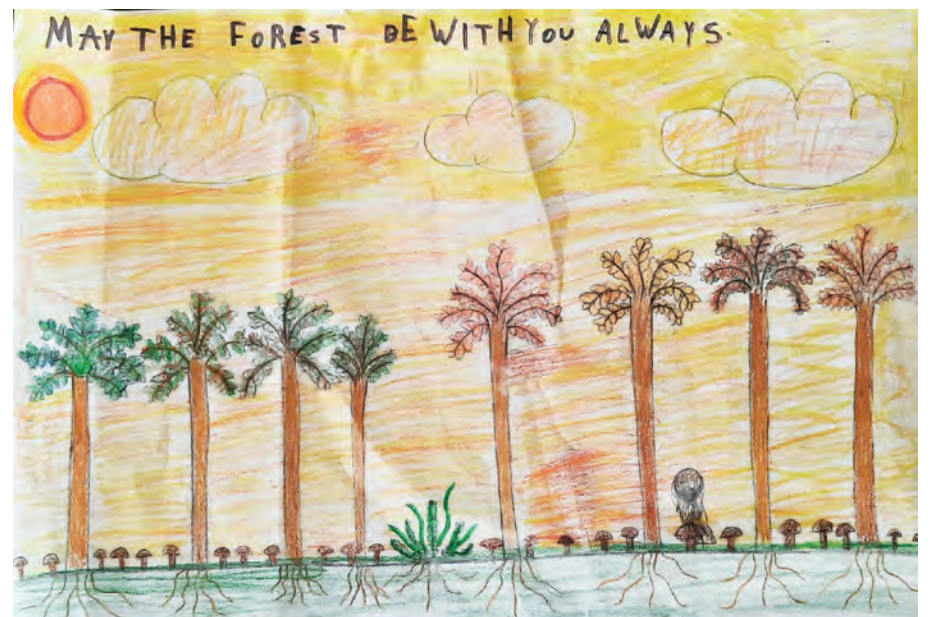
Second place in the 4-6 grade was TJ Coleman, there was no name listed for the 1st place winner. First place in the K-1 grade category was Connor Schmidt, and second place was Ivy Tobias.



Big Meadows contest second place 4-6 grade TJ Coleman.



Big Meadows contest second place K-1 grade Ivy Tobias.



Big Meadows contest first place 4-6 grade.



Big Meadows contest first place K-1 Connor Schmidt.

PERSHING COUNTY WATER CONSERVATION DISTRICT IS ACCEPTING APPLICATIONS FOR THE POSITION OF Office Manager / Accounting Supervisor/Treasurer

If successful, this applicant will be responsible for all office duties, including but not limited to, payroll, paying bills, collecting payments, bookkeeping and record keeping, maintaining personnel files, maintaining annual pasture applications and allocations and prepares agendas and minutes for monthly board meetings.

Complete job description available through the Pershing County Water Conservation District.

Any applicants who are interested in this position should contact Phillip Schmith at Pershing County Water Conservation District office at 775-273-2293 or by email at pcwcd@irrigation.lovelock.nv.us.

Salary DOE.



THE PERSHING POST

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SPORTS

Pershing County Mustangs Basketball



Varsity Girls

Varsity Boys

As of January 2, 2025

RECORD

Overall 8-2; League 4-1
 Ranked at 33 in Nevada overall in Nevada Division 2A the Lady Mustangs are ranked #3

TEAM LEADERS

Riley Harvey is a Junior playing small forward who averages 11.6 points per game, 1.3 assists, 7 rebounds, and 4.4 steals.
 Aaliyah Allen is a senior and team captain playing power forward who averages 10 points per game, .7 assists, 7.4 rebounds, 2.3 steals, and 1.4 blocks.
 Arya Garland is a Sophomore playing point guard who averages 1.9 points per game, 3.6 assists, 2.3 rebounds, and 2.4 steals.

ROSTER

#1	Arya Garland	Sophomore	Point Guard
#2	Khloe Montes	Sophomore	Wing
#4	Kenya Vaughan	Junior	Shooting Guard
#12	Kyra Cerni	Junior	Shooting Guard
#14	Aaliyah Allen	Senior	Power Forward
#15	Mia Canchola	Junior	Wing
#20	Desaray Vidrio	Freshman	Wing, Point Guard
#23	Riley Harvey	Junior	Small Forward
#24	Millie Canchola	Freshman	Small Forward, Wing
#25	Anika Happy	Junior	Power Forward, Small Forward

SCHEDULE

1/10	vs. Incline	6 p.m.
1/11	@ Silver Stage	2 p.m.
1/17	@ BMHS	6 p.m.
1/18	@ West Wendover	2 p.m.
1/21	vs. Silver Stage	6 p.m.
1/22	vs. Lowry	5 p.m.
1/24	@ Incline	6 p.m.
1/28	vs. Yerington	6 p.m.
1/29	vs. Wells	6 p.m.
1/31	@ North Tahoe	2 p.m.
2/4	vs. Oasis Academy	4:30 p.m.
2/7	vs. SLHS	



As of January 2, 2025

RECORD

Overall 6-6; League 3-2
 Ranked at 67 in Nevada overall in Nevada Division 2A the Lady Mustangs are ranked #10

TEAM LEADERS

Travis Donaldson is a Senior who plays shooting guard and point guard and averages 11.7 points per game. He averages .6 assists, 4 rebounds, 1.4 steals, and .2 blocks per game.
 Denzel Zaldivar is a Senior who plays at small forward and averages 3.6 points per game, 1.1 assists, 2.2 Rebounds, and 1.4 steals.
 Michael Reitz is a Senior who plays shooting guard and point guard and averages 6.3 points per game, 1.8 assists, 4.3 rebounds, and 1.8 steals per game.

ROSTER

#0	Michael Reitz	Senior	Shooting Guard, Point Guard
#2	Trenton Rhodes	Junior	Point Guard, Shooting Guard
#3	Izayuh Mcglothlin	Senior	Small Forward, Shooting Guard
#4	Amare Rosas	Sophomore	Point Guard, Shooting Guard
#10	Tyrn Sam	Senior	Shooting Guard, Small Forward
#12	Denzel Zaldivar	Senior	Small Forward
#20	Luis Sanchez	Senior	Small Forward
#22	Taylor Montes	Junior	Shooting Guard, Small Forward
#24	Ramon Sanchez	Junior	Shooting Guard
#30	Efrain Aceves	Senior	Power Forward, Center
#32	Travis Donaldson	Senior	Shooting Guard, Point Guard
#34	Tyler Miller	Senior	Center

SCHEDULE

1/10	vs. Incline	6 p.m.
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1/17	@ BMHS	6 p.m.
1/18	@ West Wendover	2 p.m.
1/21	vs. Silver Stage	6 p.m.
1/22	vs. Lowry	5 p.m.
1/24	@ Incline	6 p.m.
1/28	vs. Yerington	6 p.m.
1/29	vs. Wells	6 p.m.
1/31	@ North Tahoe	2 p.m.
2/4	vs. Oasis Academy	4:30 p.m.
2/7	vs. SLHS	7:30 p.m.

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COLUMNS

New Year, Time to Declutter

By Heidi Lusby-Angvick

It's the beginning of 2025! Most of us are excited for the possibilities of the new year and are thinking about our New Year's Resolutions. Inevitably, some sort of decluttering will pop up on our lists of resolutions. What are the current trends in decluttering? In a rural Nevada community, like Lovelock, where can I get rid of my stuff?

Some of the trends in decluttering over the recent years have gained recognition. I remember watching the show on T.V. about Marie Kondo and her KonMari method. The method seems simple enough, with each item you pick up ask yourself, "Does it spark joy?" If the answer is yes, put it in the (small) pile of things to keep. If the answer is "No" then put the item in the garbage pile or the donate pile. Remove the things that do not spark joy and simplify your life. Clear the clutter so you can live the life you want to live. Although, if you watched the show, like me, are you really folding clothes in the KonMari way? I'm not.

Another decluttering method that has risen into my social media feed is the "Swedish Death Cleaning" method. While sounding morbid, the concept is about getting rid of all the junk so that your family will not need to deal with it later. Margareta Magnusson wrote the book, "The Gentle Art of Swedish Death Cleaning." Her message is to remove the "stuff" before you pass so that your family only needs to deal with your essentials and your most meaningful items. I'll admit, my collection of depression glass and dachshund



tchotchkes are not going to the curb – my family will have to decide how to split that up.

And then there's the newer question circulating on TikTok, "If this item had dog poo on it, would I clean it or toss it?" Gross, I know. However, it can be a motivating question for dealing with clutter. It helps you get in touch with your gut reaction of whether you keep or toss an item.

And, lastly, are you in the club of buying another organizing system this year? Are you getting more clutter to try and organize your clutter? It's not going to help; you probably need to purge and declutter.

So, who's joining me in the decluttering of 2025? What should we do with

the stuff that does not make the cut for staying in our homes? Our local communities have a plethora of Facebook pages where you can giveaway or sell your stuff. Or you may consider donating your items to one of the local churches or Pershing County Domestic Violence Intervention.

But, if you are truly getting rid of junk, the Pershing County Landfill is open Wednesday through Sunday, 8 a.m. to 4:30 p.m. (closed during high winds). The landfill cannot accept hazardous waste. See the website for additional information, www.pershing-countynv.gov. Or, if you have recyclables (cardboard, paper, milk jugs, tin cans, glass), you can drop these items off at the Big Meadow Recycling Center located at 8 Street and Franklin on Friday afternoons and Saturday mornings.

Thrive On Purpose – Make your Life Epic

By Natasha Bennett

An Epic is a long poem that tells a narrative of the deeds and adventures of a hero or legend. How epic is your life right now? Who could you influence with your deeds and adventures?

I'll let you in on a little secret—being Ethical, Powerful, Intelligent and Compassionate is the way to have an E.P.I.C. life.

E.P.I.C. is a great tool for adults and children. As a homeschool mother of 3, I realize that children often know the difference between right and wrong without us needing to lecture them. In fact, the lecture rarely changes the behavior. The only way to change the behavior is to upgrade the pattern of thinking with questions and guidance. Once children and adults can learn and think thoughts that are beneficial, they have beneficial behaviors. E.P.I.C. thoughts lead to E.P.I.C. behaviors.

ETHICS: "IS WHAT YOU'RE DOING RIGHT OR WRONG?"

Most of us would define ethics somewhere along the line of having good morals, and we would be right. Webster defines ethics as the study of standards of conduct and moral judgement. I love this definition because the use of the words "study" and "judgement" shows that ethics can be observed, and we can decide for ourselves if something is right or wrong. A way to know our personal ethics is via our values. For example, if we value human life, to see someone abusing another human would go against our values and we would find the behavior unethical. Once we study and set standards we develop ethics. This allows us to set boundaries for peace within our inner circle and maintain space for what we truly value.

POWER: "HOW CAN I USE MY PERSONAL POWER IN A POSITIVE WAY?"

The scientific formula for power is work done over time. Work is using force to push or pull something from point A to point B. When we push or pull for the things we value, we are using personal power- even if it's in a negative way. We are all probably aware that the only person we truly have power over is self. To take someone's power would be unethical. Growing in power alongside building and maintaining healthy ethics is the part of our narrative that makes us the hero and legend because of our deeds and adventures that happen over time.

**INTELLIGENCE: "WHAT IS THE MOST INTELLIGENT WAY TO MOVE FORWARD?"**

Intelligence is the ability to learn and acquire information followed by understanding and retaining for the use of knowledge. Knowledge alone doesn't make us intelligent. It's our ability to learn and grow that produces intelligence. How you use your intelligence to change your life, community, or even the world is what makes you powerful. Knowledge is the information gathered and retained over time, usually with experiences. So as long as you never lose your ability to seek, learn, and understand information, you will forever be an intelligent person. Your style of seeking, learning, understanding is what makes you unique or as Jesus might call you, "The salt of the earth" (Matthew 5:13).

Have you ever said or done something without thinking and totally embarrassed yourself? Knowing if you had paused to think, you probably would have spoken or acted more intelligently. Here is another secret to help you avoid that frustrating mistake: pausing 5-7 seconds before responding is the difference between acting and reacting. Acting is from a place of higher thinking aka intelligence. Reacting is doing again or repeating what someone did to you. For example, something as simple as "how are you" and having a reaction response of "I'm fine" without actually scanning if you are truly okay. Pausing a few seconds allows time for the mind to power up and bypass the auto-responses of the brain. If you are having an emotional moment that needs to pass, allowing yourself 45-60 seconds allows the moment and emotions to settle. If someone rushes you, make them wait longer. These seconds of micro-meditation stop us

from saying and doing things that we may regret. Instead, let us become the people who have an intelligent response for almost everything because we have given our brain a moment to access the mind. Intelligence is the difference between surviving and thriving.

COMPASSION: "HOW CAN I SHOW COMPASSION?"

This final piece is what makes the difference between an egopath and an empath. Empaths have compassion and empathy for others, egopaths (commonly known as narcissists) don't. The truth is we need both ego and empathy in order to have balanced compassion. People with too much ego take advantage of empaths, who lack a strong ego. Having a balance of ego and empathy allows us to have compassion for ourselves and others. It's the "how-to" for the second greatest commandment: "Love your neighbor as yourself" (Mark 12:31). Balance allows our standards, power, and intelligence to be used for the good of ourselves and others. Compassion is the fuel that empowers us to choose intelligent behaviors that could change our lives and the world for good.

Make the story of your life E.P.I.C. by observing how to use your personal power to create an intelligent and poetic narrative for your life. Do the deeds. Have the adventures. Be the legend.

Natasha Bennett is a veteran and homeschool mom of three, who is currently stationed in Nevada's Oasis with her husband of 15 years at NAS Fallon. Natasha is also a Specialist for healing symptoms of mental and emotional trauma, receiving her training with Adapt Masterclass through MindFreed founder Roman Zanoni.

JANUARY 2025 4-H CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Enroll in PC 4-H Online: https://v2.4honline.com/#/user/sign-in Office located at 810 6th Street Coordinator: Colby Burke 775-273-2923 University of Nevada, Reno is an EEO/AA Institution</p>			1 New Year's Day	2 Country Quilters 9 a.m. @ Community Center	3 Sewing 9:30-11:30 a.m. @ Community Center Photography 5 p.m. @ at the Museum	4
5	6 Baseball (Ages 9-12) 5-6:15 @ 4-H Building Coach Jensen Babe Ruth/HS (Ages 13-18) 6:15-7:30 p.m. @ 4-H Building Coach Blondheim & Jensen Lovelock Lions Club 12pm @ C Punch	7 Softball (Ages 9-19) 6-7:30 p.m. @ 4-H Building City Council 7 p.m. @ City Hall	8 Baseball (Ages 9-12) 5-6:15 p.m. @ 4-H Building Coach Jensen Babe Ruth/HS (Ages 13-18) 6:15-7:30 p.m. @ 4-H Building Coach Blondheim & Jensen Livestock Judging Clinic (Ages 9-19) 3-5 p.m. @ 4-H Building Eagles Aerie 1557 @Eagles Hall @ 630 p.m.	9 Softball (Ages 9-19) 6-7:30 p.m. @ 4-H Building Horse Judging Clinic 3 p.m. @ Burke Farm 1300 Pitt Road	10 Sewing 9:30-11:30 a.m. @ Community Center Churchill Horse Judging @ 3 p.m. the Rafter 3C in Fallon, NV	11 Churchill Horse Judging @ 3 p.m. the Rafter 3C in Fallon, NV
12 Baseball (Ages 9-12) 5-6:15 p.m. @ 4-H Building Coach Jensen Babe Ruth/HS (Ages 13-18) 6:15-7:30 p.m. @ 4-H Building Coach Blondheim & Jensen Lovelock Lions Club 12pm @ Temptations	13 Softball (Ages 9-19) 6-7:30 p.m. @ 4-H Building	14 Baseball (Ages 9-12) 5-6:15 p.m. @ 4-H Building Coach Jensen Babe Ruth/HS (Ages 13-18) 6:15-7:30 p.m. @ 4-H Building Coach Blondheim & Jensen Livestock 6 p.m. Pee Wees, 6:30 Goats/Rabbits/Chickens, 7 p.m. All Species @ Community Center	15 Softball (Ages 9-19) 6-7:30 p.m. @ 4-H Building American Legion Eagles Hall @ 7 p.m.	16 Arts & Crafts 5:30-6:30 p.m. @ 4-H Building	17 Self Defense 6-7:30 p.m. @ 4-H Building	18
19 Inauguration Day Martin Luther King Jr. Day School Board District Office @ 515 p.m. Lovelock Lions Club 12pm @ Temptations	20 Softball (Ages 9-19) 6-7:30 p.m. @ 4-H Building City Council 7 p.m. @ City Hall	21 Baseball (Ages 9-12) 5-6:15 p.m. @ 4-H Building Coach Jensen Babe Ruth/HS (Ages 13-18) 6:15-7:30 p.m. @ 4-H Building Coach Blondheim & Jensen Eagles Aerie 1557 Eagles Hall @ 630 p.m.	22 Softball (Ages 9-19) 6-7:30 p.m. @ 4-H Building Leaders/Livestock & Building Council Meetings 7 p.m. @ Community Center	23	24	25
26 Baseball (Ages 9-12) 5-6:15 p.m. @ 4-H Building Coach Jensen Babe Ruth/HS (Ages 13-18) 6:15-7:30 p.m. @ 4-H Building Coach Blondheim & Jensen Lovelock Lions Club 12pm @ Temptations	27 Softball (Ages 9-19) 6-7:30 p.m. @ 4-H Building	28 Baseball (Ages 9-12) 5-6:15 p.m. @ 4-H Building Coach Jensen Babe Ruth/HS (Ages 13-18) 6:15-7:30 p.m. @ 4-H Building Coach Blondheim & Jensen	29 Softball (Ages 9-19) 6-7:30 p.m. @ 4-H Building	30 Sewing 9:30-11:30 a.m. @ Community Center Level 1 Horse Certification 3-5 p.m. @ Community Center	31	



WATER LEVELS

Measurements Taken January 2, 2025 at 10 a.m.

Rye Patch Reservoir
 107,020 acre-feet
 Elevation 4,128.2

Information provided by the
 Pershing County Water Conservation District

LEGAL NOTICES

**NOTICE OF PUBLIC HEARING
 PROPOSED WATER FEE CHANGES**

Notice is hereby given that the Lovelock Meadows Water District will hold a public hearing on the 13th day of January, 2025 at 6:15 pm during their regular meeting at the City Hall, 400 14th Street, Lovelock, Pershing County, Nevada.

The purpose of said hearing is to receive any and all public input to the proposed 3% rate increases for the commodity/overage fee and the non-potable/construction water fees.

Fee	Current Rate	Proposed Rate
Commodity/Overage Fee	\$3.23/1,000 gallons	\$3.33/1,000 gallons
Well 6 Water	\$5.67/1,000 gallons	\$5.84/1,000 gallons
Hydrant Water	\$6.80/1,000 gallons	\$7.00/1,000 gallons

All interested persons are invited to attend in order to express their views regarding these proposed changes and/or rate increases.

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 pceda@pershingcountynv.gov

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