

SEPTEMBER / OCTOBER 2025

BJ HETRICK-IRWIN'S 100th BIRTHDAY
OUR VETERANS, OUR HEROES
DOUGLAS & DINO DANIELS





TERRIBLE'S *Road House*

*Proudly serving the Pahrump Valley
for over 35 years.*

- NEWEST GAMES
- BEST PLAYER'S CLUB
- BEST PROMOTIONS
- FRIENDLIEST STAFF
- MORE BONUSES
- MORE WINNERS!



1750 PAHRUMP VALLEY BLVD • PAHRUMP, NV 89048

MOONSHINERS

INSIDE TERRIBLE'S ROAD HOUSE



PIT-SMOKED BBQ



Emergency Services *Available 24/7*

Desert View Hospital provides around-the-clock emergency care for the residents and tourists of Nye County. Our services range from lifesaving measures to treating minor illnesses and injuries.

Radiology and laboratory services are available 24/7 to help physicians diagnose and treat patients with a wide range of medical conditions.

Learn more about our services at
desertviewhospital.com.

► Sign up for our monthly e-newsletter!
Visit **desertviewhospital.com/subscribe**



Desert View Hospital®

360 S. Lola Lane • Pahrump, NV 89048

Desert View Hospital is affiliated with
The Valley Health System in Las Vegas.

Physicians are on the medical staff of Desert View Hospital, but, with limited exceptions, are independent practitioners who are not employees or agents of Desert View Hospital. The hospital shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the nondiscrimination notice, visit our website. 252942998-2957239 5/25

PahrumpLife

SEPTEMBER / OCTOBER 2025

Volume 16 • Number 5

CO-PUBLISHERS

Jim Butler & Christine Butler

MAGAZINE DESIGN

Denise D. Fortin, D2 Design
denise@d2design.biz

ADVERTISING SALES

Dot Ahrens / Jim Butler

EDITORIAL CONTRIBUTORS

Natalie and Greg Arms

Crystal Atwood

Charles Benson

David Bindrup

Christine Butler

Douglas Daniels

Jeffrey R. Dye

Casey Jones

Marilyn McLeod

Janet M. Nast

Josh Osborne

Shelley Poerio

Michael Roos, PA-C

Tyler Ryan

Dr. Christopher Salute

Jacky Walker

Dr. Tom Waters

COVER PHOTO

Jim Butler Photography

COVER

(L-R) Paul Miller, Rene Corey, and
Donna Corey, SWCREDA

Golden Valley Central Print Facility

7080 Highway 68
Golden Valley, AZ 86413

All written content, design, and layouts copyright © 2024 Pahrump Life Magazine. You may not otherwise copy or alter the content of this magazine in any manner. If you are interested in using any part of the contents of this magazine, please contact the Publisher who may or may not grant permission.

Postmaster please send address changes to: Pahrump Life Magazine, 4414 Luciano Avenue, Pahrump, NV 89061

Notes from the Publishers

Welcome to the Sept/Oct 2025 issue of Pahrump Life Magazine. Hope you enjoy the stories and information we've put together for you.

We start off with our cover story which discusses the Southwest Central Regional Economic Development Authority or SWCREDA which works on behalf of Nye and Esmeralda Counties. As we've all noticed, our town is growing and spreading out. Not only is our population increasing, but the number of businesses is too. SWCREDA performs important functions for both counties and helps promote economic development in our part of Nevada. Donna Corey and Paul Miller head up the organization and are kept very busy with the business growth in our area of the state.

Some of our other stories include a new casino in town, Jackpot Joanie's, Nathan Adelson's hospice organization which serves the area, a very unusual type of artwork by a local couple, and other interesting stories as well. We also provide you with our usual topics such as Water Wise, Life after 18, helpful info on Wills and Trusts, Healthy Living, and comments on BJ's 100 birthday recognition. We'd also like to welcome Tyler Ryan back to the team with more interesting humorous observations to share.

Remember if you have ideas for articles, let us know. We're happy to share information about our town. Our contact info is listed below.

- Jim and Christine



Contact Us

Question about your Pahrump Life subscription?

We have the answer.

Email: Jim@PahrumpLifeMag.com

Write: Pahrump Life Magazine, 4414 Luciano Ave., Pahrump, NV 89061

Call: 520-444-7007

 Like us on
Facebook



Table of Contents



Feature Stories

- 8 Who & What is SWCREDA?
- 14 Jackpot Joanie's Comes to Pahrump
- 18 Faith, Family, Insurance: Country Financial
- 22 Meet Dr. Alexander Mylavarapu, Nathan Adelson Hospice
- 46 The Rural Ripple Effect



In This Issue

- 4 A Word from Our Publisher
- 26 Stay Stopped. *What is "Being in Recovery"?*
- 30 Water Wise. *Get Rid of Salt Cedar*
- 32 The Art Corner. *Two Arms Creating*
- 36 Busy Living. *A Beautiful Celebration of BJ's 100th Birthday*
- 38 Life After 18. *The Real Deal About Moving Out on your Own, Part 1*
- 42 Humorous Observations. *Welcome Back*
- 44 Wills & Trusts. *Cohabitation, Roommates and Estate Planning*
- 48 Financial Focus. *Look at Your Financial Situation Holistically*
- 50 Our Veterans, Our Heroes. *Douglas C. Daniels (and Dino)*
- 60 Tech Tips by Josh. *How to Back Up Your Computer and Smartphone (Save This!)*
- 62 Desert Skin: *Venomous Bites and Stings*
- 64 Focus on Family. *Spiritual Heart Failure*
- 66 Healthy Living. *What are the Benefits of Green Tea?*
- 68 Recipe Box. *Green Tea Collagen Latté*
- 70 Looking Sharp: *3 Tips to Make Sure You Get the Haircut You Want*
- 72 Places of Worship in Pahrump
- 74 Events & Entertainment. *Upcoming and Recurring Activities*
- 76 Volunteer Connection
- 78 Dining Life. *List of Pahrump Restaurants*
- 79 Pahrump Food Pantries
- 82 Mystery Diner. *Steel Bound*
- 92 Business & Service Directory
- 98 Advertiser Index





O'Bricana Moss



Health Insurance Broker

✉ Brie@bbfausa.com

**From individual health insurance,
to Medicare, we've got you
covered.**

**Located at
1971 Pahrump Valley Blvd, ste D
right on the corner of Pahrump
Valley and Calvada.**

Call today or book online:

BBFAUSA.com

775-764-2252

Teresa Mattson



Health Insurance Broker

✉ Tess@bbfausa.com

Speak Geek

MOBILE COMPUTER REPAIR

702.472.8229

IS YOUR COMPUTER RUNNING SLOW?

ARE YOU HAVING INTERNET ISSUES?

**HAVE NO FEAR,
SPEAKGEEK IS HERE!**



WWW.SPEAKGEEKPCS.COM



**Navy Veteran
with 25+ Years
Experience**

**Apple/Mac
Certified**

**Windows/
MSP Certified**

Networking Guru

IT Consulting

**MOBILE - I COME
TO YOU!**

**FREE
ESTIMATES**

ALVAREZ Landscaping

**Affordable
General Yard
Maintenance**

**Yard Clean-Up • Weed Removal
Mowing • Edging • Tree Pruning
Hedge & Shrub Trimming
And Much More**



**ASK FOR
Daniel**



775-537-3184
ENGLISH



702-640-8595
SPANISH



Who & What is SWCREDA?

By Christine Butler

Many of us have been impacted by this organization, but how many of us know and understand who they are and what they do? Hopefully, this will help people understand the value of this important local entity.

They were originally established for Nye County in 2013 as Nye County Regional Development Authority (NCREDA). Esmeralda County was added to their regional responsibility in 2015, prompting the name change to SWCREDA.

According to their website, “SWCREDA is the state-designated Regional Development Authority (RDA) for the Southwest Central region of Nevada. They are a 501(c)(3) Non-Profit organization created for the promotion and advancement of economic development in Nye and Esmeralda Counties. SWCREDA’s mission when they started was to collect, organize, reproduce, and disseminate information for the purpose of improving economic and business conditions. Their goal was to help in the creation, retention, and growth of small businesses. But over the years, their mission has greatly expanded.

Assistant Executive Director Donna

Corey and Director Paul Miller lead the effort for this organization which is a state designated agency under the Governor’s Office of Economic Development (GOED). They receive state money not federal, and the state must agree with the processes and decisions made. The Governor is obligated to approve funding appropriations every two years. The directors meet with the governor’s office monthly to discuss their activities and work as well as provide quarterly reports to them on their accomplishments.

SWCREDA also applies for and receives grant money from the United States Department of Agriculture or USDA in the form of a revolving loan fund so they can offer micro-loans to small businesses in the region. They are audited by them as well. They offer very low interest rates on their micro-loans.

What Does Their Organization Look like?

Their staff consists of four people, three of which are part-time. Donna Corey manages the everyday processes primarily in Pahrump which has the larger population. Paul manages the remaining parts of the SWCREDA area which geographically extends all the way North to Round Mountain, Tonopah, Silver Peak, Dyer, Goldfield,

“SWCREDA’s mission is to attract, develop, nurture, and assist business development with start-ups and expansions on local, state, and international levels.”

Gold Point, Beatty, Amargosa, the town of Gabbs, and all the surrounding areas.

All their employees are located in Pahrump. They report to a seven-member advisory board in Nye County which includes: Board President Roy Mankins – (Commercial Real Estate); Tammi Odegard – (Nye County Coalition); Brett Waggoner, (Town Manager); Heather Gardner, (Business Owner); Joni Eastley, (Tonopah Resident); Salli Kerr, (Business Owner); and Samantha Faga (Business Owner and previous community liaison for Round Mountain Mine).

They also report to a seven-mem-

ber board in Esmeralda County which includes: Tim Hipp (Business Owner); Jeri Foutz (Business Owner); Larry Eidler (Mining Professional); Rosalinda Medina (Dyer Resident); LaCinda Elgan (Clerk Treasurer); Maureen Glennen (BOCC Administrative Assistant); and Heather Wilson (Business Owner).

Each board approves the loans SWCREDA uses for investing in business development in the Counties for which they are responsible. There are a growing number of opportunities coming up for the development of new businesses and the growth of existing ones. Potential growth in certain areas includes the expansion of gold mining, mining for Magnesium, Lithium, Copper, and Rare Earth Minerals. As these industries grow, local business and services must expand and grow.

What is SWCREDA's Purpose?

SWCREDA's mission is to attract, develop, nurture, and assist in business development with start-ups and expansions on local, state, and international levels. They collaborate with many other

organizations and people to help the businesses and therefore the economy of their designated areas. One example is the Main Street Program which is also directed by the Governor's Office of Economic Development. There are 32 Mainstreet programs in Nevada supported by the governor's office. They provide help with business facade improvements and beautification projects for local downtown areas. Tonopah and Goldfield have their own Mainstreet organizations. SWCREDA is hoping to help start a Main Street Program in Beatty soon. Beatty is looking ahead to the development of the proposed North Bullfrog Mine, which is currently progressing through the federal

permitting process under the National Environmental Policy Act (NEPA). A Record of Decision is expected in December 2026, with construction of the open pit mine---located approximately nine miles north of town -- anticipated to begin shortly thereafter. The project is expected to bring long-term economic opportunities and renewed vitality to Beatty and the surrounding communities. Tonopah, Goldfield, Beatty, and Pahrump are also all working on Main Street Projects and SWCREDA is involved with them all. The timeline for projects is ongoing and mainly funded by grants. The goal is to assist entrepreneurs, help increase curb appeal, and improve the quality of



“There are no charges for the...help SWCREDA and SBDC provide...Their job is to help entrepreneurs to get started and businesses grow.”

life for the residents of these small rural and frontier towns.

One of SWCREDA's closest collaborations is with the Nevada Small Business Development Centers. Donna is also an SBDC Advisor for all the areas covered by SWCREDA. She says “our partnership with SBDC opens up many more resources for helping entrepreneurs than we have had in the past. Working with SBDC we add 30 more advisors plus UNR and UNLV interns to our team which also includes the 8 other RDA's serving Nevada. All of us networking with each other to help find answers for our clients.”

Another of Donna and Paul's goals

involves assisting with ongoing research for these various towns and their projects. Each board determines how much money to award to the projects. It can be anywhere from \$500 to \$10K. As part of their responsibilities, Paul and Donna process the applications and verifications and then conduct board meetings to determine the applicants are qualified. The boards decide if the applicant has the ability to repay, whether or not the business succeeds. This process is a bit different in rural towns than it is in larger cities. The traditional lending environment doesn't work well for many of our up-and-coming businesses. There's not

always a lot of capital, personal equity or experience, for some of these business ideas, but locals see a need in their town and work to fill it. SWCREDA works to support these ideas.

The Advantages of Establishing New Businesses

Why does SWCREDA do what they do? One important outcome of what they do is to create new jobs and offer business opportunities to new entities. If you haven't noticed, Pahrump and the surrounding area have been discovered. It's no longer just a “bedroom community” to Las Vegas. People want to live here, work here, and raise families here rather than live and work in Las Vegas or commute there. So far, we have maintained the small town feeling here, even though we are growing. Our population is increasing, and many people are looking for opportunities to live and work here. New business opportunities and jobs are needed to support this growth while not losing our western, small-town identity. They are important to the success of our citizens and the citizens of the surrounding area.

SWCREDA's Role

We've described the roles SWCREDA plays in the growth of our town. They maintain a sense of order to the growth and are very helpful to new and old businesses alike. Here are some of the specific things they can help with:

- **Business Plan Assistance:** If you are a new business, they can help you design a business plan to get you started or to help make changes if your existing business is growing.
- **Business Counseling:** If you are currently small and want to grow, or you have a brand-new business, they can offer you training on how to expand into what you want to become. Are your systems too small or too old to continue moving forward with your business? They can help with that too by making recommendations on systems or outside help.



- **Area Information:** The SWCREDA and SBDC are extremely knowledgeable about Pahrump and the surrounding areas. They can provide you with a lot of information from the town's history and how we got to where we are. Also, they can help with the useful data as to where the future is going to take us.
- **Business Start-ups:** Starting a new business? This organization truly knows what's going on in the town and surrounding area today and where it is heading in the future. Not much goes on here that they aren't involved with. They are an excellent resource and can help you lay out a plan depending on where you want to go with your business.
- **Business Expansions:** Want to expand your business? SWCREDA is on top of what's happening, who's coming to town, and location opportunities. They are a great resource to help you with your expansion plans, whether it's where to locate, what's available, best area of town based on your business, and who to get to know.
- **Licensing Assistance:** Every state and town have their own business licensing process and requirements and it's important to familiarize yourself with it whether you are starting brand new or expanding. For example, in Pahrump, you must have both a Nevada State Business License and a Pahrump Town Business License. SWCREDA can guide you in acquiring the appropriate documents for your business. Other requirements may be required depending on what business you are in.
- **Finance Programs:** SWCREDA can also give you guidance as to how to finance your new or expanding business by offering some available options in the area.
- **Demographic and Other Stats:** If there are some statistics you want to know about Pahrump



and the area, SWCREDA can find what it is you need. They have access to all the data about our area. If they don't have it, they will find it for you.

There are no charges for the information or help SWCREDA and SBDC provide. They are available to help you get started and coach you along the way. Their job is to help entrepreneurs get started and businesses grow.

Some of the Challenges Our Town Faces

To help expand the business environment and economic growth in our town and surrounding areas, we have some issues to face. Some of those include housing availability, expanding infrastructure such as water, sewer, and electricity. Other ongoing concerns include childcare, health care, education, lack of economic base, supply chain environment, and advanced manufacturing in the area. These are the challenges that SWCREDA is working on.

Besides encouraging businesses to start, expand, or stay in our towns, some of the ways they help with these challenges are: 1) Assist the state in the allotment of block grants for community improvements, 2) Encourage companies that help our state to close

supply chain gaps, and 3) Help bring in advanced manufacturing businesses who fit within our resource and infrastructure capacity and provide good wages for our citizens, and 4) Collaborate with entities such as Main Street and our Tourism Department to help insure the quality of life of the people in each town they serve.

SWCREDA'S Role in the Community

The role of SWCREDA is rapidly changing and growing. They've had to add staff to keep up with the growth of their responsibilities. Both Paul and Donna enjoy helping people and take pride in the successes they've experienced. Helping clients start new businesses or expand or improve an existing one is a positive environment to be in and they are proud to be a part of it.

If you have any questions about how they might be able to help you, they are located at 1301 S. Hwy 160, 2nd Floor, Pahrump, NV 89048. Their phone number is 775-727-0716. Their emails are pmiller.swcreda@gmail.com and Dcorey.swcreda@gmail.com. Give them a call and they will be happy to help you start, improve, or expand your business. All services are free and confidential.



We're Hiring

SOC Analysts

We have an exciting opportunity for excellent candidates to join our growing team in our Security Operations Center (SOC). Join Our Team as a Video Surveillance Analyst

Are you looking for a part-time, flexible job with the opportunity to work with advanced surveillance technology? Join us as a Video Surveillance Analyst and enjoy the benefits of per diem work, including weekends and overnight shifts.

As a Video Surveillance Analyst, you will be crucial in ensuring the safety of individuals and assets through video surveillance. Based in our Pahrump office, you will manage surveillance cameras and the security of multiple global locations. This dynamic desk job necessitates impeccable attendance and punctuality to provide security services to high-risk clients. A reliable mode of transportation is a must, as this role does not involve work-from-home options.

This technical role requires in-depth knowledge and efficiency in using computers with multiple monitors. You should be able to type at least 40 WPM. Experience in surveillance, security, customer service, dispatch, and computer operations is highly beneficial.

Our clients are non-gaming, non-casino properties. Your journey with us will begin with comprehensive training, consisting of short shifts, approximately 4 hours each, scheduled on weekday and weekend evenings over the first four weeks. Rest assured, this training is paid for.

Requirements:

- Background in security or law enforcement (Required)
- Strong computer skills
- Excellent written and verbal communication skills
- Nevada Guard Card (preferred)
- Multi-lingual abilities (a plus)
- Veterans are encouraged to apply
- Must complete a background check and drug screening in compliance with Federal, State, and Local laws

If you'd like to become part of our team, please send us your LinkedIn profile or resume to HR@isn.us.com.

ISN Inc. • 3340 S. Hwy.160, Suite #300 • Pahrump, NV 89048 • www.isn.us.com



SWCREDA
SOUTHWEST CENTRAL
REGIONAL ECONOMIC
DEVELOPMENT AUTHORITY

Paul Miller, Executive Director, states that the mission for SWCREDA is simple:
"The purpose of the Nye and Esmeralda Regional Economic Development Authority is to foster and encourage responsible, economic development activities that result in job creation, retention, increased tax base, and improved business sustainability."

HAVE YOU HEARD OF US? WE'RE LOCATED RIGHT ABOVE THE NEVADA STATE BANK.

**ARE YOU STARTING UP,
EXPANDING, OR
EXPERIENCING A ROUGH
PATCH WITHIN YOUR SMALL
BUSINESS?**

SWCREDA is here to help you!

Here at SWCREDA, small businesses in Nye and Esmeralda counties of Nevada are where we stay focused. Whether it's help with research, creating a business plan or looking for small business funding, we are here to help. Our vision is to help develop a viable economy-

for small businesses in the rural communities of Nye and Esmeralda. Our mission is to foster and encourage responsible, economic development activities that result in job creation and retention, Increased tax base, and improved business sustainability.

**BUSINESS DEVELOPMENT FOR
RURAL COMMUNITIES**
...serving Nye & Esmeralda Counties

Business Plan Assistance
Business Counseling
Area Information
Business Start-ups
Business Expansions
Licensing Assistance
Finance Programs
Demographic & Other Stats
And More...



1301 S. Hwy. 160, 2nd Floor
Pahrump, NV 89048
(775) 727-0716
WWW.SWCREDA.COM

**WE ARE ALSO A SMALL BUSINESS DEVELOPMENT CENTER (SBDC)
THAT OFFERS EVEN MORE SERVICES AND BUSINESS TRAINING.
SO DON'T BE SHY AND GIVE US A CALL TODAY!**





Jackpot Joanie's CASINO

NEW NAME, NEW GAMES, *Same Friendly Faces!*



IRENE'S
CORNER CAFE

*Your Hometown Table
for Breakfast, Lunch & Dinner*

7AM- 11PM



820 EAST ST. PAHRUMP, NV | JACKPOTJOANIES.COM/PAHRUMP

Time to Celebrate...

Jackpot Joanie's Comes to Pahrump

By Christine Butler

General Manager Chrystal Chase and Assistant Casino Manager Ashley Hastings are excited about the opening of the new Jackpot Joanie's Casino and Restaurant in Pahrump. This is the first Jackpot Joanie's that houses a casino and a full-service restaurant. There are 127 machines now and it is their first larger casino. It's a unique place and this is just the beginning. It is very different than what both Irene's and Jackpot Joanie's used to be. ECL Gaming purchased Irene's gaming lounge and Irene's cocktail lounge both in Las Vegas and then purchased Irene's Casino in Pahrump.

It is located where Irene's used to be at 820 East Street in Pahrump. Many of Irene's fans will be happy to hear that the restaurant inside the Casino is called Irene's Corner Café. The entire Irene's staff stayed or was given the option to retire. The total team is about 55-60 employees of which 22 of them are from the original Irene's and already know a lot of the local customers. Both Ashley and Chrystal are former Irene employees and chose to stay. Chrystal started with Irene's in January of 2017. Chrystal has a great deal of experi-

ence in the casino arena and comes from the Hacienda in Boulder City. Ashley got her experience by working in Tommasino's Fine Italian Dining in Pahrump, and then Irene's. She has been with them for 13 years. She's been a cashier, waitress, bartender, and now assistant manager. She says the only thing she hasn't done is cook.

Speaking of cooking, the new restaurant has a very good cooking staff and is a mixture of old and new employees. The kitchen manager is Dustin Post who has been with them since 2019, and a previous cook, Jordan, who was there in 2014, left for a while and returned. Cindy has been the prep cook since 2017. The longest serving employee is Abby the bartender. They are a close-knit unit and feel like family.

The Transformation from Irene's to Jackpot Joanie's

This transition took one year and three months and is now totally complete. The time went very fast. The casino was only closed for 48 hours during the whole remodel process and food service was only shut down for a



day. The staff is now finding their flow and things are settling down nicely. It was quite hectic in the beginning because the customer response was overwhelming. According to Chrystal and Ashley, it was fun being the "new thing" in Pahrump.

In their own words, "Opening Irene's Corner Café was amazing, and the response was fantastic." They were very appreciative of the patrons being patient with the bumps in the road of opening a new place. They closed very little during the construction... they kept things going the whole time. "The staff was tough and made it all happen!"

Their Menu is the same with a new



added sandwich or two and some amazing desserts. These include their in-house-made Pie Shakes which is a specialty of theirs. The pie goes into the shake. They offer coconut, apple, cherry, chocolate cream, coco cream, and banana cream. But the one that caught my eye was the cookie brownie sundae. Not only was it beautiful to look at, but delicious to eat!

Although there were minor changes to Irene's menu, the café has a total new look. The eating area is separate from the casino and therefore there is little smoke. It is cozy, inviting, and the food is great! (See our Mystery Diner coverage in the May/June Issue.)

The Employees Make It Special

Their team members are great at what they do, and it was because of them and their passion to make it happen that things ran so smoothly. According to Chrystal they are a tough group and know how to work. They wanted to help make it as successful as possible. "It's because of them that the transition was so successful."

Down the road Chrystal says there are limitless possibilities for promotions. It's all about taking it a step at a time. They are always open to new ideas, and their staff is willing to provide them.

Chrystal wants to Thank the Community

Chrystal is extremely grateful of the support they've received from the Pahrump community. They are the reason the staff members come into work every day and are willing to provide for them. The entire staff is appreciative of the kindness, patience, and support from the people of Pahrump and others who come into Jackpot Joanie's.

Some ways of finding out more about Jackpot Joanie's:

- Monthly flyers sent to players
- **JackpotJoanies.com** select Pahrump page (menu will be added soon)





YOUR PAHRUMP INSURANCE TEAM

Call for a bundle quote today!



Jesse McCullough, Agent
Jesse R McCullough Agency, LLC

jmccullo@amfam.com
(775) 751-6646
1141 S Highway 160 Ste 3
Pahrump, NV 89048

HOME | AUTO | LIFE | BUSINESS | FARM & RANCH

American Family Mutual Insurance Company S.I. & its Operating Companies, Life Insurance underwritten by American Family Life Insurance Company,
6000 American Parkway, Madison, WI 53783 ©2022 21178 - 8/22 - 23307973



INSPIRATIONS
A GRACE MGMT COMMUNITY

Exceptional Care At Your Fingertips

Live and age gracefully in your next chapter with Assisted Living or Memory Care at Inspirations Senior Living.

ASK US ABOUT VETERANS BENEFITS!

Call (775) 751-2300 today to learn more and schedule your personalized visit.

It's not like home. It *is* home.™

931 East Honeysuckle Street • Pahrump, NV 89048
(775) 751-2300 • www.InspirationsSeniorLiving.com
INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE



Pahrump Local • Call Now!

New HVAC Rebates up to \$2000



GUNNY'S

AIR CONDITIONING & PLUMBING

Call for Outer Lying Area Rates

Amana
HIGH PERFORMANCE HAS A NAME™

Goodman
Air Conditioning & Heating



Coleman



BOSCH

- Heating
- Cooling
- Plumbing
- Sales
- Installation
- Residential
- Commercial
- Refrigeration
- Repairs on All Makes & Models



yelp



OFFICE
(775) 727-6800
service@gunnysac.com

www.gunnysac.com

Lic #0087108 • MHL #0425

***Financing
Available***



**US MARINE CORP
VETERAN**



COUNTRY
FINANCIAL®

Faith, Family, Insurance

By Christine Butler

This is an exciting time of year with many changes happening all at once. The summer fades into fall; kids are back in school, the kids have sports and many activities, as well as homework to deal with. We at Country Financial are excited by the changes as well. One of the changes we are excited about is launching our new article in the Pahrump Life magazine. We are always looking for new ways to connect and communicate with the community and it only seemed right to do that here. A little about us, our insurance office is in Pahrump, Nevada at 160 S. Emery St. Here at Country Financial we specialize in auto, home, life, and business insurance but offer many more products, such as financial planning as well as commercial coverage for your farm or business. We are a family-based insurance office consisting of agency owner Margaret, her husband Vince, daughter Kasenna, and Richard. We are all licensed agents ready and willing to assist you with all your insurance needs.

Country Financial is proud that we as a company have the honor of celebrating our one hundredth year in continu-



ous business. The company was founded in 1925 when a group of Illinois Agriculture Association members developed an organization to provide fire and lightning insurance for farmers. In the company's first year of operation, more than 385 Illinois farmers worked part-time offering insurance services to their friends and neighbors. Today Country Financial has more than 3,000 employees and over 2,000 agency representatives in over nineteen states to help you protect what matters and plan for a financially secure future. That's an amazing accomplishment that is a rarity in today's business world. Another title, Country Financial was blessed with was being named by Forbes' Magazine as The World's Best Life Insurance Company of 2024.

One of the other big things that we are extremely proud of, and take very



seriously, is our customer service. At the heart of this philosophy, of putting the clients' needs first, is our agency's owner Margaret Pitcher. Margaret has been married to husband Vince for over 22 years and together have 6 children and 3 grandchildren, soon to be 4. Margaret has worked in the insurance industry for several years before becoming an agency owner within the Country Financial family. She believes that one of our core strengths in the insurance world is to be available when the client needs us. We try and be available anytime that you may need us with our office number and with our after-hours number so if a client has an issue or a question we can help address



“Being raised in a military family has instilled a moral foundation built on serving others, giving respect, and being available and ready to help when circumstances demand it.”

it immediately. We understand that “regular” business hours are not always convenient for everyone so we will often make accommodations to work around your schedule. This may include meeting with clients after hours or even weekends to help you find the coverage you need at a price that works within your budget.

Margaret grew up in a proud military family. Her father retired from the Navy, and her late sister served in the Army. One wall of our office is dedicated to the brave men and women who proudly serve our country and defend the freedoms we all enjoy today. Being raised in a military family has instilled a moral foundation built on serving others, giving respect, and being available

and ready to help when circumstances demand it. This simple mantra is what makes this agency unique. This mission of “client first” has been instilled in the staff and fellow agents within this agency. Margaret believes that as a Country Financial agency owner we are to be willing and able to assist our clients in any situation at any time. We understand that the insurance industry can be overwhelming and confusing, and prices may vary between different companies. Country Financial wants you to know that our doors are always open to you if you would like to stop by and have a conversation about your current coverage and discuss how we can work with you to get the correct coverage you need. Many times,

we find through a one-on-one consultation and review that clients can be under insured and in some cases over insured. Our agents will take the time to go over your current coverage with you whether you are a current Country Financial customer or not and help you understand if you have sufficient coverage, not enough, or too much. Chances are we can get you better coverage at a more affordable price. When it happens that your current provider has better coverage and price for you, we certainly will recommend you stay with that company. Our main goal is to do what’s best for the customer, in every way possible.

In closing everyone here at Country Financial looks forward to hearing from you about any insurance or financial planning that you may have questions about. You are always welcome to stop by our offices located at 160 S. Emery St. in Pahrump, Nevada. You can call us at our office 702-986-6432 or after-hours and weekends at 725-249-4994. Clients can always reach out to us with questions and comments through email at margaret.pitcher@countryfinancial.com.

Availability varies by state Life policies issued by COUNTRY Life Insurance Company® or COUNTRY Investors Life Assurance Company®, Bloomington, IL. Auto, home and umbrella policies issued by COUNTRY Mutual Insurance Company®, COUNTRY Preferred Insurance Company® or COUNTRY Casualty Insurance Company®, Bloomington, IL. In IL, ID, OR, WA, NV, AK, MN, GA, TN & AL, farm and Agriplus® policies issued by COUNTRY Mutual Insurance Company®, Bloomington, IL. Coverage is not available in all states.

PAHRUMP VALLEY FABRICATION



- + MACHINING
- + WELDING
- + 3D MODELING
- + PROTOTYPING
- + ASSEMBLY & INSTALLATION
- + INDUSTRIAL
- + COMMERCIAL
- + REPAIRS AND MORE

Ask for Paul 805-890-2904

3401 E. Zolin Ave. Pahrump, NV 89061

DEDICATED SERVICE DEPARTMENT FOR YOUR CONVENIENCE



Electrical Contractors for **RESIDENTIAL • COMMERCIAL • SERVICE**

NV CONT. LIC# 42108A • Bid Limit \$8,000,000 • MHD LIC# E0024

D&J Electric Services is a family owned and operated local business that provides quality electrical services in Pahrump, Las Vegas, Southern and Northern Nevada, Southern California and surrounding areas since 1985.

- Panel Upgrades
- Lighting
- Ceiling Fans
- Outlets
- Spa Power
- Heater Power
- Mini Split Power
- Water Heater/ Insta Hot
- Landscaping Lights
- Remodels
- Additions
- Garages
- Shops
- She Sheds
- Solar Panel Cleaning
- Welders
- Compressors
- Vehicle Chargers
- Permit Required
- Load Calculations

CALL or EMAIL TODAY for a FREE ESTIMATE or QUOTE!

For All Your Electrical Needs

775-727-8296

Service@DJElectricalNV.com

OWNER OPERATOR
LICENSED SINCE 1985



SENIOR & MILITARY DISCOUNTS • FREE ESTIMATES

PROVIDING THE PROTECTION YOU NEED



AUTO | HOME | LIFE | BUSINESS | RETIREMENT

Backed by a team of experts, I can help you access a wide variety of products and services.



Margaret Pitcher
Agency Owner

(725) 249-4994 Cell

(702) 986-6432 Office

160 Emery St., Unit A, Pahrump, NV 89048

Serving: NV, AZ, CO, IA, ID, IN, KS, MN, ND, OR, WA



Availability varies by state. Life policies issued by COUNTRY Life Insurance Company® or COUNTRY Investors Life Assurance Company®, Bloomington, IL. Auto, home and umbrella policies issued by COUNTRY Mutual Insurance Company®, COUNTRY Preferred Insurance Company® or COUNTRY Casualty Insurance Company®, Bloomington, IL. In IL, ID, OR, WA, NV, AK, MN, GA, TN & AL, farm and Agriplus® policies issued by COUNTRY Mutual Insurance Company®, Bloomington, IL. Coverage is not available in all states.



JOHN MICHAEL FERRARI

SINGER/SONGWRITER



Meet Dr. Alexander Mylavarapu



Hospice and Palliative Team Physician, Nathan Adelson In-Home Care

By Christine Butler

What is Hospice and Palliative Care?

Since 2020, Dr. Myla (abbreviated from Mylavarapu) has been the Hospice and Palliative Team Physician at Nathan Adelson. Most people know what Hospice means which is “a special kind of care that focuses on a person’s quality of life and dignity as they near the end of their life.” But not as many people know what Palliative Care means. If you google it, it says, “It is a specialized form of medical care that focuses on improving the quality of life for people with serious or life-limiting illnesses. It aims to: Relieve pain and other symptoms and support emotional and spiritual well-being.”

Who is Dr. Mylavarapu?

Dr. Myla studied medicine at Sri Ramachandra University in India for

his bachelor’s degree in medicine and surgery (MBBS) and then completed his residency in Internal Medicine at Mountain View Hospital in Las Vegas, Nevada. He went on to complete two fellowships at the University of Nevada, Reno School of Medicine—one in Hospice and Palliative Medicine, and another in Geriatric Medicine and Extended Care. These were primarily at the Veterans Affairs Hospital in Reno, Nevada. He then returned to Las Vegas in 2020.

Although he is physically located in Las Vegas, he visits the homes of Pahrump patients weekly. He accompanies the nurses who are also treating them. In-home Hospice has been available in the Las Vegas and Pahrump Valley areas for over 50 years. Nathan Adelson has been providing in-home hospice care in the Pahrump area since 2018 or longer. They are the only non-profit in-home hospice organization in Southern Nevada.

Advantages of Hospice and Palliative Care

The purpose of Palliative Care is to treat the symptoms of the patient, make them more comfortable, and help them maintain their quality of life. It can be provided at any stage of a person’s illness. For example, it can treat childhood cancer or mild heart problems in children, as well as adults and geriatrics. When working with patients diagnosed with cancer, they study the effects of various treatments such as chemotherapy and monitor for side effects, making appropriate adjustments as needed. If necessary, they seek additional help. They manage symptoms as they appear and assist patients in tolerating reactions or side effects of treatments.

Additionally, they can provide palliative care to treat other diseases so that patients do not experience the impacts of many symptoms associated with their condition, not just during end-of-



“We treat a variety of infections and conditions in the home setting...we want what’s best for the patient and family.”

life situations. If these treatments are ineffective or undesired, then Hospice takes over and becomes the primary source of care for the patient. Hospice is considered comfort care until the end of life.

Why is Hospice and Palliative Care so Important?

A lot of people are afraid of the words hospice or palliative care. They are also afraid of the thought of dying. One advantage of receiving hospice or palliative care is the fact you are treated in the comfort of your own home. The caretaker comes to you, and you are not burdened with leaving home to go to a doctor appointment or treatment of some kind.

These people see the real home situation and can identify areas or things that need to be changed to improve home situations and eliminate potential dangers such as tripping on a rug. They see the surroundings and lifestyle and can make recommendations on

how to avoid potential problems. They meet the family and the pets. They observe the client in their natural surroundings and can truly treat the patient in their place of comfort.

This type of care requires highly specialized medical training. Dr Myla is Board Certified in both Internal Medicine and Hospice & Palliative Care. He states that “Training Matters, and the physicians who work in Hospice should be held to that same standard, like any other field.” He strongly recommends that patients and families ask their hospice if their physicians are truly trained in the field or not. Dr Myla ultimately believes that people should receive the same level of specialized care when they leave this world as they do when they arrive.

He and his home hospice team of registered nurses, nursing assistants, chaplains, and social workers show patients and their family members that there is nothing to be afraid of when talking about hospice. They hear people out without any other planned

agenda. They listen to what the patients have to say and what may be on their minds. They answer questions when they can, and they help shift the focus and educate families on how to best spend their last days.

How to Decide When it’s Time to Start Hospice?

Typically, this happens when standard care becomes ineffective or causes more problems and side effects than it fixes. The length of time people are in Hospice varies. Dr. Myla has had patients in Hospice for over two years. These care givers work with their patients as long as they are needed.

What They do to Dispel Some of the Fears

Highlighting that the patient always remains in control is very important. They are not locked into it and can stop at any time they choose.

There are several false myths out there. Some people believe they can’t take their meds, aren’t fed, or aren’t given choices about what happens to them. In some cases, there is a complete misunderstanding of what hospice truly is.

Dr. Myla states that “the truth of the matter is that on hospice, we work collaboratively with the patient and family on multiple topics. We discuss which medications are still appropriate and try to reduce pill burden by discontinuing unnecessary medicines. We encourage patients to live their lives as fully as possible while we aim to keep their symptoms managed. We also have no objection to patients being fed by family but ask that they assess whether the patient still wants food, as force-feeding can lead to serious complications such as aspiration pneumonia and choking. Another myth is that on hospice we don’t treat infections. That is untrue! We treat a variety of infections and conditions in the home setting, as these are situations where patients often feel discomfort. Ultimately, we want to do what’s best for the patient and family. This is achieved through a team effort.”

How do Hospice Workers Deal with the End of Life of Their Patients?

All fields of medicine have challenges and times of sadness. Things are constantly changing, and they are responsible for reacting in the appropriate manner. They also know that everyone has a time. Dr. Myla's reward is making a connection with the patient as well as the family. His job is to make them all feel comfortable and explain things as events occur. Their goal is to remove some of the uncertainty of not knowing what to expect next. It's a difficult situation, but Dr. Myla feels his reward is making a connection with the family and making them more comfortable in a very difficult time.

One of Dr. Myla's responsibilities is to teach trainees how to deliver difficult messages to the family and help them communicate with patients and their loved ones and bring some understanding to the situation. They also must communicate with the rest of their own team as to what is happening

with the patient. He involves the entire team including primary doctors and as many of the specialists associated with the patient's case as possible. They try to include everyone who had a hand in caring for the patient over time.

One needs a special personality to be successful in this area of medicine. Dr. Myla feels this is an important part of his job. They offer special training to other health care folks on what goes through special training after they go through regular medical education.

He feels there's not enough doctors in this field and tries to identify students he feels would fit the need. He has had some of his students go into the field and make him very proud.

He suggests that with so many choices for home hospice help in Nevada, you should pick the one with the most experience and staff physicians trained in this field. He advises people to research the reputations, goals, missions, and resources of the hospice. He strongly believes that, first and foremost, it's all about family choice. Talk



to others and select the best match for you and your family.

In your research, he recommends identifying the top three hospices with the most resources and interviewing them. Ask about their services, such as whether they visit patients at home, and address any other concerns you might have. As mentioned, Dr. Myla strongly believes that everyone deserves the same compassionate care when leaving this world as they do when entering it.



Nathan Adelson H O S P I C E

When it's time for a trusted partner

For a decade, the Pahrump community has entrusted Nathan Adelson Hospice with quality home care and in-patient services for the terminally ill.

- Mission driven; not-for-profit hospice
- Board-certified physicians in hospice and palliative care
- Full range of complementary therapies
- Local nurses, certified nursing assistants, chaplains, and volunteers
- Medicare pays 100%; most insurance accepted

No one should end the journey of life alone, afraid, or in pain.

For questions regarding hospice please call: **(775) 751-6700**
2270 E. Commercial Rd., Suite A Pahrump, NV 89048





Pahrump's *BEST* Gym & Value! **Open to the Public!**

SIMPLE PRICING - NO HOSTAGE* FEES!

Day Pass	\$ 10
Week	\$ 25
Month-to Month	\$ 32
6-Months	\$168
12-Months	\$315

ALL ACCESS! ALWAYS STAFFED!

Monday - Friday	430am to 800pm
Saturday – Sunday	700am to 600pm

***No contracts. No admin, sign-up, card-key, cancellation
or other hidden or surprise fees, ever!**

775 – 505 – 3877

www.LivingFreeGym.org

301 Oxbow Ave, #1-2, Pahrump, NV 89048
Behind Purcell Tire and Saitta Trudeau Chrysler Jeep

stay STOPPED

*Staying in recovery
for life*



Shelley Poerio

What is “Being in Recovery”?

By Shelley Poerio with Casey Jones

For the last seven years, this column has been devoted to helping people in recovery – and their friends and family – become more aware of the challenges and benefits addicts face as they embrace a life of sobriety.

At the highest level, “being in recovery” is a similar expression to “being alive.” By that I mean many things – but once an addict commits to a life of recovery and moves into that action stage of change, that person engages in a way of living that is far superior to being a practicing addict. Most sense that recovery brings them back to life. In fact, some have literally been brought back to life!

Unlike being alive, relapsing quickly lands one in a “walking dead” state, no longer making choices and being proactive. Instead, the need for alcohol and drugs drive every choice, every thought, every action. This is not “life” – certainly not a way of living to which we aspire.

Addiction: Loss of Control and Unnecessary Risk Taking

Active addiction describes the state of someone engaged in continuous substance misuse or uncontrollable behaviors (“process” addictions such as gambling, sex, internet/gaming, shopping, pornography, etc.) regardless of the negative consequences. Loss of job, home, family, friends, and health due to addiction aren’t even enough to overcome the compulsion to use, and the need for immediate gratification to satisfy cravings.

The natural survival instinct is turned on its head, as addiction replaces healthy choices and behaviors. This represents a dramatic and dangerous shift in perspective, or a reversal of accepted norms or assumptions. It’s particularly difficult for family and friends of the addicted to comprehend: “Just stop! Why won’t you just stop?”

The short answer is that despite (some of) the consequences of addictive behaviors -

- Loss of control over your life and succumbing to the insatiable demands of an instant gratification mindset.
- Loss of motivation to improve, and zero energy to overcome obstacles.
- Feeling trapped with increasing feelings of helplessness and hopelessness.
- Compromise (or complete loss) of one’s moral and ethical standards.
- Loss of connection with others and exacerbated feelings of guilt and shame, which feed chronic isolation, and negative self-talk, and serve to perpetuate a never-ending cycle.

Those who are stuck in this cycle typically refuse to change because their fear of change overwhelms the negative consequences in their lives that can be tied directly to addiction. Hard to believe for the outsider, but true.

Clearly, this is no way to live. So, what’s the alternative?

Living the Life of Recovery

There is a common misconception that stopping the drug and alcohol use “fixes everything.” That’s simply not true. Stated another way: “Not using is not enough!”

At Living Free Health, we discharge more clients for chronic and significant rules violations than we do for relapses (for which we typically direct them to a higher level of care, such as inpatient). This might be a surprising statement but underpins the criticality of what it means to truly be in recovery. Hint: Success emanates from wholesale changes to one’s thoughts, attitudes, emotions, and behaviors. And as recovery is a life-long journey of self-improvement, recovery is also an ongoing commitment to the effort of self-improvement.

I cannot emphasize enough that these concepts and strategies are not limited to those attempting to get and stay clean from drugs and alcohol. These are universal methods from which everyone can benefit. That was the thing about Alcoholics Anonymous (AA) that surprised me so much. At first, AA seemed like a bunch of weirdos yammering a plethora of silly, simplistic adages. Fairly soon, I realized that there was tremendous wisdom and power in those “hokey” sayings.

“At first, AA seemed like a bunch of weirdos yammering a plethora of silly, simplistic adages. Fairly soon, I realized there was tremendous wisdom and power in those ‘hokey’ sayings.”

And this rag-tag group of people were living lives of peace, happiness, and productivity. Why? Because much of what’s shared in 12-step meetings is based on strategies such as assuming personal responsibility, treating others the way you would want to be treated, being of service, and is steeped amidst honesty and self-reflection.

Living the Life of Recovery

Being in recovery is adopting a way of living that responsible people embrace. It’s living your life focused on the following:

- Treating yourself and others in ways that enrich your and their lives.
- Taking charge of your life’s strategy to continually improve and advance.
- Being aware of the importance of kindness, grace, and gratitude in everyday life.

Recovery: Maintaining Control

Recovery is about more than taking back control, and it’s more than stopping the consumption of drugs or alcohol. A person in recovery maintains a new way of living by continuing to work daily on all the things that lead to success. (The early road to relapse is littered with those who “let up on the gas pedal,” i.e., relinquished newfound responsibility to temptation, peer pressure, sloth, excuses, and other risky thoughts, attitudes, or behaviors.)

Maintaining control is, in a way, analogous to staying fit or playing a musical instrument. You must practice regularly. In the case of recovery, this practice should be every single day! One of the best tools to accomplish this is by enhancing and experiencing self-awareness through honest and candid self-assessment. This process is a way of acknowledging that behaving as the “center of the universe” – always acting for immediate gratification must take the back seat.

Developing Habits that Serve Us and Our Communities Well

As people start to take back control of their lives, they behave in more mature, responsible, and predictable ways. In the process, they become less “me-centric.” A well-balanced, emotionally mature person will certainly have their best interests in mind, but immediate gratification is less of a motivator. Habits and behaviors that will serve an individual will start to combine with a desire to make contributions to other peoples’ lives and to the community and society at large. Some of these les-



sons and habits are the same that sustain us in recovery. These include:

- Acknowledging people when you greet them, even strangers.
- Offering to help people if it looks like they need it.
- Doing things that are positive for your community – especially if nobody is watching.

These new behaviors of people in recovery have a basic, common thread: They safeguard the necessary personal boundaries and responsibilities of the individual, while creating a bond to community via service. It's difficult at first for most people to balance the right amount of "me time" while simultaneously avoiding isolation (or antagonizing family and friends). Simple strategies start on that journey of community service include: Saying "hello" or "good morning" when you encounter neighbors, family or strangers is an acknowledgement of their existence and importance as fellow human beings. Hearing "Hello, how are you?" during my active addiction made me

wonder if I might be worth saving. And it helped put my most scary, negative personal contemplations at bay. In AA, you often hear "Keep It Simple." Simple works: Helping someone who struggles to open a door, is carrying a heavy load, or seems lost goes a long way in making a human connection injected with kindness and hope.

One of the things that I emphasize most strongly to Living Free employees is the importance of modelling appropriate behavior as a transformative healing factor for our clients. Role models matter. Parents know how important this concept is in child-rearing. And if you consider yourself a role model and see the potential for the positive impact you may have on others, you may find additional motivation supportive of your recovery, or simple satisfaction with your place on Earth. The more often people in recovery – and those who aren't – model the behaviors of people who have respect for themselves and others, the better off we'll all be as a community.

If you have comments, or ideas for next articles, please contact me at shelley@livingfreehealth.org.

Shelley Poerio is a Licensed Clinician, and author of "Rebalancing the Addictive Mind: Beating Addiction with Exercise and Nutrition." She is also the CEO and founder of Living Free Health & Fitness, a 501(c)(3) organization that helps people stay in recovery through counseling, education programs, lifestyle changes and sober living. Shelley lives in Pahrump, NV and has been in active recovery since September 5, 2001. For more information: www.livingfreehealth.org.

Casey Jones, MBA, is a consultant who has been a part of Living Free Health & Fitness since 2013. She has helped numerous emerging companies successfully achieve their goal to grow to better meet the needs of their customers and clients. Casey lives in Dallas, TX.

Pahrump Prostate Cancer Support Group

"I never realized I was at risk of prostate cancer until I was diagnosed."

Join us the fourth Tuesday every month from 6-7:30 PM.

For Support...Education...Information

**Knowledge is power: Information is liberating.
in every society, in every family.**

For Additional Information Contact:

**Dr. Tom Waters, Chairman - 702-379-3449 or
Linda Wright, Co-Chair - 775-419-5715**

No one knows the exact cause of prostate cancer. Doctors can seldom explain why one man develops the disease and another does not. Research has shown that men with certain risk factors are more likely than others to develop the disease.

DAV Building (former Town Annex) - 270 N. Hwy. 160, Pahrump, NV

The Disabled American Veterans (DAV) has offered us the use of their building to conduct our meetings. The DAV has ZOOM equipment that would allow our members to attend the meetings from any location.

*****COME TALK WITH US*****

For all your concrete needs. Small residential to large commercial.

JM Concrete LLC

NV Lic. 0063230

"Quality Workmanship"

No Job Too Small

FREE ESTIMATES

JMConcrete2005@hotmail.com

www.JMConcreteLLC.com

775.209.3377

James Monroe

**DECORATIVE
CONCRETE**

**STAINED
AND STAMPED**

**SLABS,
PATIOS,
DRIVEWAYS
CONCRETE
CRACK REPAIR**

**COOL
DECKING
& EPOXY**

SIGN UP TODAY & WIN UP TO

500,000

POINTS

WHEN YOU EARN 25 SAME-DAY BASE SLOT POINTS

SO MANY WAYS TO USE YOUR POINTS AT OVER 70 LOCATIONS



**SLOT PLAY • DINING
THE STRAT TOWER ADMISSION
THE STRAT THRILL RIDES
CONCERT TICKETS
HOTEL & RV PARK STAYS**

STRAT AQUARIUS EDGEWATER ARIZONA CHARLIE'S PAHRUMP NUGGET GOLD TOWN LAKESIDE

Must be 21 or older. See True Rewards Center for details. Gambling problem? Call 1.800.GAMBLER

water wise



Get Rid of Salt Cedar

By Jacky Walker

While driving through the Pahrump Valley, it's easy to see where natural water is present. All you have to do is look for clusters of thriving greenery near no human infrastructure. Chances are that greenery is none other than tamarisk, a fascinating plant species more commonly known as salt cedar.

Unfortunately, salt cedar is a severe water sucker. According to experts, a single salt cedar tree can sip over 200 gallons of water each day. Multiply the number of salt cedar on the immediate horizon, and you get an alarming consumption of groundwater from Hydrographic Basin 162, our only source of water in the Pahrump Valley.

WHOOPS!

Salt Cedar is an invasive species that was deliberately (and unwittingly) imported to the United States from Eurasia in the 1800's as an ornamental plant to help stop erosion on riverbanks and provide shade and wind-breaks in arid regions. It was heavily promoted by the federal government for those purposes, and planting began. Soon the pretty trees with delicate pink flowers and lacy green foliage started to spread under ideal conditions. Salt cedar now inhabits 33 states with many

areas suffering "dense infestation." It is now classified as a "noxious weed."

Tamarisk/Salt Cedar Dense Infestations

Southwestern States: Arizona, California, Nevada, New Mexico, Utah

Great Plains: Colorado, Kansas, Oklahoma, Texas

Parts of the Southeast and Midwest: Arkansas, Missouri, and even up into Illinois and Georgia

In some ways, this alien species is the perfect survivor. It excretes salt, which kills other plants around it. It has a deep tap root system that native plants can't compete with. It has little food or habitat value to most native wildlife. And it's wood, if burned green, releases an unpleasant smell and smoke that can irritate eyes and lungs.

In addition, they worsen prolonged drought conditions and contribute to wildfire danger due to their dense foliage and dry branches that create highly flammable conditions. In short, next to humans, they are the ultimate destroyer of our native ecosystem.

One of the missions of the local Private Well Owners Association (PWOA) is to help protect Basin 162 from threats to our rural lifestyle. As such, they advocate the removal of salt

cedars wherever possible as a water conservation strategy.

"Removing salt cedars is one of the most impactful ways a property owner can be involved in preserving our water source," says Budd Watkins, Chair of the PWOA. "Our valley could reach water rationing (aka critical management) sooner rather than later, so any effort to conserve our water for future residents, agriculture and local businesses is important.

"If someone could find a beneficial use for salt cedar trees, I bet they could be millionaires just from our local harvest," he adds.

According to Watkins, there are several benefits for salt cedar removal:

- Water table becomes more stabilized.
- Native vegetation can begin to take hold and grow again.
- Trees more attractive to birds and wildlife can thrive.
- Ecological balance is restored.
- Biodiversity is supported with a return to less harsh conditions.

Eradication Takes Time

Because salt cedars are so resilient, they are not easy to kill. They require a prolonged, multi-targeted approach for successful eradication. The three recommended methods are:

Mechanical Removal – Cutting down trees and extracting the roots. Requires monitoring and continuous removal over time.



Nothing else grows under salt cedar.

Chemical Control – Applying herbicides directly to the root system and tree stump after they are cut. Requires careful application of the poisons.

Biological – Introduce tamarisk-loving beetles that feed on the foliage and weaken the tree and its spread. Requires long-term monitoring but has shown some success in studies.

We asked **Microsoft CoPilot** for examples of treatments using the three methods, and the result of that AI inquiry is quoted at the bottom of the page:

As far as the optimal timing for the three eradication methods, experts agree that late summer and early fall are the best times for cutting and excavating coupled with herbicide application. At this time of year, salt cedar trees are actively growing and transporting nutrients to their roots, so cutting down and treating the stumps with herbicides will be the most effective timing to prevent regrowth as they absorb the poisons. As for when to use beetles, spring and summer are when the bugs



Tamarisk thriving next to a well house

actively feed on salt cedar foliage.

Despite the challenges of getting rid of salt cedar, there are success stories too. In fact, one success occurred locally when the Amargosa Conservancy removed salt cedars along the Amargosa River. Other successes have occurred in Coachella Valley Preserve, California and Upper Verde River, Arizona.

Learning how to rid your property of salt cedar can be empowering. Look out for community workshops, such as the ones offered in Pahrump by the Nevada Department of Agriculture and University of Nevada, Reno Cooperative Extension (Master Gardeners).

In the coming months, the Private Well Owners Association plans to assist in a salt cedar removal program, including participating in a grant (if funded) that will remove salt cedar from an area south of Manse and east of Homestead. Our role will be testing private wells in the area over several years to determine how salt cedar

removal impacts the static water level and salinity of the area. Stay tuned for more information about this program.

Learn More

The Private Well Owners Association's primary mission is to inform, educate and assist you in learning about and protecting Hydrographic Basin 162, understanding well-related issues, and water conservation topics. We meet on the first Wednesday of each month at 10 a.m. at the Pahrump Valley Museum, 401 E. Basin Ave. We hope to see you there.

- **PWOA:** www.privatewellowners.com
- **Amargosa Conservancy:** <https://www.amargosaconservancy.org/tamarisk-removal/>
- **Nye County Water District Invasive Weed Control:** <https://www.nyecountywaterdistrict.net/174/Noxious-Invasive-Weed-Control>
- **Salt Cedar invasion map:** <http://www.eddmaps.org/>
The Nature Conservancy: <https://www.invasive.org/gist/stories/ca003.html>
- **Pinpointing an Invasive Plant's Next Move:** www.earthdata.nasa.gov
- **U.S. Fish & Wildlife Service:** <https://www.fws.gov/sites/default/files/documents/Ecological-Risk-Screening-Summary-Saltcedar.pdf>

MECHANICAL	CHEMICAL	BIOLOGICAL
• Cut-Stump Method: Cut the tree close to the ground and immediately apply herbicide to the stump to prevent regrowth. • Excavation: Use heavy machinery to uproot tamarisk, including its deep root system, to prevent resprouting. <i>Note: Be careful when cutting because seeds spread via wind and water, and can also reproduce from broken branches or buried foliage.</i>	• Herbicide Application: Herbicides like glyphosate or imazapyr can be applied directly to cut stumps or sprayed on foliage. The cut-stump method minimizes herbicide use while ensuring effectiveness. • Basal Bark Treatment: Applying herbicide to the lower trunk of tamarisk trees can kill them gradually without cutting them down immediately.	• Tamarisk Beetles: The introduction of <i>Diorhabda</i> beetles has been successful in reducing tamarisk populations by defoliating the trees repeatedly, weakening them over time. • Restoration of Native Plants: Encouraging the growth of native vegetation like willows and cottonwoods can help outcompete tamarisk and restore ecological balance.



The Husband and Wife Duo Behind Two Arms Creating

By Natalie and Greg Arms

Natalie: I moved to Pahrump, NV in July 1999. I relocated to Pahrump when I was hired by the Sheriff's office. I was in public safety (dispatcher; reserve and code enforcement police officer; (EMT) for over 30 years when I retired in 2018. I also worked as a dispatcher in Oklahoma, Texas and Utah. Greg and I met in 2002. His brother set us up on a blind date. When he came to pick me up one of my dogs bit him (I warned him not to touch her) and that was it.... we married in 2004.

When I retired, I knew it was my time to try hobbies and jobs that I was not willing to give up my paycheck for when I was younger.

I went to the Academy of hair design in 2018 to be certified in nail technology.

I did nails for a few years, but I explored other avenues of art. I have always drawn and doodled and took a few art classes in college. I took a tattoo course in Utah and a few brave souls in Pahrump let me ink their skin but like nails, being a cop and being an EMT, it was all too close and personal.

Greg and I knew we wanted to explore glass work. Greg's father did

stained glass. We were lucky enough to get his equipment. We knew nothing about it, but we knew we liked how it looked. We had purchased several pieces from Joann who used to sell at craft shows in Pahrump.

Greg and I decided to take a class in torch work at LeFrancis studio in Las Vegas. We both really enjoyed it and took several other classes. We found the Glass Art Studio in Las Vegas and took a stained-glass class. We both enjoyed the class and took the 2nd class. After the 2nd class I was hooked. Fussy puzzles that make you bleed. Plus, glass is shiny and pretty. I like shiny. Unlike torch work I can walk away from where I am at in stained glass and come back to it. When the Glass Art Studio changed hands, Greg and I worked part time there in the store. After a while I began teaching stained glass panel classes and other stained glass specialty classes.

I no longer instruct there or work there. I enjoy instructing but that is on hold for now. I decided I wanted to try my hand at selling my wares at a craft show and asked Ashley Welch about doing a show. My 1st show was not great, but we have moved up from there. In our 1st show in 2023, I had less than 30 items on the table, and



Greg and Natalie Arms

our display was cute but not conducive for showing off the glass. In 2024 we changed our display stands and added lights which really helped. July 2025 we now have light boxes which really show off our suncatchers and help light up the bouquets and other tabletops. After experimenting with different craft show venues and number of times a year, Greg and I have decided that we are going to keep our shows in Nye County and to 5 or 6 a year or maybe 7. Depends on time between shows. Events by Ashley; Randi Case, and Main Street Tonopah during Jim Butler days.

This gives me time to find natural vessels to display my bouquets and time to create bouquets and panels.



And time to work on my other loves, Fusing and Glass Mosaics. It also gives Greg time to frame, create planter boxes, and clean up any wood I use in displays. Greg's wood skills, I think, are what really sets off my glass. Plus, when you buy a panel, it already has a custom frame- you don't have to go out and find someone to do that. In 2026, I want to have fused landscapes and mosaics on my table along with my stained-glass art. Greg tumbles rocks and the large, polished stones in the bouquets and cacti are from Greg's other hobby. Lapidary. Greg and I have thought about opening a store front, if we had started this obsession 20 years ago, we probably would, but right now I want to have time to play around in my studio and create different pieces





for the craft shows. The craft shows are my store front now; this is where people can see what I have been working on. We do commissions:

A couple of custom pieces can be seen in the wild (they are not in homes). Katwell's Lash and Day spa inside Bella's salon. She had me create her cat logo in glass. A Parishioner of the Saved by Grace Lutheran church had me create a Lutheran rose panel for the church.

Not a commission but can be seen out in town: a local attorney Holseth has some of my pieces displayed at her office.

In 2024 I entered a piece in the fall festival, and we got the best use of theme.

We feel really blessed that our product has been well received. I want to keep it small so I can make special pieces. We plan on keeping our shows within Nye County.



My name is Greg Arms. I have resided in Pahrump since October 2002. My wife Natalie and I always enjoyed creating crafts through different mediums such as yarn, acrylic, paint, scrapbook paper, wood, glass, etcetera. I have been working with wood since I was 12 years old. My passion for wood and working with wood started when I was in junior high and continued through high school. My dad had started building stained glass as a hobby when he retired, and I was interested in how he was able

to create panels, suncatchers, and small knickknacks with colored glass.

My wife and I took lampworking classes with LeFrancis Studios in fall of 2020 and stained-glass classes with Glass Art Studio, Las Vegas in summer of 2021. While we were learning the art of stained glass, I started thinking about how we can combine wood and stained glass into unique artwork which includes using reclaimed wood and interesting shapes from the roots and branches of various trees.

One of my goals when I moved to Pahrump was to start a small business. The summer of 2023 that goal was starting to come to fruition when we contacted Ashley Welch to be in her Christmas in July craft show. Although we did not sell many pieces, the comments from people attending were encouraging.

We started our micro business Two Arms Creating in fall of 2023 with the intention of selling our artwork mainly through craft shows. We can also create a custom commissioned piece. In addition to the stained glass, our future offerings will also include fused glass (the melting of glass) and mosaic glass (combining scrap glass).





VETERAN OWNED

2ND AMENDMENT
GUNS & ACCESSORIES

INDOOR SHOOTING RANGE

FIREARMS | AMMUNITION | ACCESSORIES
| GUNSMITHING | 2A COFFEE BAR &

TRAINING:

- CONCEAL CARRY CLASSES
- BASIC PISTOL & PRIVATE SESSIONS
- MILO SIMULATOR
- HUNTER'S ED & MORE!

MON - SAT 10AM 6PM
SUN 10AM 5PM

775.877.9111

1360 E. BASIN AVE. PAHRUMP, NV
89060

WWW.2NDAMENDMENTGUNS.COM



CARPET CLEANING

WHOLE HOUSE
SPECIAL

\$99*

- Commercial – Residential – RV'S
- Over 30 Years Experience
- 24 Hour Flood Service
- Upholstery Cleaning
- FREE Estimates
- We Do Windows



ABC SERVICES

775-419-2979

Available
24/7

**Up to 1,000 sq.ft. Licensed & Insured.*

busy living



*“...get busy living
or get busy
dying. “*

*- Morgan Freeman
in “The Shawshank
Redemption “*

A Beautiful Celebration of BJ's 100th Birthday

By Marilyn McLeod

June 19, 2025 was a clear, beautiful day at the Calvada Eye in the middle of Pahrump...

And in the middle of about a hundred people you would find BJ — It was her 100th birthday celebration coordinated by her many loving friends in the community and, of course, her Silver Tappers sisters!

BJ is the heart of the Silver State! The heart of the Silver Tappers! As well as being at the heart of every mega fund raiser for so many charities in and around our Valley.

BJ is the glistening, silvery, spar-

kly lining in every cloud we see in the sky. At 100 years young and still dancing, she gives new meaning to the phrase “forever young. And I can honestly say that when I grow up, I want to be just like her!

Members of the Nye County Sheriff's Office were there to honor her. Also Nye County Search and Rescue, first responders, as well as our local EMT's, firefighters and more stopped in to thank her for all she does for this community. She never stopped smiling! More hugs were shared that day in the Calvada Eye than in the entire history of our town!!!

Congratulations to BJ!



BJ Hetrick-Irwin

“BJ is the heart of the Silver State! The heart of the Silver Tappers! As well as being at the heart of every mega fund raiser for so many charities in and around our Valley.”



BJ Hetrick-Irwin and Gregory Hafn II



LIFE after 18



The Real Deal About Moving Out on Your Own!

Part 1



Janet M. Nast

By Janet M. Nast
Life Skills Consultant, Speaker, Author
LifeAfter18.com

Whether you're moving out by yourself for the first time, or moving in with a friend or new spouse, you should become familiar with a few terms and processes so that you make better decisions when you're ready to sign that rental agreement.

What you should do right up front is take some time to compare costs, the prep work involved, and then the supplies you'll need when renting an apartment vs. a house or buying vs. renting. Then you should create a monthly budget to see what you can realistically afford.

Here in Part 1, I'll explain some of the costs of which you should be aware as well as some of the practical considerations such as a month-to-month agreement vs. a lease, roommates, and houses vs apartments.

Part 2 will focus more on steps you need to take once you've made the commitment to move out.

Rent/Mortgage

First, let's talk rent: what can you realistically afford? The rule of thumb (regarding what you can afford for rent or a mortgage) is that your salary should be four times the amount of your rent or mortgage payment. For example, if your rent is going to be \$1,000 per month, I highly recommend you have a monthly salary of \$4,000 after taxes (and all other deductions) are taken

out. This allows a decent amount of money left over after you pay rent for other monthly expenses such as utility bills, car payments and gas, renter's insurance, food, yard and pool maintenance if applicable, and any entertainment such as going out to dinner or to the movies once in a while. These things add up much faster than you might think.

If you do the calculation and realize that your monthly salary is only three





times (\$3,000) or two times (\$2,000) your expected rent payment (\$1,000), you should seriously consider finding a roommate or two with whom you can split the rent. If not, you could be starving and losing a lot of weight really fast! It's up to you if that's a good thing or bad thing.

Moving Expenses

There are all kinds of expenses related to moving and then living on your own. Details of those are discussed throughout the next few sections. However, here's a short list of expenses to be aware of:

- Truck rental and gas for said truck when moving
- Security deposit on the rental truck
- Boxes and other packing materials
- Security deposits for your new home. All landlords calculate this differently: **Ask** before making the commitment.
- Deposits to have utilities turned on

Ongoing Living Expenses

Once you're out on your own, there are all kinds of things you'll have to be paying for on a monthly basis in addition to your rent. Here's a short list of all the things I can think of:

- Renter's or homeowner's insurance

- All monthly utility costs (more details below)
- Groceries
- Other household supplies such as toilet paper and paper towels, soap, laundry detergent, etc.
- Quarters for doing laundry if you don't have your own washer and dryer
- Car Payment
- Car Insurance
- Gas for your car
- Cell phone
- Internet/Wi-Fi
- Savings
- Entertainment such as lunches or dinners out, movies, going out with friends

Utilities

Utilities usually include:

- Gas (*natural gas is used in many homes for ovens or washers and dryers*)
- Electric (*in some cities it could be "gas and electric"*)
- Telephone (*if you would like a land line vs. relying solely on your cell phone*)
- Internet Service Provider (ISP)
- TV streaming services such as Netflix, hulu, etc. or cable TV
- Water and trash service

There are two ways to find out what your monthly utilities might cost you:

1. **First**, if you are renting ask your landlord.
2. **Second**, if he/she doesn't know, or if you are purchasing a house, call the actual utility companies and ask what the last six months of charges were for that property.

The most important thing to know about utilities is that if you don't have any credit history or you have never had utility accounts in the city to which you are moving, ***you will probably have to pay a deposit for service.*** Call and ask each utility company to find out for sure. In that case, be sure to ask for how long the company will keep that deposit, and how you can get it back when that time is up.

Renter's or Homeowner's Insurance

This insurance will cover the cost of anything in your home that might get stolen or damaged by a guest or by a disaster such as flooding or a fire. While in many cases it's optional, there are a lot of landlords (*the person to whom you pay the rent*) that require it now.

Many companies sell insurance, so be sure to get a couple of quotes and make sure you understand how much



the policies cover (*in dollars*) and in what situations they cover damage or theft. Some will not cover flood damage, for instance if you left the water running in the sink when you left the apartment. Most will not pay you the replacement cost of your fifteen-year-old hand-me-down sofa on which your friend started a small fire when drunk. The sofa might only be worth \$25 in reality, but it will cost you \$500 to get a new one: Will the insurance company pay you \$25 or \$500? In the instance when my son, Alan's, apartment roof leaked during a rain storm, the landlord fixed the roof but didn't replace Alan's flat screen TV that shorted out. His renter's insurance did.

Bottom line, it's better to pay for renter's insurance rather than suffer the consequences if something is stolen or damaged. Just be sure to ask questions.

Month-to-Month Agreement vs. a Lease Agreement

You can rent an apartment or house either "month-to-month" with no long-term commitment, or with a six month to one-year lease.

"Month-to-month" means that any time you feel like it, you can give your landlord a thirty-day "notice to vacate," and then move out anytime within that thirty-day time frame.

When you sign a "lease" for a specified amount of time (six months or one year is standard) you are agreeing to pay rent for that exact amount of time. While you could move out in the third month of a six-month lease, you are legally responsible for paying the rent for the entire six months stated on the lease whether you live there or not. And it doesn't matter if you give thirty days' notice to vacate in that third month; you must still pay rent for the remaining months left on the lease.

Rental/Lease Agreements

Regardless of which way you do this, you'll still be required to sign some sort of rental agreement. **Be sure to read this contract thoroughly** and look for

answers to these questions:

- Are deposits required (*cleaning or pet or "security"*) and how much?
- Do you get your deposits back when you move out, and why or why not?
- What is the requirement for giving notice when you want to move (*notice to vacate*): *Is it thirty days or sixty days?*
- How many people can live in this apartment with you?
- What are the parking rules and regulations?
- Can you have pets (*what kind and how many*)?
- Are you required to obtain renter's insurance?
- What type of amenities or utilities are included in the rent such as use of laundry facilities, a pool, tennis courts, cost of water, trash, Internet/Wi-Fi, cable TV, etc.?
- Do you need separate keys or door codes to access any of the facilities?
- Is there a charge for lost keys? If so, what is it?

Roommates

In order to save on rent, you might want to consider sharing your home with friends, aka "roommates." That way you can split the cost of rent and utilities by the number of tenants.

That said, the most important thing you should do in a roommate situation is to **make sure everyone's names and signatures are included** on the rental agreement. This ensures that all parties involved have made the same commitment to be accountable for the rent as well as any other terms included in the agreement, such as the condition of the home when you move out.

Here are a few things that should be discussed **and agreed upon** amongst roommates:

- Who will sleep where?
- What do everyone's work, school and sleep schedules look like? This will help everyone to be aware of when quiet time is needed.

- What will the guidelines be regarding visitors? This discussion might include when visitors are welcome based upon work, school and homework schedules. Talk about evenings, weekends, and overnight stays. And while it should be understood that each person is responsible for the behavior of their visitors, it is worth talking about up front.
- How will housework be split up? This might include discussions about keeping the common areas of the house clean such as the living room, bathroom, and kitchen. In regards to the kitchen you should discuss meal preparation as well as the subsequent clean up.
- How will you handle grocery shopping? Will you share things such as milk, eggs, and cereal? This discussion might include where each person's groceries are to be stored.
- How do you all feel about sharing personal items such as dishes, glasses, towels, silverware, pots and pans, toilet paper, soap, shampoo, laundry detergent, clothes, etc.?





These are just a few topics you should discuss with potential roommates. To learn more about the roommate experience talk with your parents, other friends, or check out the **Housing and Moving Out** lesson on <https://lifeafter18.com>

Renting a House vs. an Apartment

Renting a house works pretty much the same as renting an apartment with regard to contracts, renter's insurance, and notices to vacate. However, there are a few other issues and costs you should consider when renting a house. For easy reference, I've copied the apartment list here, and right below that list are other things to consider when renting a house.

- Are deposits required (*cleaning or pet or "security"*) and how much?
- Do you get your deposits back when you move out, and why or why not?
- What is the requirement for giving notice when you want to move (*notice to vacate*): Is it thirty days or sixty days?
- How many people can live in this house with you?
- What are the parking rules and regulations?
- Can you have pets (*what kind and how many*)?

- Are you required to obtain renter's insurance?
- What type of amenities or utilities are included in the rent such as use of laundry facilities, a pool, tennis courts, cost of water, trash, Internet/Wi-Fi, cable TV, etc.?
- Do you need separate keys or door codes to access any of the facilities?
- Is there a charge for lost keys? If so, how much?

Other Issues and Costs Related to Renting a House

- Find out who is responsible for maintaining the yard: Get that information in writing on your rental agreement. Some landlords will hire a lawn service whose cost should be included in your rent. But, if you're doing the yard work, you'll probably have to purchase tools such as a lawn mower and trimmer or edger. You can ask the landlord if he/she will reimburse you for the cost of the tools, unless you would prefer to own them.
- Are window coverings supplied, or will you have to purchase your own?
- Are there shower curtains, or will you have to purchase your own?

- Is there a washer and dryer in the house, or will you have to purchase your own?
- **In case of an emergency**, where are all the shut-off valves, connections or breakers for water, gas, and electricity? If something goes wrong with any of these you can call your landlord, or the utility company; but during evening or weekends hours, either or both might be hard to contact. So, you should know this for your own safety.
- Is there a homeowner's association? If yes, find out the following things, and read more about these associations on Page 150 in the Life After 18 book.
- Are the association dues included in your rent or is that a separate charge?
- If there is a homeowner's association, you should also get a copy of what is called the "CC & Rs" (*Covenants, Conditions & Restrictions*) which contains all the rules and restrictions for living in this neighborhood.
- Is there a community pool or other shared facilities such as tennis courts? If yes, do you need a key to access these things?

Let's wrap it up

Moving out on your own is an exciting milestone—but it comes with responsibilities and costs that can catch you off guard if you're not prepared. From rent and utilities to insurance and roommate agreements, understanding the full picture is key to creating a safe and stable living situation.

If you still have questions about what it takes to live on your own, don't hesitate to reach out—I'm happy to help! You can email me anytime at jan@lifeafter18.com.

Want to dig deeper into all things housing, roommates, and real-life budgeting? **Sign up for the Housing & Moving Out** lesson at LifeAfter18.com and get the tools you need to move forward with confidence.

Pahrump Life Welcomes Tyler Ryan Back to the Magazine

By Tyler Ryan

Hi Pahrump, after a brief absence, it's great to return to my keyboard.

In all honesty, I suffered from a debilitating illness that rendered me null and void for the better part of a month.

I won't reveal exactly what I'm recov-

ering from, but it does rhyme with the word 'dancer.'

I plan to have a brand-new essay on the next production date coming up sometime in October.

I'd like to thank and apologize to my boss and editor Christine Butler for her patience during my recovery, as I'm notorious for not returning emails, messages, etc. in a timely manner.

Sorry 'bout that Christine, I'll do better. *(You are forgiven Tyler...cb)*

Most importantly, it's great to be back expressing my thoughts, frustrations, and otherwise to readers of this publication, whether you like them or not.

Ha!!

Take care.



TELL YOUR FRIENDS ABOUT US.
f t i y #visitpahrump

PAHRUMP
true NEVADA

833-272-3785
VisitPahrump.com

LIGHTHOUSE GIFT SHOP

GIFTS * AVON * HOME & YARD DÉCOR

Highway 372

Lighthouse Gift Shop

W. Fawn St.

Red Rock Dr.

W. Calvada Blvd.

Call Judith at
775-764-7660

1290 W. Fawn St. (off Red Rock Dr.)

HOURS
Monday-Saturday
10am-4pm



Central Valley Baptist Church

"Where the Bible is Central"

SUNDAY Sunday School..... 9:45 AM
 Sunday Service 11:00 AM
Pastor Terry Stone (Fellowship following Service)
 Sunday Evening Service..... 6:00 PM
Pastor Loren Hefner

MONDAY Non-Denominational Grief Share..... 3-5 PM

WEDNESDAY Women's Bible Study 11 AM-12:30 PM
 Bible Study & Group Prayer..... 6-7 PM

SATURDAY Non-Denominational Grief Share..... 1-3 PM



775-910-9995 3170 S. Blagg Rd.
 Pahump, NV 89048
centralvalleybaptistchurch.com

Pahump Local • Call Now!



GUNNY'S

AIR CONDITIONING & PLUMBING







OFFICE (775) 727-6800

service@gunnysac.com

www.gunnysac.com
 Lic #0087108 • MHL #0425

- Heating
- Cooling
- Plumbing
- Sales
- Installation

- Residential
- Commercial
- Refrigeration
- Repairs on All Makes & Models







Financing Available

Call for Outer Lying Area Rates



US MARINE CORP VETERAN



Wills & Trusts

Cohabitation, Roommates and Estate Planning: What You Need to Know in 2025

By David Bindrup, ESQ., CPA, LL.M.

According to CBS News, roommates are no longer just for college kids. From 2006 to 2016, the number of seniors living with a roommate increased by 70%. Often, seniors move in together to save money and consolidate their resources. Paying half a mortgage, half the utilities, and half the insurance helps tight budgets go farther, especially in the later years.

The trouble is people may not realize the consequences of these living arrangements. For example, let's say that Jon and Jill buy a house together. When they go to title to sign the closing documents, the house is put in Jon and Jill's names as joint tenants. Jon

and Jill may not be familiar with this term, but when they hear that joint tenancy means that if one of them dies, the house goes to the other, that seems fair enough, so they don't worry about it too much.

Down the road, Jill gets sick and passes sooner than expected. Because she died first, and the house is owned in joint tenancy, the house now belongs only to Jon. When Jill's kids hear about this, they're upset. Jill put all of her life savings as a down payment on the house, and she promised the kids they would receive the equity in the house when she died. But under the law, the house only belongs to Jon.

This scenario gets even trickier when Jon doesn't do any estate planning, and then he passes away. Because the

house was solely in Jon's name when he passed away, it only goes to his heirs at law (blood relatives).

But what if Jon was estranged from his family? It doesn't matter- the assets (including the equity in the house) still go only to Jon's family, estranged or not. And if his family cannot be located? It goes to the State of Nevada. This means Jill's kids may have to sit on the sidelines with their hands tied, unable to access their mom's hard-earned money, while the house proceeds go to the State of Nevada. You can imagine the frustration this causes!

The good news is there's a simple fix: estate planning. While even a simple Will can make sure the house goes as the owners intend for it to regardless of who dies first, the best plan is

“...from 2006 to 2016, the number of seniors living with a roommate increased by 70%.”

to use a trust. More specifically, we use a life estate provision in a trust. A life estate allows you to give real property to someone for their life- or even a particular amount of months or years- but at the end of that person's life, or those months or years, the house reverts back to the deceased person's estate and the proceeds can go to the deceased person's loved ones.

In other words, if Jill owned half of the house in her trust, she could put language in the trust so that Jon could live in the house for his whole life, but once he passed away or moved out of the house, her half of the equity in the house would go back to her children. That way she can provide for Jon, making sure he doesn't get kicked out of the house if she passes, but when Jon moves out of the house or passes away, her children can still receive her share of the house.

Another issue that often arises in cohabitation is who has the legal authority to make decisions for each other? While a marriage gives you priority to make legal decisions even without legal documents in place, cohabitation

in Nevada does not result in any kind of legal authority or priority to make health care or financial decisions. In most cases, these decisions still fall to the “next of kin,” regardless of how distant that kin may be. Simple Powers of Attorney can ensure that the people who know and love you best can help you make decisions when you are at your most vulnerable and need help.

A little bit of planning can ensure that we are able to take care of our loved ones during our lives, and even after we pass away. Whether couples or roommates consider trusts or powers of attorney or choose to do nothing at all and let the chips fall where they may, it's important that these decisions are informed. You should, at least, know what is available to you so you can consciously make decisions, instead of dealing with unexpected consequences because of a lack of planning.

We often tell clients that it's our job to advise them, but then the clients' job to decide what advice to take! That's why if you have questions about how these scenarios may play out when someone passes unexpectedly, what happens



David L. Bindrup, ESQ., CPA, LL.M. is a former Ernst & Young CPA and is also a Nevada CPA Attorney with an Advanced Law Degree (LL.M.) in Tax and teaches attorneys locally and nationally in the areas of estate planning, asset protection, business planning, and probate. David Bindrup Law Firm has been located in Pahrump for the last ten years. Free consultations are offered by appointment. Call 702-465-0888 to set up your cost-free consultation with a Nevada licensed attorney!

when someone can't afford the mortgage to the house on their own after a death of a partner or roommate, or someone wants to be sure their share of shared assets goes to a certain person when they pass away, it's important to consult a qualified and experienced estate planning attorney who can explain possible solutions to these dilemmas.

The worst part of estate planning is when someone passes away, and there is so much focus on the assets and ownership of those assets that the life of the one who has passed is long forgotten. No one's legacy should be to leave their loved ones in turmoil and uncertainty, especially when we work so hard our whole lives to have what we do. We know we can't take anything with us, so it's best to understand what options are available so we can plan now.

If you have questions about estate planning, please reach out to an estate planning firm. Schedule a free consultation with one of our experienced estate planning attorneys in our Pahrump office by calling 702-465-0888.



The Rural Ripple Effect

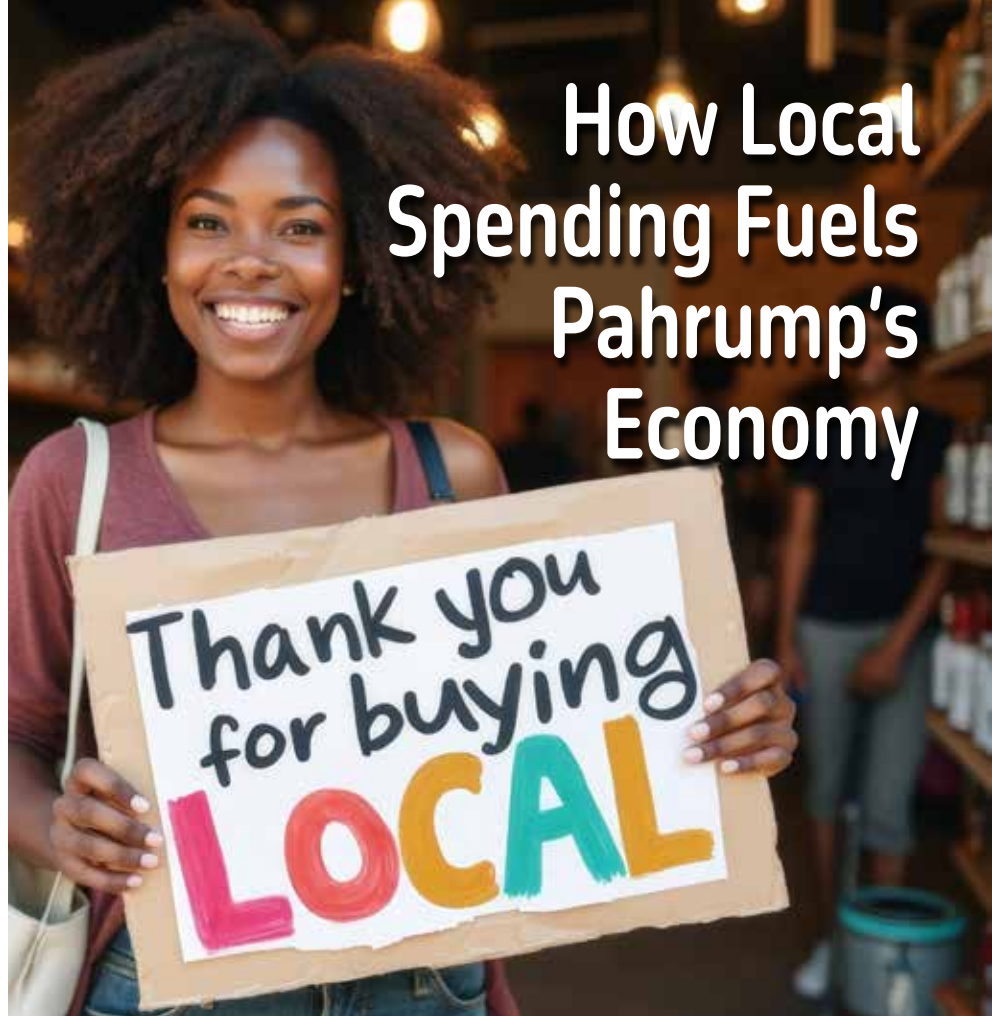
By Dr. Christopher Salute

In a town like Pahrump, every dollar spent holds a little more meaning. Whether you're grabbing breakfast at a family-owned diner, buying handmade crafts at a local fair, or getting your truck serviced by a longtime neighbor, you're not just making a purchase - you're investing in your community.

Economists call this the **local multiplier effect** - a concept that explains how money spent at locally owned businesses tends to stay in the community longer and circulate more widely than money spent at large national chains. In rural areas like Pahrump, where residents are often more interdependent and resources more finite, that ripple effect can be powerful.

What Is the Local Multiplier Effect?

The local multiplier effect refers to the way money re-circulates within a community after its initial use. For example, if you spend \$20 at a locally owned bakery, that business might then use that income to hire a local electrician, who in turn might buy groceries from a locally owned market, and so on.



How Local Spending Fuels Pahrump's Economy

Studies have shown that locally spent dollars are often re-spent two to three times within the community before leaving. In contrast, money spent at large national retailers typically flows out of the community almost immediately to corporate headquarters or distant suppliers.

Why It Matters in Rural Towns

In Pahrump, where economic growth is closely tied to the strength of small businesses, local spending supports more than just storefronts - it supports livelihoods. It helps maintain community spaces, fund youth programs, support school events, and build a local identity that reflects the values of the people who live here.

It also means increased resilience. When local dollars stay local, they can help shield the town from larger economic swings. During challenging times, locally rooted businesses tend to

be more responsive and loyal to their communities - adapting more quickly and even offering support to neighbors in need.

Real-World Impact

Take a look at a Saturday in Pahrump: A family shops at the local farmer's market, where vendors are selling locally grown produce and homemade goods. They grab lunch at a food truck owned by a recent high school graduate. Later, they drop off a donation to a local thrift store that funds job training programs. Every one of those decisions contributes to a chain of support that bolsters the economy, strengthens relationships, and builds long-term value.

Even small actions add up. Choosing a local contractor for a home project, attending a local theater performance, or buying holiday gifts from regional artisans - all help sustain a healthier local economy.

**FREE
CONSULTATION**

DAVID BINDRUP LAW FIRM

ESTATE PLANNING • PROBATE • ASSET PROTECTION

ESTABLISHED ESTATE PLANNING LAW FIRM NOW SERVING PAHRUMP!

- We practice solely estate planning, asset protection, and probate law. Let the Attorneys at the David Bindrup Law Firm review your Will or Trust for FREE! We fix Wills and Trusts prepared by Paralegals and other Attorneys.
- We do it right the first time because Attorneys draft your documents—NOT Paralegals. (See our article in this issue!)
- You value second opinions from a doctor. When it comes to the documents that control everything you've worked hard to earn, second opinions are PRICELESS!
- David Bindrup is the ONLY Nevada CPA/Attorney with an advanced law degree (LL.M.) in Tax. Let us show you how to save THOUSANDS by:
 - Avoiding probate
 - Reducing or eliminating Federal Income and Estate Taxes
 - Seamlessly transferring your assets to your heirs

\$199 for a Last Will & Testament, Financial and Medical Powers of Attorney and Living Will.

Henderson Office

10424 S. Eastern Avenue, Suite 101
Henderson, Nevada 89052

Las Vegas Office

9030 W. Cheyenne Avenue, Suite 210
Las Vegas, Nevada 89129

Pahrump Office

1321 S. Highway 160, Suite 8A
Pahrump, Nevada 89048

© Copyright, 2014-2015 DBLF, PLLC

702.465.0888

www.davidbindrup.com

NOTICE: THIS IS AN ADVERTISEMENT

What Residents Can Do

Pahrump residents can make a big difference with small, intentional choices:

- **Shop local** whenever possible, especially for everyday goods and services.
- **Support local events** and festivals that highlight community talent and culture.
- **Promote local businesses** on social media or by word-of-mouth.
- **Ask questions:** Where are products sourced? Is there a local alternative?

These choices not only strengthen the economy but create a sense of pride and connection that makes Pahrump feel like home.

Looking Ahead

As Pahrump continues to grow and evolve, understanding and embracing the local ripple effect will be key to shaping a prosperous and inclusive future. Economic development doesn't have to mean massive industry or rapid urbanization - it can begin with something as simple as choosing to spend a dollar where it matters most.

After all, in a town where neighbors know each other's names and small businesses carry generations of stories, every purchase can become a building block for a stronger, more sustainable Pahrump.

"In Pahrump, where economic growth is closely tied to the strength of small businesses, local spending supports more than just storefronts - it supports livelihoods."



financial focus

with Jeffrey R. Dye



This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC

Look at Your Financial Situation Holistically

When you plan a trip, you consider not only the destination but also the climate, activities that interest you, transportation needs, anticipated costs, best time to go and coverage for your work, home or pets. It's a holistic approach — looking at your trip from a variety of angles.

It's wise to apply that same holistic thinking when you plan for your financial future — that is, bringing into the picture all elements of yourself.

Here are some things that may affect your financial strategy:

- **Your views on helping your family** – Your decisions about helping your family are clearly going to be a major part of your financial strategy, and this is true at virtually all stages of your life. When your children are young, you'll need to decide if you're going to save money for their college education, and if so, how much, and in what investments.

When they're young adults, you may also need to decide how much financial support you're willing to provide for major expenses such as down payments on a new home or a new car. And when you're drawing up your estate plans, you'll need to consider how and when to distribute assets to your children, grandchildren or other family members.

- **Your personal beliefs** – As someone with civic, ethical and moral concerns, you may feel compelled to make charitable gifts throughout your life and then make philanthropy part of your legacy. To accomplish these objectives, you'll want to include gifting techniques in your financial strategy today and your estate plans for tomorrow. Of course, for the estate-planning component, you'll need to work with your tax and legal advisors.

- **Your purpose in life when you retire** – Having a purpose can bring fulfillment beyond financial security. Leading up to retirement, your purpose may involve providing for your immediate family, bringing value to your profession or contributing to your community. When you retire and step off your career path, you're entering a new world of possibilities. How will you define, and live out, your new sense of purpose at this stage of your life? Do you seek to broaden your horizons by traveling around the world? Or spend more time volunteering? Can you pursue hobbies that give you a chance for self-expression? Each of these choices will carry different financial implications for how much you'll need to accumulate for retirement and how much income you will need to take out each year from your retirement accounts, such as your IRA and 401(k).
- **Your health** – Your physical and mental health can play big roles in your financial plans and outlook. On the most basic level,

Dreaming up the ideal retirement is your job. Helping you get there is ours.

To learn more about why Edward Jones makes sense for you, call my office today.



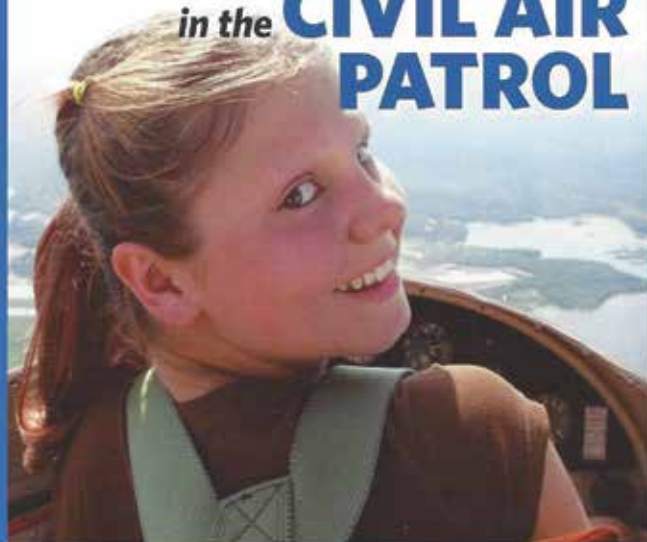
Jeffrey R Dye
Financial Advisor

3250 S Hwy 160 Ste 9 A
Pahrump, NV 89048
775-537-6630

edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

LEARN, LEAD, & SERVE
as a **CADET**
in the **CIVIL AIR PATROL**



GoCivilAirPatrol.com

the healthier you are, and the better you take care of yourself, the lower your health care bills will likely be during retirement, which will affect the amount you need to put away for health care. And you also may need to prepare for the costs of long-term care, which can be enormous — in fact, a private room in a nursing home in can easily cost \$100,000 per year, according to Genworth, an insurance company.

It can be challenging to weave all these elements into a single, unified vision, so you may want to get some help from a financial professional. But, in any case, be prepared to look at your situation holistically because, when putting together a lifetime's financial strategy, every part of your life matters.



OUR VETERANS OUR HEROES

Douglas C. Daniels, Lt. Colonel US Navy (Ret.) and son, Dino

*By Douglas C. Daniels
Introduction by Dr. Tom Waters,
Lt. Col. USAF (Ret.)*

While we were searching for Veteran stories for the Pahrump Life Magazine's "Our Veterans, Our Heroes" section, we received another story from Doug Daniels. If it sounds familiar, that is because this is the SIXTH story from this Navy Veteran. Here is another story that REALLY caught my attention because it was different from the previous stories. Now, you get to read it and determine for yourself what this 'Unintentional Consequence of My Boxing Career' Story was all about.

Before I tell you my story, let me tell you a few things about myself so that you know I am NOT a fiction writer or a complainer. I am merely a Veteran like most of you who joined the military to serve our country, and being young, I did as I was told and trusted

my government to use my talents for National Defense. I had other talents of my own, and, to my surprise as I learned about my son's talents, so here is that story.

An Unintentional Consequence of my Boxing Career

The whole time I was boxing, in addition to training at the gym, I did roadwork every day. My son Dino, who was about 4 at the time, saw me go out and run each morning and started asking me to let him go out and run with me. He was exceptionally small for his age, so I kept telling him "no", but he was more and more insistent and started asking for a reason why. Grasping at a straw in the wind, I told him it was because he didn't have proper running shoes. This opened a new can of worms, and each time we went shopping, he would ask me to buy him running shoes, and when we went to the mall, he would head right for the running shoe store. Eventually, his perseverance wore me down, and I bought him some expensive running shoes.



The next day, he came into my bedroom at 2:00 AM in the morning with running shoes in hand and wanted to go running. I sent him back to bed and told him it was too early. He was back a couple of hours later, shoes in hand, and again at around 6:30, when I gave in and told him we could run. I showed him all the correct stretches and figured that if we ran about a mile at 9 minutes or a 9-minute-a-mile pace would exhaust him.

He was right with me for the entire mile and assured me he was not tired at all, so we took off on the second mile at an 8:45-minute-a-mile pace. He was right with me again, even passing me sometimes. After 2 miles, I asked him if he wanted to quit. "No," he said, and could we run faster on the 3rd loop. So we took off at an 8:40-minute-a-mile pace, and again, he was still with

An up and coming star

Record-setting Daniels, 12, joins Mission 10 field

By **JEFF DOMINGUES**
Sports Editor

The best runner among the men in the Mission 10 Run may not be a man at all.

Try Dino Daniels on for size. He's a month shy of his 13th birthday.

The nationally-regarded junior distance ace, who holds no fewer than five national age group records, is scheduled to be in the field on Saturday morning for the annual Mission 10 in San Juan Bautista.

Daniels, a 75-pound seventh-grader from Union City, has built an impressive resume in his eight years of competitive running, with an emphasis on the longer distances, particularly the half-marathon.

He won't work quite that hard on Saturday. The Mission race is a 10-miler that takes runners from the mission plaza into the Anzar hills and back, the most rugged part of the course coming toward the half-way point when they meet a 1.6-mile climb.

Runners turn around at that point and return down the

same hill into San Juan and the finish back at the mission.

Entry fee is \$5 for the race, sponsored by the Hollister Rotary Club. Starting gun is set for 10 a.m. Contact race director Ed Singleton (637-3126) for information.

Daniels last year made more strides toward appears to be his goal — the 1992 Olympics. He was reportedly the youngest runner ever to be seeded in the Bay to Breakers, captured the 18-and-under division in the Hayward half-marathon, then capped it off by cracking the three-hour mark in the Honolulu Marathon, setting the Hawaii state record for his age group with a time of 2:54.04.

The age group records Daniels set were in the 8,000 meters, half-marathon, 20 miles and 30,000 meters.

Daniels probably won't attack the course records in the Mission 10, but he'll certainly be among the leaders.

Rich McCandless of San Jose and Menlo Park's Nancy Ditz, a nationally-ranked senior runner, both set blistering paces in the 1985 Mission 10 to win by sizable margins. McCandless clocked 48:10, carving 1½ minutes off the previous standard. Ditz ran 57:42, nearly two minutes faster than the old record.



me. After we stretched, I asked him if he was tired or sore, and he said "no", and couldn't wait to run the next day to run again. Well, I took the next day off as I wanted to see if he was sore or in pain. No, he wasn't, and he wanted to run again the next day. I would put a stop to this "running with me" business the next day. I started at an 8:50-minute-a-mile pace and dropped down to 8:40-minute-a-mile on the second mile, followed by the 3rd mile at an 8:30-minute-a-mile pace, and no, he wasn't tired or sore and wanted to run fast again the next day. I thought this could not be normal. After this, we started at an 8:30-minute-a-mile pace and sped up from there.

I had a new training partner each day now, and on occasion, we ran 5 miles. He turned 5 by now, and I started looking for a children's 5K (3.1 miles) race, as I couldn't imagine his speed and endurance were normal.

I found a children's 3.5 Mile race in Runner's World Magazine for kids up to age 8. The race was in San Francisco across the Golden Gate Bridge and back. (I lived in California at the time).

By now, I had purchased a matching singlet and running shorts for him. Race day came, and he was at least 1/2 a head shorter than any of the other kids. He was warming up with the

other kids, and they announced that an adult on a bicycle would stay with the lead runner. The gun went off, and within 200 meters, he had the race lead. I heard a bunch of people around me say, "Wait until someone hands him a piano". This is a common running expression for someone who goes out way too fast and soon runs out of gas. I thought to myself, THAT'S WHAT YOU THINK. Soon, the announcer said the lead runner was coming. The bicyclist was leading just one kid; the next pack of runners was a football field or more behind. The clothes were the right color, was it him? YES, it was at 24.52. They said it would have been a national age group record, except the course was not certified. I wanted to make sure this wasn't a fluke, so I started looking for children's races in running magazines, City Sports, and the Schedule (a running publication in the San Francisco Bay area.)

Over the next 2 years, I entered him in age group races that had a division for up to 10-year-olds; he won 54 races in a row, usually by a wide margin. When he was 8 years old, I entered him in a certified 8 km race and he broke the NATIONAL age group record for 8-year-olds. He was now the fastest 8-year-old in the United States. By this time, I could no longer stay with him,

even though I was training at a 6:45 minutes per mile pace.

Finally, a weekend arrived when I could not find a race with an age group under 15 years old. I asked him if he still wanted to run, and he said yes, but I was worried that he might not win, and how he would take it. The weekend arrived, and he was half the size or less than anyone else. He finished second, getting beaten by a teenager more than double his size. He stood on the second step of the victory podium, and both the winner and 3rd place towered over him. He shook hands with both of them and never said another word about it.

By now, all the runners in the Bay Area and the running publications





Union City boy breaks national mark

More than 700 runners pounded the streets of Hayward Sunday morning in the seventh annual Hayward Half Marathon. The 13.1-mile event was won by Jeff Shaver of San Jose with a time of 1:08.15. Shaver, a 23-year-old San Jose State University graduate, said he was still feeling the effects of a Friday night party when the starting gun went off. He led throughout most of the race. Meanwhile, 10-year-old Jerome Dino Daniels of Union City, left, shattered the national record for the under-11 age division, cutting nearly a minute from the old mark with a time of 1:25.53. The race was sponsored by The Daily Review and the Hayward Area Recreation and Park District. For the full story, see Sports.

Gary Feinstein — staff photos

Fremont, Coyote Hills-to-the-Bay Race, Dec. 18: The only home-field advantage most 8-year-olds enjoy is their backyard fantasies, when imaginary Joe Montanas toss touchdowns to spectral Dwight Clarks. Jerome Dino Daniels, however, is one small-fry jock who truly does profit from familiarity. "This is my home course," Daniels was quoted as saying after winning the 10-and-under division of the 6.8-mile race. "I always train here." Sal Vasquez, 35 years Daniels' senior, journeyed south from Alameda to capture the overall title in 35:27. A field of 288 toured the East Bay hills on a sunny winter morning, including San Francisco judge John Lemke, 52, who completed the rugged course barefoot.

knew who he was and were giving him a lot of press. He was also on TV frequently and had entire programs devoted to him. At least once a week, a race promoter would call me so he could enter their race, and frequently, they waived the entry fees or offered other inducements. They all wanted to see the boy wonder. He was now running over 50 miles a week with the following training pattern. Track workout for speed. Next day, LSD (long slow distance) track race at Chabot College (Hayward, California). They also had a Father/Son and Mother /Daughter race there every week, whereby the parent/child had to run side by side for 5,000 meters. My son and I won all but one of these for the next 5 years. State mile champion John Lockhart had a relative join him, and I just couldn't hold the pace. Next day a tempo run, next day hill work at Coyote Hills Park in Fremont, then a Fartlek run (Swedish for speed play), and a rest day to get ready for the weekend race. I was finding age group runs for his age, now, and he racked up another 74 wins in a row.

From 1926 to 1955, the Mercedes-Benz Racing team had a very shrewd team manager and former racer, Albert Neubauer. The team was winning all the races, but never looked that fast in practice. No one understood why, as the cars passed rigid tech inspections. Years later, the secret of why came out. His cars would take off from the starting line, but would not go full speed until a predetermined point, usually at ½ mile down the track. They would cross the finish line but continue down the track to the real starting point further down the track. All the opposition and timers started and stopped their stopwatches at the start/finish line. The crafty Neubauer started and stopped his at the point down the course. No one ever caught on, and the Mercedes team was unbeatable. I started noticing a lot of coaches and spectators were timing my son, so I used Neubauer's method with my son, having him really take off about 100 meters from the start/finish line. I added to the subterfuge by having 2 stop watches, one that I made a show of pressing on the start/finish line, and another in my pocket, getting the real times. No one ever caught on.

Dino was 9 by now, and he broke his second National Record. He ran a blistering 10-mile race in Sacramento on a certified course, beating 80% of the adults. He ran negative splits to do this (running the second half faster than the first).

The Famous San Francisco Polo Grounds Race

There was a prestigious Children's cross-country series being held at the San Francisco Polo Grounds around this time. There were hay bales and other hazards added to make it a true cross-country course of three one-mile laps on the dirt track and in and out of the woods. The rules were that you had to finish in the top 25 in one of the ten races to qualify for the final. I got a phone call from the promoter, D.R., who knew Dino well, asking me to let Dino run in the final. He said a rich kid from Los Angeles was winning all the races and actually came up from Southern California in a tour bus full of his fans to watch him race and cheer him on. The kid had a giant ego and strutted around like he owned the place and his fans were all around the course yelling "GO TJ." Dino was shy and modest, and everyone liked him (the same can't be said for me), plus he was still very tiny, cute, and easily overlooked. I told the promoter Dino had not run in any of the qualifiers. He allowed that he was letting him in on "The promoter's option". He was fed up with TJ's cockiness and the smugness of his entire entourage. The day of the final arrived, and we went to get Dino's bib number. A number of people who knew us said, Where have you been? Thank God, you're here, and do you think you can beat him? I didn't answer as we had never



Eleven-year-old Dino Daniels runs with the men en route to 49th-place finish.

seen him run. When they questioned Dino, he just said, "I'll do my best." TJ showed up, this time with 2 tour buses of followers. I watched him warm up, and he was fast. His followers spread out around the course. The gun went off, and he surged into the lead, and all you heard was "GO TJ GO." He had 50 meters on the field. He led the first lap by 50 meters, but Dino was just warming up. They went out of sight and into the woods. The chant changed to "He's catching you, TJ," "He's catching you." They came down the straightaway on the second lap, and Dino was right behind him. They disappeared in the woods again, and the chant changed to "Hang on to him, TJ". When they exited the woods, Dino had a comfortable lead on him, and TJ was in both pain and tears. It looked like an easy win, but there was a hay bale 50 meters from the finish, and Dino caught it with his trailing foot and started to go down, but he caught himself using his hands and recovered to win easily. There was no joy in So Cal because mighty TJ had struck out.

Back to College

I wanted to understand why Dino was so much better than anyone else, so I went back to College and took a summer course in Kinesiology at Cal State Hayward. The course was an afternoon

class, and Dino was on summer break, so I took him with me and had him audit the class. It took the Professors/coaches a few weeks to notice he was there and one day they noticed him and called him down to the front of the class and asked him if he was learning anything from observing the class, and then asked him for an example of what he had learned. He told them, if someone supinates, they needed more dense durameter of rubber on the outsole of the shoe, and if they pronated, the rubber needed to be denser on the opposite side. Both professors stood openmouthed and he was asked to return to his seat. At this point, a vote was put to the class as to whether he could continue to audit the class. It was unanimous, and he stayed. A couple of weeks later, the actual running part of the course on the track started. Everyone was stunned at his speed and endurance in distances over 5 miles because he was faster than 3/4th of the college men. There was a 10-mile race in Vallejo, California, and the guys in the college class decided to enter with a seven-man team, with the top 5 runners on each team having their score counting. The team won, with Dino being the 5th finisher. Marcel Hetu (the US Olympic Talent identifier) was there and said he wanted to handle Dino. (See Letter enclosed).

Dino Daniels, the 12-year-old phenom from Union City, has become the youngest seeded runner ever in the Honolulu Marathon. He's putting in 105-mile weeks in preparation.

A HANDFUL OF 242 HARDY SOULS CAST their fate to the cold wind and rain by running either the 3.4- or 6.8-mile course at the ninth annual **Newark Recreation Coyote Hills-to-the-Bay Race**. Short-course winners were Julius Ratty (18:45) for the men, and Harpreet Kaur (22:47—course record) for the women. Dan Harvey took the long race in 37:03, as did Linda Motyhen in 42:58. Union City's 10-and-under division speedster, Jerome Daniels, easily won his age group with an impressive 46:55 for 6.8 miles.

Third National Record

Dino is ten years old now, and they have a certified ½ marathon (13.1 miles) in Hayward, California. He thrives at the longer distances and runs the second half faster than the first. He wants to run it, it's a local race, and he will have a lot of people he knows watching and cheering for him. We belong to a running club now, and everyone will be supporting him. The old age group record was 1.26:12; he shaved nearly a minute of it with a time of 1.25:33. (See newspaper front page enclosed).

The Olympic Torch Run 1984

The Olympics were being held in Los Angeles in 1984, and the torch was being carried by runners across the country in intervals. The schedule and course map were being shown in the newspapers and on the news. Many running clubs and random runners ran along with them. Most hung in for a couple of miles and were content. When they came to our area, our running club joined them. After 10 miles, one of the officials came over and asked about Dino, and was told about him being the American record holder and all, and they thought about giving him the torch to run an interval. But when someone mentioned that some

Dino, 12, Doesn't Kid Around

The cheers greeting Dino Daniels of California as he approached the Kapiolani Park finish of yesterday's Honolulu Marathon rivaled the applause given race-winner Ibrahim Hussein.

"The noise was like thunder. I've never heard anything that loud before," Daniels said.

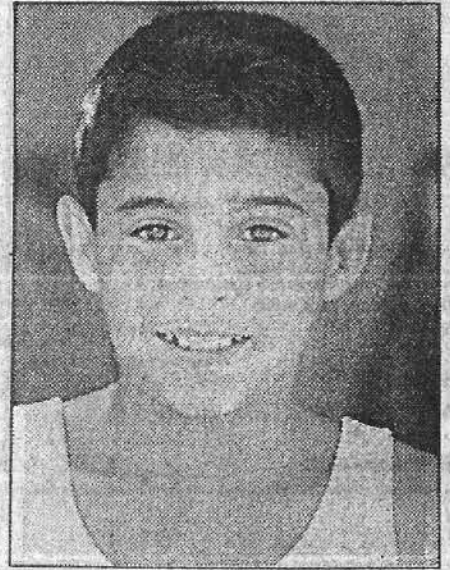
Spectators and runners had good reason to applaud. Weighing no more than 50 pounds soaking wet, the 12-year-old seventh grader from Union City ran the race of his life—a 2:54.04 effort for the 26.2 miles, finishing a lofty 191 of an estimated 9,000 runners.

In his marathon debut, Daniels not only won his 12-and-under

age-division but he outran his closest competition by more than 24 minutes. Although race records were not available yesterday, Daniels' phenomenal effort was thought to be a local marathon mark for 12-year-olds.

"I began tiring at 21 miles," the shy youngster said. Spurred on by cheers, Daniels picked up his 6:38-per-mile race-pace covering the final half-mile with a sprint. "Except for a few blisters, I feel just great," he said.

After the run, Daniels said that this—his first marathon—kicks off his 1992 Olympic marathon training. "A real good marathoner is what I want to be," the happy youngster said.



Dino Daniels

runners had paid thousands of dollars to run with the torch and there might be some backlash, they decided against it. However, they gave him a number of Olympic items. After 13 miles of running with the torch bearers and when we reached a bridge, only the official party was allowed to cross it.

The Blind Duck Relays

In the center of Oakland, California, is Lake Merritt, which is filled with ducks and geese. For the last 60+ years, they have been holding a relay race around the lake with 2 men and a woman on a team, with the names drawn out of a hat, hence the "blind duck" name. Most of the people knew each other and more or less knew how fast they ran. I showed up with Dino, and only a few people knew him. A fit man and a fit woman had already been picked for a team and were talking, and they hoped they would get a fast partner, and they computed the times they would have to run and what time the 3rd member would have to go in order to get the trophies. Well, the woman pulled Dino's name out of the hat, and you could see the disappointment on their faces when they looked at how tiny he was. Little did they know he was the fastest 10-year-old in the United States. They were trying to figure out the starting order when I suggested to

them that they let him run the anchor leg. They weren't happy about it, but I told them to trust me. Well, the guy went out and ran his lap in 19.58, the woman grabbed the stick and ran her lap in 21.05. The combined time put them in the top 5. Dino grabbed the stick, and they were shouting for him to slow down. I told them he knew exactly what he was doing. You can see all the way around the lake from the start/finish line, and Dino was picking off the adults one after another. His time was 18:48! They were speechless; they easily took the overall win. Another runner who knew him came over and congratulated him for the national record he set in Hayward. The man and the woman were now even more amazed and asked him why he didn't tell them. He just said, "I always do my best."

The Fleet Week Prank

Each year, there is an annual FLEET WEEK RUN along the San Francisco waterfront to celebrate the fleet being in town. In addition to thousands of civilian runners, there are large contingents of military runners as well. There are many awards for both individuals and groups in the military. We just happened to be warming up when a Colonel was giving a pep talk to a large group of Marines, who were all lined up in formation. I saw similar groups

of the Army, Air Force, Coast Guard, and about 1500 Sailors. The Colonel was gesturing loudly and telling his men that the public expected more from the Marines and that they were the best and that they should win every division, etc., etc. Do you understand? Sir, yes, sir replied all 600 Marines. I went up to him and asked how many Marines he had in his group, 600 he replied. So I told Dino loudly enough for the Colonel to hear me that I had some extra money in the bank, and I would give him \$1 for each Marine he beat. The Colonel was really worked up now and gesturing with a clenched fist and shouted, "Men, did you hear that"? He's giving this little boy a dollar for each of you that he beats. He better not give him a penny and blah, blah, blah. Dino was warming up and lined up when the gun went off. I told the Colonel there was no use taking two cars, and I would drive him along, and we could stop every couple of miles to check the progress. He agreed and got in the car, and we headed to a stop about 2 miles into the race. I figured by then, Dino would have done some real damage. I mentioned to him that I was a Vietnam Combat Vet, and I also said to him, "You know, this is going to cost me some real money," and he had a quizzical look on his face. We got out of the car, and we saw Dino run by ahead of

about 200 Marines. The Colonel was going ballistic at his point and was screaming at the Marines behind Dino. At the 4-mile mark, I counted Marines in front of him instead of behind, and there were only about 40. We went to the finish line, and only 4 were ahead of him, and he had them looking over their shoulders, and they were exhausted. The Colonel was screaming his head off, and I was laughing inside. Finally, I told him, "geez, I have to give the kid \$596", which made him blow up even more. I was worried he was going to have a heart attack, so I let him in on the prank. I told him Dino was the fastest 12-year-old in the United States and I was shocked that even 4 of his guys held him off. The tired marines surrounded him and were shaking his hand and patting his back. The Colonel then asked if I was going to let him join the Marines. I just smiled and took him back to his car at the starting line.

Mrs. Fields Cookie Runs

This was another big race in San Francisco, and I especially wanted to do this because they had 2 separate races with age divisions that I liked. They had a 1- or 2-mile children's' run with a 12-year-old division as well as a 10K (6.2 miles) race with a 16-year-old division. In addition to a large medal, the winners would get cases of Mrs. Fields cookies. In the kids' race, Dino took the lead after a short distance and opened up a huge gap over second place and won handily. There was about a half-hour delay for the stragglers to come in and to get ready for the start of the big race. Dino took off and, because there were so many teenagers in the race, I didn't know how he did in his age group. It seemed like it took them forever to get the results, even though our buddy, D.R., was the race director.

The results from the kids' race were announced, and Dino got a big hand as he was way smaller than the other 2 boys and his time was way faster.

Finally, the results were in for the big race, and they were announcing the results in reverse order: third,

second, first. For 3rd, it was some tall, maybe 6-foot young man, 2nd, was another tall teen, and I was thinking, maybe Dino finished out of the money, but D.R. made a special announcement telling the crowd that the fastest 12-year-old in the United States had won the 16-year-old division. When they saw how tiny he was, the applause was thunderous.

Like you, I saw the Mrs. Fields Cookie ads on TV for years, and I always thought she was some matronly grandmother type. Well, Debbi Fields and her bodyguard came over personally to congratulate Dino, and told him she had run the 10k herself in 55 minutes and asked his time. When I told her that his time was 38 minutes, she said we were getting an extra case of cookies, so we ended up with 3, because he also got one for winning the kids' race.

I was surprised because she was an attractive blonde in her 30's and I told her I always thought she was a sexagenarian. Her Giant bodyguard headed toward me menacingly, but she stopped him and told him I was not talking dirty!

Seeded at the Bay to Breakers

The San Francisco Bay to Breakers (B to B) race is the largest race in the world in terms of the number of entrants. There were 110,000 in 1986, and it is the longest continually run race on the same course since 1906. That was when the race was run for the first time to lift the city's spirits because of the earthquake and fire. During WWII, it only had about 50 diehard runners. Currently, 80,000-100,000 or so run it. The elite runners take it seriously, and it attracts many Olympians and famous runners. The vast majority run for fun, and, because of the many costumes people run in, the centipede class, which requires 8 or more runners in a single costume (usually a dragon, snake, caterpillar, worm, centipede, etc.), and at least a couple of hundred naked runners run every year. In spite of all this silliness, it is the race

The Amazing Dino



Dino with his heroes, Ibrahim (left) and Mbarak Hussein in Kaplani Park after the race.

While world-class runners were the center of most of the media's attention, a 12-year old from Union City, California made his marathon debut and may very well be the United States' hopeful for the gold in the 1992 Olympics. Jerome Dino Daniels is regarded as "the most feared child runner in California," says his father, Doug. "Dino has never lost a race to anyone his age at any distance."

Dino, who has been running ever since he can remember, has run a 5:20 mile, 18:24 for 5K, 30:18 for 5 miles, 37:09 for 10K and 1:24:48 for a half-marathon. Needless to say, Dino owns most of the national age records for 9- to 12-year olds and has recently acquired sponsorship from Nike.

Hawaii caught a quick glimpse of the boy wonder in the Honolulu Marathon as he passed the first mile in 5:30, 10K in 38:20, the half-marathon in 1:22:28 and 30K in 1:59:30. Dino duelled with Cheryl Brady of Honolulu (10th place woman) for 24 miles before she finally pulled ahead.

Every boy has a hero and Dino's is Ibrahim Hussein whom he maneuvered to sit next to on the bus to the start. At 19½ miles, Dino spotted Mbarak Hussein (Ibrahim's brother) also running his first marathon, and sprinted to catch him. They finished together; Dino in 2:54:04 and Mbarak a second later. Following, Mbarak said, "If it wasn't for Dino, I would have debuted in over three hours."

Running success has not spoiled Dino the least bit, as he is soft-spoken, well-mannered, very modest, and an honor student in school.

Dino hopes to return to Hawaii in the summer to compete in some local road races.

everyone wants to win. I got contacted by 3 San Francisco TV stations to have Dino come over and make ads for the B to B, as he was the youngest runner ever seeded in the race. He got inter-

Daniels sets two more national marks

CLARKSBURG — Dino Daniels, the 12-year-old running phenom from Union City, established two national age-group records Sunday at the Pepsi 20-miler and the Pacific TAC 30K championships.

Daniels, a student at Alvarado Middle School, completed the 30,000 meters in 2:03.28, beating the old national record for 12-year-olds of 2:06.57. He also completed 20 miles

in 2:13.06, shattering the previous age-group mark of 2:44.42.

Daniels, who had the top time of anyone 18 or under in this year's Hayward Half Marathon, now owns five national age-group records. He is also believed to be the youngest runner ever seeded in a marathon, a feat he established by being seeded for the Honolulu Marathon Dec. 7.

viewed after he finished, and an elite runner pacer was provided to run with a flag so the cameras could pick him up. He finished in the top 400 out of 102,000 that year.

New Haven Olympics

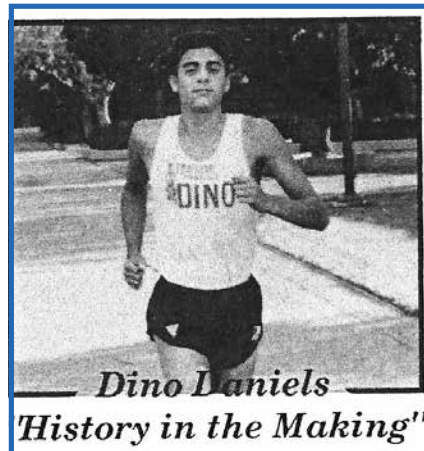
The New Haven Olympics was for middle school students, and the longest event was the one-mile race on the track. Dino was 12 years old by now, but looked about 9 and again was by far the smallest entrant; he also was not a track runner, preferring much longer road races on the weekends. In fact, he had to warm up by running 8 miles around the stadium and coming to the start line soaking wet and hot. A mile race against track runners was better than nothing. He really surprised even me. He rocketed into the lead and ran a 4:56 mile. He crossed the finish line about 150 meters in front of second place, and some runners still had a lap to run. If you have friends who jog, ask them about this time.

La Contenta Golf Course Opening Day Run

Most golf courses have a golf tournament for their opening day, but not La Contenta. Someone in Management liked running and thought it would be a great event to open the course, and bombarded the airwaves with advertising as well as all the running publications. La Contenta is located in Gold Country in the Sierra Foothills and is one of the hilliest courses I've ever seen. It's a par 72 course because of all the hills. If you've ever watched a running race, a good number of entrants sprint at the start only to be handed a piano

(running term) within the first ½-mile and go into oxygen debt soon after. Because of this, I liked to start in the row behind Dino to prevent him from getting run into from behind. This race was promoted by the same guy, D.R., who put on the race at the San Francisco Polo Grounds, so he knew us very well. We drove over to race with a couple of our neighbors who were runners as well. They are Rachel and Val Bates, two African-American sisters who were quite fast, and Rachel was very pretty to boot. The crowd up there seemed to be all "redneck types," and we were getting a lot of dirty looks and whispered comments. Dino took his place on the front row, and two of the cowboy types behind me loudly said, "Hey, that kid doesn't belong in the front row." I looked at them and they were both a little overweight and I said "I bet he beats both of you." D.R. held up the race while the cash was being collected. He collected the initial \$200 from me and another \$2,000 that the Bates Sisters lent me. They were going to a perfume boutique that night, so they had an abnormal amount of cash with them.

Most of the bets were about individuals, but an over \$1,200 bet was about a top ten finish. D.R. was holding the money, \$4,400 (about \$16,000 now), and the race finally started. As I crested the first hill, Dino was in about 200th place. As I was running up the second hill, I came upon the 2 guys I had made the initial bet with, and they were huffing and puffing. I couldn't resist so, I said to them, "FAST ISN'T HE?", and they told me to commit an act of indig-



nity upon myself as I continued along. As I crested each hill, I was counting Dino's place. He was about 75th at the 2-mile mark and 25th at the 3-mile mark as he was picking the adult men off one after another. At the four-mile mark, he was 15th. The guys up this far were running sub-6:15-minute miles, and he told me later they were getting harder to pass, but the hills were harder on them than on him. As I crested each hill, I strained to see where he was. At the 5-mile mark, he was 9th overall, and I knew he would only move up as he ran negative splits. At the 6-mile mark, he was 6th and closing on the men ahead of him. At the finish, he was 3rd overall. Two grown men in their 20's beat him. It was a success all the way around. The Bates sisters finished 1-2 in the women's race, Dino won his age group, 18 and under, I finished 3rd in the 40-year-old division, and best of all, D.R. handed me \$4,400. I bought Dino three (3) \$1,000 savings bonds, gave the Bates sisters \$2,200, and kept a few bucks for myself. (Well, after all, I paid the entry fees). I heard some funny comments at the finish line from men to their wives. He- "Honey, I ran a PR". She- "That little boy has been here for 10 minutes". Another guy spoke up, He- "his father gives him steroids for breakfast, lunch, and supper" and that's not a little boy, that's lungs with legs."

The Woodminster Now Called The Woodmonster

One of the most difficult races in the East Bay is the Woodmonster Trail Run. This race has been run for about

Dino Daniels, a child running prodigy for the past decade, took a giant step into the "big leagues" the following week with a sensational 2:31:48 marathon at age 15. The Union City phenom ran with eventual women's winner **Carla Buerskens** at the **Honolulu Marathon** before outkicking her by two seconds. His time was just two minutes off the national age record set in the early 1970's by another Bay Area runner, Mitch Kingery. For the first time, over half the entrants in the 10,000-plus runner field were Japanese citizens.

60 years now and is one of the few races with a handicap based on sex and age. It also has a perpetual trophy that runners want to have their name engraved on. It is a very prestigious, nationally recognized 10-mile run with a killer steep hill in it. Sometimes, runners wait for years to get in the next age group so they can take advantage of the handicap. This was the case the year Dino won it. An elite male runner had been near the front for 3 years in a row. He finally turned 60 years old and fully expected to win. He had been running the race for over 30 years, and here was his chance to finally win. In fact everyone expected him to win. He and Dino had identical handicaps and took off together. Dino told me later that they ran side by side for the first few miles, but when they hit the monster hill, he never saw the guy again and won by over half a mile. I saw the guy at the finish line later, almost in tears, complaining that Dino had no body weight to haul up the hill.

Two More National Records In One Day

Clarksburg, California, had a certified course for the unusual distances of 30,000 meters and 20 miles. In November 1986, we entered the race and notified the race promoter (our old friend D.R., who was the race director) that we were going after both national records and someone needed to pick

Dino Daniels of Oakland, 12, the youngest seeded runner, finished in less than an hour. Daniels, a sixth grader at Eldridge School, holds three national distance records.

"I loved the course and everything, but the crowd was crazy," said Dino, who is 4-foot-7. "They were running into everybody. I didn't get scared, but I didn't feel comfortable."

up his time at 30k, as he intended to continue on to the 20-mile mark. D.R. made the arrangements with the certification people. Dino went through 30k in 2:03:28, taking over 3 minutes off the old record of 2:06:57. He continued running and just demolished the national record for 20 miles, taking OVER HALF AN HOUR off the existing record by running 2:13:06, erasing the old record of 2:44:42. After seeing this performance, we elected to enter the Honolulu Marathon, which I had run 2 years before.

The Honolulu Marathon

Note: the Honolulu course is reckoned to be 4 minutes slower than an average marathon course because of the weather, and the fact that you have to go over Diamond Head, both coming and going. On the way back, it's at the 24-25 mile mark, and I hit the wall there every time I ran it, and I was not alone.

I attended a meeting of the Union City Lions Club (Dino had won a number of their races previously) and pointed out to them that it would be good publicity for them and for Union City if they sponsored Dino in the upcoming Honolulu Marathon in December. Many members had seen him run or seen him in person, on TV, or read about him. They took an instant vote and told us they would take care of everything, and they weren't kidding. Not only did we get plane tickets and a hotel, but they contacted a Lion Club member in Hawaii, who got him seeded, and we got admitted to the elite runners' suite. This is where Dino rubbed shoulders with his running idols, and especially with Kenyan world champion Ibrahim Hussein,

with whom he managed to sit next to on the elite bus taking him to the starting line. I've enclosed an article from the Honolulu Star Bulletin that pretty much sums up what happened. His 2:54:04 time qualified him for the Boston Marathon. The second picture is Dino with the Hussein brothers. He caught Mbarack at the 23-mile mark and urged him on. Later, Mbarack told the press, "If it wasn't for Dino, I would have finished in over 3 hours." The next year he went back again and finished 75th overall, running 2:52:11 in a torrential rainstorm where everyone's time was way off. By the time he was 15, he was 22 overall out of 40,000 starters and beat the women's world champion and world #1 ranked female, Carla Burskens from Holland.

High School Track And Cross Country

When he went to High School, we didn't expect much as the track races were only a mile and the cross country was only 3 miles. I went to his first cross-country race, and I saw that they had entered him in the Frosh/Soph race, which was only 2 miles. I told the coach that he would be better off putting him in Varsity, as it would gain more points for the school. The coach told me, "I heard he had a big reputation, but I want to see how this goes." Dino crossed the finish line, got a drink, put his sweats back on, chatted with some of the varsity runners, then went back TO CHEER IN THE SECOND PLACE RUNNER. The coach told me, "I see what you mean," and he raced varsity from then on. By his sophomore year, he was the MVP on the team and also held the title for the next 2 years. On track, he did not win every mile race, but did finish in the top 3. I used to go to all his meets on the team bus. We were going to an all-comers meet at Chabot College, and 2 of the guys on the 4X100 relay team were horsing around and fell getting off the bus, with one spraining his ankle, and he was unable to run. In desperation, they were looking around for a 4th runner. The coach was too busy, so

UNION CITY YOUNGSTER LOOKS TO 1992 OLYMPIC MARATHON

Dino Daniels, a 7th Grader at Alvarado Middle School, has set his sights on making the 1992 U.S. Olympic team as a marathoner.

Don't bet against Dino realizing his dream. He's already one of the best runners in the country, holding American records from 8,000 meters to 20 miles in his age group.

Dino won his first 55 races and is now a veteran of more than 600 races.

In 1985, he stunned the San Francisco running community when he won the 18 year old division in the Golden Gate 1/2 Marathon as an 11 year old.

The next year, Dino became the youngest runner ever seeded at the Bay to Breakers where he finished among the top 400 out of 102,000 runners.

In December, he became the youngest runner to be seeded in the Honolulu Marathon. He finished 191st out of 10,179 starters and outdistanced the 2nd place 12 year old by almost four miles.

The youngster began running when he was four years old and has been running ever since.

it fell on me. I went behind the bleachers and tested my leg speed. It felt pretty good. I didn't have spikes with me, so I had to use my normal sneakers, and I agreed to run the longest 2nd leg, - no turns. I also didn't want to run the anchor leg and fail the team in front of everyone. I was the only white guy on the track, and was 28 years older than anyone else. We practiced the baton passing for a few minutes, and we were pretty good. I got fitted with telemetry and took my place on the track. I didn't get the baton first, but I did hand off first. His High School team won. Later, I found out I had run the second fastest leg of anyone on the track of 31 teenagers. I was feeling pretty good on the cool-off lap until some guy in the stands yelled out, "Hey, that's an old man." Sprinting is in my genes. My uncle, Robert Daniels, was an alternate for the 1936 US Olympic team and beat Jessie Owens on occasion. Dino's name and/or photo are literally on hundreds of race records all over the San Francisco Bay Area to this day.

The next week, I filled in again for

the injured runner, and they won again, but I fell after the baton pass and got all skinned up. My high school days were now over.

1990 Goodwill Games

Ted Turner got the idea to put on Olympic-Style games 2 years before the Olympics to promote goodwill between the USSR and the USA, and the games alternated between a venue in Russia and one in the USA. The games were Apolitical and promoted sports to the youth in both countries. Dino had already qualified for this due to his times in Honolulu. The Marathon field was jam-packed with talent, and it was the hottest day on record in Seattle. Dino still managed a Bronze medal. It sits in my living room along with the certificate from Ted Turner and his bib number. When he took his shoes off after the race, his socks were blood-soaked, and there were 8 toenails in them. This is how tough he is.

Bronchitis and Shattered Dreams

Dino was one of those kids who never got sick and only got injured a few times. Two weeks before the 1992 Olympic trials, he came down with Bronchitis and never went to the Olympics. It changed him forever. He lost that final 1/10 of a percent that separates greatness from just being elite.

What's He Doing Now?

He always wanted to play football in High School, but I wouldn't let him, figuring he would get hurt by the 250-pound kids who were playing now. He was attending College at Chabot by now, and John Madden (The Oakland Raiders Coach) was frequently in the stands watching both Football and track. He started talking to me about Dino one day, and he talked to Dino as well when I wasn't there. The next thing I knew, Dino was playing semi-pro football. I never saw him play, but he played defensive back, and he was one of 4 players considered for MVP at the end of the

season. (Of course, the QB won it.). He started racing shifter go-karts. He was so good at it that he got paid to race in Italy and Argentina, as well as all over the USA. He was hired as a driving instructor at Sonoma Raceway and got sponsored in a Formula Ford, Formula Atlantic, and some other classes I don't remember. He also got invited to test for Indy Cars and NASCAR.

Next thing I knew, he was bicycle road racing. He was buying bicycles from Tour de France riders and was a member of the Mt. Eden Team in Castro Valley, California. He entered the Mt. Diablo race and got one of the prized "Under Hour" T-shirts his first time out. After that, he was seeded and got 2 more shirts in the next 2 years. I have a very fit bicycle riding friend who has fallen short of the time for the last 14 years.

He goes to the Far East every few months and equals or gets close to the lap record on every Go Kart track he's raced in the Philippines, Thailand, and Bali so far. Vietnam is on his schedule for his next trip.

Dino now works at Stanford University and bicycles to and from work each day (30 miles) and does a century (100-mile ride) every weekend, including at least one mountain. He shot up in High School and is now around 5'10". He is absolutely fit and looks 20 years younger than he is, and is a **great son that any father would be proud of.**

All this because he wanted to run with me as a 4-year-old when i was doing roadwork for boxing.

This is the sixth story by Doug Daniels, and I've really enjoyed each of them. We hope you enjoyed them too. Try meeting Doug in person or any of the many Veterans in our community to encourage them to tell their stories.

We (Christine Butler and I, Tom Waters) know that there are other stories out there that NEED to be told. Contact the Pahrump Life Magazine Staff (or me) if you want to share your story with readers across the country and around the world.

**INSURANCE COMPANY
PUSHING YOU AROUND?**



BULLY THEM BACK!

~ LET US REPRESENT YOU!

MOUNTAIN WEST LAWYERS

- * MAXIMUM COMPENSATION FOR YOUR INJURY CLAIM**
- * AUTO ACCIDENTS, SLIP/TRIP & FALLS, PREMISES LIABILITY**
- * INSURANCE BAD FAITH AND UNFAIR PRACTICES**

FREE INITIAL CONSULTATION WITH OUR EXPERIENCED ATTORNEYS

PAHRUMP

(775) 727-9500

Hours: Monday - Friday
8:00 AM - 4:00 PM

LAS VEGAS

(702) 873-0001

Hours: Monday - Thursday
7:30 AM - 5:30 PM

www.MountainWestLawyers.com



How to Back Up Your Computer and Smartphone (Save This!)

By Josh Osborne

Imagine this: Your computer or phone suddenly stops working. All your family photos, important documents, or favorite music—gone in an instant. It's a scary thought, but the good news is: *you can protect yourself with backups.*

Backing up means making a copy of your important files and storing them safely in case something goes wrong. And it's easier than you might think!

This step-by-step guide will show you how to back up the following devices:

- **Windows 10 or 11 computer**
- **Apple iPhone**
- **Android smartphone**

1. How to Back Up a Windows Computer

Option 1: Use an External Hard Drive (Available at Great Computer Deals here in Pahrump if you don't already have one)

This is a simple, one-time cost method.

What You Need:

A USB external hard drive (like Seagate or Western Digital)

Steps:

1. Plug the external drive into your computer.
2. Click the **Start menu**.
3. Type "**File History**" and click on it.
4. Click "**Add a drive**" and select your external hard drive.
5. Turn on "**Automatically back up my files.**"

That's it! Your computer will now regularly back up your files when the drive is connected.

Option 2: Use OneDrive (Online Backup)

This backs up your files to the cloud (Microsoft's secure servers).

Steps:

1. Click the **Start menu**, then click **Settings > Accounts > OneDrive**.
2. Sign in with a Microsoft account (if you have Microsoft Office, Outlook, Hotmail, or Xbox, you already have one).
3. Choose folders like Documents, Pictures, and Desktop to back up.
4. Files are saved automatically to the cloud when connected to the internet.

Tip: OneDrive gives 5GB free; you can pay for more space if needed.

2. How to Back Up an Apple iPhone

Option 1: Back Up to iCloud (Easiest)

This is automatic, wireless, and free up to 5GB.

Steps:

1. Connect your iPhone to Wi-Fi.
2. Open **Settings**.
3. Tap your **Apple ID name** at the top, then tap **iCloud**.
4. Tap **iCloud Backup**.
5. Turn on **Back Up This iPhone**.
6. Tap **Back Up Now** to create a fresh backup.

Your phone will now back up daily when it's plugged in and connected to Wi-Fi.

3. How to Back Up an Android Phone

There are many brands (Samsung, LG, etc.), but most Androids use Google services.

Option 1: Back Up to Google Account (Recommended)

GAME CORNER Arcade & Family Fun Center
 1190 E. HWY 372 #8 ☎ 775-537-3897
 Check Our Facebook or Google Page for Current Hours
 f GAME CORNER PAHRUMP

BIRTHDAY PARTIES
115+ GAMES
WELCOME TO GAME CORNER
PRIZE CENTER FOR TICKETS
HANDMADE PIZZA CAFE
SWEET TREAT DEAL
\$1.00 OFF LARGE SIZED DIPPIN' DOTS ICE CREAM
 Redeem at Level Up Cafe
FUN FOR THE ENTIRE FAMILY!

GREAT COMPUTER DEALS
PAHRUMP'S SUPERSTORE
 WWW.GREATCOMPDEALS.COM

OVER 10 YEARS IN PAHRUMP
FAST REPAIRS

DEAL FOR PAHRUMP LIFE READERS
\$25 OFF PC-TUNE-UP SERVICE
 Valid with coupon only. No cash value. Limited Time Only - Subject to Change

LOWEST PRICES

LOCATED AT:
1190 E. Hwy 372 (ACROSS THE STREET FROM PIZZA HUT)
775-990-8833
We're Open: MONDAY-FRIDAY 9am-3pm
FRIENDLY FACES - PATIENT STAFF - WE LOVE SENIORS!

Steps:

1. Open **Settings**.
2. Tap **Google > Backup**.
3. Turn on **Back up to Google One** (or just "Backup").
4. Make sure **Photos, Contacts**, and **Apps** are selected.

Now your phone will back up automatically when connected to Wi-Fi and charging.

Option 2: Back Up Photos Separately

Google Photos is great for pictures and videos.

Steps:

1. Download or open the **Google Photos** app.
2. Sign in with your Google account.
3. Go to **Settings > Backup & sync**, and turn it on.

Tip: Google gives 15GB of free cloud storage for your files and photos.

Final Tips for All Devices

- **Label your backup drive** so you don't mix it up.
- **Set a reminder** to back up manually once a month if you're not using automatic backups.
- **Ask for help!** If you're unsure, a friend or tech support can walk you through it once—then it's easy.

Peace of Mind Is Just a Backup Away

Backing up your devices protects you from the unexpected—whether it's a crash, a lost phone, or just accidental deletion. Once it's set up, it usually runs in the background, quietly keeping your digital life safe.

Check back in Pahrump Life Magazine next month for another article.

Still Needing Some Help?

Still needing some help? For assistance here in Pahrump, visit our store and repair center for fast, friendly and affordable service and shopping. We're located at 1190 East Highway 372 (across the street from Pizza Hut) and are available via phone at: 775-990-8833. We're open Monday thru Friday from 9am-3pm.

About Josh Osborne

Josh has over 25 years in the tech industry. After many years of selling computers, software and offering seminars to educators around the country, he and his family opened a local retail and repair center in 2010 called Great Computer Deals. The store's steady growth is due to Josh and his staff's ability to communicate computer technology in a way that's friendly, affordable and easy to understand. Josh is a 15 year resident of Pahrump Valley with his wife Kristie and daughters Kaylee and Lily. Josh loves Jazz music, the gym and enjoys watching Mixed Martial Arts.

SKIN CARE

Venemous Bites and Stings



Michael Roos, PA-C

By Michael Roos, PA-C

The arid expanses of the Nevada desert—encompassing the Mojave and Great Basin regions—are home to a wide array of resilient insect life. While most are harmless and play vital roles in the ecosystem, several species can pose risks to humans due to venomous bites or stings. Understanding these insects can help desert dwellers and outdoor enthusiasts avoid potentially dangerous encounters.

Arizona Bark Scorpion (*Centruroides sculpturatus*)

- Most venomous scorpion in North America.
- Found in southern Nevada, especially in rocky crevices, under logs, or around homes.
- A sting can cause intense pain, numbness, tingling, and in severe cases, difficulty breathing or muscle twitching—especially dangerous for young children or the elderly.
- Requires medical attention if systemic symptoms develop.

Maricopa Harvester Ant (*Pogonomyrmex maricopa*)

- Common in open desert areas and recognized by their reddish color and large nest mounds.

- Their sting is considered one of the most toxic of any insect in North America.
- A sting can cause burning pain, swelling, and potentially severe allergic reactions.

Africanized Honey Bee ("Killer Bee")

- Present in southern Nevada, particularly near Las Vegas and surrounding valleys.
- Known for aggressive swarming behavior when disturbed.
- Multiple stings can lead to dangerous reactions, especially in allergic individuals.
- Victims should seek shelter and medical attention if stung repeatedly.

Blister Beetles (Family: *Meloidae*)

- Found in dry grasslands and desert regions.
- When crushed, they release a chemical called cantharidin that causes skin blistering.
- Though not aggressive, accidental contact or handling can lead to painful lesions or inflammation.

False "Insect" Threats: Spiders

- Though not insects, spiders like the Black Widow (*Latrodectus hesperus*) are often mistaken as such.



- Found under rocks, patio furniture, or woodpiles.
- Bites cause severe muscle pain, cramping, and systemic symptoms. Immediate medical attention is recommended.

Prevention and Safety Tips

- Wear closed-toe shoes and gloves when hiking or gardening.
- Shake out shoes and clothing left outdoors.
- Avoid disturbing insect nests or hives.
- Keep outdoor lights dim to avoid attracting stinging insects.
- Seek medical help for signs of allergic reactions: swelling of the face, trouble breathing, or dizziness.

While most insects in the Nevada desert are more nuisance than threat, a small number possess potent venom capable of harming humans. With basic awareness and precautions, encounters with these species can usually be avoided, allowing you to safely enjoy the beauty of Nevada's rugged desert landscapes.

For concerns related to insect bites, stings, or skin reactions, contact Mohave Dermatology for professional evaluation and treatment.



MOHAVE

DERMATOLOGY

Full Service Dermatology Practice

More Than 40 Years Combined Experience



Dr. Jaldeep Daulat is a Board Certified Dermatologist with over 32 years of Dermatology experience. He opened Mohave Skin and Cancer in 1984, balancing his life between Las Vegas, Laughlin, Kingman, Lake Havasu City and in 2017 expanded into Mesquite and Pahrump, Nevada with Mohave Dermatology. Dr. Daulat is trained to perform highly specialized microscopic skin cancer surgery known as Mohs. He has successfully performed well over 25,000 surgeries and reconstructions. Dr. Daulat has been an instructor and speaker and has given numerous dermatology residents the opportunity for hands on learning and practicing under his guidance.

Michael Roos, PA-C, is a skilled physician assistant. Mr. Roos is a **veteran**, serving as a medic in the **United States Army**, and has a strong commitment to medicine and his patients. His service includes tours in Germany, Iraq, Kuwait, and Oklahoma. Michael received his undergraduate degree in biology and later became a Physician Assistant. He trained in dermatology with Dr. Daulat and treated all types of dermatology conditions, ranging from acne, psoriasis, and autoimmune diseases, to surgical removal of moles, cysts, basal cell, squamous cell, and melanoma cancers. He has over 22 years of experience in cosmetic injectables and laser treatments.



*Se Habla
Español*

Nicholas Benites, PA-C, is an exceptional physician assistant practicing in the Las Vegas area for over 10 years, with eight years in dermatology. He is a **veteran**, having served in the **United States Army** for almost 20 years in both the **Nevada Army National Guard** and the **United States Army Reserve**. He is currently a major in the Army Reserve. Nicholas completed his medical training in the military's Interservice Physician Assistant Program. Nicholas treats various skin conditions from acne to skin cancer. He brings expertise from his work with multiple dermatologists and practices over the years.

SERVICES



**Skin
Cancer**



Rashes



Psoriasis



Acne



Rosacea



**Skin Tag
Removal**



**Mole &
Wart
Removal**



**Nail
Fungus**



Hair Loss

★ *Vets Helping Vets* ★ *Vets Helping Vets* ★ *Vets Helping Vets* ★

LAS VEGAS

3975 S Durango Dr
Unit 107
Las Vegas, NV 89147
(702) 628-5333

MESQUITE

340 Falcon Ridge Pkwy
Bldg 400, Suite 404
Mesquite, NV 89027
(702) 346-5510

PAHRUMP

1420 E Calvada Blvd
Suite 100
Pahrump, N 89048
(775) 727-0900

OFFICE HOURS

Monday-Friday 9:00 AM - 5:00 PM • Saturday & Sunday - Closed

VISIT OUR WEBSITE

www.MohaveDermatology.com

Focus on Family

Spiritual Heart Failure



Tim Sutton, Esq.

By Tim Sutton, Esq., Managing Partner - Sutton Law & Consulting Group, suttonlawgroupllc.com

While taking an EMT course, I learned about various heart conditions along with their accompanying symptoms. Most EMTs know that in an emergency, the first organ to diagnose and treat is the heart. If the heart isn't functioning properly, it makes little sense to splint a broken leg, wrap a burn, or treat an infection. A healthy heart is prerequisite to the overall functioning of the entire body.

Similarly, our spiritual hearts must be healthy for us to have fulfilling relationships with members of our family and others. Untreated ailments of the heart including trauma, abuse, loneliness, sin, grief, and depression can damage our capacity to feel and connect with others.

"The heart is a tender place. It is sensitive to many influences, both positive and negative. It can be hurt by others. It can be deadened by sin. It can be softened by love. Early in our lives, we learn to guard our hearts. It is like we erect a fence around our hearts with a gate in it. No one can enter that gate

"The heart is a tender place. It is sensitive to many influences, both position and negative."

unless we allow him or her to.

In some cases, the fence we erect around our hearts could be likened to a small picket fence with a "Welcome" sign on the gate. Other hearts have been so hurt or so deadened by sin that they have an eight-foot chain-link fence topped with razor wire around them. The gate is padlocked and has a large "No Trespassing" sign on it."¹

When our spiritual heart is wounded, our love becomes conditional and our relationships may start to feel strained, transactional, or even toxic. Symptoms of a spiritually damaged heart include:

- Holding grudges or replaying offenses
- Believing someone doesn't deserve forgiveness
- Assuming the worst about people's intentions

- Gossiping or criticizing instead of encouraging
- Feeling numb or indifferent toward those who are struggling
- Withdrawing love or kindness as punishment
- Becoming emotionally unavailable or indifferent
- No longer rejoicing in others' joys or mourning with their sorrows
- Choosing self-protection over connection
- Responding to correction or feedback with anger or blame
- Prioritizing your own needs, comfort, or image at the expense of others
- Treating relationships as transactional ("What do I get out of this?")

Sound familiar? We have all experienced these maladies in our own lives and through our interactions with others. All these symptoms wreak havoc on our relationships or prevent us from having them altogether. But what can be done?

The first step to a mighty change of heart² is recognizing that we have a problem that we can't fix on our own. We have to be willing to offer up a bro-



SVBC
South Valley Baptist Church
Pastor Doug Landers

You are Loved!
John 3:16

775-513-3444
www.SVBCPahrump.com
Check our Website for Times, Sermons & More
7050 S. Homestead Road (Corner of Homestead & Kellogg)

Sunday Morning Worship Services
8:15 & 10:30am
 Children's Church 10:30am
Sunday School 9:30am
6:00pm Sunday Evening Service & Children's Church

Tuesday 3:00pm Ladies Bible Study
Wednesday 6:30pm Children's Missions & Youth Group
7:00pm Wed. Night Service
Thursday 6:00pm Good Adult Bible Study
Friday 8:00am Men's Bible Study

fb.com/SVBCPahrump **@SVBCPahrump** **@SVBCPahrump**

ken heart³ – with all its old and broken ways of thinking, feeling, and interacting – to God. We will need to forgive others who have wronged us and ask for forgiveness from those we have wronged. We will have to choose humility over being right and be willing to be taught by those we disagree with. We will have to demonstrate reliable kindness, even when it is not acknowledged, appreciated, or reciprocated. We will have to see others the way God sees them and serve them without expecting a reward. If we are sincere and consistent in doing this, we will eventually be given a new heart⁴. It is only then that we will experience deep connection with others, especially our family. May God bless us all as we strive toward true joy and happiness in our relationships.

1. "Opening Our Hearts" Ensign, April 2008, 32
2. Alma 5:12 (Book of Mormon)
3. 3 Nephi 9:20 (Book of Mormon)
4. Psalm 51:10 (KJV)





Healthy Living

What are the Benefits of Green Tea?

By Crystal Atwood

A nice cup of tea can be a wonderful way to relax after a long day.

On top of this, studies show that green tea can help your body and mind more than you might think. This unique substance is packed full of antioxidants that have a range of valuable health benefits, from fighting oxidation, to boosting weight loss, protecting against cancer, and even improving your brain function.

Let's explore the world of green tea more.

Why Is Green Tea Good For You?

Green tea is a natural beverage that's easy to make and enjoy at virtually any temperature. The green tea plant also contains a range of fantastic compounds which you can enjoy with ev-

ery sip.

Tea is rich in polyphenols, which help to reduce inflammation and fight cancer.

You can also find a catechin in green tea called EGCG, which helps prevent cell damage, and fight against excess free radicals in the body. The natural compounds in your tea help reduce aging and improve your health in various other ways, such as:

- **Improving brain function:**

Green tea contains caffeine, which can improve concentration and reaction time. It also helps boost mood and memory in some cases.

- **Fat burning:** With the power to boost metabolic rate and fat burning, green tea could help you to lose weight faster than your average tea.

Studies have shown that green tea extract can increase the number of calories burned by around 4%.

Additionally, the caffeine in the tea can give you the boost you need to continue working out for longer.

- **Preventing diabetes:** Studies indicate that green tea could help improve insulin sensitivity and reduce blood sugar levels, which could help in the fight against type 2 diabetes. Studies have also shown that consuming significant amount of green tea can lower the risk of diabetes by 42%.

- **Better breath:** The catechins in green tea have the potential to improve oral health. Studies show that catechins can suppress the growth of certain bacteria and minimize your risk of infections.

It can also reduce the risks of tooth decay and prevent the formation of cavities. The result is better breath, as well as stronger teeth.

“Since there are no real risks to drinking green tea, you might want to consider adding this delicious beverage to your regular routine.”

- **Fighting cancer:** As mentioned above, reducing the risk of cancer is one of the major benefits of green tea. Research shows that oxidative damage can increase your risk of chronic inflammation and cancer.

The high levels of antioxidants in green tea are excellent for reducing oxidation and creating balance throughout your body. One study even found that women who drink high amounts of green tea have up to 30% lower risk of breast cancer.

- **Improved heart health:** Studies also indicate that green tea might reduce things that can lead to heart disease, including total and LDL cholesterol levels. Green tea

can also increase the antioxidant levels in your blood, which protects you against oxidation and fights against heart problems.

- **Reduce brain aging:** As well as improving your brain function in the short-term, green tea can also help protect your brain as you get older.

Many neurodegenerative diseases are minimized by the catechin compounds in green tea.

Could Green Tea Help You Live Longer?

One study found that people who drink more than five cups of green tea per day were significantly less likely to die during the period of the study, which lasted for 11 years.



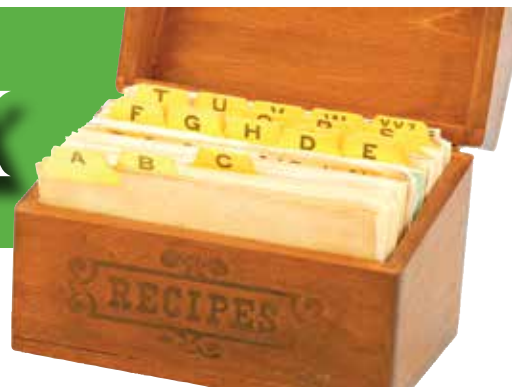
*Crystal Atwood, Integrative Health Coach
Owner-Natural Vibes Wellness and Nutrition
Center*

Although more studies are needed to unearth all the benefits of green tea, the results so far are pretty significant.

Since there are no real risks to drinking green tea, you might want to consider adding this delicious beverage to your regular routine.



Recipe Box



Green Tea Collagen Latté



By Crystal Atwood

<https://naturalvibes-healthandwellness.com>

5 ingredients

10 minutes

1 serving

Ingredients

- 1 1/4 cups Unsweetened Almond Milk
- 1/3 oz Collagen Powder
- 1 tsp Green Tea Powder (Matcha)
- 1 tsp Maple Syrup
- 1 tsp Coconut Oil

Directions

1. Heat the almond milk in a small pot over medium-high heat until the milk is warm, about 3 to 5 minutes.

2. Transfer the warmed milk to a blender along with the remaining ingredients. Blend for about a minute until well combined and very foamy.

3. Pour into a mug and enjoy!

Notes

Nut-Free. Use a nut-free milk instead, like coconut or oat.

More Flavor. Adjust the maple syrup according to preference.

Additional Toppings. Sprinkle with additional green tea powder to serve.

Make it Vegan. Omit the collagen powder.

Nutrition (per serving)

Calories 127	Cholesterol 0mg
Fat 8g	Sodium 221mg
Carbs 6g	Vitamin A 624IU
Fiber 1g	Vitamin C 0mg
Sugar 4g	Calcium 586mg
Protein 10g	Iron 1mg



HARGIS ELECTRIC, INC

NV C2 LIC# 45950A • MONETARY LIMIT \$500,000.00

**RESIDENTIAL/COMMERCIAL
SERVICE & NEW CONSTRUCTION**

FREE ESTIMATES
on New Installations

- LIGHTS • RECEPTACLES • SWITCHES
- PANEL UPGRADES • REPAIRS •

(775)-727-5238

HARGISELECTRICINC@GMAIL.COM

PO BOX 1338 PAHRUMP, NV 89041

LICENSED
BONDED & INSURED



3 Tips to Make Sure You Get the Haircut You Want

By Anthony Castillo

Many people who frequently visit their favorite barbershop and barber find that going to the shop is a nice break from their busy day. They get to watch sports, catch up with their barber, have good conversations with others and get a good haircut. Unfortunately, there are always some of us that are looking for a new shop and barber for many different reasons. Maybe your barber moved or retired. Maybe you moved away. Maybe you and your barber broke up... It happens! That's a whole other conversation for another day. Whatever the reason may be, finding another barber can be tough! How tough you say? Well...

Finding a new barber is like dating, but instead of finding a new partner, you're looking for someone who understands your deepest and most intimate desires for a fade.

Finding a new barber is like trying to get your childhood blanket after it was accidentally donated to a goodwill store on the other side of the country. You know it's out there but you'll have

to go on a quest and risk the possibility of looking pretty silly doing it.

Finding a new barber is like switching doctors after you've already found one who knows that you get weird ear infections every winter, but this time the stakes are higher because one wrong move and you've got a haircut that's shaped like a lopsided mushroom.

Ok. Maybe it's not like that at all but you get the point. This article will cover three tips that will help you get the haircut you want once you have found a new shop.

Explain Your Lifestyle

Most barbers (especially good ones) will perform a very thorough consultation. On the off chance that this doesn't happen, do not be afraid to tell the barber a little bit about your lifestyle. Are you looking for a low or high maintenance cut? Do you wear a hat? Do you apply hairstyling products? How often do you cut your hair? Do you have cowlicks? Does your hair stand up if you cut it too short? Are you wanting to cover something up with longer hair? I personally ask all new clients if

they like to spend 5 minutes getting ready in the morning or 15 minutes. These are the types of things that can help narrow down the type of cut that is best for you. Remember that your haircut not only needs to be a good fit for your head shape but it also needs to fit your daily routine.

Use Specific Terminology

Using specific terminology is good because it gives your barber clear instructions on how to proceed. Don't just say "make it short." Instead, use specific terms to describe the details. Why is this so important? My idea of short could be completely different than what you have in mind. Here's another one: "Just take a little off the top." How much is a little? A quarter inch? Half inch? An inch? Are you looking for a fade? What type of fade? Remember that terminology changes constantly, so don't be afraid to ask your barber to explain them to you if you're unsure of the terms. We're happy to do it!

Bring a Picture

A picture is worth a thousand words and this is especially true when it comes to haircuts! One of the best things you can do is bring a photo of a haircut you like, preferably on someone with similar hair type and face shape. Another thing that can help is bringing in a



photo of yourself that shows a haircut you got in the past. What is considered a “good reference picture”? One that shows the top of your head, how its styled and the side of your head to get an idea of the length. A good photo gives the barber a clear visual reference and helps them understand the style you’re aiming for.

Although we touched on it a bit, the next article will focus on barbershop terminology and lingo. This is essential because it allows you to communicate precisely with your barber, ensuring you get the exact haircut you envision without any misunderstandings.

Looking for a Barbershop?

Come on down to **Sharper Image Barbershop** for fast, friendly, affordable, and traditional services.

We’re located at **1266 E Calvada Blvd**, on the corner of Pahrump Valley and Calvada Blvd. Feel free to call or text us at **775-910-2111**.

Hours of Operation:

- Monday - Friday: 9 a.m.–6 p.m.
- Saturday: 9 a.m.–4 p.m.

Barbers:

- Anthony Castillo – Owner
707-563-7781
Tuesday through Friday
English and Spanish
- Richard “Dick” Price
Thursday only
Primarily takes walk-ins
- Karla Carranza
702-619-2202
Monday, Tuesday, Wednesday,
Friday and Saturday
Walk-ins and appointments

About Anthony Castillo

Anthony brings over 25 years of customer service experience, starting with his first job at In-N-Out and later working for the Nye County Sheriff’s Office. Barbering has always been his passion, and after leaving NCSO, he trained in Las Vegas and has now been barbering professionally for five years.

Sharper Image Barbershop combines traditional services with modern practices, focusing on quality, customer service, and lasting community relationships.

Anthony has lived in Pahrump for eight years with his wife, Elvia, and daughter, Gianna. When he’s not barbering, Anthony is a movie buff, a fan of In-N-Out, and a die-hard sports enthusiast. Go Raiders!

Places of WORSHIP in Pahrump

Apostolic Church of Pahrump

3190 S. Highway 160, #J (775) 419-3800
www.ApostolicChurchOfPahrump.com
 Pastor Anthony Liso

Calvary Chapel Pahrump Valley

1051 E. Mickey St. (775) 751-8000
www.CalvaryChapelPahrump.org
 Pastor John Gundacker

Calvary Chapel - Shadow Mountain

2491 Mount Charleston Dr. (775) 751-7623
www.CalvaryChapelShadowMountain.com
 Pastor Lonnie Biggs

Central Valley Baptist Church

3170 S. Blagg Rd. (775) 910-9995
www.BlessU2.com
 Pastor Terry Stone

Choice Hills Baptist Church

340 W. Mesquite Ave. (775) 751-1417
www.CHBCPahrump.com
 Pastor Carl England Jr.

Church of Jesus Christ of Latter-Day Saints

921 E. Wilson Rd. (775) 727-5342
www.ChurchOfJesusChrist.org

Wheeler Pass Ward

Bishop Jim Wulfenstein
General Congregation Sunday Service 9am

Charleston Park Ward

Bishop John Toomer
General Congregation Sunday Service 10:30am

Water Rock Branch

President Jaime Osorio
General Congregation Sunday Service 12:40pm

Church of Jesus Christ of Latter-day Saints

5461 Manse Rd. (775) 751-7618

Manse Springs Ward

Bishop Timothy Sutton
General Congregation Sunday Service 9am

Gamebird Ward

Bishop Joe Gent
General Congregation Sunday Service 10:30am

Homestead Ward

Bishop Jeff Hammar
General Congregation Sunday Service 12pm

Church of Pentecost

781 S. Woodchips Rd. (775) 727-6681
www.PentecostalsOfPahrump.com
 Pastor James Monroe

Church of the Harvest

1670 Vondell Dr. (775) 513-4950
www.ChurchOfTheHarvestPahrump.org
 Pastor Harold L. Davis Sr.

Desert Church of Christ

2360 E. Calvada Blvd., #C (775) 751-1045
www.DesertChurchOfChrist.org

Faith Fellowship Church

2190 N. Blagg Rd. (775) 727-9183
www.FaithFP.org
 Senior Pastor Jim Huntington

Heritage Bible Church

3061 E. Heritage Dr. (775) 727-7220
www.HeritageChurchPahrump.org
 John Edgell or Bud Hawk

It is Finished Ministries

2301 Winery Rd. (702) 813-1490
www.ItIsFinishedMinistries.com
 Pastor Dennis Boylan

Jehovah's Witness Kingdom Hall of Jehovah's Witness

6131 Thousandaire Blvd. (775) 727-6077

Joy Divine Community Church

1161 S. Loop Rd. (775) 419-5266
www.JoyDivineChurch.com
 Pastor Vivian Chess, Pastor Jim Horvath

Living Word Church

1370 E. Matthew Ln. (775) 505-2626
www.LivingWordPV.com

New Hope Fellowship Foursquare Church

781 West St. (775) 751-1867
www.NHFPahrump.org
 Pastor Isaiah Hill

Oasis Outreach and Worship Center

1061 Second St. #A (775) 727-7227
www.OasisOutreachNV.AdventistChurch.org
 Pastor Peter Neri

Our Lady of the Valley Roman Catholic Church

781 E. Gamebird Rd. (775) 727-4044
www.OurLadyOfTheValleyChurch.org
 Father Bruno Mauricci

Pahrump Seventh-Day Adventist Church

477 Blagg Rd. (775) 727-6655
www.PahrumpNV.AdventistChurch.org
 Pastor Peter Neri, Pastor Ryan Johnson

Pahrump Church of Christ

911 S. Lola Lane (775) 727-9218
www.PahrumpCOC.org
 Speaker Dave Miller

Pahrump Community Church

1061 E. Wilson Rd. (775) 727-5384
www.PahrumpCC.com
 Senior Pastor D. Keith Walker

Pahrump Valley United Methodist

1300 E. Highway 372 (775) 727-6767
www.PahrumpValleyUMC.com
 Pastor George Barcus

Primera Iglesias Bautista Pahrump

4180 N. Highway 160 (702) 275-8091
www.FaithStreet.com
 Pastor Juan Estrella

Redeeming Grace Church

741 Fehrs Way (775) 513-6009
www.RedeemingGracePahrump.church
 Pastor D. Joe Aja

Rock Vineyard Church

1370 E. Matthew Ln. (775) 751-8449
 Pastor Kenny & Kathy Simpson

Safe Haven Fellowship

921 Highway 160, #401 (619) 246-7363
www.EnterTheBlessings.com
 Renee Wallace

Saved By Grace Lutheran Church ELCA

6341 S. Hawkins Way. (775) 751-8424
www.SavedByGraceELCA.com
 Pastor John A. Biggs

Second Missionary Baptist

3651 Homestead Rd. (775) 537-1587
www.2ndMBC.COM
 Pastor Daniel Collins

Shepard of the Valley Lutheran Church

650 S. Blagg Rd. 308-458-8231
 Pastor Andy Safarik

Soka Gakkai International

(Buddhist) (775) 990-4132
 John Field

South Valley Baptist Church

7050 S. Homestead Rd. (775) 513-3444
www.SouthValleyBaptistChurch.com
 Pastor Doug Landers

St. Martin's in the Desert Episcopal Church

631 W. Irene St (775) 419-9204
www.StMartinsInTheDesert.org
 Reverend John McClatchy
 Reverend Lola Culbreath
 Reverend Kathy Funk

Trinity Assembly of God

750 S. Big 5 Rd. #12 (775) 727-4514
www.TrinityChurchNV.com

Yakin B'racha Jewish Messianic Fellowship

2601 Hacienda St. (775) 751-6106
 2570 Idelwide (775) 406-8215
www.YakinBracha.org
 Rabi Paul Cohen

OVATION

PHYSICAL THERAPY

QUALITY. ACCESS. SERVICE.



Stephen Schaefer
PT, MBA



Justin Graf
DPT

***NOW ACCEPTING ALL
HUMANA PLANS!***



**SPECIALIZING IN
MUSCULOSKELETAL
CARE AND RECOVERY**

We Accept Most Insurance Carriers and Plans

Humana • United Healthcare
Medicare • Medicaid
Workers Compensation
Aetna • American Specialty Health
Cigna • Molina • Optum
Sierra Health • Silver Summit
Tricare for Life • UMR
Attorney Lien • Cash Pay

*To confirm acceptance of your insurance plan,
contact your insurance company or call our office.*

***The Only Locally
Owned Physical
Therapy Clinic
in Pahrump***



702.702.5564

FAX 702.723.7123

**3610 S NV-160, Ste. 202
Pahrump, NV 89048**

OvationPT.com

**Monday-Thursday • 7am- 6pm
Friday • 7am-5pm
Saturday • 9am-1pm**

We Specialize in:

Total Joint Replacements

Osteoarthritis

Balance

Rotator Cuff Injuries

Strains and Sprains

Fracture Recovery

Fall Prevention

Work Conditioning

EVENTS & ENTERTAINMENT

Tell us about your upcoming event! If you have an event that you'd like Pahrump to know about, please submit the details to us at Christine@PahrumpLifeMag.com.

By Christine Butler

Pahrump Fall Festival September 25-28, All Day Petrack Park, Pahrump, NV

Theme: "Out of This World". Come and have a good time and celebrate fall at the annual Pahrump Fall Festival. Enjoy the carnival, rodeo, and a full day of fun. Price of tickets are Carnival \$35 all day, Rodeo \$15. Cash only. Tickets available at: Pahrump Tourism, 400 Highway 160; Shadow Mountain Feed and Tack, 2031 W. Bell Vista Ave; Valley Electric Association, 800 Highway 372



Pahrump Valley Museum-Special Patriots Presentation October 11, 1:30 pm 401 E. Basin Ave. Pahrump, NV

The Pahrump Springs Chapter of the Daughters of the American Revolution will be dedicating a celebratory Rock Monument to the Patriots who fought in the Revolutionary War. In honor of America the 250th Anniversary of the signing of the Declaration of Independence. The event will host speakers, a performance by the Silver Tappers and the unveiling of The Rock. Admission is free to the public. For more information, please contact pahrumpspringsdar@gmail.com



Young Eagles Rally October 11, 8 am – noon Calvada Meadows Airport 900 E Jenny Circle, off of HWY 160 Pahrump, NV

Weather permitting, EAA Chapter 1160 of Pahrump will host a Young Eagles Rally. Children ages 12 through 17 will receive a free airplane ride to introduce them to private aviation. The rides are about 20 minutes long. Complimentary water and free aviation magazines will be available for the Young Eagles. T-shirts, a raffle, EAA calendars and merchandise will be available. Donations will be accepted for fuel cost. For more information or to register for this rally, visit <https://yeday.org> or call Larry, 702-499-8229.



Pahrump Theatre Company Haunted House – Six Night's at Sally's October 24-31, 6 – 10 pm 1266 E Calvada Blvd # 1

Pahrump Theatre Company turns Calvada Theater into a haunted house. It is called Six Night's at Sally's and will run Oct. 24-31 6pm - 10pm (or later depending on the night). Get your tickets online at pahrumptheatre.org or call/text 775 469-2072 for any questions.



Halloween Spooktacular Friday, October 31st, 5-8 pm Petrack Park, 150 Hwy 160

There will be candy, games, prizes, and lots of fun! Volunteers, sponsors and donations are needed. If you, your organization or business would like to contribute to this event, call Tony Casey (702) 239-6521



RECURRING EVENTS

The Private Well Owners Association First Wed. of each month – Sept. 3, Oct. 1, 10 am Pahrump Valley Museum , 401 E. Basin Ave.

The Private Well Owners Association's primary mission is to inform, educate, and assist you in learning about and protecting Hydrographic Basin 162, understanding well-related issues, and water conservation topics. They meet on the first Wednesday of each month at 10 a.m. at the Pahrump Valley Museum, 401 E. Basin Ave. We hope to see you there. PWOA: www.privatewellowners.com



Tumbleweed Tales - Poetry Roundtable

Third Tuesday of each month – Sept. 16, Oct. 21, from 2 -4pm

*Pahrump Valley Museum,
401 E. Basin Ave.*

Poets share original poems, short writings, or those of favorite authors. Creativity is celebrated! Come join us; gatherings are free but we help Pahrump Valley Museum with a donation at the door. For more information, please email Judy Strickland at jbsbrooks@yahoo.com or text 775-537-5859.



Pahrump Community Choir

Every Wednesday, 6:30 - 8 pm
301 Oxbow Rd. Suite 14

Come sing your heart out! The rehearsal time is fun; you don't need choral singing experience. Many of our members haven't sung since high school, and some have never sung in choirs. We have enough members with expertise to help those who need more experience. For more information, visit www.pvpac.org or their Facebook page, Pahrump Arts Council.



Cocktails & Canvas

Meet second Sat. of the month 1-4pm
*Pahrump Senior Center
1370 W. Basin Ave*

Laurie McCaslin calls her monthly classes 'Fun Art' instead of 'Fine Art,' Each month, she teaches a different acrylic painting. Guided instructions are easy to follow, and traceables or templates are provided. Youth are welcome with an adult. Reservations are required. \$25.00 cash or check includes all supplies and guided instruction. To reserve your spot call Laurie McCaslin at 775-209-6200.



Artesian Cellars Winery & Vineyard

Monday – Wednesday, 11 am – pm
Thursdays, 11 am – 9 pm
Fridays & Saturdays, 11 am – 10 pm
Sundays, Noon – 5 pm
1731 S. Hwy 160

Artesian Cellars offers diverse musical entertainment. Listen to music by local artists while you taste the delicious wines personally crafted by owner Tim Burke. The staff at the winery are welcoming, creating a warm home-town feel. There is indoor and outdoor seating. A special menu includes Charcuterie boards, flatbreads, personal-size pizzas, desserts, and more. In addition to music, classes are offered, such as wine pairing, wine and paint night, Funtastic Saturdays benefitting a local charity, and unique wine events for Wine Club members. For an event listing, visit their website, www.artesiancellars.com, or their Facebook page, Artesian Cellars.



Biweekly Children's Choir

Every other Saturday starting Sept. 6,
following Church Service

From 1:30 – 2:30 pm
*Pahrump SDA Church
477 North Blagg Road*

Open to all children ages 4 – 17. Learn basic music theory skills, new songs, and meet new friends. You do not have to be a church member and can join anytime. For more information, contact Shannon Sagert at 407-758-3254.



Pahrump Community Library

New Hours: M-F 9-6; Sat. 10-5
701 East Street

The library is now open with lots of new programs including Tails to Pebbles (children reading to dogs to build confidence), Baby Story Time, Favorite author book club, genealogy, Chess Club, tablet, smart phone and computer classes, CPR Class, AARP senior driving courses and many more. They've expanded and remodeled the youth department and much more. Go and see the many changes for yourself.



Over the Hump Offroad Club

This group of trail riders in the Pahrump Valley is well-versed in hidden gems throughout the surrounding area. Join our private Facebook page for upcoming rides.



Nye County Dirt & Desert Riders

We are a group of like-minded people who like creating dust, exploring our beautiful deserts, and riding on countless trails. This group is for riders, friends of riders, and those who enjoy desert and dirt riding. Check out our Facebook page to see where we've been riding!

Pahrump Valley Chess Club

Every Saturday Afternoon

Noon – 3 pm

*Holiday Inn Breakfast Lounge
860 NV Hwy 160*

Whether a newbie or an expert, you and your family can join this free activity. Join the Pahrump Valley Chess Club. It is open to all ages and all levels. They also offer a free beginner's class. For information, call (775) 419-7552.



Pahrump Farmers' Market

Saturday, Sept. 7:30-11:00am and Oct. 8:30 am to noon

*Tractor Supply, 900 East NV Highway
372 at Bolling Rd.*

Get to know your community neighbors by attending the local farmers' market on Saturday

mornings from 7:30 am to 11 am May through September and 8:30 am to noon October through April. Support local vendors, farmers, and gardeners while enjoying home-grown food.



Volunteer Connection

Volunteer Connection is a listing of local organizations that need volunteers. We often hear people say they would love to volunteer, but don't know where to start. If your organization needs volunteers, please send a 40-80 word description to: Christine@PahrumpLifeMag.com.

Ambassadors of Pahrump

The official Ambassadors of Pahrump (the Nevada Silver Tappers and Ms. Senior Golden Years, USA,) non profit 501(c)(3) organizations invite all golden ladies to join them in their sisterhood.



The tappers invite anyone who has reached the age of 50 years young to join them and learn to dance, get great exercise and have lots of fun. The Ms. Sr. Golden Years USA, Inc. invite any lady who has reached the golden age of 60 to join them in their pageant held in June at Saddle West Hotel & Casino. To join either group, no experience is needed. We are just ladies who devote our lives to the community of Pahrump wherever and whenever there is a need. You may join us by phoning the executive director at 775-727-7011 or 702-370-8852.

Clean up Pahrump®

CLEAN up PAHRUMP®, a chapter of Desert Pigs nonprofit, is committed to the removal of illegally dumped trash. Meeting every Saturday for 1 hour we clean up trash sites and roadside garbage; properly disposing of it. Come make friends, and do something beneficial for the community! Bring plenty of fluids and no politics-we supply the rest! For more information on volunteering or donating please visit us at www.cleanuppahrump.org or Facebook at CLEAN up PAHRUMP!



MLK Foundation of Pahrump

Martin Luther King Foundation of Pahrump, MLK, is a non-profit organization. Here in Pahrump, we focus on hosting events that provide

scholarship money for college or trade school applicants from our local Pahrump Valley High School. All our proceeds go to our graduating high school seniors. We are committed to our community and the future of our students. At this time, we are hosting an event to help replenish the funds we used for last years' scholarships recipients. We are holding our usual MLK Luncheon in January honoring Martin Luther King Day. We are looking for volunteers to help with event planning, decorating, ticket sales, fundraising, and so much more. Your time and effort is what is needed. Our monthly meetings are held on Monday afternoons and there are no dues for our members. For more information or questions send an email to MLKPahrump@icloud.com and please include Volunteer in the heading/subject line.



Nevada Outreach Training Organization

NOTO is the umbrella organization for the Pahrump Family Resource Center, No to Abuse, and the Nye County Children's Advocacy Center.

We offer assistance with applications from community and government agencies (SNAP, TANF, energy assistance, unemployment, etc.), assistance in obtaining necessary documents, referrals and connections with other community resources, and material goods. We offer court-approved parenting, co-parenting, anger management/impulse control, and life skills classes. We also run Nye County's only supervised visitation program, providing court- and



DCFS-ordered visitation services to Nye County residents, a weekly women's support group for domestic violence survivors, advocacy services for victims of domestic violence and elder abuse, material goods, and referrals for community needs assistance. We provide advocacy services to families referred by the Nye County Sheriff's Office in cases of child abuse allegations.

Volunteers can help by processing donations to NOTO, property maintenance, office work, and outreach events. If you would like help or want further info, please call Darlene at 775-751-1118, ext. 113, Monday-Thursday, 8:00 to 4:30.

Never Forgotten Animal Society

Never Forgotten Animal Society is a no-kill rescue. We are looking for animal-loving volunteers to help with quarterly yard sales and our second-hand store "Make An Offer Shoppe" located at 1050 S. Dandelion. We are largely supported by community donations. Any questions please contact Pat at 775-764-9070.



The NyE Communities Coalition

We are building healthy communities across Nye and Esmeralda Counties and we welcome anyone interested in helping! The coalition is made up of individuals, organizations and agencies that are focused on joining together in cooperative and collaborative efforts to increase prevention services and opportunities. The NyE Communities Coalition and partners always have volunteer opportunities. If you would like to help improve the quality of life in our community please contact us for current opportunities. To contact by phone 775.727.9970 or send an email to info@nyecc.org.



Nye County School District

Volunteers are needed to read with children offer tutoring in a variety of subjects, to offer mentorship in arts, writing, poetry, and math. You don't have to have a student enrolled to volunteer your time. Volunteers need to fill out forms in accordance to state law but anyone with a few hours to give, come on down! They'll hook you up with a school. For more information or to volunteer contact the NCSD Human Resources office at 775-727-7743, ext. 300 or email volunteer@nyeschools.org.



The Nye County Sheriff's Office Auxiliary Unit

The Nye County Sheriff's Office is looking for volunteers for our Sheriff's Auxiliary Unit in Pahrump, Amargosa, Beatty, and Tonopah. You can you volunteer a minimum of 15 hours a month. You must be able to pass an FBI Background Check and must be available for day-time classroom training. For information about Neighborhood Watch, contact Harold Rubin-Smith at 775-419-9707 or on their Facebook page. Call Commander Al McMahan or Vice Commander Leia Martin at 775-751-4231. Applications are available at the Sheriff's Office, 1520 East Basin Avenue, at the Administrative Office in the Detention Center (next to the Court House), or online.



Pahrump Valley Lions Club

Lions Clubs International is the largest service club organization in the world. The Pahrump Valley Lions Club is looking for new members to assist in efforts to aid the blind and visually impaired, champion youth initiatives, and strengthen the local community through hands-on service and humanitarian projects. The Club meets the first and third Tuesday of each month at 6:30 p.m. at Las Patronaz, 270 Dahlia St. For more information, call 775-727-9016.



Rocky Mountain Elk Foundation

The Pahrump Chapter of the Rocky Mountain Elk Foundation will hold their annual Fund Raising Banquet at Pahrump Nugget on Saturday, November 12 at 5 p.m. The mission of the Rocky Mountain Elk Foundation (RMEF) is to ensure the future of the elk, other wildlife, their habitat, and our hunting heritage. Banquet proceeds will support the mission to conserve, restore and enhance natural habitats, promote the sound management of wild elk, which may be hunted or otherwise enjoyed. The committee meets at the Pour House, 1101 NV-160, Pahrump the second Saturday of each month. Volunteers are welcome. For more information contact: **Dakota Evans 702-426-1684.**



RSVP Needs Drivers

Would you like to assist seniors and disabled persons in our RSVP Transportation program? RSVP provides door to door safe transportation for medical appointments, to pick up prescriptions or shopping. Drivers must pass a background check and will receive 40 cents per mile reimbursement for each & every round trip of a registered client. Please join us in helping our friends and neighbors. Call 775-751-5282 to Volunteer.



The Salvation Army Pahrump Service Center

The Salvation Army Pahrump Service Center is open five days a week from 8 AM to 4 PM and is always accepting new volunteers. We need the most assistance on our client-choice food pantry days, which are Tuesday and Friday from 9 AM to 2 PM. Volunteers will work with clients to check in, select food items, and load items into clients' cars. To apply please come to our office located at 240 Dahlia Street or call 775-751-6181



Silver State Chili Cook-off

If you like chili, networking, organizing, and helping a great cause we have opportunities for you to get involved. All of the proceeds of this event goes to support local charities. We are in need of individuals for organizing the judges, vendors, car show, chili contestants, entertainment, and purchasing supplies. For additional information call Kelli Sater at (775) 764-9377.



Sleep in Heavenly Peace

Sleep in Heavenly Peace is a new chapter in town and in the state of NV. This organization was started in 2014 and is based in Twin Falls, Idaho. This organization gets beds for kids. They are 100% volunteer-driven and donation-driven. They need funds for tools and materials to build the beds and volunteers to help assemble the beds and deliver them to children right here in Pahrump. For more information call Gary Bennett at 702-539-9685 or [gary.bennett@shpbeds.org](mailto:bennett@shpbeds.org).



Southern Nye County Search and Rescue

Southern Nye County Search and Rescue is a volunteer organization, our primary mission is to respond to and execute any search and rescue operations within Southern Nye County, NV and surrounding jurisdictions under the direction of the Nye County Sheriff's Office. Our volunteers, along with our local equestrian unit, assist and support many community events and provide on-going training programs to unit members.



Are you interested in becoming a member? For more information about our mission and services, please contact us at 775-727-5071 or searchrescue201@yahoo.com.

Tails of Nye County

Tails of Nye County needs YOU if you are a compassionate animal lover with some time to donate to improving the lives of Nye County's cats and dogs. We are a dynamic group of volunteers looking for help with cat transport to Las Vegas, trapping, fund raising, office help, and fostering kittens. Our organization is a registered nonprofit 501(c)(3) that is dedicated to helping the community with its growing community cat population through the Trap-Neuter-Return (TNR) program which is the only humane, effective approach to care for a feral cat population. Cats are trapped, spayed or neutered, vaccinated, ear tipped and then returned to their outdoor home. Tails of Nye County traps and sterilizes an average of 1000 stray cats annually. We also offer dog and cat owners a low cost spay/neuter program based on their ability to pay. Please consider partnering with our organization to help end the suffering of homeless cats in Nye County. For additional information, please contact Denise Scherer at 702-306-3245.



West Star Ranch

If you love animals, West Star Ranch could use your help. We're always in need of folks to help with placing animals, light construction, help in the store, rescues, networking, and much more. For more information call 775-287-1436.



DINING life

Dining Life is a listing of local restaurants. Every attempt is made to maintain accuracy. If your restaurant is not listed or there is an error, please email Christine@PahrumpLifeMag.com.

Asian

China a Gogo

150 S. Hwy. 160, #C12
775-727-1222

China Wok Buffet & Grill

580 S. Hwy. 160
775-727-9988

Chattai Bistro

421 S. Frontage Rd., #1
775-727-9988

My Thai

5020 Pahrump Valley Blvd., #3
775-751-5333

Ohjah Japanese Steakhouse

20 S. Hwy. 160, #110
775-727-9888

Panda Express

280 S. Hwy. 160
775-751-8822

Sushi Yong's

1720 E. Calvada Blvd.
775-372-7757

Teriyaki Madness

240 Hwy. 160, #2
775-877-9670

Bars & Cafés

Dry Creek Saloon

1330 5th St.
775-505-5161

Golden Harvest Café

Pahrump Nugget Casino
681 S. Hwy. 160
775-751-6500

Jeremiah's BBQ

Coyote's Den Bar
3971 E. Kellogg Rd.
775-537-8670

Lakeside Café

Lakeside Casino
5870 S. Homestead Rd.
775-751-7770

Moonshiners

Terrible's Road House
1750 S. Pahrump Valley Blvd
775-727-7777

O Happy Bread

French Bakery
1231 E. Basin Ave., #7-8
775-455-0478

Pour House - soon to be Steelbound Brewery

Best Western
1101 S. Hwy. 160
775-537-1111

Rhinestones Country Bar & Dance Hall

1700 Pahrump Valley Blvd.
775-877-5068

Shenanigans Pub

1330 E. Calvada Blvd
775-419-6367

Silver Spur Buffet & Café

Saddle West Hotel, Casino &
RV Resort
1220 S. Hwy. 160
775-727-1111

The Hubb

3720 W. Bell Vista Ave.
775-764-1299

Winging It

921 S. Hwy. 160
775-253-4952

Bakery, Coffee & Snacks

Black Cow Coffee House

1266 E. Calvada Blvd #4,
775-419-6592

Caffé Chilly

960 Margaret St. at Hwy. 372
775-537-0700

Iceology Shaved Ice Co.

1330 Hwy. 160, #130

Java Junkies

Horizon Market
840 Hwy. 372
775-238-6848

Living Free Café

Featuring Java Junkies
2050 N. Hwy. 160, #400
775-505-3888

O Happy Bread French Bakery

1231 E. Basin Ave., #7-8
775-455-0478

Our Place

1401 S. Hwy. 160
702-742-8621

Starbucks

Albertsons
200 S. Hwy. 160
775-751-0160

Starbucks

460 S. Hwy. 160
775-727-7572

Thrifty Ice Cream & Deli

1021 E. Gamebird Rd.
702-328-8614

Deli/ Sandwiches

Jimmy John's Sandwiches

Pahrump Nugget Casino
681 S. Hwy. 160
775-505-6011

Living Free Café

Featuring Java Junkies
2050 N. Hwy. 160, #400
775-505-3888

Port of Subs

150 S Hwy. 160, #C-6
775-751-6000

Subway Sandwiches

1520 E. Hwy. 372, #1
775-751-8400

Subway Sandwiches

Walmart
300 S. Hwy. 160
775-751-6777

Family Style

Caffé Chilly

960 Margaret St. at Hwy. 372
775-537-0700

Dad's American Diner

1440 E. Hwy. 372
775-751-3237 (DADS)

Denny's Restaurant

240 S. Hwy. 160
775-751-3828

The Grill Room

Mountain Falls Golf Club
5001 S. Clubhouse Dr.
775-537-6553

Jackpot Joanie's

820 S. East St.
775-727-5211

Jeanne's Gourmet Hot Dogs

1401 Hwy. 160 & Loop Rd.
Jeanneshotdogs.com

Johnny's

90 Emery St.
775-727-3737

Johnny's To Go

4760 Pahrump Valley Blvd.
775-253-4521

Mom's Diner

1240 E. State St. #100
775-751-9929

The Place To Go

921 S. Hwy. 160, #402
775-253-4952

The Venue

Nevada Treasure RV Resort
301 W. Leslie St.
775-770-6640

\$5 \$10 \$15 Restaurant

Stagestop Casino
100 W. Stagestop Rd.
775-727-7300

Fast Food

Arby's

690 S. Hwy. 160
725-245-1120

Burger King

667 S. Hwy. 160
775-751-8080

Carl's Jr.

500 S. Hwy. 160
775-727-3700

Chipotle Mexican Grill

540 S. Hwy. 160
775-505-2418

Dairy Queen/

Orange Julius

20 S. Hwy. 160, #109
775-751-2177

Jack in the Box

640 S Hwy. 160
775-727-3783

KFC

1540 E. Hwy. 372
775-751-6400

McDonald's

710 S. Hwy. 160
775-727-8765

Seemore's Polar Parlor

70 E. Hwy. 372 (at
Blagg Rd.)
775-764-8242

Sonic Drive-In

350 S. Hwy. 160
775-727-0742

Taco Bell

571 S. Hwy. 160
775-727-7313

Italian / Pizza

Carmelo's

1440 E. Hwy. 372, #3
775-751-1660

Domino's

250 S. Hwy. 160, #B-6
775-751-3030

Farinata's Pizza

775-877-9400
1360 Hwy. 372, #3

K-7 Pizza

6050 Thousandaire Blvd.
775-727-9070

Little Caesars Pizza

70 S. Hwy. 160, #107
775-751-5556

Mia Ava East Coast Pizza

1971 S. Pahrump Valley
Blvd.
775-505-4434

Pizza Hut

920 S. Pahrump Valley Blvd.
775-727-7952

Tarantino's Pizza

Horizon Market
961 S. Linda at Hwy. 372
775-727-4992

Tower Pizza

3561 E. Kellogg Rd.
775-537-2211



If you know of additional Food Pantries in Pahrump, please email details to Christine@PahrumpLifeMag.com.

Faith Fellowship Church

2190 N. Blagg Rd775-727-9183
Friday, 9 a.m. sharp!

Food boxes are distributed via drive-thru. Please remain in your car and thank you for your understanding.

Great Basin College

551 E. Calvada Blvd.775-327-5210
Monday - Friday, 8 a.m. - 5 p.m.

New Hope Fellowship

781 West St.775-751-1867
Wednesday 9 a.m. - 2 p.m.
TEFAP and Commodities distributed during regular pantry hours.

Joy Divine Community Church

1161 So. Loop Rd.....775 -419-5266
Seniors: First Friday, 10-11:30 a.m.
Public: Every Friday, 10-11:30 a.m.
Lunch and pre-filled pantry food bags are served at the door.

Oasis Outreach

1061 E. Second St.775-727-7227
Sunday, Tuesday, Thursday, Friday, 6:15-7:15 a.m.
Please remain in your vehicle, we wave you up when boxes are ready.

Pahrump Community Church

1061 E. Wilson St.....775-727-5384
Monday, Thursday, Friday, 9-11 a.m.
Identification is required.

The Salvation Army

240 S. Dahlia St.....775-751-6171
Tuesday and Friday, 9 a.m. - 2 p.m.
Golden Groceries: Tuesday & Friday, 9 a.m. - 2 p.m.
All are welcome, ID and check-in required. Pantry lists limited to ONE visit per month for all programs.

United Methodist Church

1300 E. Highway 372775-727-6767
Monday, 9-11 a.m.; Tuesday, 4-6 pm

VFW Food Bank

4651 Homestead Rd.....775-727-6072
1st & 3rd Wednesday, 10 a.m. - 12 p.m. (Last name A-L)
2nd & 4th Wednesday, 10 a.m. - 12 p.m. (Last name M-Z)
Veterans only, Military ID and proof of Pahrump residency required.

(continued on page 85)

DINING life

Mexican/ Southwest

El Jefe's, #1

1560 E. Calvada Blvd.
775-537-6034

El Jefe's, #2

921 S. Hwy. 160, #101
775-537-6034

Johnny's

90 Emery St.
775-727-3737

Johnny's Taco Shop

1330 S. Hwy. 160
775-727-3733

LaFonda - Salvadorian & Mexican

1021 Gamebird Rd.
775-253-1604

Las Patronaz

270 Dahlia St.
702-820-2281

Maria's Taco Shop

2301 S. Winery Rd.
775-751-0228

Maria's Tacos & More

Coyote Den
3971 E. Kellogg
775-253-0148

Rivas Mexican Grill 21

270 Dahlia St.
702-333-7800

Roberto's

1541 E. Hwy. 372
775-990-4703

Romero's

290 S. Humahuaca St.
775-537-1800

Rubalcaba's Mexican Restaurant

1500 Red Butte St.
775-727-4225

Tacos Fiesta

1330 E. Fifth St.
(off Hwy. 372)
702-579-5972

Tina's Tamales

361 Frontage Rd., #5
775-253-2634

Small Plates

Artesian Cellars

1731 S. Hwy. 160
775-600-7144

The Wine Down

250 Hwy. 160, #8
775-307-9463

Steak House

Stockman's Steak House

Pahrump Nugget Casino
681 S. Hwy. 160
775-751-6500

Montana Bar & Steak House

1231 S. Loop Rd.
775-209-2163



CENTURY 21
AMERICANA

The Most
Respected
Brand in the
Industry

Global Presence
Real Estate Pros
and Leaders
Local Knowledge -
Global Reach

NEW ACTIVE LISTING



681 Indian Wells Ct., Pahrump, NV

UNDER CONTRACT



111 Magnolia Blvd., Pahrump, NV



Betty Martinez, Realtor®

Lic. #S.0191856

Cell 707-815-4505 • Office 775-751-4088

Betty.Martinez8925@gmail.com

Hablo Español

1401 S. Highway 160, Suite A
Pahrump, NV 89048

Dedicated to Excellence, Integrity and Success



Pahrump Life Magazine

2025 Media Calendar

Issue Date	Space Deadline	Copy/Article Deadline	Print Date
January/February	November 29	December 5	December 16
March/April	January 31	February 5	February 17
May/June	March 28	April 4	April 15
July/August	May 30	June 5	June 16
September/October	July 31	August 5	August 15
November/December	September 30	October 6	October 15

Pahrump Life Magazine publishes every two months. The Fraziers published the first issue in November of 2010. The Butlers took over in December of 2022. All materials and questions concerning ads should be directed to Jim Butler at Jim@PahrumpLifeMag.com or call 520-403-7007. Questions and issues relating to content should be directed to Christine Butler at Christine@PahrumpLifeMag.com or call 520-403-8600.

OUR MISSION STATEMENT

Pahrump Life Magazine is a lifestyle magazine targeted to individuals and families living in and visiting the Pahrump Valley. We hope to inform and inspire our readers to go out and enjoy this charming town and surrounding area and to increase participation in all the cultural, charitable, and social events offered.

Our goal is to support the growth of local businesses, promote tourism, and strengthen our local economy by providing advertisers a vehicle to reach new customers and give editorial coverage about their accomplishments.

Pahrump Life focuses on positive, interesting topics. We hope our readers will always find an upbeat and welcoming experience. We endeavor to provide opportunities for new writers, photographers, and artists to have their work published.



Steel Bound

A Sensory Overload!

When you walk through the doors of this magnificent, newly remodeled establishment you will be quite surprised! The beauty of the entryway is startling and as you will see, no expense has been spared to create this beautiful place.

The creative lighting is very astounding, thereby complementing and creating a warm, comfortable atmosphere.

They are rapidly becoming known for their most delicious pizzas (which I will have to try at the next visit). This brewery is a part of the restaurant that we knew as The Pourhouse. The location is part of The Best Western Resort on Nevada Highway 160 and Postal Road.

The food menu is extensive, offering Indian, American, Fusion dishes that range from pizzas to spicy Indian Korma's with your choice of meat, to my all-time favorite dish called "butter chicken".

The new addition of Steel Bound enhances an experience you will enjoy. With a full bar, music and entertainment for your enjoyment as you are surrounded by brewery equipment in a modern, upbeat atmosphere.

A happy way to share a fun filled evening with friends and a brew or two!





Excellent Service - Exceptional Value

Sandwiches ★ Burgers ★ Melts ★ Wraps ★ Soups ★ Salads

Coffee ★ Smoothies ★ Frappes

Open Mon-Fri 6:30am - 6:30pm
Open Sat-Sun 8:00am - 3:00pm

Stop in for a great meal or snack at inflation-busting prices!

10% off
4pm - 6pm Mon-Fri

Corner of Hwy 160 & Mesquite Avenue

**Pahrump, NV
775-505-3888**

Living Free Café is a nonprofit eatery – all proceeds benefit
local addiction treatment and recovery housing.

MOONSHINERS

LUNCH & DINNER MENU + SERVED 11AM-11PM

20% GRATUITY FOR PARTIES OF 8 OR MORE

STARTERS

- Fried Chicken Fingers \$10.99
Plain or Buffalo Red Hot, with ranch. Add fries for \$1.99
- Chicken Wings (8) \$12.99
Pit-smoked, then flash-fried, sealing in the flavor. Served with ranch, or try one of our sauces from the BBQ sauce bar.
- Moonshiner Minis (3) \$11.99
Three small BBQ sandwiches. Choice of chopped brisket or pulled pork. Add fries for \$1.99
- Fried Mac & Cheese Bites \$9.99
Our house-made mac & cheese, battered and fried.
- Onion Rings *Choice of dipping sauce* \$7.99
- Road House Quesadilla \$9.99
Grilled tortilla, jack & cheddar, with pico de gallo, sour cream and guacamole. Add chicken, pork or brisket for \$2.99
- BBQ Potato \$10.99
Stuffed with your choice of BBQ pork, BBQ beef, BBQ chicken, or chili. Topped with cheddar and green onions.
- Chili Cheese Fries with onions \$10.99



SALADS

- BBQ Salad \$13.99
Fresh greens with your choice of BBQ chicken, BBQ beef, or BBQ pork, with cheddar and Parmesan cheeses. Topped with tomatoes, croutons, and red onions.
- Classic Caesar \$9.99
Fresh romaine tossed in a creamy Caesar dressing, topped with Parmesan cheese and croutons. Add pulled chicken or pulled pork for \$2.99.
- Oriental Salad \$10.99
Fresh cabbage, mandarin oranges, onions, fried noodles, with sesame seed dressing. Add pulled chicken or pulled pork for \$2.99.
- Chili Cup \$5.99
Our hearty, homemade chili with beef.
- Soup & Salad Bar ALL YOU CAN EAT \$9.99



ADD SOUP & SALAD BAR TO ANY ENTRÉE FOR \$5.99

PIT SMOKED BARBECUE

MOUTH-WATERING POST OAK SMOKED MEATS, SERVED WITH YOUR CHOICE OF TWO SIDES



- Pulled Pork \$13.99
Smoked low & slow for 16-18 hours, then pulled, dusted and sauced. Choice of two sides.
- BBQ Brisket \$15.99
Smoked low & slow for 16-18 hours, then sliced, dusted and sauced. Choice of two sides.
- Half Chicken \$14.99
Smoked low & slow for 3.5-4 hours, then dusted and sauced and finished on the grill. Choice of two sides.
- Turkey Breast \$12.99
Slice turkey breast topped with our house-made gravy. Served with mashed potatoes, an additional side and a cranberry garnish.
- St. Louis Style Ribs Dinner \$21.99
Dusted with our Shiner Dust, then slowly smoked in our pit for 4-6 hours over post oak wood, locking in the flavor. Choice of two sides.
- Two Meat Plate \$18.99
Choice of any two of our pit-smoked meats. (Ribs once only.) Choice of two sides.
- Three Meat Plate \$19.99
Choice of any three of our pit-smoked meats. (Ribs once only.) Choice of two sides.

PIT SMOKING ADDS A ROSEY CAST TO OUR SUCCULENT MEATS

SANDWICHES

SERVED WITH YOUR CHOICE OF ONE SIDE.

- Pulled Pork \$10.99
Smoked low & slow with Texas post oak, topped with slaw, barbecue sauce and Shiner Dust.
- Chopped Brisket \$14.99
Smoked low & slow with Texas post oak. Served on Texas garlic toast, topped with slaw, barbecue sauce and Shiner Dust.
- Smoked Turkey Club \$11.99
Smoked turkey, bacon, lettuce, tomato, American & Swiss cheese, mayo, choice of bread.
- Grilled Cheese \$8.99
Parmesan-crusted Texas toast, with cheddar, Swiss, American cheese.
- BLT Served with one side \$9.99



SIDES

- Moonshiner Fries \$5.99
Homemade with fresh cut potatoes, deep-fried and dusted with our Shiner Dust
- Cole Slaw (vinegar base) \$3.99
- Potato Salad \$3.99
- Mac & Cheese \$3.99
- Green Beans with Bacon \$3.99
- Corn on the Cob (seasonal) \$3.99
- Baked Beans \$3.99
- Mashed Red Potato with Gravy \$3.99
- Onion Rings Upgrade (with meal) \$3.99

BURGERS

1/2-POUND ANGUS BEEF BURGER. SERVED WITH YOUR CHOICE OF ONE SIDE.

- Grilled Cheeseburger \$11.99
Flame-broiled with choice of cheese, lettuce, tomato, onion, and pickle.
- Smashed Cheeseburger \$12.99
Smashed on the grill, sealing in the flavor. Choice of cheese, lettuce, tomato, onion, and pickle.
- BBQ Burger \$14.99
Choice of cheese, bacon, onion straws, BBQ sauce, lettuce, tomato, onion, and pickle.
- Chili Burger \$14.99
Grilled burger with choice of cheese and onions.
- Patty Melt With grilled onions & Swiss cheese \$13.99



DINNER PLATES

CLASSIC DISHES FOR ANY TASTE.

- Salmon GRILLED OR BLACKENED Served with two sides \$17.99
- Catfish \$14.99
Farm-raised catfish fillet fried to a golden brown, served with two sides, tartar sauce & lemon.
- Baked Ziti \$12.99
Ziti pasta with marinara & mozzarella, baked topped with ricotta, served with garlic toast.
- Chicken Fried Steak \$15.99
Battered chicken fried steak in home-style gravy, with mashed potatoes and additional side.
- Porterhouse Steak \$19.99
Grilled to your liking, with our house-made steak seasoning and two sides.
- Fish & Chips \$14.99
Served with cole slaw, tartar sauce, and lemons.
- Liver & Onions \$13.99
A Southern classic served with bacon, mashed potatoes and additional side.

BREAKFAST

SERVED 6AM - 11AM

DEUCES WILD

Two Eggs Any Style
Two Pancakes or Two French Toast
Two Strips of Bacon or Two Sausage Patties
\$7.99



FROM THE GRIDDLE

Pancakes Stack (3) **\$7.99**
Choice of bacon or sausage patties.

Belgian Waffle **\$7.99**
Add strawberries and whipped cream for \$1.99

French Toast **\$7.99**
Thick sliced toast dipped in cinnamon vanilla batter and fried to a golden brown. Choice of bacon or sausage patties.

Chicken Fried Steak **\$12.99**
Served with two eggs any style, hash browns, and choice of toast.



Road House Classic **\$8.99**
Two eggs any style, with hash browns. Choice of bacon or sausage patties, choice of toast.

Moonshiner Omelet (build your own) **\$10.99**
Choice of 3: bacon, sausage, ham, green pepper, onion, tomato, American, Swiss, provolone, cheddar, pepper jack, jalapeños. Choice of toast. Each additional item \$.75

Steak & Eggs **\$13.99**
New York steak, two eggs any style, with hash browns and choice of toast.

Ham & Eggs **\$10.99**
8oz bone-in ham steak, two eggs any style, with hash browns and choice of toast.

Breakfast Burrito **\$10.99**
Scrambled eggs, choice of meat, cheese, pico de gallo, hash browns.

Country Platter **\$11.99**
Biscuit & gravy, hash browns, two eggs any style, choice of bacon or sausage patties, and choice of toast.

Biscuits & Gravy **\$7.99**
Handmade buttermilk biscuits smothered in country gravy.

Cold Cereal **\$3.99**
Assorted flavors

Oatmeal / Cream of Wheat **\$3.99**



BREAKFAST SIDES

One Egg **\$1.49**
Toast (white, wheat, sourdough, rye) **\$1.99**
English Muffin **\$1.99**
Hash Browns **\$1.99**
Bacon **\$2.99**
Sausage Patties **\$2.99**
Biscuit & Gravy **\$3.99**
Sliced Tomatoes **\$2.99**
Substitute Egg Beaters **\$1.99**

DESSERT

OUR SCRUMPTIOUS DESSERTS ADD A SWEET FINISH TO ANY MEAL

Bread Pudding **\$8.99**
Cobbler **\$7.99**
Brownie Sundae **\$7.99**



BEVERAGES

Soft Drinks, Iced Tea, Raspberry Iced Tea **\$3.49**
Coffee, Hot Tea, Hot Chocolate **\$3.49**
Milk, Chocolate Milk **\$3.49**
Juice (Orange, Apple, Tomato) **\$3.99**

FOR THE KIDS

FOR OUR PATRONS 12 AND YOUNGER

Hot Dog with Fries **\$6.99**
Ziti Pasta **\$7.99**
Topped with marinara and served with garlic toast.
Chicken Fingers with Fries **\$8.99**
A child-size portion of our mouthwatering chicken strips, served with a side of fries.



CONSUMPTION OF UNDERCOOKED MEAT, POULTRY, EGGS OR SEAFOOD MAY INCREASE RISK OF FOOD-BORNE ILLNESSES. PLEASE ALERT YOUR SERVER IF YOU HAVE SPECIAL DIETARY REQUIREMENTS.

DAD'S AMERICAN DINER

EST. 2024 PAHRUMP NEVADA

1440 E. Nevada Highway 372 #1 Pahrump, NV
89048

BEST IN TOWN



Dad's Favorites



Country Fried Steak 14.99
Chicken fried steak covered in sausage gravy, served with 2 eggs hash browns, 2 griddlecakes or toast.

All the Fixin's 13.99
2 eggs, 2 bacon, 2 sausage, 2 griddlecakes and hash browns.

Country Breakfast 10.99

A biscuit smothered in sausage gravy, 2 eggs and your choice of 2 sausage, 2 bacon, or half ham steak.

Biscuits n Real Gravy 8.99

2 biscuits covered in fresh homemade sausage gravy.

Ham Steak n Eggs 12.99

Ham steak served with 2 eggs, hashbrowns and toast.

Eggs Your Way 11.99

Choice of 3 sausage or 3 bacon, 2 eggs, hashbrowns and toast.

Vegas Steak n Eggs 15.99

NY Steak, 2 eggs, hashbrowns and toast.



Sides n Add Ons

3 bacon or 2 sausage links 3.99
Side of hashbrowns 2.79
An extra egg 1.99
1 sweet cream griddle cake 3.29
1 slice of thick french toast 3.59
Side of cottage cheese or avocado 2.79
Side of fries or onion rings 3.99
Small house salad 3.99
Side of dressing .99
Waffle w/ butter and syrup 7.95

*Consuming raw or undercooked meat, poultry, seafood, or eggs may increase your risk of food borne illness.

We proudly serve free range eggs, serve real butter, and source locally when possible.

3 EGG Omelettes

Comes with hashbrowns & choice of toast.

The Cali 13.99

Avocado, tomatoes, spinach and swiss cheese.

Meat Lover's 13.99

Ham, bacon, sausage and cheddar.

Kitchen Sink 13.99

Ham, sausage, bacon, mushrooms, onions and cheddar.

Southwest 13.99

Pulled Pork, green chilis, jalapenos, corn, black bean salsa and pepper jack cheese.

BYO Omelette 13.99

Pick 3 and your cheese. Additional items 0.99

Cheddar, American, Pepperjack, Swiss, bacon, ham, sausage, onions, tomato, green peppers, mushroom, spinach, green chilis, jalapeno, avocado and black olives.



Off the Griddle

French Toast 10.99

Soaked Texas toast with butter and syrup. Choice of meat.
Add Fresh Strawberries 2.59

Hot Griddle Cakes 8.99

Our sweet griddle cakes served with butter and syrup.



Chicken n Waffles 14.99

Crispy chicken on top of a fresh waffle.

Gift Cards are available. Ask your server.

Dad's Bottomless Coffee Mug 10.00

Free Coffee when you bring in your mug.

*Must bring your mug! No Exceptions!

DAD'S AMERICAN DINER

EST. 2024 PAHRUMP NEVADA

Smashed Burgers

All burgers come Oklahoma style with grilled onions and 2 griddle smashed Angus 80/20 ground beef patties.

Upgrade to onion rings for 2.79

Add Thick cut bacon for 2.79

Dad's Smashed 13.99

House sauce, pickles and American cheese.

West Coast 14.99

House sauce, avocado, bacon and swiss cheese.

BBQ Bacon 14.99

Bacon, BBQ sauce, onion rings and cheddar cheese.

Mushroom Swiss 14.99

Mayo, mushrooms, bacon and swiss cheese.

OG Patty Melt 13.99

Griddle seared Rye, house sauce, grilled onions and swiss cheese.

Southwest 13.99

Green chilis, fried jalapenos, chipotle ranch and pepper jack cheese.

Beverages 3.29

Fresh Coffee & Iced Tea Daily

Coke, Diet Coke, Sprite, Root beer, Dr. Pepper, Raspberry Tea, Sweet Tea, and Lemonade

Glass of: Orange Juice, Tomato, or Cranberry 4.79

Sweets n Treats

Milkshakes n Malts 4.79

Vanilla, Chocolate, Strawberry



Slice of Cake! 4.79

Ask your server or visit our cake display.



Hometown Favorites



Fingers n Fries 13.99

Fresh battered chicken with ranch.

Wings n Fries 13.99

1lb of wings n fries with ranch.

Pulled Pork Sandwich 13.99

Pulled Pork with slaw and pickles. Served w/ fries.

Chicken Club 14.99

Grilled chicken, mayo, avocado, bacon, lettuce, tomato and swiss on brioche bun. Served with fries.

OG B.L.T. 12.99

A simple classic. Served with fries.

Fish Friday n Fries 13.99

Crispy battered cod with fries and cole slaw.

Fresh Greens

Dressings: Dad's Fresh in house Ranch, Blue Cheese, Caesar Balsamic, Thousand Island, Chipotle Ranch, BBQ Ranch

Smashed Salad 13.99

Smash burger chopped on top of our house salad with pickles, onions and tomatoes. Choice of dressing.

Chicken Cobb 15.99

Our house salad topped with chicken, avocado, eggs, bacon, tomato and shredded cheddar.



Chicken Caesar 13.99

Grilled chicken, romaine, parmesan cheese and croutons.

Southwest Salad 15.99

Chicken or Pork. Black bean corn salsa, tortilla strips, crispy jalapenos, pepperjack cheese and chipotle ranch.

BBQ Chicken Salad 14.99

Fried chicken drizzled in BBQ, crispy haystack onions, tomatoes, bacon, cheddar and ranch.



Mountain Falls—a place where your story begins



Discover two traditional communities and 55+ active lifestyle community

Mountain Falls is the ideal place to begin your story, home to spectacular resort-style amenities and an inviting masterplan perfect for making lasting friendships and planting roots. With a state-of-the-art golf course throughout the neighborhood, two resort-style pools, a play pool, a fitness center, a multipurpose room, a signature restaurant and more, you'll never run out of activities to fill your days.



Taylor Morrison is proud to be America's Most Trusted® for nine years in a row!*



taylormorrison.com | 702.213.9424



WARNING: THE CALIFORNIA DEPARTMENT OF REAL ESTATE HAS NOT INSPECTED, EXAMINED, OR QUALIFIED THIS OFFERING. Paradiso and Valencia at Mountain Falls are all-ages communities. Ovation at Mountain Falls is an age-qualified community intended for permanent occupancy of each residence by at least one person 55 years of age or older in compliance with all applicable state and federal laws, as well as the Community Declaration. Some residents may be younger under very limited circumstances and no one under 18 years of age in permanent residency. Complete details available. Taylor Morrison received the highest numerical score in the proprietary Lifestory Research 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, and 2024 America's Most Trusted® Home Builder study. Study results are based on experiences and perceptions of people surveyed. Your experiences may vary. Visit www.lifestoryresearch.com. Maps and plans are not to scale, all dimensions are approximate and are intended to represent an artist's depiction only of the existing and/or planned elements of the Community or Neighborhood. Prices may not include lot premiums, upgrades, and options depending on stage of construction. All homes subject to prior sale. No offer to sell or lease any property until Nevada Real Estate Division approval of the Public Offering Statement for the above-described Property. Complete details available. Please see a Taylor Morrison Community Sales Manager for details and visit www.taylormorrison.com for additional disclaimers. ©April 2024 Robert Evon, Sales Manager #BS 0029612 SMGR; William Lyon Homes, Inc. dba Taylor Morrison, NSCL #0040722. All rights reserved.

Lisa Bond Real Estate, LLC

3130 S. Highway 160
Pahrump, NV 89048



MLS



ANDREA FINKLER, REALTOR®

Nevada License: S.0179035

Pahrump Land Specialist

- Ready to Build Now
- Investment
- Large Acreage
- Multi Family
- Commercial

Reach Out With Your Questions & Start Your Jump To Pahrump Today!
Direct: 775-419-5656 Office: 775-764-0990 Ext.603 Email:Andrea@LBRENV.com



GENESIS FIGUEROA, REALTOR®

Nevada License: S.0192903

Hablo Español

¿Necesitas Comprar o Vender?
Let Me Help You Discover Your Perfect
Piece of Pahrump!

- Site Built Homes
- New Construction
- Manufactured Homes
- Vacant/Improved Land

Call Me Today For Current Listings & Let's Get Started! - ¡Lláname Hoy!
Direct: 702-582-2883 Office: 775-764-0990 Ext.604 Email:Genesis@LBRENV.com



DEDICATED TO OUR CUSTOMERS ONE CLOSING AT A TIME.



PAHRUMP *OFFICE*



JOHN G. INGRAM
Sr. Escrow Officer
702-804-7762
jingram@ortc.com



DIANNA GOMEZ
Sr. Escrow Officer
702-804-7745
dgomez@ortc.com



HANNAH GARCIA
Escrow Assistant
702-804-7733
hannahg@ortc.com



SELENA FENTON
Escrow Officer
702-804-7761
sfenton@ortc.com



ESMERALDA LICEA
Sales Executive
702-427-4222
elicea@ortc.com



SONJA TARR
Sales Executive
702-278-3254
starr@ortc.com

We can do it all!
Residential • Commercial • Mobile Home transactions
Agricultural land • Subdivision and Land Development
BRE Processing • Mapping • Lot line adjustments & more!
Give us a call today!

3250 S. HIGHWAY 160, | SUITE 8 | PAHRUMP, NV 89048 | 702.804.7710



Moving Checklist

It's time to start your moving calendar.

- ☐ Have a moving binder to store all the information you'll be getting and keeping your receipts for tax purposes.
- ☐ Contact your physician to get your medical records for yourself and your pet.
- ☐ Obtain your child's school records.
- ☐ Take a complete home inventory to know what you will take and what you'll leave behind. Take all give-away items to local charities.
- ☐ Contact 3-4 reputable moving companies to receive moving quotes. Make sure your quotes include all the services the mover is including. Get all the paperwork up front so you don't have any surprises. Never sign any blank or incomplete documents.
- ☐ Obtain boxes for packing.
- ☐ Start packing items you won't need right away first, such as off season clothing, dishes and pans. As you pack the items you'll need right away with "Open First".
- ☐ Obtain your change of address from the Post Office.
- ☐ As credit card bills come in, change your address so you won't miss a payment.
- ☐ Decide how to transport your pets. Check with your veterinarian.
- ☐ Decide the best way of transporting your plants. Check with your local nursery.
- ☐ Change the address on your magazines that you receive in the mail.
- ☐ Change your address with the Internal Revenue Service.
- ☐ Make arrangements to stop your newspaper deliveries.
- ☐ Discuss with your family about how this move will impact them.
- ☐ Get your vehicle serviced.
- ☐ Cancel your utilities including water, electricity, gas, internet and reconnect these services to your new home in your new location.

Now you're ready to greet your Big Day!

Useful Phone Numbers



ELECTRIC

Valley Electric Association (VEA) 775-727-5312
800 E Hwy 372



WATER

Utilities Inc 775-727-5575
1240 E State St.
Customer Service 866-277-5515
Desert Utilities 775-751-1368
4060 Blagg Rd.
Pahrump Utility Co Inc. 775-727-1629
5250 S Hafen Ranch Rd.



TRASH SERVICE

Pahrump Valley Disposal 775-727-5777
1410 E Mesquite Ave.



TELEPHONE – LANDLINE

AT&T 800-288-2020



INTERNET SERVICE

Valley Electric Broadband 775-727-5312
800 E Hwy 372
Rise Broadband 844-411-7473



TELEVISION SERVICE

Direct TV 800-531-5000
Dish Network 855-315-0572



HOSPITAL

Desert View Hospital 775-751-7500
360 S Lola Ln.



DRIVER'S LICENSE/VEHICLE REGISTRATION

Dept. of Motor Vehicle (DMV) 775-727-4141
1780 E Basin Ave.



LIBRARY

Pahrump Community Library 775-727-5930
701 S East St.



SENIOR CENTER

Pahrump Senior Center 775-727-5008
1300 W Basin Ave.



U.S. POSTAL SERVICE (USPS)

Pahrump Main Post Office 775-727-7055
2300 E Postal Dr.
Station 2775-727-8815
3001 E Kellogg Rd.
Station 3 (P.O. Boxes Only-No Service) . . . 775-751-8122
950 N Blagg Rd.



CHAMBER OF COMMERCE

Pahrump Valley Chamber of Commerce . . 775-727-5800
1301 S Hwy 160 - Nevada State Bank Bldg.



SCHOOLS

Nye County School District
Southern District Office 775-727-7743
484 S West St.



775 REALTY
(702) 541-3228
 REALTOR® | S.0169359
 NV20171259585
lindasellspahump@yahoo.com
 1941 South Hwy 160, Pahrump, NV 89048

A.B.B. Roofing, Inc.
 dba BEST ROOFING
 Lic. #68602
**COMMERCIAL
 RESIDENTIAL**
 Skip Hadduck
 Crystal Hadduck
 ph. 775-751-6730
 fax 775-727-8915
 P.O. Box 1358 - Pahrump, NV 89041-1358



ACME
 GENERAL STORE
 Largest selection of
Premium Dog and Cat Foods
 in Pahrump
 Plus Fish, Reptiles, Birds, & Small Animals
800 West Street
 Pahrump, NV 89048 • www.acmegeneralstore.net
775-751-ACME (2263) • 775-751-BANG (2264)
 Open Monday-Saturday 8:30 am to 5 pm
Home of the Dog Food Depot



CAD Architectural Plans,
 Photo Restoration & Duplication
 Print, Slide, & Negative Conversions
 Digital Photo Albums ... and more
Curtis F. Ahrens
 Since 1938
Ahrens Digital Concepts
 3450 S. Rebel Av.
 Pahrump, NV 89048-0762
 (775) 751-8166
 Cell: (775) 253-0016

BestInTheWestPahrump.com
 Dry Cleaning
 Memorabilia
 Shoe & Leather Repair
 T-shirts
 Flooring
 Turquoise Jewelry
 Antiques
 Gifts
 Apparel
 Art
 Souvenirs
 Hats
"The Best Way To Death Valley!"



CENTURY 21
 Americana
 1401 S. Hwy 160, Suite A
 Pahrump, NV 89048
 707.815.4505
martbet@sbcglobal.net
www.c21americana.com
Betty Martinez
 REALTOR®
 S.0191856
 Each office is independently owned and operated

CIVIL AIR PATROL www.gocivilairpatrol.com



Major Ezekiel Martin
 Public Affairs Officer
Nellis Senior Squadron
 2380 N. Rancho Drive.
 Las Vegas, NV 89303
 Cell: 702-610-3326
ezekiel.martin@nvwg.cap.gov
www.nss064.org
 EMERGENCY SERVICES
 CADET PROGRAMS
 AEROSPACE EDUCATION

Civilwise Services Inc
 Civil Engineering & Land Surveying
 Soils and Geology, Water Rights,
 Hydrology, Traffic Engineering, Boundary
 Surveys, Residential and Commercial Site
 Development Plans, Topography,
 Construction Staking

 1240 E. State St.
 Suite 101
 Pahrump, NV 89048
 (775) 751-1413
 (775) 751-3584
drichards@civilwise.com

COUNTRY FINANCIAL

AUTO | HOME | LIFE | BUSINESS | RETIREMENT




Margaret Pitcher
Agency Owner
(725) 249-4994 Cell
(702) 986-6432 Office
160 Emery St., Unit A
Pahrump, NV 89048

- Health
- Home
- Auto
- Personal
- Commercial
- Life

Serving: NV, AZ, CO, IA, ID, IN, KS, MN, ND, OR, WA



Lisa Spahitz - Plassmeyer, LIA
Insurance Agent
1321 S Nevada Highway 160 Ste 8
Pahrump, NV 89048-4743
T 775.727.8920
M 775.513.5618
F 775.727.1556

COUNTRY FINANCIAL

lisa.spahitz@countryfinancial.com
www.countryfinancial.com/lisa.spahitz
AUTO | HOME | LIFE | BUSINESS

D&J ELECTRICAL SERVICES, LLC

NV Cont Lic # 42108A
Since 1985

775-727-8296

DJElectricalNV.COM
Service@DJElectricalNV.com

DR. KEITH KOHORST
OPTOMETRIST



1141 S. Hwy. 160 Ste. 8
Pahrump, NV 89048
Pahrump Office: 775-727-7100
Las Vegas Office: 702-456-1882



Contact Lenses | Glasses
EYE CARE FOR CHILDREN AND ADULTS



Danny
775-209-3837
LIC # 66566 - BONDED - INSURED

Pahrump Local • Call Now! New HVAC Rebates up to \$2000



GUNNY'S
AIR CONDITIONING & PLUMBING

OFFICE (775) 727-6800
service@gunnysac.com
www.gunnysac.com
Lic #0087108 • MHL #0425

Amana **Goodman** **Carrier** **Coleman** **BOSCH**

- Heating
- Cooling
- Plumbing
- Sales
- Installation
- Residential
- Commercial
- Refrigeration
- Repairs on All Makes & Models

Financing Available

Call for Outer Lying Area Rates  **US MARINE CORP VETERAN**



HARGIS ELECTRIC, INC
NV C2 LIC# 48954
MONETARY LIMIT \$500,000.00

SERVICE & NEW CONSTRUCTION

COMMERCIAL
RESIDENTIAL
INDUSTRIAL
CONTROL

LICENSED
BONDED & INSURED

(775) 727-5238

HARGIS ELECTRIC, INC. PO BOX 1338 PAHRUMP NV, 89041 HARGISELECTRICINC@GMAIL.COM



HARVEY'S
BARBER SHOP

775-751-6655

MESQUITE
AND
HWY 160

HOURS
TUE~SAT 9-4
CLOSED SUN AND MON



520.444.7007



PhotoJim1588@gmail.com



JimButlerPhotography.com

4414 Luciano Avenue
Pahrump, NV 89061775-727-5587
WWW.JOESSANITATION.COM
1410 E. MESQUITE AVE.

RESIDENTIAL & COMMERCIAL

- SEPTIC & GREASE TRAP PUMPING & CLEANING
- SEWER & DRAIN CLEANING
- CLOG REMOVAL
- FULL SERVICE HYDRO JETTING
- PORTABLE TOILETS

**Kustom Kolors LLC****Darren Mather**

Owner

2091 N Blagg Rd • Pahrump, NV 89060

PH: 775.537.1676 • Fax: 775.537.1676

kustom_kolors@yahoo.com

www.kustomkolorsautobody.com

MARY KAY

Dot Ahrens

Independent Beauty Consultant

775-209-2200

P.O. Box 2103 Pahrump, NV. 89041-2103
djohnson5336@marykay.com**THE SKY IS THE LIMIT****MORALES CONSTRUCTION INC.**Grading & Paving
Morales Fencing**TOP RANK BUILDERS INC.**
Commercial & Residential**775.751.2009**

0067102 - 0073748 - 0073639

Pahrump, Nevada

Rene Morales

moralesrene74@yahoo.com

775-209-6092**PAHRUMP**
Lock and Safe
LLC**NEW****Jim Hogsette**

Owner & Technician

702-379-8441

CASH FOR SCRAP**PAHRUMP VALLEY DISPOSAL****OPEN MONDAY THROUGH FRIDAY**

Aluminum Cans

Appliances

Aluminum

Car Batteries

Insulated Copper Wire



Tin • Iron • Lead

Radiators

Junk Cars

Stainless Steel

Copper • Brass

1410 E. MESQUITE AVE. | 775-727-6131**WWW.CANDSWASTE.COM****RECYCLING DROP OFF**

- **Walmart** Parking Lot
300 S. Hwy 160

- **Pahrump Valley Disposal**
1410 E. Mesquite | 775-727-5777
www.CandSwaste.com

**GLASS, PAPER, PLASTICS #1-#2, CARDBOARD, TIN/METAL, ALUMINUM CANS**

LOCAL

Business & Service

DIRECTORY

PVG PAHRUMP VALLEY GLASS, LLC

LOCALLY OWNED AND OPERATED
STEVE & LEA NEAL - OPERATORS
24 HR EMERGENCY SERVICE
NV79657 #NV20121228657

OFFICE 775-751-0909
FAX 775-751-1423
STEVEN@PAHRUMPVALLEYGLASS.COM

191 S. EMERY ST.
PAHRUMP, NV 89048
ORDERS@PAHRUMPVALLEYGLASS.COM

RCT Inc. Storage

2191 North Blagg • Pahrump, NV 89060
775-751-2252
rctincstorage@gmail.com

Open Daylight Hours



Secret Sisters Boutique

1240 E. State St.
(By Mom's Diner)
Pahrump, NV 89048

775-727-4488



Your Ad Could Be Here!

Pahrump Life Magazine publishes and distributes 45,000 magazines annually - the largest distribution of magazines per issue in our market! Your message can reach this market for less than 1/2 cent per issue. Each issue is packed with interesting stories and useful information pertaining to our area. Make your advertising dollars pay off!

CONTACT JIM FOR RATES! Jim@PahrumpLifeMag.com
520-444-7007

Karla Carranza
Master Barber

Sharper Image Barber Shop

702.619.2202
775.910.2111



Sharper Image Barbershop

RICH PRICE BARBER

TEL 775-910-2111

1266 E. CALVADA BLVD
PAHRUMP, NV 89048




CASINO & BAR
775-727-7300

At Blagg and Stagecoach Roads
100 West Stagecoach Road, Pahrump, Nevada 89060

Open 24 Hours



5801 S. Homestead Rd.
Pahrump, NV 89048

TM Group Realty
Pahrump

Debra Strickland
Broker

Office: (775) 727-4600
Fax: (775) 727-0430
Cell: (775) 209-5405

Email: debra1strickland@gmail.com



LOCAL

Business & Service

DIRECTORY



The Butler Wrote It
Christine Butler at your *Copywriting* Service

Christine H. Butler
Copy She Wrote, LLC
Freelance Content and Copywriter
Phone: 520-403-8600

Christine@TheButlerWroteIt.com
www.TheButlerWroteIt.com



America's Grout and
Tile Cleaning, Repair and
Restoration Expert

REBECCA ADAMS

9250 S Rainbow Blvd. • Bldg 1, Suite 170, Box 120
Las Vegas, NV 89139 • 702-979-8827
radams@groutsmith-snv.com
www.groutsmith-snv.com

TNL HANDYMAN LLC
& CUSTOM MADE SOLAR
SCREENS

TONY CLARK
I Aim to Please!

HOME (775) 727-9640
CELL (775) 513-6923
GET-R-DONE RIGHT THE 1ST TIME
LIC.#NV20151041215
LIC.# T-5719-HL

tnl6264@att.net



Trish Rippie Realty
Broker for Freddie Mac, Fannie Mae and HUD Homes

Trish Rippie, Realtor
Broker, GRI, CRS, CFAC

3370 S Hwy 160 #1
Pahrump NV 89048

office (775) 727-4343
cell (775) 537-7062
fax (775) 727-4334
trishrippie@sbcglobal.net

Visit our website at www.buyandsellpahrump.com




Your Ad Could Be Here!

Pahrump Life Magazine publishes and distributes 45,000 magazines annually - the largest distribution of magazines per issue in our market! Your message can reach this market for less than 1/2 cent per issue. Each issue is packed with interesting stories and useful information pertaining to our area.
Make your advertising dollars pay off!

CONTACT JIM FOR RATES! Jim@PahrumpLifeMag.com
520-444-7007



Pahrump Life

Pahrump's Largest Circulation Publication

We publish and distribute 45,000 magazines annually - the largest distribution of magazines per issue in our market! Your message can reach this market for less than 1/2 cent per issue. **Pahrump Life Magazine** is distributed to RV parks, motels, the Pahrump town office, various retail stores, real estate offices, restaurants, and to subscribers across America. The pass along readership of our magazine, and the length of time the issues are saved, make this an incredible value for your business. All ads are priced in full color.

Pahrump Life Magazine publishes six issues per year. Each issue is packed with interesting stories and useful information pertaining to our area. Make your advertising dollars pay off! **Contact Us Today!**

Subscriptions

Only \$20 per year
for 6 issues

Advertising

The perfect place to hit
your customers!

Email Jim for Rates!

Pahrump Life Magazine

Publishers

Jim and Christine Butler
4414 Luciano Avenue
Pahrump, NV 89061

Sales

Jim Butler
Jim@PahrumpLifeMag.com
520-444-7007

Pick Up Your Issue at These Fine Locations

Access Realty • Albertsons • American Family Insurance
American First National Bank • Battle Born Financial Advisor
Best Western Pahrump • Charleston Peak Winery • China Wok
Civilwise Services, Inc. • Denny's • Desert Greens • Desert View Hospital
Edward Jones Investments • Escapes RV Park • Great Computer Deals
Harvey's Barber Shop • Holiday Inn Express • Inspirations Senior Living
Jackpot Joanie's • Lakeside RV Resort • Lisa Bond Real Estate
Living Free Café • Mastertech Computers • Nevada Treasure RV Resort
O Happy Bread French Bakery • Optimal Therapy • Pahrump Care Pharmacy
Pahrump Community Library • Pahrump Justice Court
Pahrump Nugget Hotel & Casino • Pahrump Rentals & Hardware
Pahrump Station Laundromat • Pahrump Valley Museum
Pahrump Wellness Center • Pizza Hut • Preferred RV Park • Romero's
Saitta Trudeau • Sander's Family Winery • Pahrump Senior Center
Shoshone Market • Smith's • Terrible's Road House • The UPS Store
Pahrump Tourism • Trish Rippie Realty • Pahrump VA Clinic
2nd Amendment Gun Shop

advertiser index

2nd Amendment Guns & Accessories	35	John Michael Ferrari	21
775 Realty, Linda Michelson	92	Kustom Kolors.	94
ABB Roofing	92	Lighthouse Gift Shop	42
ABC Service.	35	Lisa Bond Real Estate.	89
ACME General Store	92	Living Free Café	83
Ahrens DigitalConcepts.	92	Living Free Gym	25
Alvarez Landscaping	7	Mary Kay - Dot Ahrens	94
American Family Insurance	16	Mohave Dermatology.	63
Artesian Cellars.	Back Cover	Morales Construction	94
Battle Born Financial Advisor.	6	Mountain West Lawyers	59
Best in the West.	92	Nathan Adelson Hospice	24
Central Valley Baptist Church	20	Old Republic Title.	90, 91
Century 21, Betty Martinez.	80, 92	Ovation Physical Therapy	73
Charleston Peak Winery	Inside Back Cover	Pahrump Life Magazine.	81, 97
Civil Air Patrol	49, 92	Pahrump Lock and Safe.	94
Civilwise Services, Inc.	92	Pahrump Prostate Cancer Support Group.	28
Country Financial. Margaret Pitcher	21, 93	Pahrump Valley Disposal Cash for Scrap	94
Country Financial. Lisa Spahitz-Plassmeyer.	93	Pahrump Valley Disposal Recycling Centers	94
D&J Electric.	20, 93	Pahrump Valley Fabrication	20
Dad's American Diner	86, 87	Pahrump Valley Glass, LLC.	95
David Bindrup Law Firm.	47	RCT Inc. Storage	95
Desert View Hospital	3	Secret Sisters Boutique.	95
Dr. Keith Kohorst	93	Sharper Image Barber Shop, Karla Carranza	95
Edward Jones Investments, Jeffery R. Dye.	49	Sharper Image Barber Shop, Rich Price.	95
Full Throttle Excavating.	93	South Valley Baptist Church	65
Golden Entertainment.	29	Speak Geek Mobile Computer Repair	7
Great Computer Deals/Game Corner Arcade & Family Fun Center	61	Stagestop Casino & Bar	95
Gunny's Air Conditioning and Heating	17, 43, 93	Southwest Central Regional Economic Development Authority (SWCREDA)	12
Hargis Electric, Inc.	69, 93	T&M Group Realty, Debra Strickland	95
Harvey's Barber Shop.	93	TNL Handyman	96
International Security Network (ISN)	12	TaylorMorrison.	88
Inspirations Senior Living.	16	Terrible's Road House.	Inside Front Cover, 84, 85
JM Concrete, LLC	29	The Butler Wrote It.	96
Jackpot Joanie's	13	The Groutsmith.	96
Jim Butler Photography	94	Town of Pahrump Tourism	42
Joe's Sanitation	94	Trish Rippie Realty	96

Tasting Room Now Open!



CHARLESTON PEAK

ESTD WINERY 1992

**Tasting Room Hours: Thursday - Monday
12 PM - 5 PM**

3810 Winery Road Pahrump, NV 89048

Phone: 775.751.7800

CharlestonPeakWinery.com



AWARD WINNING WINES..EXCEPTIONAL FOOD AWESOME EVENTS..EVERY DAY OF THE WEEK!

Check out the latest at www.ArtesianCellars.com

At Artesian Cellars, we make exceptional wines using the best grapes from Nevada, California, and Washington State vineyards. Our winery is proudly located in the State of Nevada on the Historical Old Spanish Trail in the Pahrump Valley. Artesian Cellars is proud to be creating award winning wines worthy of Nevada's Battle Born Legacy.

RELAXED BEAUTIFUL TASTING ROOM & RESTAURANT
SPACIOUS OUTDOOR SEATING

FULL APPETIZER, ENTREE AND DESSERT MENUS
HAPPY HOUR & DESSERT HAPPY HOUR - MON THRU THURS
STAR ENTERTAINMENT!

1731 SOUTH HIGHWAY 160, PAHRUMP, NEVADA 89048
775-600-7144 | ARTESIANCELLARS.COM

Join Us For a Great Time!

