

Pahrump Life

NOVEMBER / DECEMBER 2025

China Ranch Date Farm

An Oasis in the Desert



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Notes from the Publishers

Welcome to the Nov/Dec issue of Pahrump Life Magazine. Once again, we present an issue full of information about what's going on in our town and the surrounding area. Our cover article is on China Ranch Date Farm, a unique place roughly 40 miles from Pahrump. If you haven't been there, it's important you put it on your to do list. Not only is it unique, but educational as well. Discover its history, how a date ranch ended up in the Mojave Desert, and why it is called China Ranch. Tasting their date products is essential, especially the Date Milkshake.

We also have a special tribute to one of our former contributors, Sherry Rhine. She coordinated the Art Corner for us for several years. She was connected to the local art community and introduced us to many highly talented artists in the area. Sherry recently passed away and we will miss her. In her honor we've included a piece about her art and share some examples. Ashley Welch has taken on the art corner position and we welcome her to the team.

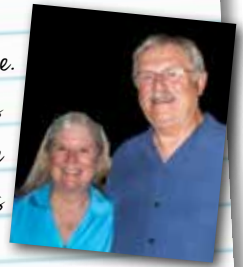
For our feature on Our Veterans Our Heroes, we asked Lt. Colonel (USAF Ret) Tom Waters to provide an article on the recent Purple Heart Day Ceremony here in town. It's an important part of our area as the town of Pahrump and Nye County are both recognized as Purple Heart Entities.

We also have our normal lists of information regarding places of worship, upcoming and recurring events, places where you can volunteer, as well as where you can dine, find food pantries, and there's a business and service directory.

We're excited to say we've upgraded the quality of the paper used for the magazine. This will vastly improve the readability and enhances the quality of your ads placed in our magazine.

If you have ideas for topics you would like to see us discuss, let us know. We are interested in what our readers want to hear and learn about. Want to place an ad? We can take care of that as well. Our contact information is listed below. We'd love to hear from you.

We hope you enjoy the Holidays and we look forward to "seeing" you next year. - Jim and Christine



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China Ranch Date Farm...

An Oasis in the Desert

By Christine Butler

China Ranch Date Farm and Bakery is located in Tecopa, California. It's not far from Pahrump, roughly 45 miles, and the trip is well worth it. The drive out to the Ranch is a unique experience as you negotiate a dirt road along an ancient riverbed to a green oasis in the middle of the Mojave. And there, you are in for a fun and educational experience.

Date season is October thru May, with harvest now in full swing and is an excellent destination to find an adventure! Taste some of the dates in the Gift Shop. Try one of their world-famous shakes. These are still made with Thrifty's ice cream and "hand spun" one at a time. Take home some of their fresh baked date nut bread and cookies "all made with heirloom dates grown on the Ranch." Explore their shop which offers clothes, hats, signs, antiques, handmade goods by local artisans, jams and jellies, local honey, rocks and more. It is a wonderful place to find unique gifts especially for the Holiday Season.

China Ranch dates and baked goods

can be mailed to your season's gift list. "We send dates and baked goods, all over the world during the Holidays. Sweden and Scotland are two orders that stand out to me from last year and to every state in the USA," said Christy Horne, Business Manager for the Ranch.

But China Ranch is particularly famous for its hiking. Hiking trails take you from one end of the Ranch all the way out to the Amargosa River where you can see a waterfall and a slot canyon both approximately 4 miles round trip. You can photograph a map to your phone in the Gift Shop and can pick up Free Trail Maps there as well.

Why is it Named China Ranch Date Farm?

According to available sources, a Chinese man named Quon Sing came to this canyon in the 1880s with a group of white miners, after they worked many seasons at the Death Valley Borax Works. He came to the canyon and decided to develop a water system from the springs along Willow Creek and began to raise livestock for meat and grew fruits and vegetables for the mining camp that had grown up in



Owner Brian Brown

the Oasis. They were mostly mining gypsum and the mines are still visible as you drive down into the canyon.

The Oasis became known as "Chinaman's Ranch." Sometime in 1900, a man named Morrison appeared and as the story goes, he ran the Chinese farmer off at gunpoint and claimed the Ranch for himself. Morrison eventually sold out, but the name stuck. Since then, the canyon has had many owners



Date goods sold at the ranch

and worn many different faces, including a fig farm, cattle ranch, hog farm, alfalfa farm, and others.

How Did it Become a Date Farm?

In 1970 Charles Brown Jr. and his sister Bernice Sorrells, the son and daughter of area pioneer and long-time State Senator Charles Brown of Shoshone, California purchased the property.

Brian Brown, grandson of Senator Charles Brown and his wife Bonnie moved to the Ranch in 1979. Brian had come out to the ranch with his father while he was in High School. "I didn't know a place like this existed." Said Brian. After getting a degree in agriculture he moved to Tecopa with Bonnie. Bonnie was the Post Master in Tecopa and Brian was teaching at Death Valley High School in Shoshone, CA.

Brian continued growing alfalfa and hay as a side business and Bonnie started planting date trees. Soon it became clear that they could sell dates for \$3 or \$4 a pound while hay and alfalfa were going for \$75 a ton. They planted over the fields with varieties of date trees instead. They began by selling dates out of their garage but quickly outgrew

that space. Brian brought his Uncle's Airplane Hanger from Shoshone and reassembled it at the Ranch. That building was once the bakery, gift shop, and processing plant. The hanger remains today as the Gift Shop and Bakery and the production and packing of dates has moved into two barns added to the ranch in the 90s.



Business Manager Christy Horne

They now have over a thousand trees and grow approximately 12 varieties, including a few you can only experience from the China Ranch Date Farm. "My favorite dates are the Khadrawy a variety from Iraq and the China Ranch Gold's a hybrid date you can only find here," said Horne. "I like the dates that are small and chewy like caramels.



Prickly View from the Bakery



World famous milkshake

Nature's candy." When you visit you can taste varieties in the Shop. Most people are familiar with Deglet Noor dates, which means Date of Light, these are the "driest nuttiest" variety and Medjool dates which are the biggest dates and lend themselves to stuffing and baking.

One of their claims to fame are the Barhi dates. These dates are available for only a few months starting in October. They are known as "Fresh Dates" or yellow dates and can be eaten when they are not ripe. They are hard and crispy like an apple with a white flesh and tannic yellow skin. When they ripen to soft and brown, they are the softest and sweetest variety, "like a scoop of sugar cookie dough," said Horne. They will sell out quickly and are available until November.

How Do They Cultivate Dates in the Mojave Desert?

Date palms *Phoenix Dactylifera*, are desert plants that have evolved to be wind pollinated and to need little wa-

ter. One male tree can produce enough pollen flowers to pollinate dozens of female trees. The female tree "decides" the variety of date and the male pollen can pollinate any female date variety. In the Spring, Team China Ranch has to begin hand pollinating all 1000+ trees. Which means spending a lot of time up in a man lift and "tickling the female flowers" with cotton balls permeated with male date pollen. Each "Droop" or frond of dates are pollinated and the cotton balls are tied into the bundles. Each droop can produce over 100 pounds of fruit and each tree will have many droops. Each droop needs to be tied off to a frond above it to be sure they don't break off. Once the fruit appears each bunch is bagged. These bags protect the fruit from bugs and birds, humans, foxes and coyotes, and any other animals that make their way to the canyon.

"You will see coyote poop, that is mostly date pits. And the quail here get so fat during harvest season they can barely fly. It's the circle of life out here.



Sampler with 4 different varieties ready for gifting

Coyotes pull down the low bags and gorge on the fruit. We consider it our 'wildlife tax,' said Horne.

Date bundles are picked by hand and



Picnic area in front of Gift Shop and Bakery



Stephen Pollock and Austin Smith, field managers

taken into the sorting room. There they are separated. Bad or damaged dates are considered “Feed Dates” for animals and a number of Pahrump farmers come pick up the feed dates during the season to feed their pigs. “Bread Dates” are dates that have blemishes but are still fine to make into date paste that is used in all the baked goods, shakes and smoothies. “Baking Dates” are dates that aren’t cosmetically appealing. They may have become hard or “sugared.” These dates are sold in 2-pound and 5-pound bags to be used in baking at your home. Then there are the “Premium” dates which are available for sale by the pound or case.

There is a Lot to China Ranch Date Farm

Hiking, wandering the fields, enjoying a shake or date bread, shopping in the gift shop. Check out the little museum and read the interesting signs about Kit Carson’s visit to the Ranch or the 49er who passed through and

many others. There is so much to this place. We encourage you to drive the 45 miles from Pahrump to this beautiful oasis and find your adventure!

Visiting the ranch is free. They are open 9am to 5pm daily from September 1 to June 1 and have Summer Hours of 9am to 3pm daily from June 1 to September 1. They are closed Christmas Day. Check out their website at www.chinaranch.com for more information.

“...it became clear that they could sell dates for \$3 or \$4 a pound while hay and alfalfa were going for \$75 a ton.”



Brian Brown in Walk in - These shelves will be filled soon



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A Heart of Kindness and Legacy of Art

By Ashley Welch

Sherry Rhine was one of Pahrump's sweetest and most talented members of the arts and craft community. She was a woman whose creativity, generosity, and kindness left a lasting imprint on all who knew her.

Sherry was best known for her incredible talent as a gourd artist. She turned humble natural gourds into breathtaking works of art. Her pieces, rich with color, texture and imagination, earned her many ribbons and awards at Pahrump's annual Fall Festival, where her artistry delighted visitors year after year. Her work was not just beautiful; it reflected her joyful spirit and her deep love for sharing creativity with others.

A devoted member of the Pahrump Valley Gourd Patch, Sherry found inspiration and friendship among fellow artists who admired her skill and generosity. Her contributions to the arts in Pahrump went far beyond her own creations. In 2008, she helped form the local craft group "Divas and Dudes",

bringing together artists and makers of all kinds to create, laugh, and support one another. She was also an active member of the Artisans Guild, where she shared her knowledge freely and encouraged others to explore their artistic potential.

For many years, Sherry also ran the Art Corner of the Pahrump Life magazine. This very column you're reading now. This was a place where she showcased the incredible talent found within the local creative community. Through her thoughtful writing and keen eye for artistry, she celebrated the work of other artists, promoted community events, and helped bring awareness to the depth of artistic talent in Pahrump. It is now time to showcase her and her many accomplishments.

One of Sherry's most meaningful contributions was her dedication to the Retired Senior Volunteer Program (RSVP), where she started and ran a craft workshop for local seniors. Through this program, she gave countless hours of her time and heart, helping others find joy and purpose through creativity. Her kindness and patience



Sherry Rhine

made her a beloved teacher and friend to all who joined her workshops.

Sherry Rhine's passing leaves a great void in the hearts of our community. She was not only a gifted artist, but also a pillar of the Pahrump Art Community. She was a mentor, and a shining example of what it means to give selflessly. Her legacy lives on through the many lives she touched and the beauty she created.

Although she is deeply missed, her spirit continues to inspire, in every painted gourd, every handmade craft, and every smile she brought to those around her.

In loving memory of Sherry Rhine, a true artist, devoted friend and beautiful soul."

“Sherry was best known for her incredible talent as a gourd artist. She turned humble natural gourds into breathtaking works of art...Sherry Rhine’s passing leaves a great void in the hearts of our community.”



OUR VETERANS OUR HEROES

Purple Heart Day 2025 in Nye County and Pahrump

By Lt. Colonel (USAF Ret) Tom Waters

We (in the United States of America) celebrate Purple Heart Day each year on August 7th to honor and remember U.S. service members who were killed or wounded in action while serving in the military. The day also aims to raise awareness of the effects of war on veterans and their families. It is also important to know that the Purple Heart is the very first and oldest military medal and was established by George Washington in 1782.

For a moment, let's jump ahead from 1782 to October 2017 when the Nye County Board of County Commissioners (BoCC), chaired by John Koenig, voted to recognize Nye County AND the Town of Pahrump as Purple Heart entities. The overall effort could not have occurred without the sponsorship of Chapter 730 of the Military Order of the Purple Heart in Henderson, Nevada and the support of its commander at that time, Dan Peterson.

The idea by Air Force veteran

Tom Waters was presented to BoCC Chairman John Koenig who supported the effort. All five Commissioners voted to approve the proclamation.

With the Proclamation on that date in October, Nye County became Nevada's first Purple Heart County and Pahrump became Nevada's first (and only) Purple Heart Town.

Here is a quote from the two proclamations. "Many citizens of Nye County (the Town of Pahrump) have earned the Purple Heart Medal as a result of being wounded while engaged in combat with an enemy force, construed as a singularly meritorious act of essential service; and whereas, Nye County (the Town of Pahrump) appreciates the sacrifices our Purple Heart recipients made in defending our freedoms and believe it is important that we acknowledge them for their courage and show them honor and support they have earned."

The purpose of being a Purple Heart County or Town is to express gratitude to the sons and daughters of our community who were either wounded or killed in combat defending the free-



doms enjoyed by all Americans. Nye County and the Town of Pahrump join the more than 900 Purple Heart locations in the United States honoring the 1.6 million Purple Heart recipients.

So, what do you say on Purple Heart Day or what do you say to a Purple Heart recipient? You could say, "We're wishing each of you a special Purple Heart Day to those who were wounded. Your courage and sacrifice will never be forgotten, and your strength inspires us all." "Thank you for your service and bravery!"

I believe that I speak for each Purple Heart recipient when I say, "It was our honor to serve."

We want to thank the 2025 participants of the Pahrump Purple Heart Sundown Ceremony.

“Many citizens of Nye County (the town of Pahrump) have earned the Purple Heart Medal as a result of being wounded while engaged in combat...”

- **HOST** – Commander Redell Samuel – DAV Chapter 15 – Introduction of Guests (Because of the DAV National convention at the same time, she was represented by Lt. Colonel Tom Waters, USAF-Retired)
 - **MC** – Former Commissioner Frank Carbone – Introduction of Veteran Organizations / program
 - **Opening Prayer** – Pastor John Davidson (Adventist World Radio)
 - **Presentation of Colors** – Nye County Sheriff’s Office Honor Guard
 - **National Anthem** – Sgt Greg Curtain – NCSO - Signing of National Anthem – Marla Quercia
 - **Presentation of County & Town Proclamations** – Commissioner Jabbour
 - **Guest Speaker** – Melinda Mills
- (Hospital Corpsman USN-Ret) / Commander American legion Post 22, Pahrump, Nevada
 - **ID / Dog Tag Ceremony** – USMC Major (Ret) Tim Callahan
 - **Poem** - A Soldier Died Today – USAF Lt. Col (Ret) Tom Waters
 - **Wreath ceremony** – US Army - Richard Goldstein & USN PO1 Kathleen Chavez
 - **Presentation of State of Nevada Proclamations** – Assemblyman Greg Hafen
 - **Guest Speaker** – US Army Colonel (Ret) Ken Gonzales Commander MOPH Chapter 730 – Henderson, NV
 - **Closing Prayer** – Pastor John Davidson (Adventist World Radio)
 - **TAPS** – US Army Major (Ret) Stephen Hall

All attendees are considered to be



Distinguished Guests but here are several we need to mention again: BJ Hetrick-Irwin and Ms. Senior Golden Years along with the Silver Tappers; the Nye County Search & Rescue Team members; the Cadets of the Pahrump Valley High School Civil Air Patrol; representatives from the four veteran organizations (American Legion, DAV, VFW, MCL; and all five Nye County Commissioners.

It was “standing room only” in the August 7th heat when Colonel Ken Gonzales called 100 year old BJ Hetrick to the podium. He then presented her with a certificate to recognize her as an Honorary US Army Colonel (a promotion from her previous Honorary





Promotion as an Air Force Lt. Colonel). The new Honorary Colonel received a standing ovation and a salute from all attending Veterans in the ranks of Lt. Colonel and below.

The 2025 Purple Heart Day Ceremony was hosted by the Disabled American Veterans (DAV) Chapter 15 of Pahrump, Nevada. For 2026, the host will be VFW Post 10054, also of Pahrump, Nevada.

I'll close this article with some facts about the Purple Heart Medal that you can share with others.

1. The Purple Heart is the oldest military award still presented to American service members.

In 1782, President George Washington created the Badge of Military Merit and this became the Purple Heart's predecessor

2. Today's Purple Heart Medal.

Thanks to General Douglas MacArthur, the Purple Heart officially received its modern day look and name in 1932. MacArthur, who wanted to

refresh and rename the award in time for the bicentennial of George Washington's birthday, worked with the Washington Commission of Fine Arts and Elizabeth Will, a heraldry specialist in the Army's Office of the Quartermaster General, to design the medal.

The revived Purple Heart medal, which features George Washington's likeness, was designated primarily as a combat decoration for the Army or Army Air Corps only, recognizing commendable action as well as those wounded or killed in combat. At this time, the Purple Heart could not be posthumously given or given to the recipient's family.

A few years later in 1942, President Roosevelt and the War Department further defined the qualifications for receiving a Purple Heart, designating it for those who were wounded or killed in action. They also expanded the eligibility of the award to all military branches of service and gave authori-

zation to present posthumous Purple Heart medals.

We honor our Purple Heart recipients each year on August 7th and thank them for their service and sacrifice. As I stated earlier, "I believe that I speak for each Purple Heart recipient when I say, "It was our honor to serve our nation and all of you."

Dignitaries for Purple Heart Ceremony

Distinguished Guests & Elected Government Officials

- ALL PURPLE HEART Recipients
- GOLD STAR Family Members
- Assemblyman / District 36 - Gregory Hafen II
- Nye County Commissioner Debra Strickland – Vice Chairman
- Nye County Commissioner – Ron Boskovich –Chairman
- Nye County Commissioner John Koenig
- Nye County Commissioner – Bruce Jabbour

- Nye County Commissioner – Ian Bayne
- Nye County District Attorney – Brian Kunzi
- Nye County Sheriff – Joe McGill

Other Officials

- Nye County Manager / Town of Pahrump Manager – Brett Waggoner
- Military Order of the Purple Heart Commander/Chapter 711 – Vince Palmieri Jr. Vince is the MOPH Region 6 Commander as well as Commander of Chapter

- 711. Region 6 includes CA, UT, HI, NV, AZ and Guam.
- Military Order of the Purple Heart Commander/Chapter 730 – Ken Gonzales
- Nevada Department of Veteran Services (NDVS) Director – Mary Devine
- DAV Director – Veteran Service Commission – Fred Wagar
- Disabled American Veterans Chapter 15 Commander – Redell Samuel
- American Legion Commander / Post 22 – Melinda Mills

- Daughters of the American Revolution (DAR) – Regent-Robin Olson
- Pahrump Valley Fire Chief – Scott Lewis / And ALL First Responders
- Chairman – TOP Veterans Advisory Committee – Bruce Cox
- BJ Hetrick - and All Silver Tappers and Ms. Senior Golden Years
- Members of the Pahrump Civil Air Patrol
- Members of the Main Street Committee
- Members of Nye County Search and Rescue



“We honor our Purple Heart recipients each year on August 7th and thank them for their service and sacrifice.”





Why Having Too Many Files Isn't Slowing Down Your Computer (And What Might Be)

By Josh Osborne

If your computer feels slower than it used to, you're not alone—and you're not imagining things. Many people assume the problem is having “too many files” saved on their computer. You might worry about all those family photos, old documents, or saved emails cluttering things up.

But here's the good news: **having lots of files—like photos, music, or documents—is usually not the reason your computer is running slow.** Let's clear up this common misconception

and explore what *might* really be causing the slowdown.

What Really Happens When You Save Files

When you save files, they're stored on your hard drive, just like books on a bookshelf. A bookshelf doesn't get harder to use just because you've added more books—unless you've filled it to the very top. Similarly, your computer only starts to slow down when the hard drive is *almost completely full*—usually around 85% or more.

If your computer has plenty of space left (and most do), those saved family photos aren't hurting anything.

What Does Make a Computer Slow?

Here are a few common reasons your computer might be sluggish:

- 1. Too many programs running in the background.**
Even when you're not using them, some apps quietly run in the background, using up memory and slowing things down.
- 2. Startup programs.**
Some apps automatically open every time you turn on your computer, which can make startup take forever.
- 3. Not enough memory (RAM).**
RAM is your computer's short-term memory. If you don't have enough, even basic tasks like opening your email or browsing the web can feel slow.
- 4. Old or outdated hardware.**
Computers wear out just like cars. After 5–10 years, parts may start slowing down. Especially older hard drives that have spinning platters in them. Consider upgrading to solid state hard drives that have no moving parts. They are much faster.



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5. **Viruses or unwanted software.**
 Sometimes, malicious software or annoying toolbars sneak in and make things run poorly.
6. **Too many browser tabs open.**
 If you keep lots of windows or tabs open while browsing the internet, it can eat up memory fast.

So... What Should You Do?

- **Check your hard drive space.**
 If it's less than 85% full, your files are *not* the problem.
- **Uninstall programs you don't use.**
 This can free up memory and reduce background clutter.
- **Limit startup programs.**
 Use a tool like Task Manager (Windows) or System Preferences (Mac) to stop unnecessary apps from launching when your computer turns on.

- **Close tabs you're not using.**
 Web browsers can hog memory if you have too many open at once.
- **Scan for viruses.**
 Use trusted antivirus software to make sure nothing suspicious is slowing things down.

The Bottom Line

Saving your photos, recipes, or letters on your computer is not the problem. In fact, those files are a wonderful way to preserve your memories and stay organized.

If your computer is slow, the issue likely lies elsewhere—often in programs running in the background, a cluttered startup process, or aging parts. But don't worry; many of these problems can be fixed without buying a new machine. If you need help finding where the problem lies, feel free to stop by our store. We're more than happy to help.

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.

Faith, Family, Insurance

By Vince Muir

Greetings, fall is here and on full display. This time of year gets everyone excited and busy making plans. If you are like a lot of us, you may be planning road trips, or weekend camping excursions, and of course high school football games. Most children and adults are busy making their plans for the upcoming Christmas Holidays, it's always an exciting time of year. We put a lot of time thinking about details when we are planning a vacation or even a short family getaway. We take this time to plan carefully so every detail will work out flawlessly and we can get the most enjoyment out of the experience. Planning for the future is the basis of the insurance industry.

This same foresight and planning is exactly the strategy we use in purchasing insurance so that we can get the best experience possible even if problems occur. Life insurance is a good example of planning for a positive outcome when unexpected events happen.

Simply put, life insurance is a contract between an individual and an insurance company, where the company agrees to pay a sum of money to beneficiaries upon the policyholder's

death. It's a financial safety net, helping families manage debts, cover living expenses, and fund funeral costs. While life insurance is a common financial tool, its purpose and impact are complex and often misunderstood. Let's take a quick look at some of the types of life insurance that may work for your situation.

Term Life Insurance

Provides coverage for a specific period, like 10 or 20 years, and is generally more affordable than permanent life insurance.

Permanent Life Insurance: Offers lifelong coverage and includes a cash value component that can be borrowed against or withdrawn.

Whole Life Insurance

A type of permanent life insurance with a guaranteed death benefit and a fixed premium.

Universal Life Insurance

Another type of permanent life insurance with more flexibility in premium payments and death benefit options.

Whole Life Policy

Another attractive idea that we

have personally done for our grandchildren's future is a whole life policy which of course covers them in the rare case of death but offers the child so much more as they grow and reach adulthood. Life insurance for kids is a specialized financial product designed primarily for children under 18. These policies are very affordable and typically whole life insurance products that provide permanent, lifelong coverage with a cash value component. This cash value grows tax-advantaged over time and can be accessed later in life. Children's life insurance offers several advantages beyond the standard death benefit. Guaranteed insurability is a key reason to consider life insurance for children. While your child is young and healthy, you lock in their ability to maintain life insurance coverage regardless of future changes.

According to a recent study, the most common reason Americans buy life insurance is to cover final expenses. The second most commonly selected reason is to leave an inheritance, followed by covering large debts, replacing an income and building an investment.

If you already have life insurance, you are in good company. In 2023, 52% of all U.S. adults were covered by some type of life insurance. If you think you

“Our agents at Country Financial understand that researching life insurance can simply be overwhelming and we will help you understand each step of the process to find the plan that works best for you and your family.”

can't afford life insurance, that's likely not the case. One of the many myths that persist about life insurance is that its cost prohibitive. In reality, the average cost of life insurance is less than a coffee a day from your favorite shop.

Our agents at Country Financial understand that researching life insurance can simply be overwhelming and we will help you understand each step of the process to find the plan that works best for you and your family.

A question we get asked is “What

is a beneficiary?” A beneficiary is the chosen person or entity to receive life insurance proceeds upon your death. Once a policy is purchased, you will be asked to name a primary and contingent beneficiary. Life insurance pays a cash benefit to your chosen recipient of the policy. This cash payout process occurs in the event of your death ensuring your family members are financially supported for funeral costs, day to day costs, education expenses and beyond.

In conclusion, Country Financial

will happily sit down with you to help you decide and plan the best life insurance policy to protect your family when you are no longer available to provide financially for them. If you have an insurance question or topic that you would like discussed in this article please send them to margaret.pitcher@countryfinancial.com and we will do our best to address them in future articles.

Everyone here at Country Financial would like to wish that everybody has an amazing Christmas Season and keep in mind what the true meaning of the day means to us all.

***These definitions are our own and may not reflect the legal terminology or the exact interpretation used by all companies.*

Proverbs 3:6

“In all your ways acknowledge him, and he will make your paths straight.”

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Shelley Poerio

Aging in Recovery

By Shelley Poerio with Casey Jones

Aging in general causes physical and emotional changes. I'm probably not alone in adjusting to a body that just "isn't like it used to be". After age fifty, many of us no longer have all the original equipment – knees, hips and shoulders seem to be the most common parts that wear out, need to be reinforced, or even replaced. Skin loses some of its elasticity, and for many of us, our body weight creeps up, putting even more stress on our joints.

Physical Aging

This part of aging is something we share, those of us in addiction recovery and everyone else. An OpenAI search I conducted asking for "statistics of age and body parts replacement in America" returned the following:

- Approximately 1 million joint replacement surgeries are

The Critical Role of Developing and Strengthening Emotional Intelligence

- performed annually in the U.S.
- The average age for knee replacements is around 65 years.
- Hip replacements are most common among individuals aged 50-80.
- Over 90% of hip and knee replacements are performed on patients over 50.
- The demand for joint replacements is expected to increase by 673% by 2030.
- Women are more likely than men to undergo joint replacement surgeries.
- The most common reasons for replacement are arthritis and joint degeneration.
- Total shoulder replacements are also rising, with an average age of 65 at surgery.
- The recovery time for joint replacements typically ranges from 3 to 6 months.

- Advances in technology are leading to less invasive procedures and quicker recovery times.

The good news is that advances are being made to speed up recovery times. The sobering news is that the demand for joint replacements is increasing – and age 50 seems to be when many of us will start to feel symptoms of our bodies starting to wear out.

While we can't stop the physical aging process, we all can try to slow it down with lifestyles that embrace exercise and healthy eating. And we can also impact well-being as we age by focusing on developing and strengthening our **Emotional Intelligence**. Studies have shown that this is especially essential for those of us in recovery.

Emotional intelligence plays a pivotal role in assisting individuals with substance use disorders in coping with stress, enhancing peer connections, resolving problems, and preventing relapse.¹

What exactly is “Emotional Intelligence”? On some level, it’s primarily a combination of skills, behaviors and attitudes that are developed through lifelong experiences. They serve all people well as they navigate the ups and downs of life. People in recovery typically have gone through a period in which this development was stalled – while they were actively using. But some positive news on aging is that unlike our physical bodies that may become less “reliable”, our emotional intelligence can get stronger and more reliable with experience.

Emotional Intelligence

Many of the key attributes of emotional intelligence may seem familiar to readers of this column. The advice and insights we convey are all centered on the same things: self-awareness, discipline, respect for oneself and others, and acting or adjusting behaviors to improve one’s life and the lives of others. Emotional intelligence is no different. One way to partition the collection of attitudes and behaviors has been done by Emily Lockhart, as written in *ActiveBeat.com*.² I’m putting my own spin on these, but basically there are six areas to focus on.

Concentrate on Positive Thinking

There are always numerous ways to interpret or react to daily experiences. One being negative – assuming things are “done” to you, that negative experi-

“Emotional Intelligence plays a pivotal role in assisting individuals with substance use disorders in coping with stress, enhancing peer connections, resolving problems, and preventing relapse.”

ences are intentional and that you are a victim. A different and positive way to react is to just assume that things happen – aren’t always intended, and that motivations can’t be known for sure. It’s easier and less stressful to assume the best and take a positive approach. Even without events, starting each day with the attitude of positive expectations and gratitude go a long way toward causing your day to go well.

Embrace Uncertainty

None of us knows what the future holds. Yet so many of us feel uncomfortable with the unknown. We can know the present, but the future is always there, and always in front of us. And as we mature and age, we should be learning that while we don’t know exactly what’s going to happen next – in jobs, experiences, interactions – we should have learned that we gain from experiences, learning that we have coped in the past and will be able to face new situations. There is satisfaction in knowing that we have the confidence

and ability to face new and unique experiences and to handle them.

Practice Compassion for Yourself

We should know by now that none of us is perfect. We make mistakes and can even regret them. But acknowledging that we are human, and imperfect should allow us to accept and tolerate our flaws. Certainly, we should be reflective of past errors and try to learn from them and not repeat them – but many of us show more compassion to others than we do to ourselves. Accepting that we have flaws can help us mature and not only accept our own “human condition” but also be less reactive when we observe faults in others.

Strengthen and Exercise Willpower

Willpower refers to the ability to restrain oneself from acting for immediate gratification. Developing this type of self-control allows us to be less reactive to situations, and to pause and be more in control over our reactions. It’s an inevitable part of life that we face situations in which we must choose between what is easier and less beneficial to our health or well-being, and what is more challenging but better for us in the long run. By opting for that regular morning workout as opposed to skipping it to sleep in a bit longer, we reinforce our self-control – which in turn positively impacts other aspects of our lives.

Learn to Accept a State of Being Uneasy

As with embracing uncertainty, accepting that at times humans are uncomfortable emotionally helps to strengthen our sense of confidence. I



liken this feeling to not seeing clearly – like being in a fog. But after experiencing this numerous times – as most humans do – we learn that this won't go on forever, and we'll emerge on the other side with greater clarity. I've learned to appreciate that when I'm in a state of uncertainty, I'm growing and that it's a process in which I will acquire new insights.

Learn from Experience

Time and a lifetime of experience can teach us about the world, relationships and ourselves. To truly benefit from all life experiences, we need to take the time to not react, but to experience and analyze the good and the bad. "What happened?"; "Did I cause it?"; "Did other people cause it?"; "Was it solely an accident or just something that happened?". Positive thinking – and not being reactive but more introspective and analytical go a long way toward extracting more from life's experience.

Every day brings opportunities to

get stronger physically and emotionally. We just need to embrace life's journey of experiences, learn to keep improving how we deal with the surprises and challenges each day brings. Andy Kessler of the Wall Street Journal wrote, "No one knows what's next."³ What we can control – ourselves – is the best we can do to successfully navigate toward emotional intelligence and maturity.

Shelley Poerio is a Licensed Clinician, Master Addiction Counselor, Certified Fitness Trainer, and author of "Rebalancing the Addictive Mind: Beating Addiction with Exercise and Nutrition." She is also the 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. Please

contact Shelley directly at [shelley@ livingfreehealth.com](mailto:shelley@livingfreehealth.com).

Casey Jones, MBA, is a consultant who has been a part of Living Free Health & Fitness since 2013. She has extensive executive experience in public and private corporations and has helped numerous emerging companies successfully meet the needs of their customers and clients. Casey lives in Dallas, TX.

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PWOA Welcomes NRWA

By Jacky Walker

W At a recent meeting of the Private Well Owners Association (PWOA), we welcomed Christopher Berkey of the National Rural Water Association (NRWA). Christopher is ready to support private well owners in understanding their drinking water and septic systems as well as their role in water conservation planning. We asked how his work with NRWA will help us protect Basin 162, our sole source of water in the Pahrump Valley.

Q. Christopher, please tell us about your organization, the National Rural Water Association.

The National Rural Water Association (NRWA) is the largest non-profit trade organization in the United States, representing over 31,000 small and rural water and wastewater utilities across all 50 states and Puerto Rico. Our main mission is to train, support, and promote water and wastewater professionals serving small communities, with the goal of strengthening state rural water associations and ensuring safe drinking water and effective wastewater

management in rural America.

Q. What part of NRWA are you involved in?

One of NRWA's key initiatives is the Source Water Protection Program, which places specialists like me in states across the country to assist communities like Pahrump in safeguarding their drinking water sources. We provide technical assistance, education, and planning support tailored to the unique needs of rural and often uncentralized systems.

In Nevada, I serve as the only USDA-funded Source Water Protection Specialist, working directly with public water systems and, when appropriate, private well owners to promote sustainable water management and protection practices. Through programs like this, NRWA helps ensure that even the smallest and most remote communities have access to the expertise and resources needed to protect their water for future generations.

Q. What is your background?

I'm a Marine Corps veteran with a Bachelor of Science degree in Environmental Geoscience from Clarion University of Pennsylvania.



Christopher Berkey

I have over 14 years of experience working as an environmental geoscientist in water operations, hydrogeology, GIS (geographic information system) environmental planning, hazard mitigation, septic maintenance, water conservation, and source water protection. I was an inspector and source water protection facilitator with the Pennsylvania Department of Environmental Protection. There I developed water protection plans for small rural towns to large metropolitan areas and even contributed to initiatives in the Great Lakes region. In Pennsylvania, I also became a certified Master Well Owner through Penn



Educational presentation

State Extension's outreach program, which trained volunteers to help private well owners manage and protect their water systems.

Now that I'm back home in Nevada, my work with NRWA focuses on supporting rural communities by providing technical assistance, education, and emergency response planning. I help develop source water protection plans, conduct hydrogeological modeling, create educational materials, and lead outreach efforts to raise awareness about water conservation and protection.

Q. So, your role is to help educate well owners throughout Nevada?

Yes and no. My primary role is to work with public water systems to develop and implement source water protection plans. However, in certain communities, like Pahrump, I also engage with private well owners. Pahrump is unique because it has an unusually high concentration of water users within the basin. Ignoring private well and septic owners in such a setting would mean overlooking a significant portion of the source water that needs protection. So, while my focus is typically on public systems, I adapt my approach based on the needs and make-up of each community. My outreach efforts have taken me to schools, libraries, community festivals, and other

public venues to educate Nevadans about the importance of source water protection and conservation.

Q. What do you hope to accomplish during your outreach efforts?

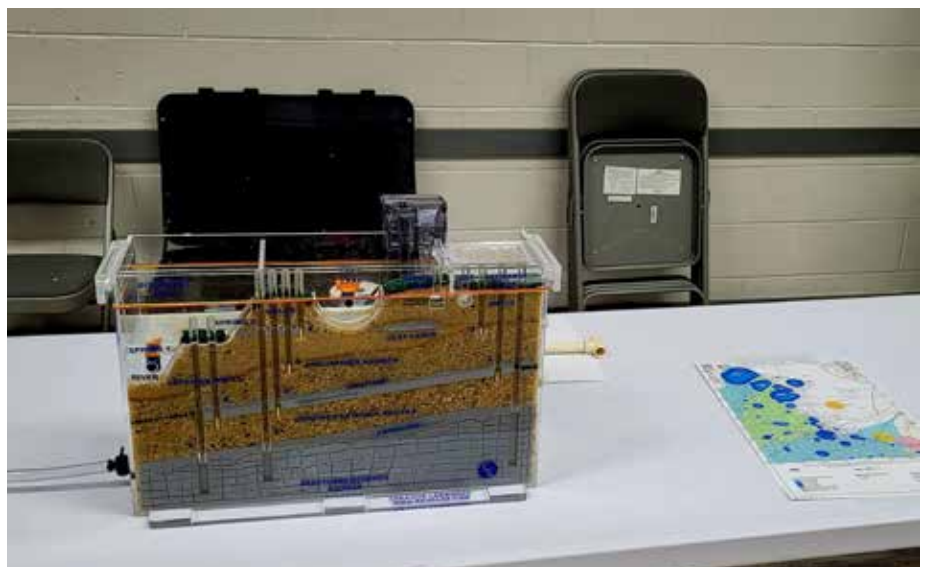
My goal through outreach is to foster greater stewardship of Nevada's drinking water sources. I often say, 'No water equals no community,' because water truly is the foundation of every thriving place. In areas like Pahrump, where there are thousands of private wells, public systems, and septic tanks all drawing from the same basin, the hydrogeologic system is especially vulnerable. It's a unique and delicate envi-

"We meet on the first Wednesday of each month at 10 a.m. at the Pahrump Valley Museum."

ronment. That's why education is at the heart of my work; by raising awareness and promoting responsible practices, I aim to empower communities to protect and conserve their water resources for generations to come.

Q. Why is Pahrump important to that goal?

Pahrump is a critical focus area for source water protection in Nevada because of its unique and complex hydrogeologic conditions. The community relies heavily on groundwater, with over 70 public water systems, approximately 11,000 private wells, and around 8,500 septic tanks, all drawing from and impacting the same basin. That's a lot of straws in the same cup, which puts significant pressure on the aquifer and increases the risk of contamination and depletion. By focusing outreach and education efforts



How aquifers work

in Pahrump, I aim to raise awareness among both public system operators and private well owners about the importance of stewardship. Protecting the basin here isn't just about water quality, it's about long-term sustainability for the entire community. If we can build a culture of conservation and proactive protection in a place as hydro-geologically sensitive as Pahrump, it sets a strong example for other rural communities across Nevada.

Q. What words of advice do you have for Pahrump's well owners?

Take an active role in managing your water source, because you are your own water utility. Join local well owner networks, regularly test your well for static and pumping levels, and have your water analyzed for contaminants like coliform bacteria and nitrate/

nitrite. Conduct a pump or aquifer test to determine a safe yield, and research potential natural or man-made contaminant sources that could affect your water quality. If you also have a septic system, proper maintenance is essential. Wells and septic systems are often treated with an "out of sight, out of mind" mentality, but neglecting them can lead to serious health and environmental risks. In a place like Pahrump – where thousands of wells and septic systems draw from the same basin – it's especially important to be a good neighbor and manage your water sustainably. Stewardship starts with awareness and protecting our shared water resources benefits everyone.

Thank you, Christopher, we look forward to working with you on future programs toward these important shared goals.

Learn More

- **Private Well Owners Association:** privatewellowners.com. The Private Well Owners Association meets at 10 a.m. on the first Wednesday of every month at the Pahrump Valley Museum, 401 E. Basin Avenue, Pahrump NV. Meetings are free and open to the public. Membership is \$40 per year and includes a free well water quality test.
- **National Rural Water Association (NRWA):** <https://nrwa.org/>
- **Sourcewater Protection Program:** NRWA: <https://nrwa.org/sourcewater-protection-program/>



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Getting to Know Patients & Physicians Choice



By Nikki Holmes

Patients and Physicians Choice offer a variety of different services, and we are here to help you or your loved one receive the right care at the right time. Aging brings about a lot of changes, especially in our health. Often, individuals do not know what services are available in the comfort of their own home. Understanding your options is important to the success of your overall health and well being. Our goal is to help you understand the types of services available that your insurance does or does not cover to determine what can be implemented based upon the current goals and needs of the individual.

Patients Choice Mobile Primary Care provides house calls typically for those 65 and older that may need a primary care physician or have difficulties getting out of the home to their regular doctor. Our nurse practitioners provide the same services that your traditional doctor provides in their office setting, but in the comfort of your home. Services include routine physical and annual wellness exams, chronic disease management, cognitive assessments, medication management

“Our goal is to help you understand the types of services available...to determine what can be implemented based upon the current goals and needs of the individual.”

(refills, new prescriptions), x-rays, labs, sleep studies, referrals to specialists or agencies to provide added care/services, goal of care conversations, advanced care planning, and evaluation for safety concerns. We are covered by most insurance plans and there are no added fees or costs. Each visit is billed the same as a traditional physician office. Insurances currently accepted by Patients Choice are Medicare, Blue Cross/Blue Shield, Aetna, Alignment, Cigna, United Health Care PPO only.

Physicians Choice Home Health and Hospice provide specialized programs covered by traditional Medicare in addition to the services with Patients Choice or any primary care/physicians you are working with. Here is simple guide to the three types of cares we offer:

Home Health Care

FOCUS: Recovery & Rehabilitation

Home Health is designed for those recovering from an illness, surgery, or injury. Services are ordered by your doctor and provided in the comfort of your home. Services may include:

- Nursing care (wound care, medication management)
- Physical, occupational, or speech therapy
- CAN visits-up to 3 visits/week
- Help managing chronic conditions
- Continued skilled nursing cares after hospital or skilled nursing stays

GOAL: To help you regain independence and return to your previous level of health.



Palliative Care

FOCUS: Relief from Serious Illness Symptoms

Palliative care can be provided at any stage of a serious illness—even along- side curative treatments. It is not just for end-of-life. Services may include:

- Pain and symptom management
- Emotional and spiritual support
- Coordination of care between your specialists

GOAL: To improve quality of life by relieving symptoms and helping you live well, even while managing a serious illness. Avoid unnecessary hospitalizations through symptom management.

Hospice Care

FOCUS: Comfort at the End of Life

Hospice is for those with a life-limiting illness who are no longer seeking curative treatments. Care focuses on comfort, dignity, and quality of life. Services may include:

- Pain and symptom management.
- Emotional, spiritual, and grief support for the patient and family
- Nurses 1-2x/week & PRN, CNAs up to 7 days a week in your home or facility. On call.
- Durable Medical Equipment
- Incontinence supplies
- Team-based approach: Registered Nurse, CNA, Chaplains, Social Workers, Volunteers

- Physical Therapy, if needed up to 8 visits

GOAL: To bring peace, comfort and support during the final stages of life.

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LIFE after 18



The Real Deal About Moving Out on Your Own!

Part 2

Janet M. Nast

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

Moving out on your own is one of life's biggest adventures—and biggest challenges. While you've likely spent time thinking about finding the perfect place and budgeting for rent, there's a whole other side to moving that can make or break your experience: the logistics. From giving proper notice to your current landlord to making sure you have toilet paper on your first night, the details matter. The following guide walks you through the essential tasks that will turn your move from a chaotic scramble into a smooth transition, helping you avoid costly mistakes and unnecessary stress along the way.

Here are some of the tasks that need to be completed when preparing to move:

- Give thirty days' notice to vacate
- Collect boxes and packing materials
- Pack all your belongings

- Get all your utilities turned on/off
- Submit a change of address to the local U.S. Post Office.
- Arrange to transport your belongings from one place to the next

Let's look at some of the details of each one, starting with,

30 Days' Notice to Vacate

When you rent month-to-month, most rental agreements contain a requirement to give the landlord (the person to whom you pay rent), a written thirty-day notice to vacate when you decide to move. That means if you want to move out on December 1st, you need to make sure that your landlord has a piece of paper in his or her hands on November 1st announcing that you are moving out on December 1st. It needs to contain your name, address (*apartment number if you're in an apartment*) and your signature.

To be safe, you should count the days in the month to make sure that between November and December there are thirty days. I once gave notice on Feb 1st that I was going to leave

on March 1st and then ended up by having to pay rent for March too. I was told it was because there was only twenty-eight days in the month of February, therefore, I had not given thirty days' notice. (*Yes, I also had to pay rent on my new apartment on the first of March.*)

Also, in addition to mailing a copy of your thirty-day notice to the landlord at least two weeks before the thirty days begin (to allow for any delays in mail delivery), you might want to hand deliver another copy. If hand delivery is not possible (your landlord lives in another state), then I would strongly suggest some sort of registered mail. Go to your local U.S. Post Office to learn about these options.

Exceptions: Military

There are exceptions for breaking rental leases and agreements such as an unexpected transfer or deployment when you are in the military. Ask the landlord before you sign the lease. It would also be a good idea to get this type of information in writing.



to wrap fragile things such as glasses, dishes, lamps or pictures in frames.

While you will have to buy the packing tape, you might be able to borrow a tape gun and use newspapers as packing materials. If you don't read the newspaper yourself, you can collect them from your neighbors after they're done reading them. By the way, don't use masking tape to save money – it's usually not strong enough to hold the contents of a packed box and you really won't be happy if the bottom of a box breaks open while it's being moved.

Exceptions: Other

There might be other exceptions for breaking rental leases and agreements. If you are concerned about that, ask the landlord before you sign anything and make sure you get any exceptions in writing.

Collecting Boxes and Packing Materials

There are a few ways you can gather packing boxes:

- You can ask all your friends and relatives to bring boxes home from their place of employment.
- You can collect them from grocery stores or other retail stores such as Home Depot or Hobby Lobby (*ask an employee or go behind the store to the dumpster area*). If you talk to the managers of these stores a month or two ahead of time, he or she might even agree to set aside boxes for you.
- You can go buy them from stores such as U-Haul or Lowes.

Packing materials also include:

- Packing tape to seal the tops and bottoms of the boxes (*yes, you should always reinforce the bottoms*),
- a tape gun,
- as well as materials with which

Packing Your Belongings: What do you need on your first day out?

In order to make your move as quick, smooth and painless as possible (*especially for the people who are helping you*), it's a good idea to come up with a system for labeling your boxes. Here are a few suggestions:

Create one or two boxes with the label "First Day."

This box should contain essential items needed for the first hour or day in your new home. You might even go so far as to include a room name on each one, such as:

Bathroom, which would include:

- Toilet paper
- Bath and face towels
- Toothbrushes and toothpaste
- Deodorant
- Soap, shampoo, shower gel (whatever you use in the shower)
- A change of clothes and underwear

Kitchen, which would include:

- Light bulbs
- Cups, dishes, silverware
- Paper towels or kitchen towels

Food: At least one day's worth of meals

- Pots and pans in which to cook

Bedroom, which would include:

- Sheets, pillows and blankets
- All remotes for the TV/stereo/game consoles (*these always get lost*)

Label Those Other Boxes

Label the remainder of your boxes using one of these four methods:

- Put a number and a room name on each box. Then keep a written list (*on paper, not on a computer just in case the electricity doesn't go on until the second day after you move in*) with all numbers and the contents of each box next to the number. The room name will help you remember where to put each box in your new home without having to just read the contents to figure it out.
- Or - You could just label all your boxes with their contents and then, as you are moving them, try to figure out which room they go in based upon that information.
- Or - I've seen some folks not bother with contents and just put room names on each box. That's always fun when you are trying to find the remotes in either the "living room" or "bedroom" boxes. Half the time they're in the "bathroom" box because everyone knows that that's where the toilet paper is and you know you'll open that box first.
- Or - Lastly, you could put room names and contents on each box.



Regardless of how you choose to label your boxes, just do something so that you and any helpers you have don't have to stop every five minutes and ask, "Where does this go?"

My last suggestion: Put everything in a box of some sort, even the "small stuff" that you think will just "go in the car." Unless you are moving by yourself, no one wants to carry your basket of dirty laundry, dirty dishes, or wet towels and toothbrush because it can, "just fit in the car." That's just nasty and mean.

Getting Utilities Turned On/Off

- **Do** this task at least sixty days before you move: Either ask your new landlord for phone numbers for all the utilities or get on the Internet and look them up.
- **Do not** assume you can ask for utilities to be turned on or off (when you leave your previous home) in less than thirty days.
- **Do not** assume your new landlord will volunteer all this information: Ask!

Note: See Page 127 in the *Life After 18* book for more information about utilities.

When you finally get into your new home, you need to learn where all the shut-off valves are, and where connections or breakers for water, gas, and electricity are in the building. If something goes wrong with any of these you can call your landlord, or the utility company. But during evening or weekend hours, they might be hard to contact. So, you should know this for your own safety.

Submitting "Change of Address"

The purpose of doing this is to make sure all your mail gets forwarded to you at your new home.

U.S. Post Office

An official "Change of Address" form can be picked up at any U.S. Post Office. It's a good idea to pick it

up forty-five to sixty days before your move. The postal service prefers that you submit the completed form at least thirty days before you move. This gives it time to update all records.

Employer

Be sure to let your employer know your new address so it can assist with address changes on your insurance and retirement accounts, for example.

Bills/Creditors

Besides submitting this information to the Post Office, you should also fill out the individual change of address information for all your credit cards and any other loans you might have. This ensures that you will continue to receive your bills on time and thus, avoid any late payments and charges.

Current Landlord

In the case of moving from one apartment to another, you should also give your new address to your current landlord when you give your thirty-day notice to vacate (Page 2). *That way your landlord can send you any refunds of security deposits (Page 136 in the Life After 18 book).*

Arrange to Transport Your Belongings

Even if you only have one box of clothes with a few kitchen and bath items, you need to find a way to move those boxes. Whether it be the trunk of your car, a friend's truck, or a moving van, plan ahead.

If you're relying on friends, no doubt you want to keep them as friends, so be considerate of their time, and give at least one month's notice...but two would be nicer. If you're renting a moving van, thirty days will usually suffice. But keep in mind that summertime is the busiest moving time of the year because of school schedules, so forty-five to sixty days' notice would be better.

Be realistic when figuring out how big a truck you need. A few boxes and a bed and dresser might require a 10-foot-by-six-foot trailer. Furniture

for a fully furnished two-bedroom house might require a twenty-four-foot truck. Take a good guess and call ahead for pricing and the length of time you can keep the truck.

Moving is hard work and depending upon how much stuff you have and how many friends you have, the move itself could take three hours or twelve hours. If this all seems overwhelming, there is also the option of hiring a moving company. This, of course will cost you quite a bit more because you are now paying the salary of folks moving your boxes from your home to the truck, and then into the new home. Again, make that determination and that call for help at least thirty days before your scheduled move.

Wrapping 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.

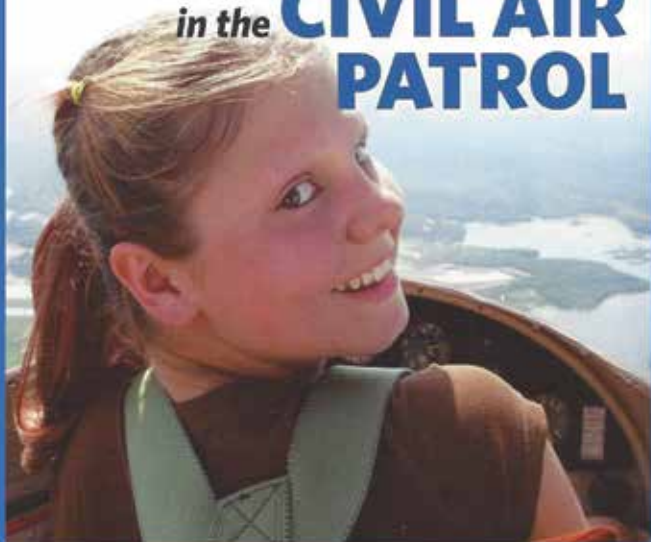
If you still have questions about what it takes to live on your own, don't hesitate to reach out—I'm happy to help! You can email me anytime at jan@lifeafter18.com.

Want to dig deeper into all things housing, roommates, and real-life budgeting?

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SATURDAY

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Focus on Family

Back to Basics



Tim Sutton, Esq.

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

In a world of constant noise, screens, and distractions, it's easy to forget the simple truth: the family is the fundamental unit of society¹. It is within the walls of our homes that values are taught, love is nurtured, and character is built.

President Dallin H. Oaks reminds us, "To find time to do what is truly worthwhile, many parents will find that they can turn their family on if they all turn their technologies off."² In our fast-paced, tech-driven lives, this counsel is more relevant than ever. The



solution to many of society's challenges may lie not in innovation, but in reconnection—with each other.

He also observed, "[I]n today's urban society, few members experience consistent family-centered activities. Urban living and modern transportation, organized entertainment and high speed communication, have made it easy for youth to treat their homes as boarding houses, where they sleep and take an occasional meal, but where there is far less parental direction of their activities."³ This sobering reality calls for a return to intentional family living.

What does that look like? It means teaching our children the basics—how to work, how to serve, how to love. "Parents should educate children in the basic skills of living, including working in the yard and home. [...] The teachers of these subjects can be parents or grandparents, or members of the extended family. Families flourish when they learn as a group and counsel together on all matters of concern to the family and its members."⁴

It also means doing things that matter—together. "Families unite when they do meaningful things together. Family gardens build family relationships. Happy family experiences

strengthen family ties. Camping, sports activities, and other recreation are especially valuable to bond families."⁵ Whether it's working in the yard, cooking a meal, or going on a hike, these shared moments create bonds that last a lifetime.

Ultimately, "Parents, single or married, and others, like grandparents, who fill that role for children are the master teachers. Their most effective teaching is by example. The family circle is the ideal place to demonstrate and learn eternal values, such as the importance of marriage and children, the purpose of life, and the true source of joy. It is also the best place to learn other essential lessons of life, such as kindness, forgiveness, self-control, and the value of education and honest work."⁶

Let's not overcomplicate it. Let's get back to the basics. Let's turn off the noise and turn on the love. Let's make our homes places of learning, laughter, and lasting connection.

1. *The Family: A Proclamation to the World*

2. "The Family-Centered Gospel of Jesus Christ" *Ensign*, November 2025

3. *Id.*

4. *Id.*

5. *Id.*

6. *Id.*

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Healthy Living

The Benefits of Bioidentical Hormone Replacement Therapy (BHRT)

How to Support Hormone Health Naturally

By Crystal Atwood

Hormones are powerful messengers that affect everything from mood and energy to sleep, metabolism, and sexual health. When hormone levels decline—whether from age, stress, or lifestyle—symptoms like fatigue, brain fog, weight gain, and mood changes can appear. Bioidentical hormone replacement therapy (BHRT) offers a natural option for restoring balance. Unlike synthetic hormones, bioidentical hormones are structurally identical to the ones your body produces, often making them easier to absorb and more effective. But true hormone health is more than just replacing what's missing. Lasting

results come from addressing the root causes of imbalance, supporting the gut and liver, and following the order of healing so the body is ready for hormone therapy.

What is BHRT?

BHRT uses plant-derived hormones that match human estrogen, progesterone, and testosterone. They can be delivered through creams, pellets, capsules, or injections, and are personalized to each individual's needs based on lab testing.

The Importance of the Order of Healing

1. **Build the foundation:** Nutrition, sleep, stress management, and movement.

2. **Heal the gut:** Improves nutrient absorption and eliminates excess hormones.
3. **Support the liver:** Detoxifies hormones and prevents imbalances like estrogen dominance.
4. **Stabilize the adrenals:** Balance stress hormones before adding sex hormones.
5. **Introduce BHRT:** Once the body is supported, therapy is more effective and sustainable.

Benefits of Bioidentical Hormone Replacement Therapy

- **Eases menopause and andropause symptoms:** Hot

flashes, night sweats, irritability, and low libido.

- **Improves sleep and energy:** Restores circadian rhythms and daily vitality.
- **Supports mental wellness:** Stabilizes mood, reduces anxiety, and lifts brain fog.
- **Restores sexual vitality:** Boosts libido, vaginal health, and sexual function.
- **Protects long-term health:** Helps maintain bone density and cardiovascular balance.

Root Causes of Hormonal Imbalance

- Blood sugar instability from poor diet or insulin resistance.
- Chronic stress and elevated cortisol.
- Toxin exposure from plastics, chemicals, and processed foods.
- Nutrient deficiencies that impair hormone production.

The Role of the Gut and Liver

The gut microbiome regulates hormone metabolism and recycling. Imbalances can contribute to bloating, mood swings, and estrogen dominance. The liver detoxifies and clears excess hormones. Supporting it with cruciferous vegetables, leafy greens, hydration, and fewer toxins helps keep hormones in balance.

Natural Ways to Support Hormones

- **Nutrition:** Whole foods, lean proteins, healthy fats, fiber, and phytoestrogens (flax, lentils, soy).
- **Movement:** Strength training for testosterone + gentle movement (yoga, walking) to lower cortisol.
- **Sleep:** 7–9 hours of deep rest regulates cortisol and growth hormone.
- **Stress management:** Meditation, breathwork, nature time, and relaxation therapies.
- **Mind-body practices:** Acupuncture, massage, and mindfulness support balance.

Frequently Asked Questions About BHRT

Is BHRT safe? When prescribed and monitored by a qualified provider, BHRT can be safe and effective.

Who is a candidate? Women and men with symptoms like fatigue, hot flashes, low libido, or mood swings may benefit.

How quickly will I notice results? Some feel better within weeks, though full balance may take a few months.

Do I still need lifestyle changes if I'm on BHRT? Yes—nutrition, sleep, gut and liver health, and stress management all help hormones work properly.

Bioidentical hormone replacement therapy can be a powerful tool for restoring balance, vitality, and long-term



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

health. But for best results, it should be combined with root cause healing—including gut and liver support, stress management, and a strong foundation of healthy habits. With a holistic, personalized approach guided by a qualified practitioner, BHRT can help you feel more energized, clear-minded, and in harmony with your body.

Crystal Atwood, IHP, CRP, IINH
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Recipe Box



Berry Beet Smoothie Bowl

Antioxidant: This recipe is packed with ingredients like beet, mango, raspberries, and schisandra berry powder, all of which are known for their high antioxidant content. Antioxidants help protect the body from damage by free radicals, potentially reducing the risk of chronic diseases.

Dietary Fiber: The inclusion of beet, mango, raspberries, and dates in this recipe contributes to its high fiber content. Dietary fiber aids in digestion, helps maintain a healthy weight, and lowers the risk of diabetes and heart disease.

Vitamins and Minerals: This recipe provides a variety of essential vitamins and minerals. It is particularly high in Vitamin A, Vitamin C, and Calcium. Vitamin A supports eye health, Vitamin C boosts the immune system, and Calcium is crucial for bone health.



By Crystal Atwood

<https://naturalvibes-healthandwellness.com>

6 ingredients

10 minutes

2 servings

Ingredients

1 Beet (medium, peeled and diced)
1 cup Frozen Mango
1 cup Frozen Raspberries
1 tbsp Pitted Dates
1 tsp Schisandra Berry Powder 1 cup
Unsweetened Almond Milk

Directions

1. In your blender or food processor, combine the beet, frozen mango, frozen raspberries, dates, schisandra berry powder and milk. Blend until smooth and thick.

2. Transfer to a bowl and add toppings. Enjoy!

Notes

Topping Ideas. Blueberries, raspberries, strawberries, mango, chia seeds, or shredded coconut.

No Schisandra Powder. Leave it out, or use acai powder instead.

Nutrition (per serving)

Calories 136	Cholesterol 0mg
Fat 2g	Sodium 116mg
Carbs 29g	Vitamin A 1208IU
Fiber 6g	Vitamin C 44mg
Sugar 22g	Calcium 263mg
Protein 3g	Iron 1mg



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



Barbershop Lingo 101: What to Say to Get the Perfect Haircut

By Anthony Castillo

In this article we are going to go through a list of terms that are used daily in the shop. In the previous article we talked about how bringing a picture of the haircut you want to the shop can help your barber have an idea of what you want, but sometimes you can't find a picture. Knowing these terms and using them correctly can help you communicate effectively with your barber and correctly describe the type of cut you want. Let's dive into this topic and review a list of terms.

Haircuts

1. Fade

A Fade is really just a haircut where hair length gradually shortens from a longer length on top to very short or skin-length at the bottom (sides and back). There are so many variations to this type of cut. You can ask for a Bald/Skin/Razor Fade and ask for that as a Low/Mid/High Fade. I know I know! A lot to take in but

feel free to ask your barber where he sets his Low/Mid/High lines for his fades. A barber can also set his Low/Mid/High fade line with a clipper guard of your choice if you don't want to go to the skin

2. Tapered Haircut

A tapered haircut is a style where the hair length gradually changes from longer at the top to very short at the neck and around the ears.

3. A Taper

This is a new term that is quite difficult to explain and understand but essentially this is a fade in the temple area of the head and the neck area. I would recommend asking your barber to show you a picture of this to get a clear understanding of what this looks like or feel free to google it.

4. Buzz Cut

A very short, simple, and uniform haircut where a single clipper guard is used all over the head.

5. Mullet

A mullet is a hairstyle characterized by hair that is cut shorter at the front, top, and sides, but left significantly longer in the back. It has been famously described as: "business in the front, party in the back."

6. High and Tight

A military cut where the back and sides are clipped extremely short (often to the skin) with the line of separation being very high up the head, leaving a small "landing strip" of longer hair on the crown.

7. Undercut

A cut with long hair on top that is sharply and dramatically disconnected from the short or shaved sides/back. There is no blended "fade" or "taper" between the two lengths.

Terms

1. Hand Trimmed

A technique where the barber uses scissors, or "shears," to carefully cut the hair, often holding sections of hair between

their fingers, especially on the top of the head or for longer lengths. This technique allows for greater precision, texturizing, and shaping to create natural movement and a softer, less uniform finish than a clipper-only cut.

2. Guards

Guards are plastic or metal attachments that snap onto clippers to control the length of the hair being cut.

- 1/2 Guard

This guard will leave the hair approximately 1/16 of an inch (1.5 mm) long, resulting in very short stubble.

- 1 Guard

This guard leaves the hair 1/8 of an inch (3 mm) long.

- 1.5 Guard

A #1.5 clipper guard leaves the hair 3/16 of an inch (approximately 4.5 mm) long.

- 2 Guard

This guard leaves the hair 1/4 of an inch (approximately 6 mm) long.

- 3 Guard

This guard leaves the hair 3/8 of an inch (approximately 9.5 mm or 10 mm) long.

- 4 Guard

This guard leaves the hair 1/2 inch (or approximately 13 mm) long.

3. Line-Up / Edge-Up

A line up, also known as an edge up, is a haircut technique that involves meticulously shaving or trimming a crisp, straight line along the natural edges of the hairline, neckline, and sideburns (or beard).

4. Hard Part

A hard part is a dramatic, defined part created when a barber shaves a thin line directly into the scalp

using a trimmer or razor. It differs from a soft part, which is just hair naturally combed or brushed to one side.

Please keep in mind that terms change from time to time due to many factors. With that in mind, always feel free to ask questions and look at pictures to make sure that you and your barber are on the same page. In the next article we will talk about different hair styling products, how they're used and which might be the best fit for you.

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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!



Just a Thought...



By Tyler Ryan

Once again, it's great to return to my keyboard in order to share my thoughts with readers of this fine publication.

With the Thanksgiving holiday just around the corner, I am deeply thankful for my recovery from a serious medical situation.

As a result, I've learned much about myself and life in general.

First and foremost is the importance of keeping an eye on my health issues which began back in May of this year when I discovered how much I love breathing.

In all honesty, it was frightening when I was struggling hard to get air into my lungs in the middle of the night or at any time.

So much so that I asked my wife to

call medics to the house where they provided me with liters of oxygen during a transport to the hospital.

The situation resulted in my first-ever ambulance ride and multiple overnight stay at a medical facility.

To be certain, and if at all possible, if you must make a prolonged stay at a hospital, you may want to consider bringing along your own blood and pee because those are the two main bodily fluids that doctors need from you.

Also, if you have the opportunity sometime, please give a hearty thanks to your local first responders.

These good people are amazing when you have a medical emergency.

Another thing to bear in mind is try to request a personal room.

Aside from the risk of catching something bad from a roommate, is your loss of privacy and having to hear

the bodily functions of the person next to you or vice versa.

Trust me, even after many years of marriage I still close the bathroom door and turn on the radio when it's time for me to take care of my personal business, even at home.

That's just me.

I could easily continue on because I have more body parts than thoughts in my head right now but I'll give it a rest till next time.

In closing, I just want to say that I'm also thankful for anyone who still takes an interest in reading my thoughts and wish you all a Happy Thanksgiving and Merry Christmas.

Most of all, please try to stay healthy as regular readers for me, are always at a premium.

It's great to be back!

Thank you.

Just a thought...





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.



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Wills & Trusts

Consider Planning for Your Future Now

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

The older I get, the shorter my letter to Santa seems to get. Forty years ago, I may have wanted the latest model airplane or remote-controlled gadget, but as time and maturity have gotten the better of me, I find myself now wishing for more time with my loved ones, more peace in the world. While we can't always fulfill everything on our own wish lists (let alone others' lists!), there is one gift you should consider giving yourself this Christmas. It's a gift that keeps on giving as we age. It becomes more and more relevant over time. It comforts our loved ones in our final days, and helps provide clarity after we've passed away. You've probably guessed by now that it is not that model airplane.

Instead, consider planning for your

future now with a last will and testament, a medical power of attorney, a financial power of attorney and a living will. These simple estate mechanisms can be the difference between peace and pain at the end of your life, not only for you but for your loved ones as well.

Last Will & Testament

Often, we confuse a Trust or even a Living Will with a Last Will & Testament. NRS 133 is the state law that determines what is a valid law and how it works. Each state has different laws about how Last Wills & Testaments work, although it is important to note that a Last Will & Testament from another state may work in Nevada, provided that it follows certain rules under Nevada law. If you have questions about whether your Last Will & Testament from another state works here, be sure to seek the competent ad-

vice of an attorney who practices only in estate planning, like David Bindrup Law Firm here in Pahrump.

A Last Will & Testament does several things to help put you and your loved ones at ease. It allows you to decide whether you want to be buried or cremated. This important aspect cannot be overlooked. Under Nevada Revised Statutes, by making this determination, as well as properly authorizing the person to order the burial or cremation of your body, you can save your loved ones the battle of determining what your wishes really were and how they should lay your body to rest.

A Last Will & Testament also gives the opportunity to nominate a guardian, so that if you become incapacitated to the extent that you become a harm to yourself or someone else, you can name who has the authority to act on your behalf. Not only does the nomi-

nation give that individual authority, it also gives them priority over anyone else who may want to fulfill that role. This nomination can also prioritize who should care for your minor children when it is properly drafted.

Finally, a Last Will & Testament usually names an executor, or the person authorized to act under the document both to order the cremation or burial of your body, as well as conduct any business on behalf of your estate. It typically also states where you want your assets to go, which can clarify for family members, loved ones and charities how you want your legacy to be distributed when you pass away.

The trouble with a Last Will and Testament is that if it is not properly drafted, then these decisions revert back to state law, meaning that the State decides who should serve, where things should go, and whether you can be buried or cremated. Making these decisions on your own ahead of time can save your family a lot of pain and instead enable them to feel peace at your passing- and what could be a better gift for them and you than that?

Power of Attorney

Another helpful legal document is a Power of Attorney. There are two types of Powers of Attorney- Medical and Financial. The Medical Power of Attorney, or Power of Attorney for Health Care Decisions, nominates who can make medical decisions for you if you're alive but unable to make those decisions yourself. This may be because you are incapacitated, often as

the result of an illness or injury. During the time you're unable to advocate for yourself, your agent (authorized person) named in the Power of Attorney for Health Care Decisions can direct your health care decisions on your behalf, using decisions made in the document by you when you were of sound mind to guide them. Knowing what will happen and who will make those decisions helps your family focus more on your care instead of who is in charge, or arguing about what you would have "really wanted" when that time comes. The peace this enables them and you to feel is priceless!

Financial Power of Attorney

The other type of power of attorney is the Financial Power of Attorney, or Power of Attorney for Financial Decisions. This nominates or authorizes who can make financial decisions for you if you're alive but unable to make those decisions yourself. The neat thing about a Financial Power of Attorney is that you can authorize someone to help with those decisions even when you are of sound mind- it's like building a team to handle your financial concerns. You remain an active team member, but can also have a trusted loved one help with financial decisions if you are unable or unwilling to do so. By properly executing this document, you can ensure your bills are paid, your assets are cared for, and everything continues as you would have it when you are unable to personally make those decisions, or simply



overwhelmed and ready to turn that work over to someone else.

Living Will

Lastly, a Living Will, or Directive to Physicians, allows you to specify whether you continue to receive hydration and nutrition in a hospital setting. Sometimes, based on hospital practice, these decisions are left up to the administration of a hospital instead of turning them over to your loved ones, or ideally- you! By properly executing this document, you can ensure you die with dignity, and understand when and how services such as hydration and nutrition will continue or be terminated according to your wishes.

It may not be a fast remote-controlled car, the dolly that opens and shuts her eyes, or the airsoft rifle you longed for in your youth, but by planning ahead now, you can save yourself and your family members a lot of hurt, heartache and frustration as life progresses. And what better gift to find under the tree than that?

David L. Bindrup, Esq., CPA, LL.M. is the only Nevada-licensed CPA, California-licensed CPA and Nevada-licensed attorney with a Masters of Law in Taxation who has a Pahrump location practicing only estate planning, asset protection and probate. Call 702-465-0888 to set up a cost-free consultation and to learn more about how you can meet with an attorney in our Pahrump office to further review these important decisions.



DESERT SKIN

Understanding Hair Loss: Causes and Treatments



Michael Roos, PA-C

By Michael Roos, PA-C

Hair loss (alopecia): One of the most common dermatologic concerns, hair loss can affect anyone—male or female, young or old—and often causes significant emotional stress. Some forms are temporary and reversible, while others are chronic or progressive. Understanding the underlying reason is key to restoring both hair and confidence.

Androgenetic Alopecia (Pattern Hair Loss): The most frequent type, caused by a combination of genetics and hormone sensitivity. In men it leads to thinning at the temples and crown, while in women it presents as diffuse thinning across the top of the scalp. Though complete baldness in women is rare, the emotional effect can be substantial. Treatments such as topical minoxidil, oral finasteride, and low-level laser therapy can slow or partially reverse the process—especially when started early.

Alopecia Areata (Autoimmune Hair Loss): An autoimmune condition in which the immune system mistakenly attacks hair follicles, creating smooth, round bald patches on the scalp, beard, or body. It often appears suddenly and may fluctuate over time. Alopecia areata is not contagious and sometimes resolves on its own. Treatment may include steroid injections, topical immunotherapy, or light-based therapies to calm inflammation.

Telogen Effluvium (Stress-Related Shedding): A common temporary

form of shedding that follows major physical or emotional stress, surgery, illness, childbirth, or rapid weight loss. Fortunately, the follicles remain alive, and regrowth usually occurs within several months once the trigger resolves. Identifying factors such as thyroid imbalance, iron deficiency, or medications helps speed recovery.

Autoimmune and Inflammatory Hair Loss: Disorders like lupus or lichen planopilaris can inflame and destroy follicles, resulting in scarring alopecia. Early warning signs include redness, scaling, or tenderness of the scalp before visible thinning occurs. Prompt diagnosis and anti-inflammatory treatment are crucial to preserve remaining follicles and prevent permanent loss.

Other Contributing Factors: Nutritional deficiencies (iron, zinc, vitamin D), hormonal changes (menopause, thyroid disease), and mechanical or chemical stress from tight hair-



styles or harsh products can weaken hair over time. Gentle hair care, balanced nutrition, and professional evaluation promote long-term scalp health and stronger regrowth.

The Takeaway: Hair loss is rarely “just cosmetic.” It can reflect underlying health, hormonal, or autoimmune factors, or simple stress imbalance. The encouraging truth is that most forms of alopecia are manageable once properly diagnosed. At Mohave Dermatology, we provide comprehensive medical and cosmetic care for hair loss, tailoring treatment to each patient’s individual needs.

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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.

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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

Making the Most of Medicare Open Enrollment

When you turn 65, Medicare becomes a vital part of your health care coverage. But signing up is just the beginning. Many people don't realize that Medicare isn't a "set it and forget it" program. In fact, you have the opportunity — and often the need — to review and adjust your coverage every single year.

The annual Medicare Open Enrollment period, which runs from Oct. 15 through Dec. 7 each year, is your chance to take a fresh look at your health care needs and make sure your Medicare plan still fits your life. Then you can determine whether your medical and prescription plans need to be switched or dropped.

Just like your health can change from year to year, so can Medicare plans. Insurance companies may adjust their coverage and costs or even discontinue certain plans entirely. By taking time during the open enrollment period to compare your options, you might dis-

cover a plan that saves money, offers better coverage or both.

As a reminder, you have several options when it comes to your Medicare coverage.

- **Original Medicare (Parts A and B)** covers hospital stays and medical services such as doctor visits. Part A typically comes with no monthly premium if you've worked for at least 10 years. Part B requires monthly premiums — \$206.50 or more in 2026, depending on your income. They may also be copays and deductibles.
- **Medicare Advantage (Part C)** offers an all-in-one alternative to Original Medicare. These plans are offered by private insurance companies. They often bundle together hospital, medical and prescription drug coverage. They may also include extra benefits like vision, dental and wellness programs that Original Medicare doesn't cover.



- **Medicare Part D** provides standalone prescription drug coverage for those who stick with Original Medicare.
- **Medicare Supplement (Medigap)** policies help cover the out-of-pocket costs that Original Medicare doesn't pay, such as copayments and deductibles.

When shopping for Medicare plans, there are several important areas you should consider to determine which options are right for you:

- **Out-of-pocket costs** such as monthly premiums, deductibles, copayments and any other



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expenses Medicare doesn't cover. Sometimes a plan with a higher premium saves you money overall because of lower copays.

- **Prescription drug coverage** deserves special attention. All Medicare plans for 2026 will include a \$2,100 cap on what you pay out of pocket for covered prescription drugs, up from \$2,000 in 2025. However, this cap only applies to drugs that your plan covers, making it crucial to verify your medications are included.
- **Your health care needs** for the coming year matter too. Do you have surgeries planned? New health conditions to manage? You'll want to make sure your potential plan covers the care you expect to need.
- **Travel plans** can also influence your choice. Original Medicare typically doesn't cover services overseas, so frequent travelers might want supplemental coverage for emergencies abroad.

If you don't make any changes during open enrollment, you'll likely be automatically reenrolled in your current plan for the following year, as long as it's still available and you continue paying required premiums.

Don't let your Medicare plan run on autopilot. Take advantage of the annual open enrollment period — between Oct. 15 and Dec. 7 — to ensure your coverage continues to serve you well in the year ahead.

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MAKING SENSE OF INVESTING

Do It Yourself Flag Retirement

By Michael Burgan, Member of VFW
Post 10054

Did you know you can perform a flag retirement ceremony yourself? While the VFW does take old flags to be retired, we are getting so many that we struggle to handle them all. You can help by retiring your own flags. We recommend you make this a solemn, patriotic event shared with your children, family, and friends.

Background

The U.S. Code says, “when the flag is in such condition that it is no longer a fitting emblem for display, it should be destroyed in a dignified way, preferably by burning.”¹ Throwing away a flag in the garbage is considered disrespectful. If you aren’t able to burn it, you can place it in a box and bury it. The key is to show respect for the symbol of our country and retire it in a “dignified” way. Those who burn flags in protest are not treating them with dignity. They are disrespecting the country that gives them the right to freedom of speech, a right that doesn’t exist in many other countries. You can protest with a sign and your voice, not by burning a flag.²

Suggested Ceremony ²

Make sure you have a good fire going in a fire pit. Of course, do this in a safe manner, obeying all fire codes and ordinances.

Display the old flag and recite the *Pledge of Allegiance*. If you know an

appropriate song, such as “*You’re A Grand Old Flag*”, you and the kids can sing that.

Say some appropriate words such as these:

“This flag’s monetary value may not be great, but its real value is beyond price. It is a precious symbol of all that American veterans have worked for and died for; a nation devoted to justice, freedom and democracy. Let this

well used flag be retired with respect, and let its place be taken by a bright new flag.”³

Fold the flag into a triangle in the traditional way. (Fold twice the long way, then start a triangle from the stripes and fold up to the stars.)

Everyone salutes the flag. Then place it in the fire. After it gets completely burned and the fire is died out, cover it over with dirt, or bury the ashes.



1. Title 36, U.S. Code, Chapter 10, Section 176(k)
2. www.vfw.org/community/flag-etiquette
3. Paraphrased from American Legion ceremony

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www.CalvaryChapelPahrump.org
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President Jaime Osorio
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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



Two Veterans Day Ceremonies Nov. 11 – 11am

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Nov. 11 - 3pm

DAV Ceremony at Veterans Memorial
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Saturday Nov. 15, 2025

Registration: 9:30 – 10:30am

VFW Post 10054, 4651 Homestead RD
Last Stop: Nevada Treasure RV Resort,
301 W Leslie St.

Crosses for the Heart is holding a
fundraising Poker Run to send Bibles and
Crosses to Deployed Troops. Suggested
donation \$25 per bike.

26th Annual Pahrump Inter- Tribal Social Powwow “Celebration of Youth”

Nov. 21 noon -5pm, Nov. 22 10am to
6pm, Nov. 23 10am to 5pm,
Grand Entry – Sat. and Sun. 12 noon
Petrack Park, Pahrump NV

Free Admission. Everyone Welcome to
join in with the traditional Social Powwow
and learn about and participate in the
Tribal customs. pahrumpowwow@yahoo.com
or 775-209-3444, pahrumpowwow.com.



[com, visitpahump.com](http://com.visitpahump.com). Powwow
committee and Town of Pahrump are not
responsible for loss, damage, theft or injury
while at the powwow. No Alcohol, drugs,
or weapons allowed during Powwow. Host
Hotel - Saddle West, 800-433-3987



Pahrump Holiday Task Force's Annual FREE Community Thanksgiving Dinner and music by Johnny V.

Thursday, Nov. 27th – 11am-2pm
Nye Communities Coalition, 1020 E.
Wilson Road, Pahrump

To donate or volunteer contact:
pahrumpholidaytaskforce@gmail.com.
Please make checks out to: PHTF

Pahrump Community Christmas Tree Lighting

Nov. 30 – 6pm

Nugget Parking lot

Come and help celebrate the Pahrump
Community Christmas Tree Lighting.
The ceremony will be held on November
30th at 6 p.m. at the Pahrump Nugget
parking lot. The event will feature caroling,
cookies, cocoa, and a special appearance
by Santa Claus. Help Pahrump bring in the
Christmas Spirit!



The Nevada Silver Tappers & Miss Senior Golden Years 34th Annual Christmas Benefit Show

December 14, at 2pm & 7pm
Saddle West Hotel & Casino

It's beginning to Look a lot like
Christmas. Donation \$25 - Recipient -
Southwestern Wilds Pahrump (Wild Horse
Rescue Fund). For Tickets: Jackie Greco
(775) 751-3468 or Sunflower Fashions 1111 S
Hwy 160 Suite 7.

Pahrump Holiday Task Force's annual FREE Community Christmas Dinner and music by Johnny V.

Wednesday, Dec. 24th – 11am – 2pm
Nye Communities Coalition 1020 E.
Wilson Road, Pahrump

Coats and Knitted Hats will be handed

out to anyone who needs them. Also, there will be a visit with Santa during the meal. To donate or volunteer contact: pahrumpholidaytaskforce@gmail.com. Checks can be made out to: PHTF

RECURRING EVENTS

The Private Well Owners Assoc.
**First Wed. of each month – Nov. 5,
Dec. 3, 10am**
*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

Prostate Cancer Group Meetings
No Meetings in Nov. and Dec.
DAV Building, 270 N. Hwy 160

For support, education, and information. Come talk with us! Meetings also available on Zoom. For additional information contact: Dr. Tom Waters 702-379-3449 or Linda Wright 775-419-5715.

Tumbleweed Tales - Poetry Roundtable
**Third Tuesday of each month – Nov.
18. Dec. 16, 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 - 8pm
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, 11am – 8pm
Thursdays, 11am – 9pm
Fridays & Saturdays, 11am – 10pm
Sundays, Noon – 5pm
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, Nov. 8 & 22,
Dec. 6 & 20, 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
Hours: Mon.-Fri. 9am-6; Sat. 10am-5pm
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
Saturdays, May-Sept. 7:30-11am, Oct.-Apr. 8:30am-Noon.
*Tractor Supply, 900 East NV Highway
372 at Bolling Rd.*

Get to know your community neighbors by attending the local farmers' market. 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 NCSH 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 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.



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.

West Star Ranch

If you love animals, West Star Ranch could use your help. **WEST STAR RANCH** We're **Animal Rescue & Thrift Store** 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

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

Steelbound Brewery and Distillery

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

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

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

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

Living Free Café
2050 N. Hwy. 160, #400
775-505-3888

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.

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

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| + 3D MODELING | + COMMERCIAL |
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3401 E. Zolin Ave. Pahrump, NV 89061

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- 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.



Mystery Diner



Dry Creek Saloon

Unique and New Local Tavern

Dry Creek Saloon is one of my new favorite places in town. It is always a lot of fun. Very casual atmosphere and they offer anything you might want to drink.

The food is very special, unique, and priced right! Just the way we like it.

Live entertainment varies with the many artists performing.

Local favorites often play here. Rick Scanlon and Lynn Peterson are two of the many well-known local musicians/songwriters you can enjoy being entertained by while sipping your favorite drink and enjoying a delicious bite to eat.

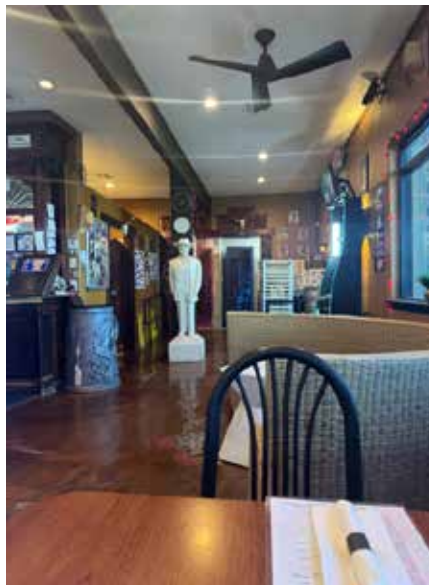
Dry Creek Saloon can be found one block north of 372. The address is 1330 E Fifth Street, Pahrump, NV

Open 11:00 to 3:00 – Give it a try

Their motto is “Where Music, Soul, & Spirits Collide...We invite you along for the ride”

You can learn more from their web-site at <https://drycreeksaloon.com>

They do recommend reservations due to limited seating capacity. Their phone is 775-505-5161.





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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.



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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 2 775-727-8815
3001 E Kellogg Rd.
Station 3 (P.O. Boxes Only-No Service) . . . 775-751-8122
950 N Blagg Rd.



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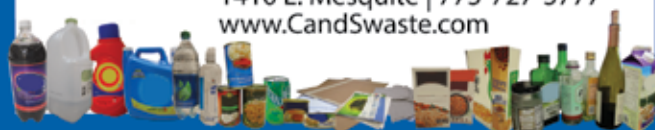
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