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JULY / AUGUST 2023

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Outdoor Adventure*



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CO-PUBLISHERS

Jim Butler & Christine Butler

MAGAZINE DESIGN

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

ADVERTISING SALES

Dot Ahrens
Jim Butler

EDITORIAL CONTRIBUTORS

Crystal Atwood
David Bindrup
Christine Butler
Carol Champney
Jeffrey R. Dye
Casey Jones
Selwyn Harris
David Lewis, DC, QME
Lindsey Madsen
Josh Osborne
Shelley Poerio
Michael Roos, PA-C
Tyler Ryan
Dr. Tom Waters
Ashley Welch

COVER PHOTO

Jim Butler

COVER

PraireFire Team

**Golden Valley
Central Print Facility**
7080 Highway 68
Golden Valley, AZ 86413

*Postmaster please send
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Notes from the Publishers

Hi again. Time for our fourth issue of Pahrump Life Magazine. Can you believe it? Where does time go? We're excited about our July/Aug issue. As usual, it's full of stories about what's happening in town. We start with PriarieFire, which took over what used to be Front Sight. They are making all kinds of changes, and it will truly be spectacular when they get done. But they are so creative and have such great ideas I'm not sure it will ever "be done!"



Our youth recognition subject in this issue is Avery Sampson, who many of you may know from her work donating bikes to kids who need them in Pahrump. She's been very successful and plans to continue. She is one amazing young lady.

We also wanted to honor one of our own, Charlotte Floyd. I never had the honor of meeting her, so wanted to use the words of someone who had. Selwyn Harris was kind enough to give us permission to reprint her story from his PVTimes article. I'm sorry I didn't get to meet her, as she sounds like a wonderful woman who did so much for the town.

This month's State Park is Kershaw Ryan State Park. It sounds like a great place to visit. If you like dream catchers, wind chimes, and other decorations that blow with the wind, don't miss the Busy Living article on Ron Mitchell, known as the Chime Man. He has lots to choose from and can be found at many local festivals and carnivals.

Enjoy the rest of the articles as well. We have a lot of great information to share. Also, we'd like to hear from you if you want us to cover someone or some subject that you find of interest. This magazine belongs to you. Therefore, we want to write about things that interest you.

In closing, we want to thank our contributors, subscribers, and advertisers for their continued support of our publication. If you're not an advertiser, we encourage you to take advantage of our incredible readership. Thanks for your support!

Read and enjoy!

Jim and Christine Butler

Contact Us

Have a question about your Pahrump Life subscription?
We have the answer.

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

Michael Roos, PA-C, is a skilled physician assistant. Mr. Roos is a **veteran**, serving as a medic in the **United States Army**, and has a strong commitment to medicine and his patients. His service includes tours in Germany, Iraq, Kuwait, and Oklahoma. Michael received his undergraduate degree in biology and later became a Physician Assistant. He trained in dermatology with Dr. Daulat and treated all types of dermatology conditions, ranging from acne, psoriasis, and autoimmune diseases, to surgical removal of moles, cysts, basal cell, squamous cell, and melanoma cancers. He has over 15 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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PRAIRIEFIRE

A New Destination for Outdoor Adventure



By Christine Butler

Whether you are a gun enthusiast or not, you'll be excited to learn about PrairieFire, the new shooting facility just south of Pahrump. They took over the 550-acre property, formerly known as Front Sight, and are now busy expanding and improving upon it.

The new leadership team plans to go "beyond the range" and offer unique experiences, leadership training, and specific events. According to PrairieFire leadership, "learning and growth are essential for personal and professional development. Our commitment is to provide an environment where our guests not only improve their shooting skills but also have fun, make memories, and strengthen their bonds with family and friends."

There aren't many places in the world

where you will get the types of experiences and shooting that they offer.

What Are Some of the Changes Being Made?

PrairieFire is doing something that hasn't been done before at that facility - they are offering experiences that go beyond the gun. They've already hosted an executive off-site for the Young Presidents' Organization and have other leadership development offsites on the books.

They will host more events like the Memorial Day 5k run/walk/ruck race that they just held at the end of May. About 125 people participated in the event, which was followed by some shooting experiences as well as a thoughtful speech about how to honor our fallen soldiers by the PrairieFire Executive Chairman General (Retired) Scott Miller. They also plan to hold a fun family event on the Fourth of July

on the property so follow them on social media - @prairiefirenevada - for more details.

The team has already made many changes to the extensive shooting range facilities including adding new steel and moving targets that have never been seen on a civilian range. Many of their unique steel ranges will reset with a push of a button. This means more shooting and less walking down range to reset steel. Guests will get an overall higher quality shooting experience in a short amount of time.

A big addition to their lineup is their shotgun experiences. Between an 18-station sporting clays course, and a very unique and challenging five stand, shotgun enthusiasts and beginners will have a variety of options. Like golf, they envision foursomes coming together to shoot a round of clay targets on their canyon course, and maybe making some side bets with their buddies.

Something they're really excit-



Tom Brancher, our guide, demonstrating the new targets

“Our commitment is to provide an environment where our guests not only improve their shooting skills but also have fun...”

ed about is their “One-Mile Sniper Experience” where you can learn how to hit a target from one mile away. Within the shooting community, few feats are as revered as the mile shot, and they want to teach you how to shoot accurately and efficiently from one of the best in the business.

They plan to introduce night shoot-

ing this year, and also add an archery range that adults and kids can use. And they are assessing whether they can offer helicopter maneuvers for shooting further down the road.

The team has completely redesigned the old clubhouse on the property. They built a new General Store, where you can buy snacks, hats, tee shirts,

ammo boxes and other merchandise. You go through the General Store to get to the PrairieFire Room, which is now a large conference/event space with new, comfortable chairs and tables. And they designed and built a fire pit patio area where you can sit around with friends and share your stories from the day.

PrairieFire is truly a new destination for outdoor adventure and community.

Meet Some of the PrairieFire Leaders

General (Retired) Austin “Scott” Miller is the Executive Chairman

General (Retired) Scott Miller came on board as the Executive Chairman of PrairieFire in January 2023. Scott has extensive military experience, having served 38 years in the U.S. Army. He began his career by attending West Point, starting in 1983, and retired from active duty in 2021. He’s often re-



They offer classes on the Ropes Course



General (Retired) Scott Miller



PrairieFire CEO Mark O'Neal (L) and Executive Chairman Scott Miller (R)

ferred to as the most deployed leader throughout the Global War on Terror, culminating in his last post as the final commander of NATO's Resolute Support Mission, and United States Forces, in Afghanistan from September 2018 to July 12, 2021.

Scott led an initiative while serving as commanding general of the United States Army Maneuver Center of Excellence in Fort Benning in 2014, to integrate women into the prestigious U.S. Army Ranger School. This allowed women to seek higher positions in the Army.

Now he's here in Pahrump with a different kind of mission. He has said a few times that Pahrump, with its desert terrain surrounded by the snow-capped mountains, reminds him of the terrain of Afghanistan. Scott shared that throughout the Global War on Terror, his troops would build a range wherever they were located. One obvious purpose was to sharpen and maintain their war-fighting proficiency. Another



Former US Secretary of Defense James Mattis (L) and Scott Miller (R)

reason was to keep others away. When outsiders heard the shots being fired, they kept their distance.

In the city of Kabul, Afghanistan - his last assignment location - they built a small flat range of about 15 meters (a little less than 50 feet) inside his headquarters and used it for movement drills. He had to seek permission from the country's President and the U.S. Ambassador to make sure no one would be alarmed by the shooting. The range gave him the opportunity to concentrate on other things for a while. "I could close the gates when I went in to shoot, and the problems in Afghanistan were outside that gate - they weren't inside that gate. I could kind of switch gears and just think about something else for a period of time. But I've also said about that range - it's a platform for learning."

Scott equated that experience to what they are trying to accomplish at PrairieFire. There will be some fantastic experiences on this epic multipurpose range complex that will not be duplicated anywhere else. He also says, "the people who stay with us for the journey, there's life learning that will go on here. And I personally believe it



Major General (Retired) Mark O'Neil

will positively affect all parts of people's lives, and they'll have fun." He strongly believes that learning and fun have to go together.

Major General (Retired) Mark O'Neil is the Chief Executive Officer

During his 33 years serving in the U.S. Army, Major General (Retired) O'Neil held multiple combat leadership positions. Throughout his career, his passion for guiding and helping people, regardless of rank, has never faltered. From his days of serving in the Army Special Operations Command to his being a Commanding General of the United States Army Alaska, he con-



Major General (Retired) Mark O'Neil

tinued to teach. And now he is in a perfect position to continue that passion.

Mark's experience in the U.S. Army Special Operations Command taught him how to manage uncertainty when it comes to three things: making decisions, planning strategically, and team building across varying backgrounds, experiences, and between different organizations.

He is a negotiator, organizer, and excels at team building and encouraging people in different organizations, statuses, and backgrounds to work together toward a common goal. He supports simplifying situations in order to help reach that goal. His experience in and ability to assess, select, and train Army personnel is now used to help PrairieFire develop programs for their attendees and members. Mark

“believes that chemistry moves mountains, not physics, and that building relationships based on trust and performance yields lasting improvements.”

Lanny Barnes is the Chief Experience Officer

Lanny is a world-renowned shooting expert. She is a three-time Olympian in the sport of Biathlon, and a World and National Champion in several shooting disciplines. Lanny has participated in shooting events all over the world.

Teaching someone how to shoot - and shoot well - is her biggest passion. Among her students are members of the military, law enforcement personnel, and competitive shooters from around the world. She specializes in showing them how to maximize their



Lanny Barnes has participated in shooting events around the world



Looking over the canyon at one of the shooting stations

physiological and psychological performance. Lanny says that shooting is 90% mental. Whatever is going on in your head impacts your accuracy. She states, "Shooting is an emotional experience - whether it's overcoming a fear as a beginner or working through extreme amounts of adrenaline as a competitive shooter. We would like to help you to learn how to master that 90% while engaging in any firearm activities."

Lanny has been shooting since she was seven or eight years old when the guns were bigger than she was. She has an identical twin sister, Tracy, who is also an expert shooter and Olympian. Their father Thad's biggest passion was hunting and shooting - and he and his wife Deb raised their girls so that they all learned those skills. Over the years, Lanny and Tracy trained as well as taught together. They are very competitive and always push each other to im-

prove. Growing up, they would create different motivational awards, such as the loser would have to do the dishes.

Lanny's first visit to now-PrairieFire was in October 2022, and it is by far the best range she's ever seen. She refers to it as a true hidden gem and says no one else has anything like it. Her responsibility as the chief experience officer is to bring in and create events, competitions, and experiences. She would like to cater to people with little to no experience - all the way up to world champions. She's excited to work here and calls it her dream job.

Lanny's goal first and foremost is education and safety, and also wants to help people learn and grow in whatever direction and path they have in mind. She has already spoken with some local businesses and it's her intent to make some fun and exciting experiences. She's also working to es-



Lanny is a three-time Olympian in the sport of Biathlon

tablish other activities beyond the gun for family members who may not be interested in shooting. Lanny wants to make PrairieFire a family outing where there is something for everybody.



Chief Training Officer Hans "pulls" the clay target while Tom shoots



Clay target shooter on ridge of the canyon

Retired Master Chief Hans Hansen is the Chief Training Officer

Master Chief Hansen served in the U.S. Navy and held several operational leadership roles. During his 21 years of service, he was deployed many times. When he retired in 2009, he chose to concentrate on designing leadership and professional development programs for the U.S. military as well as the private sector. Instructor development and curriculum design are two of his specialties that make him a perfect fit for the ongoing plans for PrairieFire Training



Hans Hansen Chief Training Officer

“...they finalized their initial membership plan for former Front Sight members, offering 50% off monthly dues and no initiation fee.”

Officer. Besides skiing and photography, he is an excellent shooter and enjoys coaching shooters of all levels.

Plans Moving Forward

As you can see, they’ve assembled a strong leadership team to pull the new organization together. And each one of them is looking forward to moving ahead with their exciting plans. In addition to the new management team, they’ve been able to keep the majority of the previous Front Sight staff on board. The leadership team is grateful to the staff, who are exceptionally hard workers, for weathering all the changes. They are willing to put in whatever effort is required to be successful and complete the current plans for success. Among their employees, they have about a dozen veterans working with them, which is another example of their commitment to heroes of all

kinds. And they hope to add more employees as demand grows.

One of Scott’s goals is getting more women involved in their training offerings. Women are the fastest growing demographic in the firearms community, as they are looking for ways of learning how to protect themselves and their family. It is extremely important to help people learn how to handle and use firearms properly and safely. Scott envisions having women-only training and events in the future.

Membership Offerings

At press time, they finalized their initial membership plan for former Front Sight members, offering 50% off monthly dues, and no initiation fee. Members will also get a 25% discount off all courses, experiences, and range use. And they will receive a 10% discount on all food, beverage, merchan-



Scott discussing future plans for the 550-acre site with Christine

dise, and rentals. You don't have to be a former member to join, though! They encourage anyone interested in learning more to reach out to their concierge team at concierge@prairiefire.com or call 702-837-7433.

What Will the Facility Look Like in the Future?

One of the major changes is to provide accommodations for their guests. PrairieFire's sister company, Stagecoach Outpost, is working on plans to provide a variety of options while "embracing the unique character of the American Frontier." They are considering providing places for RVs to park, Airstream Trailers available to rent, park models, and other possibilities. Offering overnight facilities means beefing up security, amenities, and providing food services among other changes required, so currently, there are a lot of decisions to be made.

They also envision a clubhouse on the cliff with views and are discussing the possibility of an amphitheater where concerts and potentially dark night sky events could happen.

Where Does the Name PrairieFire Come From?

The term prairie fire holds a few meanings. It's typically used to describe a fire in open grassland, or an uncontrolled fire in a grassy area. Prairie fires tend to spread very quickly and alter the land it leaves behind. It was also the name of a series of highly classified multi-service United States special operations patrols during the Vietnam War. And President Ronald Reagan used it, starting when he was the Governor of California, to talk about how our devotion to freedom and the strength of our commitment to American ideals would spread like a prairie fire across the county.

Are They Open?

Yes! They have remained open during the bankruptcy transition and currently offer open range time and several courses. They held a soft opening ear-



lier this year, but their grand opening is scheduled for September 23, 2023. Future plans will focus on celebrating the American Holidays and other experiences. As mentioned earlier, they began that tradition with a Memorial Day 5K fun run/walk/ruck. Scott believes in celebrating holidays on their actual day, especially Memorial Day, as it honors all those who made the ultimate sacrifice. It's an especially important day for families who lost a loved one and the other veterans who survived and know the sacrifice these heroes made.

Mark your calendars and plan to head to PrairieFire on September 23 for the grand opening! And see for yourself what all the discussion is about. It is a unique and extraordinary development right in our own backyard, and there's nothing else like it in the world.

“They have remained open during the bankruptcy transition and currently offer open range time and several courses...”



5K participants Wayne and Cynthia Murphy with Scott and Dr. Tom Waters



Scott and Lanny congratulating the 5K winner, Jamie Aguilar



Singing of National Anthem at Inaugural Memorial Day 5K Run.Walk.Ruck

Fun in the Sun, Damage in the Desert



By Michael Roos, PA-C

Everyone looks forward to the end of Winter, enjoying the Spring temperatures and the summer sun. Long, bright, warm days in the Southern Nevada Desert, home to the residents of Las Vegas, Mesquite, and Pahrump. The sun's light and warmth bring energy and life to our world. Interestingly enough, that same life-giving energy can be the source of damage that causes skin cancers, some even potentially life threatening. The sun emits energy, several forms of invisible radiation, called Ultraviolet (UV) rays. These invisible energy rays warm the skin, but that radiation energy can penetrate the skin causing damage, UV damage, that can transform normal skin cells into cancerous growths commonly referred to as skin cancers.

Pre-Cancerous Growths Can be Treated

The initial changes begin subtly as



rough, sharp, superficial white or pink-white crusts called "pre-cancers" and known medically as Actinic Keratoses (actinic = sun caused and Keratoses = crusting of the skin). Because of their superficial nature, pre-cancerous growths can be treated by several methods, most commonly, "freezing" with liquid nitrogen, BLuLight Therapy or several types of prescription topical creams. These treatments are very effective to help prevent the development of actual skin cancers when used properly on the appropriate patients. When these lesions are left untreated, they commonly progress to fully developed skin cancers, the most common types of these are Basal Cell and Squamous Cell Carcinomas. Basal Cell Carcinoma, the most common of the skin cancers, is typically non-invasive, but becomes a slow-growing, shiny or "pearly", pink bump or patch at the skin surface that may itch, scab and does not heal. These can look like a



Michael Roos, PA-C

"pimple" or a "new mole" that people think they have "scratched" or "cut" accidentally but eventually realize that this persistent growth or sore is not going away and eventually seek treatment. Squamous Cell Carcinoma, in contrast, is a potentially invasive cancer that arises from pre-cancerous UV damage and becomes larger, pink-white crusts that may grow into large lumps, referred to as nodules or masses, that can ulcerate and bleed requiring bandaging and eventually treatment.

Melanoma is Caused by Sun's UV Radiation

The most dangerous, common skin cancer is Melanoma which develops when UV radiation damages the pigment cells of the skin, called melanocytes, causing fast growing, irregularly shaped, brown, brown-black or even pink-brown-black lesions that initially

spread, most commonly, through the surface skin like a “tattoo”, often flat and smooth in the early stages, eventually becoming a raised and possibly crusted or ulcerated skin lesion, again which does not heal or go away. These lesions all present health concerns and, if left untreated, can present a potential risk to your life.

This skin cancer risk can be avoided or reduced by employing some simple measures:

1. avoiding any unnecessary, prolonged sun exposure which may lead to UV damage,
2. wearing protective clothing (wide brim hats, shirts, shorts or pants), some of which have been developed with fabrics that provide UPF (ultraviolet protection factor) 50 or higher, to prevent sun damage,
3. using SPF (sun protection factor) topical skin products, typically

available at retail outlets, before going in the sun and re-applied regularly while being exposed to UV rays when sun avoidance is not possible, and

4. getting regular skin examinations to allow for early detection and treatment of pre-cancers and skin cancers, which typically results in better outcomes and less risk of developing an invasive or metastatic cancer that could shorten your life.

Cancer-Causing Damage May Occur Years Earlier

It is important to understand that UV or sun damage that we have accumulated throughout our lives can lead to the development of one or more of these skin cancer lesions many years after that damage occurs. Knowing that something you did 10, 20 or more years before could result in a skin cancer later in life is essential to prevent-

ing a life-threatening lesion. People often present to the office in their 60s, 70s or 80s, stating that they do not “go in the sun” or that they “avoid the sun”, not realizing that the cancer-causing damage occurred many years earlier and they are only now seeing the result of that previous exposure and damage. The Physicians and Physician Assistants at Mohave Dermatology have extensive experience to assist in the prevention, detection and treatment of pre-cancerous and cancerous skin lesions and have appointments available to perform the necessary examinations and treatments and look forward to serving the people in the Las Vegas, Mesquite and Pahrump Valley areas that we serve.

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*Floyd Elementary School
was built in 2007 to honor
Charlotte and Ron Floyd.*

remembering Charlotte Floyd the family matriarch



By Selwyn Harris

As most people know by now, Charlotte Floyd, a member of one of the founding families of Pahrump, recently passed away. I never had the pleasure of meeting her, so I asked permission to reuse Selwyn Harris's PVTimes article. He did know her and said "Charlotte was always a wonderful and caring woman." Here's his article on her passing on April 11, 2023, and thanks to Selwyn for allowing us to reprint it:

Those who are not familiar with Pahrump's Floyd family are sure to know about their legacy in Pahrump and Nye County.

With that being said, the veritable

matriarch of the Floyd family passed away this month.

Charlotte Ann Floyd, (Woner), long-time wife and soulmate of Ron Floyd died on April 11, at the age of 86.

Ron Floyd passed away in 2013.

Early Timers

The Floyd family, who arrived in 1962 with their young family, along with just a handful of other area fami-

lies, are considered true pioneers of the Pahrump Valley, as the Floyd's presence is conspicuous throughout all areas of town.

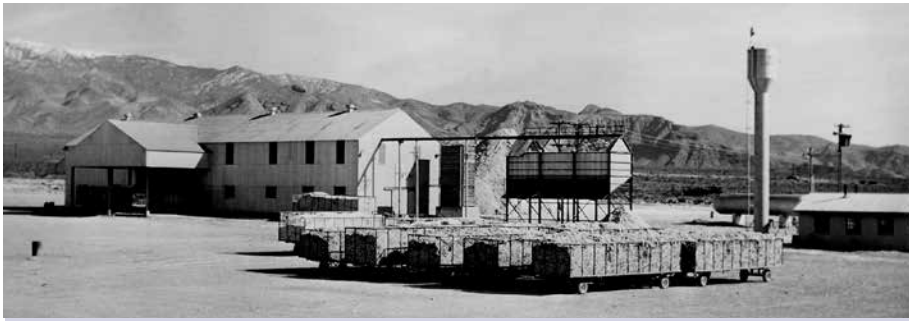
Sprouting Roots

In fact, it's difficult not to mention Charlotte and Ron in the same sentence when recalling their beginnings in Pahrump.

For instance, the couple helped to



The first Harvest Festival



Charlotte worked at the Nevada Cotton Gin with her sister, Jacque Ruud, which was located where the Pahrump Nugget sits today.

plant many of the Mulberry trees at Petrack Park decades ago.

Business Prospects

Ron Floyd also established several successful businesses in Pahrump, including a well-drilling and pump installation enterprise along with Floyd's Ace Hardware, and the Charlotta Inn Motel, which is now Charlotta Plaza.

Many Fond Memories

Daughter-in-law Julie Floyd spoke to the Pahrump Valley Times about what the Floyd family, in large part, Charlotte and Ron, personally contributed to the town over the years, including Charlotte's role in founding the annual "Pahrump Fall Festival," originally known as the "Harvest Festival."

It should be noted that several other longtime local families also contributed to that community effort.

"Their pioneering efforts are many," Floyd said. "Charlotte is credited with the idea of Pahrump having an annual harvest festival. It was alongside Ronny that they helped plant the Mulberry trees that you see at Petrack Park today. The pride they both took in their local community can be measured by their generous donations over the years. There were approximately only 300 people when they moved here."

Giving Back

Collectively, as noted in the family's obituary, the Floyds also purchased quite a bit of acreage in and around the

town which they would often donate to various entities, including land that is now home to the county's sheriff's office, court system, animal shelter and additional government agencies.

Family First

"Charlotte was always right along Ron's side ensuring their success, and they made a great team," according to the family obituary. "First and foremost, Charlotte loved family. She was a hardworking businesswoman but always seemed to put family first and was always there for her loved ones. To help make ends meet, Charlotte also worked at the local cotton gin with her

sister Jacque Ruud. She enjoyed gardening, reading, and was a wonderful artist. One of her paintings is displayed at the Pahrump Museum. Traveling and spending weekends at her family cabin in Trout Canyon made her happy," the family fondly recalled.

Deserved Recognition

Additionally, Floyd went on to state that the altruistic efforts of the couple did not go unrecognized in the community.

In 2007, Floyd Elementary School was established on the valley's south end of town.

"The high school softball field was also named after them," Floyd said. "I remember they donated money for a new wrestling mat at the high school because they saw the need for it but they didn't want any credit for it."

Time Flies

Charlotte and Ron Floyd were married October 3, 1953, thus this year would have marked their 70th wedding anniversary.



Charlotte and Ron planted many of the mulberry trees at Petrack Park.

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OUR VETERANS OUR HEROES



US Army; US Marine Corps; US Navy; US Coast Guard; and US Air Force

Part 4

By Tom Waters

We hope you are enjoying re-reading the “Our Veterans, Our Heroes” stories from past Pahrump Life Magazine issues in Part 1, Part 2, and Part 3 from 2016 through 2021. So, let’s go into Part 4 where we find the Veteran stories from 2022 where we saw more veterans who wanted to share their adventures with all of you.

So we conclude this “overview” as we go into 2022 where we encouraged more veterans to tell you about their service to our nation in or out of uniform.

John Davis

We begin the Jan/Feb 2022 Issue with US Air Force Fighter Pilot John Davis as he tells us about a Midair Collision at 37,000 feet that led to a High Altitude Ejection. Fortunately, it was not John who had to eject but a Marine

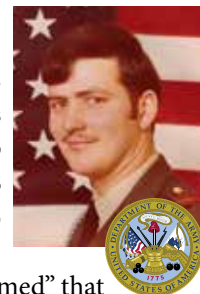
pilot (Cal Jumper) who was training US Air Force pilots on adversary MIG aircraft tactics. John recommended this story to me because he remembered that during my “enlisted” days from Airman through MSgt, I worked in Egress on all ejection seats including the Martin-Baker ejection seats. This story brought back many memories of why we (personnel in the Egress Shop) were so diligent in doing what we did for the flight crews including precise calculations to ensure that, after the ejection, the chutes don’t open before they descend to 15,000 feet so that they can breathe. “Bring them back safely” was our motto. Even though this seat had been used successfully in 4,692 ejections, most people (including our readers) know very little about what sequencing (step by step) is involved in an ejection. This story takes you on the flight, the incident, and the ejection hoping that it doesn’t have to be



repeated by any of us. This is truly an exciting story.

James Arntz

The Mar/Apr 2022 Issue features James (Gunny) Arntz, who served in the US Army. I needed to start with that statement because I “assumed” that Gunny had served in the Marine Corps. When I first heard his story and learned why he is called Gunny when his name is James, I knew that it would be an interesting story for our readers ... and it was. Now, let’s go back to an earlier time where we learn that James had several jobs on active duty and ended the last 12 years as a Recruiter. He left active duty after he had served 20 years in the Army and retired as a Sergeant First Class (E-7). While still on terminal leave, and with all of his Army experience, he knew that he needed to find a civilian job. He also realized that he had never had to look



for a job before. He was hired by Dave Ingram of Ingram's HVAC and learned the business well. By the way, Dave Ingram had served in the US Marine Corps and, when he hired James, he stated that he had already hired a James, a Jimmy, and a Jim. When Dave learned what his Army rank was, he called him "Gunny," and the name stuck. He continued his HVAC training and later started his business in Pahrump and called it "Gunny's Air Conditioning and Heating." He continues to support the community in so many areas that he, and his wife Ellen, are both considered "vital assets" to the Pahrump Community.

Arnold Breitenbach

In reading the May/June 2022 Issue, we learn about the contributions that Arnold (Arnie) Breitenbach made to our nation by serving in the US Army. He is only one of the many veterans willing to tell the readers why we (as veterans) do what we do and how much we love our country, the United States of America. Even though this is an abbreviated version of his very interesting story, I (Lt. Colonel Waters) will allow Arnie to tell it in his own words. Here goes ...

I attended Pierce Jr. College as it was at the height of the Vietnam War and, in October of 1967 while in school, a friend, came up to me and informed me that my good friend Ronald Penman had been killed in Vietnam. He was drafted soon after high school. Before going into the army my friend Ron had given me a new Zippo cigarette lighter with the inscription, "Kink from Zero Minus." I was Kink, for my curly hair and he liked to be called Zero Minus. I still have that lighter, but I quit smoking about 1974 and had no real need for it. I did not really like school and

my grades slipped enough that I got drafted. Well, sure enough, the draft notice came in the mail and the first words read, "Greetings, your friends and neighbors have selected you....."

On January 15, 1968, I was at the induction center in Los Angeles and there were many of us being sworn in when some Marines came in. They asked for some volunteers. I knew I didn't want to go into the Marines, so I made myself as small as I could. They looked around and said, "Okay, you six big guys, in the front, let's go." So I had my chance to be a U.S. Marine, but I would be happy as an Army guy and who knows what will happen in the Army. They gave me a Serial Number, which I have never forgotten. After the "swearing-in" was completed, we left for Fort Ord in Seaside, California to begin our Basic Training.

Upon graduation from basic training, they gave out the assignments for the next advanced training school. The sergeant called my name and said that I was assigned to Fort Knox, Kentucky, where I was going to be in recon. I asked him, "What was that?" He laughed and said, "Oh, you go before the infantry." I knew he was not telling me the truth as everyone knew the infantry went first. On my first mission in Vietnam, I would find out that he was right and we went before the infantry. When I graduated from basic training, my parents came to see me. We spent the rest of the day together before I was to leave for Fort Knox.

At Fort Knox, I trained on the armored personnel carrier, called an "APC," for eight weeks.

On January 2, 1969, I was on my way to Vietnam. The first stop was in Oakland, California, where they put hundreds of us in these huge buildings, which must have been aircraft hangars. We flew out of Oakland and we stopped for a couple of hours in Hawaii. We were able to get off the plane in Hawaii, but that's all.

As we flew into Vietnam I looked

down and saw lots of smoke and fires on the ground and my first thought was all those firefights going on down there and I am headed right for it. I would later find out that a lot of it may have been all the burning details all across the country where our soldiers were. Our plane landed in the southern part of the country at the Bien Hoa Airbase, near Saigon, now called Ho Chi Minh City. From here, I found that I was to take a C-130 airplane at midnight to the northern part of the country. I was at the airport waiting for my flight, but I fell asleep. The next thing I knew it was two o'clock in the morning and my flight was gone. I thought I was in big trouble, but they just told me to come back the next night.

The next thing I found out was that when we were on missions with the infantry, and guess what?, that old sergeant in basic training was right. We went before the infantry. They walked behind us as we swept through villages, fields, and rice patties. Although the infantry liked to work with us in the daytime because we had heavier firepower and a fairly safe place to hide from small arms fire, they did not like to spend the night with us because we would draw the heavier firepower, as witnessed by our bridge guarding work, and they felt safer sleeping away from our APCs.

On a mission and working with the infantry at the time of the TET offensive of 1969.

NOTE: TET 1969 refers to the attacks mounted by the People's Army of Vietnam and Viet Cong in February 1969 in South Vietnam during the Vietnam War, one year after the original TET Offensive. Most attacks centered on military targets near Saigon and DaNang and were quickly beaten off.

One of our safety tactics was to set out a tripwire attached to a flare out away in front of us that would give us a warning that something or someone was approaching us. That night enemy soldiers crawled up to us and they tripped our warning flare that we had



placed before dark. I got my crew up and we started shooting in the direction of the flare. Then Lt. Hernandez radioed me and asked what I was doing. I told him our trip flare went off and we were recon-shooting the area, as we had always done. The new Lieutenant was not as familiar with our previous tactics and he told me not to shoot any more until we could see something. I did not like him very much. My gut feeling was that I knew we were going to get hit and it was just a matter of time. So I had my crew ready and it was about two o'clock in the morning when a rocket-propelled grenade was shot from where our trip flare had gone off earlier. It went right over the top of my head within inches. I could feel the heat from it as it went over. I started shooting the 50-caliber machine gun towards the direction of the flash. Everybody else started shooting also. It was just a few seconds later when there was a huge flash of light and explosion that seemed to be in my face. It knocked me down and out for a few seconds. The next thing I knew, Robert Maldonado was saying, "Arnie, Arnie, are you all right?" I knew I was alive so I said, "Yea, I'm OK." I felt my face, and it felt all right. I opened my eyes and I couldn't see. As it turned out it was really nothing. I was just blinded by the flash of light. The funny thing about that was that Robert was taking me to the medic and he was the one who fell into a foxhole guiding me. I thought that was funny. The enemy did not attack us any longer that night.

The next day we had to tow our broken APC to a landing zone on top of a hill. They had hit our APC with a recoilless type bazooka or a B-40 rocket and it blew a hole in the front of it about the size of a soccer ball and it bent our differential so bad that the whole APC was scrapped for parts. Once at the LZ, I thought we could all rest while the rest of the troop was out working. So much for that bit of resting, as I was called to another leaderless APC and, right away I was right back out with a

different crew and APC. I went to see the doctor when we went back to base camp. The doctor told me I had ear damage. For that injury, I was awarded the Purple Heart Medal.

I was very happy when my year in Vietnam was over. I was not sorry that I volunteered and I knew I would never have to do that again. There were so many people hurt and killed over there. One of the reasons that I did volunteer to go over was that I would pay some tribute to my friend killed there, Ronald Penman. I heard some people say that when their airplane took off from Vietnam, there was a loud cheer. On our plane was complete silence. I know I felt a great relief.

On January 2, 1970, I was discharged from the Presidio in San Francisco and when I looked at my DD-214 discharge paper, it listed me as a PFC E-3. It was a mistake and I did not even bring it to anyone's attention as I was just happy to be getting out. I was told to report to the benefits section of the VA to receive compensation for the damage to my ear. I did go and it seemed like a welfare office and I had to wait for so long, so I just left never to return.

In December of 1970, I joined the Los Angeles Police Department. When I joined the police department, I didn't know what to expect. I knew it was going to be similar to the Army, but that is all I knew. I started the police academy at Elysian Park on December 28, 1970. The academy was just very similar to basic training in the Army, except that it was much more classroom studying. The physical training was also very hard. I had been there for two weeks and, to my surprise, I got a paycheck. I didn't even know that I got paid for going through the Academy.

After graduation from the academy, I was assigned to Hollywood Division. That place has lots of interesting things taking place all the time. From Hollywood Division, I worked patrol in Foothill and Van Nuys divisions. My best job was for eleven years working in Accident Investigation in

the five divisions of the San Fernando Valley. From there I made Detective and worked narcotics where I became a Detective Supervisor.

I retired from the police department after twenty-eight years. My wife and I lived in Florida, Wisconsin, and Utah, and then we finally decided to settle in Pahrump, Nevada. I have found Pahrump is my favorite place to live. So, just to remind you who I am, I am Arnold Breitenbach of Pahrump, Nevada, and I am a Retired LAPD Detective Supervisor.

Thanks Arnold for your story and the memories.

Doug Daniels

Even though we were introduced to this US Navy Veteran in the Nov/Dec 2019 Issue where Doug Daniels described himself as



a human "Guinea Pig" in Project Shad (Project 112), I (Lt Colonel Waters) had to be convinced that it was not fiction. I (we, the Pahrump Life staff) learned that his descriptions were very accurate. However, in the Jul/Aug 2022 Issue, we are reintroduced to Doug Daniels in Part #2 of his unbelievable military service to the United States of America. I needed to explain to the readers that Part #2 (like Part#1) was delayed because I needed to ensure that the contents were not still classified by the United States Military or the Department of Defense. As far as I was able to determine, most of the operation was declassified in 2018 but everything that was printed in the Pahrump Life Magazine or on YouTube has been completely declassified. The operation's code name was Operation Sailor Hat and you can do a Google search and learn a lot more. It involved Building and Detonating a FAKE Atomic Bomb. Here was a true patriot who had a very HIGH security clearance who stated, "As most of my time

in the Navy was spent in Special Ops/ Military Intelligence outfits, I didn't advance any further because they kept me busy with classified missions." He also stated, "I am NOT a fiction writer or a complainer. I am merely a veteran like most of you who joined the military to serve our country and, being young, I did what I was told and trusted my government to use my talents for National Defense. Well, Project Sailor Hat was an operation to determine the effects of an atomic bomb on various objects. The project was successful and the Admiral was promoted and Doug received an "atta boy" and an 8" x 10" glossy photograph for his participation. The last year on active duty, Doug was sent to Vietnam (1967-68). His story continues with Part #3 in the next issue.

Doug Daniels

So, we have reached the Sep/Oct 2022 Issue where we visit with US Navy Veteran, Doug Daniels, in Part #3 of a very interesting military career. Actually, Part #3 is a continuation of Doug's "really rough ride" on active duty. While we venture into his whirlwind and highly classified military service, it seems like he was everywhere that our government needed to have something tested. He discussed the previous two stories and provided some disheartening statistics that, of the 5,500 test subjects of Project Shad (along with Operation Sailor Hat), less than 400 are still alive. Many have died from mysterious cancers or other unusual ailments.

While going through the VA process to get disability payments, he was telling the VA Social Worker about two formerly classified operations and the high mortality rate with Project Shad. After listening to Doug for about a quarter of an hour, the Social Worker told him that he heard of only one

thing worse. He then mentioned that there was a little island about 1,000 miles from Hawaii where 100% of the people stationed there were collecting disability in one form or another and all were constantly ill. No exaggeration, 100% of the people stationed there were ill. Doug asked him if he was talking about Johnston Atoll. The Social Worker was absolutely silent for a moment and then said in a LOUD voice, "Don't tell me that YOU were THERE too!!" Yes, Doug had been stationed there for nearly a year. This entire story was very enlightening.

Between Project Shad and his tour on Johnston Island, it's a miracle that he is still here. Somehow, he beat the odds and went to Vietnam during his final year on active duty just in time for the TET Offensive. Yes, he was THERE too, in a Special Operations Unit, but that is another story for another issue of the Pahrump Life Magazine.

He concludes his story with this statement, "How I ended up in Pahrump is a mystery to me. I'm a real city kid and I've lived in New York, London, Paris, Stockholm Sweden, Kaohsiung China (Taiwan), and Pampanga in the Philippines. I am currently on my 4th passport since I do a lot of traveling."

Ron Frazier

We close the year (2022) with the Nov/Dec Issue, with Ron Frazier, a Civilian who wanted to serve but couldn't and a person who supported Veterans 100% and did everything he could to recognize the efforts of everyone (Veteran and Non-Veteran) while emphasizing everything good about Life in Pahrump. Here are comments from Ron in his own words about his attempt to serve: "I was at the grocery checking out the other day and the cashier asked if I had served in the military. As I said the words, 'No I wasn't,' and then I

caught myself adding, 'They wouldn't take me.' It was at that moment, I realized how guilty I felt about not serving my country when so many others did. My brother, Denis, served; my Brother-In-Law, Dennis, served; my Brother-in-Law, Bill, served; and many of my friends served. I felt somewhat better after the cashier, who was in his twenties told me he was turned down as well. He said it was because he has flat feet. It was at that point, I decided to write an article so people would understand that the individuals who serve in our military are all physically fit and those who did not qualify and were not able to serve, have a great appreciation for the Veterans who took our place in the military. It all goes back to the fact that, at least we tried." Ron's story in the Nov/Dec issue would bring "tears to your eyes" as it did mine as I reviewed Ron's article before determining that it was "ready" for the world to read. My sincere thanks to Ron and everything he did he did for all of us. Farewell, my friend.

That is the REVIEW of the "Our Veterans, Our Heroes" stories for 2022. We hope that you have enjoyed reliving these stories as much as we have enjoyed reliving them for you. This issue concluded the REVIEW ending with the story by Ron Frazier himself just before he passed away on December 10, 2022. It was Ron who created this segment to honor Veterans and he was always proud to let everyone know his respect for everyone who served our Great Nation. Thanks, Ron and Marion Frazier for all you've done to make the Pahrump Life Magazine a reality, and, thanks to Christine and Jim Butler for picking up the torch to carry on this wonderful legacy.

It was my honor to help other Veterans share their stories with all of you. I'd like to say THANKS to Pahrump Life Magazine for this opportunity. If you'd like to share your story in "Our Veterans, Our Heroes", contact Dr. Tom Waters or the Pahrump Life Magazine editor.





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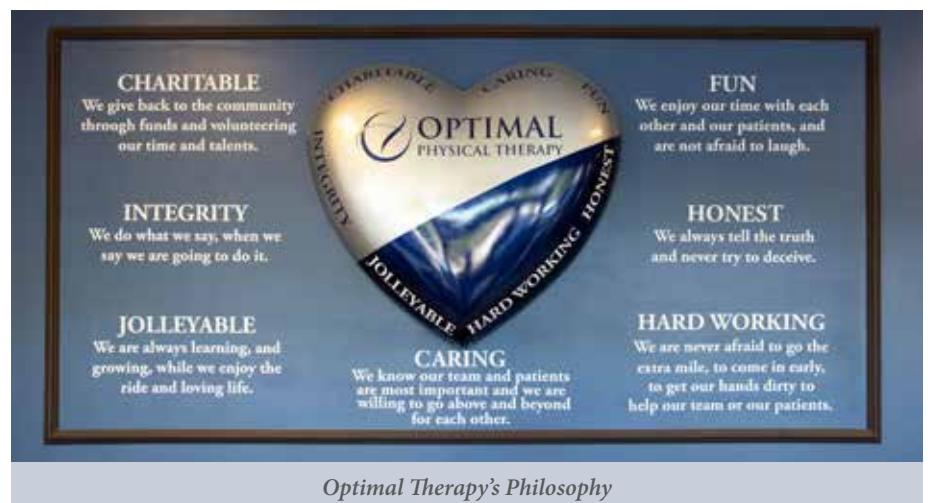
...to 6000 Square Feet

By Christine Butler

In 2008, Affiliated Physical Therapy started in Pahrump. The owner, Steve Jolley, began the business in a one-room office shared with a chiropractor. Today, they have a 6000 square foot clinic which they own here in Pahrump. They have nine providers, four Physical Therapists (PT), and five Physical Therapy Assistants (PTA). In addition, they have nine technicians who bring the clients into the clinic and get them started on their routines until a PT or PTA becomes available. They also have three front office workers who meet you with a smile and get you checked in for your appointment. In addition to these three, there is one authorization specialist that works behind the scenes.

When Did They Become Optimal Therapy?

In 2020 Optimal Therapy in Henderson and Affiliated Therapy here in Pahrump decided to merge and be-



came Optimal Therapy, an Affiliated Company. The Pahrump location was the flagship for the company, which now has eleven locations throughout Southern Nevada, including one in Boulder City, six in Las Vegas, three in Henderson, and the original in Pahrump. The Pahrump clinic averages about 600 weekly visits, including 65-70 new patients. The place is always busy, but the staff does an amazing job staying ahead of the needs of their patients.

The Pahrump facility has always been

a place where patients can come and get individual care in a nice, kind, and caring manner. PT Dave Christiansen, the regional director, says, "Patients may not always get the full results they were hoping for, but they'll feel cared for when they leave."

What Services Do They Provide?

Their menu of services is impressive. Some of the services they provide include treating injuries caused

“They have nine providers, four Physical Therapists, five Physical Therapy Assistants... nine technicians...three front office workers.... one authorization specialist.”



Therapists and assistants work individually with patients

by running, neck pain and headaches, chronic lower back pain, knee injuries, treatment before or following surgery, and various sports injuries. They also address balance issues and treat those suffering from chronic pain and fibromyalgia. Their primary goal is to help people get back to doing the things they love to do after injuring themselves or suffering in some way. Some other conditions they deal with are helping people with MS, cardio patients, stroke victims, traumatic brain

injuries, Parkinson's Disease, and general pain. They have some therapists who specialize in pain science, pelvic health, pediatrics, fall prevention, sports recovery, and geriatrics, to name a few. Additional offerings include dry needling (similar to acupuncture, only deeper and is used to eliminate pain), joint mobilization, soft tissue work, wound care, and identifying the root cause of these annoying and sometimes debilitating aches and pains.

The Employees are Also Active in the Pahrump Community

In addition to their therapy work, this group of employees enjoys being active in the community. They help with the local Angel Tree Program, become involved in the VFW food drives, volunteer at The Blind Center of Clark County, and collect supplies, clothing, socks, backpacks, and toiletries to help out the schools. Hosting food and toy



Optimal Therapy's talented team



Regional Director-Dave Christiansen (L) and Selica Dingson Clinical Director (R)

drives is on their list too. If they have patients that come to the facility and the staff knows they are in need, they will share some of the things they've collected with them. They genuinely care about the people they serve.

They Welcome Students Interested in Pursuing a Career in PT

Selica Dingson, a PTA and the Clinical Director, shared that if you know of a high school student interested in discovering if Physical Therapy is a potential career for them, they are welcome to shadow the therapists to see what is involved. They would be credited a certain number of hours toward hands-on experience if they should decide it was something they wanted to go after. It would be a good experience for them to see what goes on firsthand. The therapists are willing to answer questions and show them around. It would be one way to help

students determine if it's a career they would be interested in pursuing. It is not an easy road to get into a physical therapy program, but if it's something you really want, it's worth the effort to try. Interested parties can contact Selica through the clinic number 775-727-3838 or email her at Selica@optimalptLV.com.

The Facility is Well Furnished with Top-of-the-Line Equipment

They have the equipment to help strengthen just about every part of your body, including dumbbells of various weights, weighted medicine balls, grip trainers, resistance bands, rehab pulley systems, foam rollers for balance work, balance pads, exercise balls, stationary bikes, parallel bars, stair steps, recumbent elliptical cross trainers, and the list goes on. You name it; they've got it.

They also have massage tables for clients with muscle stiffness, joint inflam-



Individual rooms are used for evaluations

mation, a need to improve circulation, muscle pain, and more. It also helps patients relax. Many of the Pahrump employees are schooled in massage therapy.

Strict procedures are in place to sanitize all equipment after each use to minimize the spread of germs. The clinic is kept organized and clean. All employees help to keep it that way.

Evaluations and Consultations

When you first arrive at the clinic, you will be interviewed by one of the PTs to learn more about you, your condition, the length of time you've been dealing with the issue, and potential causes, if known. They strive to understand your situation so they can put the right program together that fits your needs. During the course of your treatment, they schedule periodic evaluations with you to see how you are progressing. Based on the discussion, they'll determine whether or not to change your workout. It's also an opportunity for the patient to let the PT know whether they feel the process is helping. If not, another strategy may be more effective. They state, "Our focus



Resistant Stretch bands are used to isolate strength training

is to heal you through manual therapy techniques and therapeutic exercise.”

The Quality of the Employees Impacts the Clinic’s Success Immensely

The employees at the Postal Clinic are excellent at what they do. They are friendly, knowledgeable, caring, and extremely helpful. They obviously enjoy their jobs as they are smiling most of the time. They work well as a team. Many therapists become friends with their clients. I should know; I’ve been



Front office team, Stephanie, Alma, and Sylvia

there a few times myself. It doesn’t matter which person is assigned to you for your visit. They’re all ready and willing to help you recover from whatever is causing you pain and suffering. From check-in with, throughout your treatment, to checking out at the end of your appointment, you are in excellent hands.

Optimal Therapy’s Postal Road location is in the center of Pahrump, right next to the post office. The address is 2250 E. Postal Dr. Ste 4, Pahrump, NV 89048. They can be reached at 775-727-3838 or optimalptlv.com/about-us/postal-clinic-pahrump-nv/



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Economic Growth and the End of the Cold War

By Lindsey Madsen

Ronald Reagan (1911-2004)

President Ronald Reagan's two terms in office are marked by economic growth and prosperity. He also made large steps towards peace with the Soviet Union which eventually brought about the end of the Cold War. President Reagan is both a beloved and controversial president — his economic plan brought wealth to many, but his conservative policies brought him a good deal of criticism.

Let's take a look at this Republican president who boosted the economy and brought about the well-off Reagan years.

Early Years

Born in Tampico, Illinois, on February 6, 1911, Ronald Wilson Reagan was Edward "Jack" and Nelle Reagan's second son. Jack was a shoe salesman who would move his family all over Illinois while his two sons were young. The Reagan family finally settled in Dixon, Illinois, in 1920.

Ronald was a talented boy who stayed busy through high school — he played sports, performed in plays, and served as the student body president. In 1928, Ronald graduated and started at Eureka College. He stayed busy



Young Ronald Reagan

there, too. He joined the football team, became the captain of the swim team, ran track, acted in plays, and became the student council president. Ronald graduated from college in 1932. From there, he moved to Iowa, where he got a job as a radio sports announcer.

The Silver Screen

In 1937, when his work took him to Southern California to cover the training season for the Chicago Cubs, Reagan did a screen test for Warner Brothers. The movie studio liked what they saw and signed Reagan to a contract. What followed was a long career as an actor, with over 50 movies on his resume. One of his most famous movies was "Knut Rockne All American." Reagan played the role of George Gipp;



President Ronald Reagan

it was in this movie that Reagan said his famous line, "Win one for the Gipper." Reagan would later use this line as his campaign slogan.

Just a few years after signing with Warner Brothers, Reagan met his first wife, actress Jane Wyman. The couple had a daughter named Maureen and later adopted a son, Michael. After eight years of marriage, Ronald and Jane divorced in 1948. In 1952, Reagan married his second wife, Nancy Davis. Nancy was also an actress. The couple had two children, Patricia and Ronald, and would stay married until Reagan's death in 2004.

World War II

Reagan was drafted in 1941 but was in the middle of making the movie "Kings Row." The studio had his draft



Ron and Nancy Reagan

deferred so they could finish the movie, but let Reagan go in the spring of 1942 so he could avoid being accused of draft dodging. But not long after Reagan reported for duty, it was discovered he was near-sighted. This disqualified him from active duty — but the military had a different task for him. Reagan starred in numerous training and propaganda films.

Entering Politics

After the war, Reagan went back to Hollywood and became the president of the Screen Actors Guild. While in this role, the liberal Reagan gradually started transforming into a conservative. Soon, he was supporting Republicans instead of campaigning for Democrats as he used to. In 1964 Reagan delivered a televised speech in support of Republican presidential candidate Barry Goldwater. The speech caught the country's attention and put Reagan on the map.

In 1966, Reagan burst into the political scene by running for the office of governor of California — he won by nearly 1 million votes. Reagan was re-elected governor in 1970.

Governor Reagan had made attempts to become the Republican presidential nominee in 1968 and 1976, but he had failed to win the nomination both times. But finally, in 1980, Reagan won the nominee and faced off against



First Lady Nancy Reagan

President Jimmy Carter. Thanks to a weak economy, high unemployment, and a disastrous hostage situation, Reagan had no trouble beating President Carter. On January 20, 1981, President Ronald Reagan was sworn into office and became the 40th president of the United States. At the age of 69, he was also the oldest president to be elected.

President Reagan

President Reagan's first few months in office were very eventful. Not long after his inauguration, a man named John Hinckley Jr. tried to assassinate the president. The shot entered the president's chest, narrowly missed his

heart, and pierced one of his lungs. The president handled the attempt on his life with good humor; the way he dealt with this hazardous event increased his popularity with the American people. Within several weeks after the incident, the president was back at work.

Domestic Agenda

President Reagan was fiscally and socially conservative. This meant that when he inherited a poor economy and high unemployment, he approached it from a very conservative perspective. He decreased taxes and cut down on government regulations of business, which allowed them to invest more time and money into expanding and creating jobs.

President Reagan's approach to the economy became known as Reaganomics or supply-side economics. Reagan is simultaneously complimented and criticized for his approach.

By 1983, the American economy started to improve. Shortly after, the country experienced a season of prosperity. His critics argued that the president's economic approach favored the rich, but it was hard to deny the healthy economy through the Reagan years. The problem President Reagan saw with the US economy can be summed up in this quote: "In this present crisis, government is not the solution to our



Ronald Reagan, the Movie Star





Ron and Nancy Reagan



problems; government is the problem.”

While he slashed taxes and decreased government involvement in people’s everyday lives, he was strongly against the legalization of drugs. In fact, Reagan declared a “War on Drugs” in 1982, making it a central part of his administration’s agenda.

Among many of the notable moves President Reagan made while he was in office, in 1981, he left his mark on history by appointing the first female supreme court justice: Sandra Day O’Connor.

Foreign Affairs

While his motto in domestic affairs was (generally) to decrease government involvement, President Reagan believed in the importance of having a strong national defense. The president had inherited the Cold War, which had been waging since 1947. President Reagan took a hard stand against communism and is often credited with speeding the end of the Cold War. He called the Soviet Union the “evil empire.” He created the Reagan Doctrine, which was framed around the belief that America should assist all anti-communist movements in other countries.

President Reagan also began the Strategic Defense Initiative, also known as “Star Wars,” which aimed to develop a missile defense system capa-

ble of intercepting and neutralizing incoming ballistic missiles. Although the full realization of this initiative proved technologically challenging, it showed Reagan was committed to maintaining American military superiority. It also contributed to arms control negotiations with the Soviet Union.

Second Term

When the 1984 election came, Republicans put forth the popular President Reagan as their candidate. Reagan beat the Democratic candidate, Walter Mondale, in a landslide.

While the Cold War persisted through his first and second terms in office, President Reagan built a diplomatic relationship with Mikhail Gorbachev, the reform-minded Soviet Union leader who took over in 1985. The two leaders came to an agreement in 1987 that went a long way toward ending the Cold War. They agreed to eliminate intermediate-range nuclear missiles.

Also in 1987, President Reagan gave his famous “Tear down this wall” speech, which he delivered during a visit to West Germany. The wall he was speaking about was the Berlin Wall, which divided East and West Germany. The western half was allied with the United States, the UK, and France. The eastern half was part of the Soviet Union and



was controlled by Mikhail Gorbachev. In his speech, President Reagan called on the leader of the Soviet Union to end the division of Germany and challenged him to embrace openness and freedom by saying: "Mr. Gorbachev, tear down this wall!" The wall came down on November 9, 1989.

The economy continued to prosper throughout Reagan's second term. However, his presidency was not free from controversy. One such controversy was the Iran-Contra Affair. It involved the secret sale of weapons to Iran, which was under an arms embargo, with the proceeds being used to fund anti-Sandinista rebels in Nicaragua. The revelation of these activities raised questions about the Reagan administration's adherence to the law.

End of the Reagan Years

The remainder of the Reagan Years was blessed with economic growth and prosperity. At the end of his second term, the largely popular president stepped down. Just a couple of years after he left office in 1989, the Cold War finally came to an end.

As the end of President Reagan's second term approached, some of his close advisors started noticing lapses in the charismatic leader's memory. About five years after President Reagan left the White House, he was diagnosed with Alzheimer's disease. The former president wrote a letter to the American people announcing his diagnosis. Following the announcement, he took a step back from the public eye and focused on his health and his family. On June 5, 2004, at the age of 93, President Reagan died in his Los Angeles home.



Lindsey Madsen was born and grew up in the Upper Peninsula of Michigan. She graduated with a Bachelor's in Liberal Arts from New Saint Andrews College in Moscow, Idaho. She lives in Seattle, Washington with her husband, David. If you would like to reach Lindsey, email her at lkerst@gmail.com.

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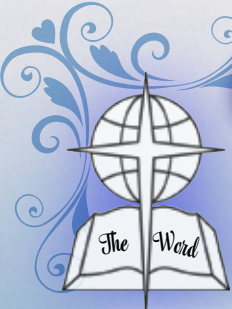
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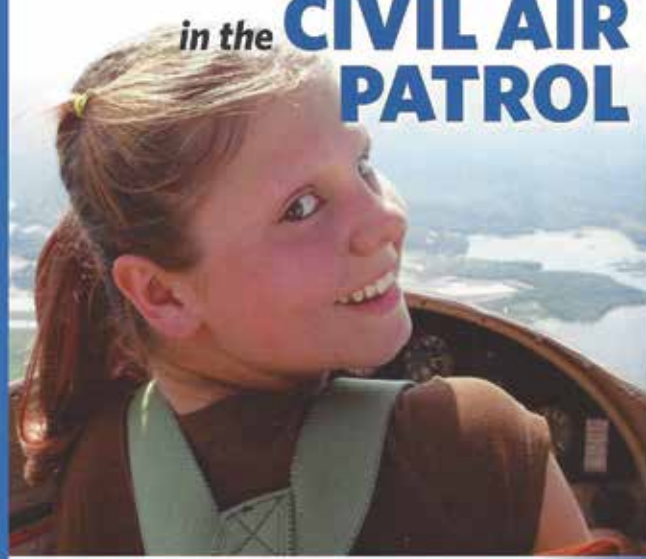
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busy living

“...get busy living
or get busy
dying.”

- Morgan Freeman
in “The Shawshank
Redemption”

Windchimes & Whirligigs & Dream Catchers Oh My!

By Christine Butler

If you like things that sing, twirl, or catch dreams in the wind, then you'll want to meet the Pahrump Chime Man, Ron Mitchell. He's 88 years old and still going strong. He grew up in Connersville, Indiana, where he lived until he turned 21, at which time he joined the Army. He served during the German Occupation, and although he was stationed in Germany, he did have the opportunity to travel to many surrounding areas while he was over there. He was the only one with a car, so many of his fellow soldiers asked him to take them places. He worked in heavy artillery while stationed at Baumholder, Germany, one of Germany's largest American military posts.

Ron Returns Stateside After Serving in the Army

After serving three years in the Army, he returned from Germany. He began his civilian career by owning many diverse kinds of businesses,

including RV Parks, a hotel, and many others. When asked how he came to Pahrump, he shared that his long-time partner, Mae King, and he owned an RV park in Texas and decided to sell it and move to Pahrump, where he had a close friend. Ron and his friend went into business together and eventually started working with multiple companies buying and selling surplus goods and buying inventory from companies that were going under. He would also purchase storage lockers and sell the contents to interested parties.

In 1990, his partner, Mae, again helped him start a new business selling goods at carnivals. They've participated in most of Pahrump's celebrations as well as others across the country. They frequently attend events in Winnemucca, Kingman, Arizona, Utah, and other locations in Nevada, including Reno. For the last eight years, he's been buying and selling wind chimes and dream catchers and selling them at festivals, carnivals, and fairs. He travels the country participating in local celebrations and has made



Ron Mitchell showing one his best sellers

many friends doing so. Many people who work the fairs and festivals know him by his cat named Max, who used to attend the activities with him. Max was known as the “cat on the leash” who would accompany him to most festivities.

He does primarily indoor events today, except for the Fall Festival in Pahrump. If he's outside, his products (chimes, dream catchers, and other dangling treasures) get tangled easily. Often when customers spot something



He has a variety of designs including Native American pieces

they like, they're determined to untangle it on their own. Ron gets a kick out of watching them. Of course, he knows all the tricks to fix them easily.

Why Does Ron Do What He Does?

Ron loves to meet and talk with people from all walks of life and even "coaches" many of his competitors during the events. He encourages them to engage in conversations with potential customers and make friends.

His advice includes getting out from behind the table and interacting with attendees. He is a very popular vendor at these events. In his case, many event coordinators won't let him retire. They insist he keeps coming back because he draws customers in, which helps all participants.

He also gets after politicians who insist on sitting behind the table at fairs. He advises that they should be out shaking hands and mingling with the potential voters instead of hiding in a booth.



Chimes available in all sorts of colors and sizes



Patriotic and religious designs are available as well

Where Can You Buy His Wares?

Ron realizes that he's not as young as he used to be and can no longer set up his booths entirely by himself. Fortunately, his Great Grandson, Trevor, is a hard worker and helps him with the setup. Other vendors' kids also help him set up and continue to encourage him to keep returning. He has a lot of friends in the business.

For reasons I've already mentioned, the Pahrump Fall Festival is the only venue where he continues to have an outdoor booth. Otherwise, he prefers to sell indoors. If you know of any indoor carnivals coming up, he encourages you to contact him and let him know when and where they are. He would love to participate in them.

Not only does Ron sell his goods at various carnivals around the country, but he also sells out of his storage locker here in town. He has several lockers at A-Plus Mini Storage located at 781 S Lola Lane, Pahrump, NV, 89048. If you are interested in checking out his inventory, you must contact him ahead of time and set up an appointment to meet him there.

He has a massive number of items that make great gifts, from dream



Chimes come in various sizes of pipes and bamboo

catchers to chimes and everything in between. It's incredible how many different styles of these items there are. Big, small, colorful, or fairly plain. You are bound to find one or more that please you and will make the recipient very happy.

If you wish to share the location of a carnival that you know of or if you want to shop at his storage unit, you



Dream catchers come in all sizes too

can reach Ron at 956-286-9384 or email him at Harbor1311@netzero.com. He would be happy to work with you to help find just the right gift for someone.



Make an appointment to view his treasures at his storage unit or visit him at one of the many carnivals and fairs he attends



Trevor, Ron's great grandson, is a hard worker and a big help



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State Parks of NEVADA

Kershaw Ryan State Park

An Oasis in the Desert

By Carol Champney

Kershaw Ryan State Park is a beautiful oasis in rural central Nevada. Located at the northern end of Rainbow Canyon in Lincoln County, the park covers 265 acres. A 1938 Nevada State Parks booklet described the park as “a beautiful, natural recreational area with unusual scenic cliffs, which have eroded through time by rain and wind.” Natural springs flow into the park, making it the lush-green site for many miles. In fact, that is what drew the Kershaws to the canyon.

History of Kershaw Ryan State Park

In 1873, pioneers Samuel and Hannah Kershaw traveled through the Meadow Valley Wash. The green vegetation that

starkly contrasted with the surrounding desert was enticing enough for the Kershaws to homestead there. The couple soon planted an orchard and a garden in the canyon. The garden was a welcome site to the residents of nearby Caliente. They fondly called it Kershaw Gardens, and the canyon became known as Kershaw Canyon.

The Kershaws owned the canyon for 31 years before selling it to James and Patrick Ryan. The Ryans had other ranch holdings scattered along the Meadow Valley Wash. The brothers never lived in the canyon but lived a short distance away, a mile south of Caliente.

James Ryan was a successful cattle rancher and financially contributed to the development of Caliente. He donated property for the establishment of the Caliente Cemetery. James also helped businesspeople open the first Lincoln County Bank.

The Beginning of Nevada State Parks

In the early 1920s, Lincoln County residents convinced the Governor to establish a state park system. By 1930, the state had purchased properties near Panaca and Caliente, which became Cathedral Gorge State Park and Beaver Dam State Park. Fourteen years later, in 1934, the Ryans donated approximately 40 acres of Kershaw Canyon to the state park system. Later the same year, the Civilian Conservation Core improved the gardens by building stone picnic tables, fire pits, a wading pool, outhouses, and a caretaker's cabin made of rock. The park was enlarged by an exchange of lands between the state of Nevada and the federal government. It now encompasses 265 acres. In 1935 Kershaw Ryan, Valley of Fire, Cathedral Gorge, and Beaver Dam were established as Nevada's first official state parks.

At the Kershaw Canyon-Ryan dedication in 1935, the Caliente American



Legion donated a stone monument to commemorate the event. The memorial was built of rocks from various locations around Lincoln County, including a cornerstone from the ghost town of Delmar. The monument still stands today.

It wasn't until 1961 that Kershaw Ryan became a "full-service" state park. A campground and restroom facilities with coin-operated showers were amenities that modernized the park.

Flash Flood Destroys the Park

Unfortunately, in the mid-1980s, a flash flood destroyed the park. The restrooms, wading pool, and one apple

tree that the Kershaws had planted remained. It took years of extensive renovation. Kershaw-Ryan State Park finally re-opened in 1997. It is a picturesque site for family reunions, weddings, and special events.

Vegetation and Native Wildlife

Rugged landscape surrounds the park, and natural springs flow into the canyon, prime conditions for the wild grapevines, white oaks, fruit trees, and willows to flourish. The spring-fed pond provides water for wild horses, deer, and other wildlife that frequently wander into the park for refreshment.

Park Details

Hours

8 a.m. to sunset, 365 days a year.
The campground is open 24 hours.

Entrance Fees

Day Use: \$5.00 (\$10 for Non-NV Vehicles)

Camping: \$15.00 per vehicle per night

Non-NV Vehicles: \$20.00 per vehicle, per night) + \$10.00 for sites with utility hookups

Bike in: \$2.00

Contact Information

775-726-3564

krsp@parks.nv.gov

P.O. Box 985, Caliente, NV 89008

Climate

Kershaw Ryan State Park is 4,312 to 5,175 feet above sea level, making temperatures slightly cooler than Pahrump. Daytime summer temperatures can reach above 95°F, and the nights dip into the 50s. Monthly rainfall is less than an inch. However, thunderstorms are common in the late summer and often cause flash floods. Caution should be taken if hiking or biking the canyon trails in July and August. Winter temperatures are much lower, with daytime highs only reaching 40 degrees, perfect for snowfall. December and January are the coldest months.

Facilities and Amenities

Camping

Camping is on a first-come, first-served basis. The 16-unit campground has restroom facilities, showers, and an RV dump station. Each site has a picnic table, fire pit, grill, and shade ramada with a solid closed roof to protect you from dust, wind, and rain.

There are RV sites with 30 and 50-amp power. Water Hookups are also



Wading Pool

available. Call the park before you plan your trip for RV camping, as the campsites have vehicle size limits. Camping is limited to seven days in 30 days.

Group Use

There are two designated Group Use areas. Reservations are required. Special presentations can be arranged for groups. Call the park office at (775) 726-3564 between 8:00 a.m. and 5:00 p.m. on weekdays for program scheduling and reservations. There are kiosks in the park with scheduling information as well.

Day Use

Day use hours are 8:00 a.m. to sunset. There are tables and grills for picnickers at the park's top near Rattlesnake Trail. When not reserved, the tables under the Group Use shelters may be used for picnicking.

Hiking and Mountain Biking

The best time to hike or mountain bike is early morning or evening. With fourteen miles of trails in the park, there is a trail for every age and level of expertise. Several short but scenic trails take you out of the desert oasis to a ridgeline with views of Rainbow Canyon below. Conveniently adjacent to the park is the Barnes Canyon Mountain Biking Trail system.

If you're not into hiking or biking, the park offers a variety of other activities. There is a sand volleyball court, a horseshoe pit, a children's play structure, a wading pool, and a koi pond. Kershaw Ryan is also a scenic wonderland for those who need a respite from the busyness of life.

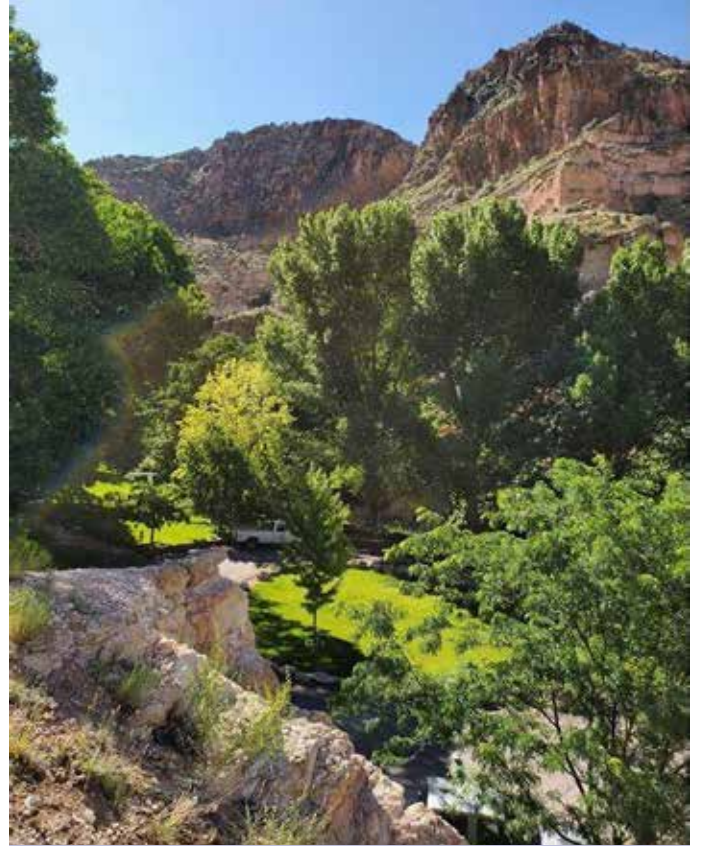
Beware!

July and August are typically "monsoon season" in Nevada. Summer thunderstorms can quickly cause flash floods on roads and trails. Check the weather forecast before heading out on your outdoor adventure. The hot summer weather also brings out the rattlesnakes, so wear close-toed shoes and look for snakes hiding in cool shady areas.

Location

Located 3 miles south of Caliente, Kershaw Ryan State Park is a "must-see." Driving time is only 3½ hours from Pahrump. The address is 300 Kershaw Canyon Road, Caliente, NV 89008

Known for its wild lushness, scenic views, and off-the-grid feel, Kershaw Ryan State Park truly is a gem in the desert.

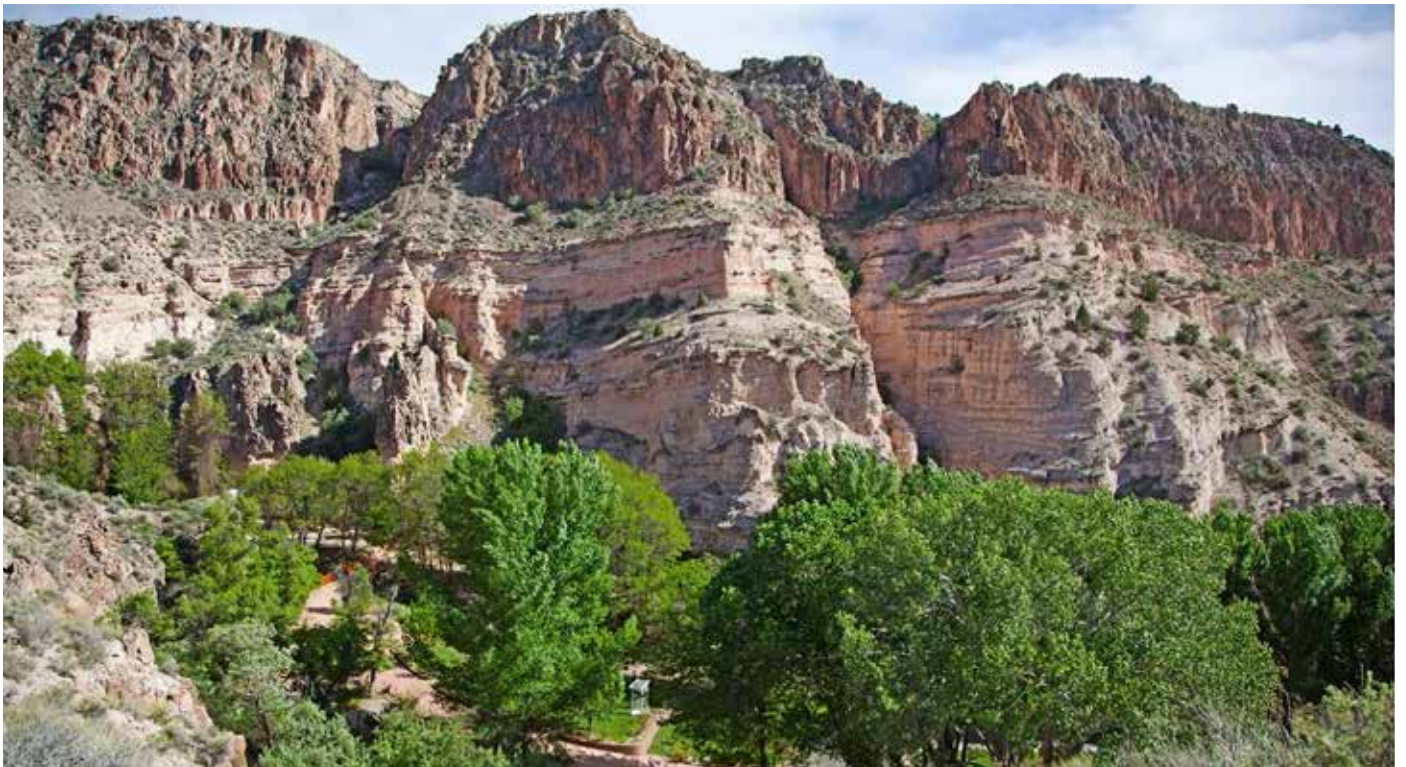


View from Overhead Trail





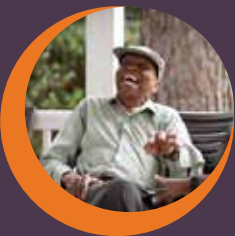
Stone Monument



Rugged Cliffs Surround the Park

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Youth Recognition



Avery Sampson - The Bike Queen

By Carol Champney

Eleven-year-old Avery Sampson has been volunteering, fund-raising, and giving back to the Pahrump community since she was six years old. The amazing thing about her is that her heart of compassion has led the way.

When Avery was six years old, her neighbor's house burned down. Her soft, empathetic heart led her to fund-raise for the family who had lost everything in the fire. She recruited Girl Scouts and school friends to help her open a lemonade stand in front of her house. In just three days, the girls collected \$1400 in donations. That event marked the beginning of her continued service to our community.

The next event spurred her on even more to give back to the people of Pahrump. A friend in her dance class invited her to the Pahrump Community Library for an afternoon reading workshop. The Nye County

Cinderella Program participants read to the six- and seven-year-olds then engaged them in an activity that encouraged the girls to keep reading. Avery was so inspired by the older girls that she had to find out how to get involved in the Cinderella Program.

What is the Cinderella Program?

As stated on several state Cinderella websites, "The Cinderella Youth Development and Scholarship Program is a local, state, and international program and pageant that offers scholarships to deserving children, teens and young adults. The program is designed to help young people develop leadership skills, and self confidence while providing them with opportunities for achievement and recognition."

Nevada's Cinderella program runs 22 preliminary events. The preliminaries prepare the girls for state and international pageants. Prior to each pageant,



Forever Cinderella 2022-2023

free workshops and seminars are held to instruct the girls on modeling, grooming, communication and interview skills, wardrobe, make-up and hair.



Dressing up for Christmas Eve



Avery sings the National Anthem



Most Photogenic 2021-2022

“When Avery was six years old, her neighbor’s house burned down. That event marked the beginning of her continued service to our community.”

The program is open to girls 0-29 years old. The categories are set by age group, Baby, Infant, Tiny Tots, Miniature Miss, Miss, Teen, and Woman.

Avery’s First Pageant

Avery participated in her first Nye County Cinderella Pageant when she was seven years old. The process included an interview, talent, casual wear, and party wear. Although she didn’t win she went on later that year to win the Nevada Open Miniature Miss title.

Avery’s Titles

She was hooked. The second year she participated in the Nye County Pageant again, this time winning the title of Nye County Miniature Miss. The same year she entered the state pageant and won Most Photogenic.

Avery’s Dad, Scott, is also involved in the Cinderella Youth Development Program. Currently, he is the Nye

County Cinderella Director. The rules of the organization state that girls cannot enter a pageant in the same county where their family members hold an office. That didn’t stop Avery. She competed in Henderson and is the reigning Henderson Miss Cinderella for 2022-2023.

And that’s not all! She was also selected as a “Forever Cinderella” for the 2022-2023 pageant year. This title is in addition to any other title girls can win in one year. The Forever Cinderella award is given to girls who embody kindness, helpfulness, service-mindedness, and community involvement. Since Avery is now eleven years old, she will proceed to the 10–12-year-old category, Miss Cinderella, at the Nevada state finals which are held in Las Vegas in late June.

To top it off, Avery has been nominated for the Points of Light Award under the Governor’s Stars of Nevada Program. According to the Governor’s Stars of Nevada website “The Stars of



Entry photo for Most Photogenic 2023-2024

Nevada Awards program is the highest honor bestowed by Nevada’s Governor and Nevada Volunteers to celebrate the individuals and organizations who model Nevada values of service, responsibility, cooperation and compassion, and the power of partnership that makes Nevada a better place to live. Finalists will be recognized at a bronze, silver or gold level.”

Christmas Bikes for Kids Program

In 2020 at the height of COVID, pageant preparation continued to move forward. Paris Regan, Miss Nevada America 2020, was coaching many of the Cinderella girls, including Avery, in modeling, interviewing, poise and community service. Paris encouraged Avery to start thinking about how she could be of service to her community. It's called "creating a platform" for yourself as a Cinderella participant.

There were not a lot of group activities going on in 2020. Everyone was just trying to navigate the pandemic. Avery was riding her bicycle in the Discovery Park parking lot, by herself, to get exercise during that time. As she was riding and contemplating how she could contribute to the community of Pahrump an idea popped into her head. She knew kids needed to get exercise even though they were secluded at home. "Bicycles! That's it, Bicycles!"

She rushed home and told her dad that she wanted to collect bicycles and give them to needy children at Christmastime. She was just eight years old. Her original goal was to collect 15 bikes. Between Thanksgiving and Christmas that year she collected a total of 54 bikes. Ironically, while she



Avery at 2nd Amendment Guns & Range collecting donations

collected bikes, her own bike was stolen. Kris Su, of Java Junkies came to the rescue and gave Avery a new bike shortly before Christmas.

The following year she collected 47 bikes. Last year her program took a huge leap. Scott created a Go Fund Me Facebook page for Avery's Christmas

Bicycle Program. Donations came in as far away as Pittsburgh, Pennsylvania. Through donations from the Go Fund Me page, the community, and buying bicycles on sale on Black Friday Avery collected 100 bicycles. There was enough money to also buy three trampolines for three large fami-



Avery giving bikes to Manse PTO



Avery presenting bikes to Salvation Army for Angel Tree children

lies. She also donated 2 bikes to the Manse Elementary Parent Teachers' Organization so they could raffle them off as a fundraiser. This year Avery is expanding her program to add a Christmas in July giveaway of approximately 20 bicycles.

How Do They Deliver?

Avery asks fellow Nye County Cinderella contestants to join her for the delivery of the bicycles. Dad drives and makes phone calls to let the families know they are on their way. Avery wears her crown and banner, and the girls personally present the bikes to the children. They also take candy canes and a few toys to give away. This past December it took five days from 8:00 a.m. to 8:00 p.m. to deliver 100 bikes and three trampolines. Her face beamed as she told me how rewarding it was to get hugs from the toddlers as a thank you for her generosity.

Volunteering in Our Community

Scott has instilled in Avery the importance of community service at a young age. Avery volunteers all around our community. Just to name a few, she rings bells for the Salvation Army at Christmastime, seats veterans at the Holiday Dinners held at the Nye County Coalition and serves the Kiwanis Club every chance she gets. The teachers in our schools enjoy when Avery and other Cinderella girls bring them donuts in appreciation of their hard work.

Questions For Avery

When talking with Avery it is very evident she thoroughly enjoys giving. Whether its giving bikes to children in need, or giving her time to help our community, Avery simply loves to give. And it all started out of her heart of compassion for her neighbors in need.



After Christmas sales collection of bikes



Bikes organized by size and color

PL: *Why is community service important to you?*

Avery: If you start when you're young, it creates a good habit. It's all about what can I give others.

PL: *What's your ambition?*

Avery: I want to work in healthcare because my grandma was a nurse.

PL: *If a fire destroyed your home, what is the one thing you would try to save?*

Avery: My baby blanket because my grandma made it for me, and it is very special.

PL: *What's your favorite color?*

Avery: Periwinkle

Dad: Wait a minute! You just told me earlier that your favorite color was midnight blue.

PL: *She's a girl. She has the right to change her mind. (Avery laughs, Dad rolls his eyes.)*

PL: *What's your favorite food?*

Avery: Popcorn, because when I eat it, the salt and butter tastes so good, it's like having a party in my mouth!

PL: *If you had a million dollars, what would you do with it?*

Avery: I would give it to my family because my dad needs a new truck, and we could buy a new house.

PL: *What's your favorite thing to do?*

Avery: Ride my bike at Discovery Park. Oh, and by the way, did you know I have a Christmas Bikes for Kids Program?

Contact Information

For information about donating to Avery's Christmas Bikes for Kids, or for an application to be considered to receive a bike, email scottavery2012@gmail.com. You can also make monetary donations through her **Go Fund Me Facebook page**, <https://gofund.me/fb3c96fc>.

To find out more about the Cinderella Youth Development and Scholarship Program visit their website at www.cinderellanevada.com.



100th bike collected



Greg Hafen Award



Whether you're buying your first car or your retirement home, I'm here for you every step of the way. Let's talk about how I can help.

Let's talk today.



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

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

For Additional information Contact

Chairman-Prostate Cancer Support Group – (702)379-3449 Cell

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

At the First Methodist Church - 1300 E. Hwy. 372, Pahrump, NV
(enter from the parking lot)

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

SPOTLIGHT ON SERVICE

Nye County Animal Shelter *A Different Kind of Service Organization*



There are many hardworking service organizations in town doing wonderful work helping people and the community, and we'd like to recognize these groups individually. Many people, both inside of Pahrump and outside, benefit from the charitable work accomplished by the members of these groups who unselfishly give their time and themselves to help. We thank everyone who participates in them and work so hard for the benefit of others.

By Christine Butler

On July 1, 2022, Nye County regained control of Pahrump's Animal Shelter from the local non-profit Desert Haven. In mid-August 2022, the County moved into a brand-new building across the street from the old location. Once the employees settled in and the building was ready, they brought all the animals to the new facility. On August 24, 2022, during National Clear Shelters week, they held their Grand Opening, at which time it was opened to the public.

Their First Challenging Effort

In September, shortly after the new facility opened, the Nye County Sheriff's Office was alerted to 300 huge dogs in alleged cruel conditions in Amargosa Valley. The brand-new facility played a significant role in getting these dogs to a safer place. They worked with ASPCA (American



Nye County Animal Shelter held its grand opening on August 24, 2022

Society for the Prevention of Cruelty to Animals) to care for these animals medically and many other organizations in Nye County and surrounding places that helped save as many of these dogs as possible.

The dogs were housed in constructed kennels assembled on the shelter's property. Natasha Crabtree, Animal Shelter Manager, said it looked like

a MASH Unit but worked great. Nye County Sheriff officials, inmates, shelter staff, and volunteers helped move these dogs to the new facility.

This was a tough start for the new facility to handle in its opening days. But they prevailed and were able to continue performing their jobs. In the beginning, they faced and overcame many challenges.



When you first enter the building you will pass the cat lobby



You just might find a new fur baby

Other Challenges They Face

They are in desperate need of additional staff. Currently, they have five full-time staff members plus one inmate on duty. These inmates or trustees help them when needed. They help by walking, feeding, and cleaning the animals. They've been a big help in the early days of the facility.

The shelter takes almost any kind of animal. In the short time they've been open, they've cared for horses, pigs, chickens, roosters, and peacocks. These are in addition to their routine guests: cats and dogs.

Current Status

Currently, they do not have a licensed vet on staff, but they are working toward getting one. They have a complete surgical facility, just waiting for a vet. Natasha, who also manages the Tonopah Animal Shelter, is a licensed vet tech. Whenever they adopt out animals, they are surgically changed (fixed), vaccinated, and microchipped. In addition to being a licensed tech, Natasha is a custodian of Desert Tortoises and has a couple at home. If you find one needing care, call Natasha and ask for advice before doing anything with it. Wild desert

“In the short time they’ve been open, they’ve cared for horses, pigs, chickens, roosters, and peacocks. These are in addition to their routine guests: cats and dogs.”



The soon to be classroom will be for teaching staff and other related organizations



They track all of the animals they serve



Meet the Animal Shelter Manager, Natasha (Tasha) Crabtree



Olive Ashwell orchestrates and operates adoptions and Animal Control dispatch



Gilbert Duenas often serves as their resident Veterinary Assistant

tortoises are protected under the endangered species act, and it is against the law to handle them.

The clinic can accommodate about 100 animals without altering the kennel layout. They avoid handling wild animals, if possible, but if necessary, they will involve the proper organization and people to take care of them. Because they are a municipal shelter, they are obligated to accept animals of the diseased, incarcerated, or hospitalized. They are legally required to keep them for five days, but they do their

best to return them to their owners if and when possible.

Their life-saving numbers are incredible. The overall save rate for the shelter is 96% of all animals taken in. That's higher than the national requirement of 90% to be considered a "no-kill" facility. The Nye County Animal Shelter does not align itself with the term "no-kill" because it gives a false definition. According to Natasha, the sad truth is that occasionally animals that are severely sick, injured, or behaviorally pose a risk to public safety

may need to be euthanized. They do whatever they can to save the animals in their custody, and because of this, they have been 100% successful in saving the lives of all healthy and treatable animals that have entered the shelter this year!

Future Plans

They currently have five full-time employees working in the facility, plus the shelter manager. They want to expand their staff and always accept vol-



Open area where dogs enjoy outdoor time and also where they handled the 300 dogs



Kat Rollins Kennel assistant allows the dogs to mingle for socialization



Prior to meeting potential pets, clients look through a photo book to see if there's a connection

unteer applications, enabling them to save more animals. These applications are available on the Nye County website. They ask you to please deliver the completed applications in person to the shelter.

Natasha is quick to give full credit for the success of the new shelter to the staff. She says, "They are awesome." They are all local people committed to making the new facility a success. Besides Natasha, the team includes Olive Ashwell, an office assistant who has been the head coordinator of Sin City Saint Bernard Rescue for 25 years and currently orchestrates and oper-

ates adoptions and Animal Control related dispatch. Gilbert Duenas, also an office assistant, often serves as their resident veterinary assistant due to his extensive experience. Kat Rollins, as the kennel attendant, allows dogs to intermingle and play while in the outside kennels to help socialization. Also part of the kennel team is Jim Christiansen and Joe Holderegger.

Tasha (as she is often called) is also grateful to the community for all the help and support they've given the new shelter. She feels they have welcomed the new organization and seem willing to help when and where they can.



After viewing the book they go to a cat or dog meeting room to meet their potential new pet

What Does Nye County Animal Shelter Offer?

The new building is approximately 19,000 square feet in size. It has the capacity to handle about 100 pets regularly. Dealing with the 300 rescued dogs was temporary, but they managed it outside in part of the large area behind the building.

Currently, there is a lot of open space within the building, but they have specific plans for it all. They intend to set up a classroom for instruction purposes for the staff members, animal control, volunteer training, and other types of education which may come up. This training is designed to make sure everyone is on the same page.

When you walk through the front door, you'll pass by the cat lobby, where they have cats and kittens that are ready for adoption. Before anyone is allowed to go back and see the animals, they are invited to look through a photo album of all the animals available to see if any of them make a connection. If one does, the animal is brought forward to one of the meeting rooms, and the potential new owner and the animal will spend a minimum of 15 minutes together to interact and bond with each other. They have both cat and dog meeting rooms.

Natasha says the people who have gone through this process and adopted



Dogs enjoy wading pools when the temperatures rise

“They...always accept volunteer applications, enabling them to save more animals. These applications are available on the Nye County website.”

an animal often send photos of how happy they are with their new family member. It makes the staff proud to see how the system is working.

An intake exam room was established to bring in stray cats or dogs to check them out and see if they have any ailments, especially contagious ones. They vaccinate and microchip the animals before they are released to a new or existing owner.

The quarantine area is a place where animals are held and observed after they may have bitten someone or potentially been injured by wildlife. They have a fully equipped surgical suite with three operating tables ready for use. A general clinic treatment area was created for wounded care or surgical preparation. Exam rooms and an on-site laundry facility are available. They also have an oversized garage big enough for an animal control truck to enter and close the door behind it. This ensures a rescued animal cannot escape during the transfer from animal control to the shelter.

As you can see, this shelter is state-of-the-art. It is designed and equipped so Natasha and her team can do their best to make and keep our residents and local animals safe. And for animals with no family, the shelter staff does their best to find the right forever home.

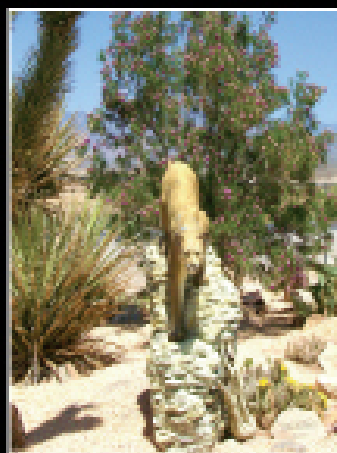


The oversized garage where Animal Control delivers strays



They have a fully equipped surgical suite, intake exam room, a quarantine area, exam rooms, and general treatment area

PAHRUMP VALLEY MUSEUM AND HISTORICAL SOCIETY



Learn what life was like in the early Pahrump Valley and surrounding areas. Exhibits include farming, mining equipment, early man, military and Pahrump Valley information. You can visit the only Yucca Mountain Information Center and pictures from the Nevada Test Site. You will also see 2 houses constructed entirely of railroad ties from the Tonopah & Tidewater Railroad, a replica mine shaft, lifelike bronze statues and a regional landscape garden. The museum is 9500 square feet indoors and 4 acres outdoors.

FREE ADMISSION

We are located at 401 E. Basin Ave. (at the corner of Ford Rd. just .7 miles west of Highway 160.) For more information call 775-751-1970, Mailing Address 401 E. Basin Ave., Pahrump, NV 89060, E-mail us at pahrumpmuseum@att.net, visit our facebook page at www.facebook.com/pahrumpvalleymuseum.



Medical Advice

Chiropractic in Pahrump

*Should I go to one?
What are my options?*



*Dr. David Lewis,
DC, QME*

By David Lewis, DC, QME

On February 13, 2023, MedSpine of Pahrump was born. MedSpine was formed due to significant requests by Pahrump locals after working in the local community over the past couple of years.

As people age, they tend to have more and more spinal problems, but why? There are many reasons why people end up searching for a Chiropractor. Some people have never been in an auto accident, however, have engaged in sleeping improperly over a period of many years. Some people have sustained injuries exercising in the gym. Others managed to get injured at work over a long period of time. We call this cumulative trauma injury.

Whatever the reason, people are looking for relief. So, what are your options. There are many ways to reach the top of a mountain, however, some methods are more comfortable and effective than others. Chiropractic, is exactly this.

Enter Medspine. On your first visit, you will be kindly greeted by staff and informed of what to expect. You will then be evaluated by a qualified Nurse Practitioner. Dr. Lewis will then determine a course of action for your condi-

tion. Before any treatment is rendered you will completely understand why you have your condition, what it will take to fix it, and how long it will take. More importantly, we will give you the keys to preventing the cause from recurring in the future. Dr. Lewis is well-known for providing world class patient education which is why most of his patients are by direct referral from other patients.

Q Is it true that once you go to a chiropractor, you have to go for life?

A This is a loaded question. You would never ask a dentist the same question because you already know the answer, your teeth would eventually fall out or suffer needlessly. When you exercise, do you only need to go one time and your fit for life, of course not. The truth: Your spine, like your teeth or your muscles require maintenance. You only get one spine, and it's the same spine you had as a child, and it's the same one you will grow old with. If you don't maintain it, you may not be able to work or enjoy your life. Take care of it, and you will maintain your upward mobility long into your golden years.

Q Is it okay for me to try to adjust myself?

A No. Especially in the neck. Most people have limited education in human anatomy. In the neck, there are small arteries which supply circulation to the back 1/3 of the brain, which can result in major issues if you cause injury to any of these vessels. Only corrections by professional skilled chiropractor can significantly reduce the risk of injury while providing benefit for your condition. Non-specific self-adjustment can also lead to ligament laxity which can cause instability and pre-mature arthritis.

Q Is it natural to have some discomfort following a chiropractic adjustment?

A 50% of patients don't feel any discomfort at all following an adjustment. The sensitivity of patient's nervous system determines how much, if any discomfort you will feel following an adjustment. 50% of patients can have some mild discomfort which is usually rectified by applying ice for up to 10 minutes or a moist hot towel for 5 – 7 minutes.



Q How long does a typical treatment last?

A The treatment duration will vary depending on your individual condition and how long it has been present.

Q What types of chiropractic are available in Pahrump?

A Pahrump has chiropractors that perform different techniques with some being more aggressive than others. Some use a twisting method,

others use a drop system, and others may use a device to administer care. Each has its purpose.

Call MedSpine now for more information and to experience how to be a more well-adjusted member of our local community.

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Ashley Welch, Local Artist and Creator

By Ashley Welch

Hi friends, I am Ashley Welch, a local artist, and creator here in Pahrump. It has been 18 years since my parents sold their home in Bakersfield, California, and moved my family to this little town to be closer to my Grandparents. Since moving here, I have become a mother to an amazing son, have found love, and have made a wonderful life for myself and my family, doing what I love each and every day.

As a little girl, my mom, aunt, and grandma have always been into crafting and creating and shared that love with all of us kids in our family. From picking out my own little ceramics to paint to watching my mom paint a floor-to-ceiling mural in our home, I was surrounded by creativity my entire life. I've always held onto the love of creating, however, when I became a mom myself, I became so busy taking care of my own baby, working full time, and putting myself through college that I put any kind of art or crafting to the side. Every now and then, I would make something fun for my son, but for the most part, I put all of my energy into hustling to create a secure life for us and being the best Mom I

*“Always be brave
enough to create and
share your art and
heart with the world.”*

could be.

When my son was 7, I got news that turned our lives completely upside down and shook me to my core. My sweet and innocent baby was diagnosed with Leukemia. Without any control of what was to come, my life stopped, and I focused solely on getting my baby through every day, one step at a time. This was a journey that changed the trajectory of my life forever.

Due to my son being so sick and going through such intense chemotherapy treatments, his little body forced him to sleep approximately 18-20 hours per day for the first six months or so of treatment. I found that I had cleaned and sanitized our home as much as I possibly could, and I did everything I knew how to in order to keep my mind busy while he rested. However, I became very lonely and noticed I was grieving the life I had once



taken for granted. No more waking up each morning with a calm heart; I now feared what the day would bring. No more watching him run, play, and laugh. It was now full of hospitals, doctors, medications, and more. No more painless days... everything was scary, sad, and so incredibly hard. I put on a brave face and kept our spirits positive, but I recognized I needed an outlet for the rollercoaster of emotions I had suddenly taken on as a cancer patient's mom.

This was when I pulled out some paint and a canvas, and my creative journey reignited. While my baby



“...now I am the resident artist who teaches all the “Paint Nights” at our local winery, Artesian Cellars.”

away. Not only was she my best friend but also my biggest supporter in life and, of course, the best Grandma my son could ever hope for. She absolutely loved everything I painted, so I knew I had to pick my paint brush up and keep putting my emotions onto canvas. Eventually, a friend of mine asked if I would show her and her son how to paint, and the idea quickly turned into my very first paint class. A big group of friends all came, painted with me, and paid me to teach them. That class was so nerve-wracking for me. I had no idea how to teach anyone what I was doing, so I decided to just take it step by step and hope for the best. At the end of that first class, I felt immense pride. Everyone had painted exactly what I taught them, and they all put their own creative spin on it, which is exactly what I hoped would happen. Going to sleep that night, I felt so much pride in myself for making it through the class, with everyone leaving happy

slept, I painted my emotions, all of them. Painting became my therapy and my way of letting things go that I had no control over. Sometimes I would paint things and share them on social media and with my loved ones. Other times I would paint things and throw them away, just trying to get rid of those feelings.

As my son went through treatment, he fought hard, responded well, and although none of our days were easy, he started to become healthier and healthier as the years went by. In the meantime, our family suffered a huge loss as my Mom unexpectedly passed

Christmas in July
July 14 & 15
Bob Ruud
Community Center



and with smiles on their faces. I was hooked!

From that first class, I continued to plan painting classes as often as I could. Originally my classes were primarily geared towards parents bringing their kiddos and painting together. “Mommy and Me” classes is what I called them. Those classes were such bright times in my life and really taught me so much about myself. Learning that I loved teaching others gave me something of my own that I could look forward to and continue to grow with. Since that first class, which I think was about eight years ago, I have never stopped or looked back.

Since then, I’ve continued to teach



painting classes, and now I am the resident artist who teaches all the “Paint Nights” at our local winery, Artesian Cellars. Each month I teach at least two classes at the winery, and I absolutely love every minute of it. The staff and owners treat me like family, and the customers have all become my friends. Getting to share my love and passion with them and watching their faces light up at the end of the class as they sit back and look at their finished painting with pride fills my heart with gratitude. Teaching private courses is also one of my favorite things to do. Being able to join a group of friends or family and share a fun experience teaching them to paint is so rewarding for me.

I am happy to share that my son is in remission and extremely healthy and happy these days. He is an extremely creative and talented teenager, which fills me with pride. It brings me so much joy because he loves to help me set up for all my shows and classes. He and my other half are my biggest supporters and always push me to keep living my dream.

Over the past handful of years, I have also taken up creating custom wood signs along with my love of refinishing furniture and cabinetry. This has led me to display my signs at many craft shows alongside some amazingly talented friends. Shows are such a fun time for me as I get to create things I personally love and share them with my community, who have shown me an unlimited amount of support and love. Currently, I am a member of Artisans Guild NV, and I’m very honored to be a part of such a wonderful group of artisans. I have made many friends while in this group and appreciate the quality of shows the guild sponsors. This year I have decided to take over organizing two shows that Randi Case originally organized, with her blessing of course. Christmas in July will be my first show I host, which will be held at the Bob Ruud Community Center on July 14th and 15th. Come by and say hi to me and some of the most talented artisans our little town offers. There will



definitely be something for everyone at this show.

Right now, I run my own business doing all the things I love, painting cabinets and murals, making fun signs to decorate your home with, and creating custom pieces and furniture for customers to enjoy for years to come. You can find me on Facebook and TikTok at Art From the Heart by Ashley or email me at artfromtheheartbyaw@gmail.com to place an order or talk about how I can help you make

something pretty again.

I would love to add a huge thank you to the community of Pahrump for all the love and support they have shown me over the years. Not only for my art and business, but also for my son’s journey. This little town is full of amazing people, and I am forever grateful to each person who has come into my life and shows us love in any way.

Always be brave enough to create and share your art and heart with the world.

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Healthy Living

There is More to Your Digestive System Than Digesting Food

By Crystal Atwood

Most people never consider the importance of gut health. There's a lot more going on in your digestive system than just digesting food, absorbing nutrients, and eliminating waste. If your health is less than perfect, your gut is likely to be at least partially to blame! The digestive tract is a fascinating combination of activities.

Food is being digested. Some of that food is allowed to be absorbed into the bloodstream, while other components of your meal and the digestive process are prevented from crossing over into the body. Think about it. Your digestive tract is a long tube that starts at your mouth and ends at the other end. The

stuff that goes into one end and comes out the other never really made it into the body. Water is reabsorbed in the large intestine. The waste continues to travel through.

There are also bacteria that play an important role in all of this. Having the proper types and levels of bacteria in the digestive tract make a huge difference in your overall health. Consider how horrible you feel when your digestive system is out of sorts.

Heartburn, cramps, bloating, gas, diarrhea, and constipation are just a few of the common inconveniences of an unhealthy gut. But it goes much deeper than that. There are implications that an unhealthy gut can contribute to diabetes, heart disease, Alzheimer's, and cancer. It pays to have a healthy gut.

Your Gut is Loaded With Bacteria and That's a Good Thing!!!

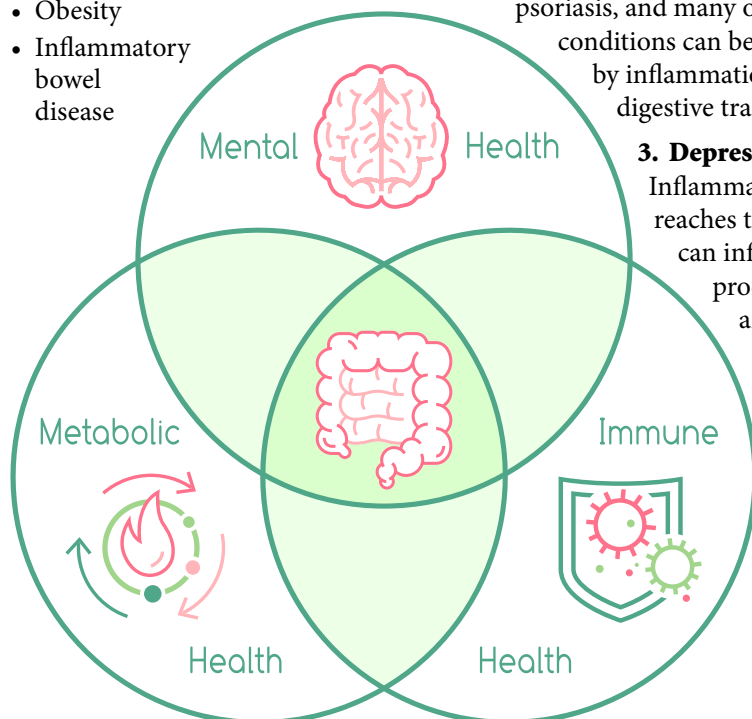
You have more bacterial cells in your body than you do human cells. Maybe what we consider to be a human body is really a bacterial organism surrounded by human cells.

In fact, there are over 100 trillion bacteria in the gut. These include both good and bad bacteria. This collection of bacteria is referred to as the gut microbiota or gut microbiome. Some of these bacteria, such as E. Coli, can cause disease. However, most of the bacteria in your body are there to help. They are an important component of your immune system and help to maintain balance in your body.

There are a few hundred types of

bacteria in the human gut that have a variety of effects on the human body. For example, there are bacteria that increase inflammation, while others decrease it. Other bacteria aid with digestion and the absorption of nutrients. Scientists are still discovering all the various ways these bacteria influence the various systems of the body. If the ratio of these bacteria becomes unbalanced, it negatively affects your health. Consider that over 75% of the immune system is managed by the gut. There are also over 100 million neurons in the gut that can communicate with other cells and organs in the body. Many health conditions are believed to be either caused or influenced by poor gut health. Some of these include:

- Type 2 diabetes
- Heart disease
- Skin and hair issues
- Cancer
- Rheumatoid arthritis
- Multiple sclerosis
- Asthma
- Allergies
- Anxiety
- Depression
- Dementia
- Obesity
- Inflammatory bowel disease



If the bacteria in your gut are out of balance, you're suffering more than necessary. Many of the health challenges you might be facing could be significantly helped by creating a healthier gut. A healthy gut has the right types of bacteria in the proper ratios.

There are three primary consequences of an unhealthy gut: inflammation, nutrient absorption issues, and immune / autoimmune issues. All of these issues can have devastating health consequences. Inflammation: It is believed that the gut is the primary cause of inflammation in the body. Inflammation is a primary contributor to disease and also results in many uncomfortable symptoms. An inflamed body is an uncomfortable body. There are several symptoms that can be caused by inflammation, including:

- 1. Insomnia.** It might be hard to believe, but gut inflammation has been shown to be a cause of insomnia. If you have trouble sleeping, and you're unable to pinpoint another cause, your sleepless nights might be due to gut inflammation.
- 2. Acne and other skin disorders.** It is believed that acne, psoriasis, and many other skin conditions can be caused by inflammation in the digestive tract.
- 3. Depression.** Inflammation that reaches the brain can influence the production and ratio of neurotransmitters.
- 4. Anxiety.** Anxiety without an identifiable cause can also be caused by inflammation.
- 5. Fatigue.** Inflammation can lead to imbalances in the body's stress hormones, resulting in adrenal fatigue and overall fatigue throughout the body.
- 6. Brain fog.** Inflammation in the brain can be a cause of brain fog.
- 7. Hormone imbalances.** In females, gut inflammation can alter the levels of hormones and cause hot flashes, alter menstrual cycle length, and affect PMS symptoms. In men, hormonal imbalances due to gut inflammation can result in fatigue, muscle loss, erectile dysfunction, and poor memory.
- 8. Thyroid-related symptoms.** Systemic inflammation in the body can make it more challenging for your body to utilize thyroid hormone properly. This can result in symptoms of hypothyroidism, even if your thyroid hormone levels are normal.



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

Nutrient Absorption Issues.....

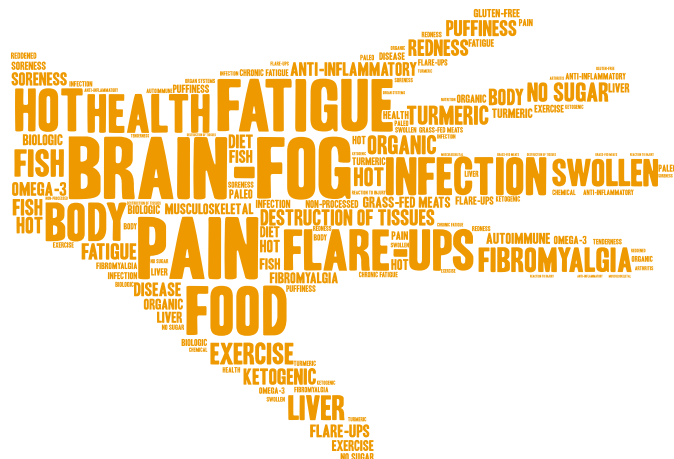
The nutrients that your body is able to absorb and utilize are affected by your gut bacteria. While most of the absorption of nutrients in the human body occurs in the small intestine, there is also a significant amount of digestion that occurs in the large intestine. Nearly all of the digestion that occurs in the large intestine is the result of bacterial activity. The bacteria ferment the remaining proteins and carbohydrates that made it beyond the small intestine. These proteins and carbohydrates are converted into short chain fatty acids which can be used for energy in the body. Bacteria in the gut are also needed to synthesize vitamin B12, thiamin, folate, riboflavin, vitamin K, and biotin.

A healthy gut is necessary for synthesis and absorption of nutrients.

Autoimmune and Immune-Related Issues

Interestingly, gut bacteria are believed to play a huge role in autoimmune diseases. It turns out that proteins produced by common gut bacteria can serve as the trigger for many autoimmune diseases such as ulcerative colitis and rheumatoid arthritis. These proteins mimic proteins that naturally occur in the human body. The immune system becomes sensitized to these proteins and begins attacking these proteins and the naturally occurring proteins. Leaky gut syndrome can also contribute to autoimmune disorders. An unhealthy gut can be the primary cause of many autoimmune disorders, such as:

1. **Celiac disease.** Celiac disease is an immune disorder that prevents people from eating gluten without injury to the small intestine. The immune system is activated in the presence of gluten and attacks the small intestine.
2. **Gluten intolerance.** There are many people that don't have a true gluten allergy but are very sensitive to gluten.
3. **Inflammatory bowel disease.** This is a broad term that describes disorders that involve chronic inflammation in the digestive tract. It includes several diseases, the most common of which are ulcerative colitis and Crohn's disease.



4. **Depression.** There is mounting evidence that an autoimmune issue is at least partially responsible for some cases of depression.
5. **Irritable bowel syndrome.** While celiac disease affects the small intestine, irritable bowel syndrome targets the large intestine. Irritable bowel syndrome doesn't cause permanent damage but can be troubling to manage. An immune system response or changes in gut bacteria are often to blame.
6. **Food allergies and reactivity.** Bacteria imbalances in the gut have been implicated in many food allergy cases. Intolerances to certain foods can also be blamed on gut flora.
7. **Joint pain.** Rheumatoid arthritis can cause great joint pain and long-term damage in the joints that are affected. This is an autoimmune disease that affects 1.3 million people in the United States.
8. **Hypothyroidism.** The most common cause of hypothyroidism is an autoimmune disease that is often treated by addressing infections in the gut.

Hopefully, it's beginning to become clear just how important a healthy gut is for general health. 100 trillion bacteria have the potential to either cause a lot of challenges or to support good health.

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Wills & Trusts

Sunbirds Need to Take Estate Planning Docs with Them

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

Many of Pahrump residents are “sunbirds,” migrating from the desert summers to cooler locations, and returning at the end of the summer to enjoy the mild fall and winter in Pahrump. When these sunbirds take off for the summer, many of them forget to pack the most important thing: their estate planning documents!

Now if taking a large binder full of your estate planning documents (many of which, let's be honest, you may not have fully read or understand because of the overly complicated legal language) doesn't sound fun to you, you should ask yourself if you can readily reach your estate planning attorney to obtain copies of your documents. Your estate planning attorney

should have the originals, or at least a copy of your documents, and be able to provide them to you at a moment's notice. After all, these are the documents that control important decisions that are made during life's emergencies- medical and financial decisions, as well as what happens to your body after you pass and who handles all your affairs during that difficult time. If you can't rely on the attorney who prepared them, then who can you rely on? When you're out of town, you may find yourself unfortunately in need of your estate planning documents. If there's an illness or injury and you must be hospitalized, you may need your medical power of attorney. If you need help changing your travel plans, you may want to utilize your financial power of attorney. If you find a little spot along the way that you want to make a sec-

ond home, you may need trust paperwork when you close on real property. There are lots of reasons you may need your estate planning documents while traveling, and it's important you have a reliable attorney to call to get your documents quickly when you need them.

If your estate planning attorney can't easily be reached, then you may want to consider transferring your files to a local estate planning attorney. This change can ensure that you are easily able to make changes to your documents, review your financial records with a licensed attorney to ensure your assets have been properly transferred to your trust, and review questions that may come up as health and age-related issues present themselves throughout your life.

If you can't figure out who originally drafted your estate planning docu-

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ments, or you can, but you're unable to reach the attorney (or worse- financial advisor!) who prepared them, the next question to ask is- can you clearly read through the documents on your own? Well drafted estate planning documents should not require a law degree to read through. Many lawyers make documents more complicated than they need to be. Many paralegals (and lawyers who do not primarily practice in estate planning) use templates or forms that they don't fully understand to draft your estate planning documents. This means that when you have questions about work you paid them to do, they may not know the answers to your questions or how to interpret the documents that affect the type of care you get when you are sick or injured.

With any estate plan, you should be able to easily point to the section that tells who makes decisions for you when you're incapacitated, who inherits when you pass away, and what powers your decisionmakers have when you're unable to make decisions on

your own. If you can't quickly point out these sections in your estate plan, it may be time to have your documents reviewed to make sure that (1) all of those important facets are included in your estate plan and (2) you know how to easily locate that information.

While most Pahrump residents who are gone for the summer remember to forward their mail, make arrangements for their yards and homes, and pack the necessities of life, make sure you're not left unprepared by having your estate plan ready to assist you for whatever comes up when you're on the road- or when you're safely back in our desert oasis of Pahrump!

DAVID BINDRUP LAW FIRM PLLC is the only estate planning firm with offices right here in Pahrump, as well as Henderson and Las Vegas. DAVID BINDRUP LAW FIRM attorneys offer FREE estate planning consultations and trust reviews, as well as probate consultations, asset protection consultations and business entity formation consultations. Call 702-465-0888 to schedule your cost-FREE appointment.



David Bindrup, Esq., CPA, LL.M. and Katie Bindrup, Esq. practice estate planning, asset protection and probate law at David Bindrup Law Firm, PLLC, located at 1321 S. Hwy 160, Suite 8A, Pahrump, NV 89048 (with additional offices in Las Vegas and Henderson) and can be reached at (702) 465-0888.



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



Biggest Threats to a Comfortable Retirement?

If you save and invest for decades, you'd like to know you can retire without financial worries. Nonetheless, you still have to be aware of some threats to a comfortable retirement — and how to respond to them.

These threats include:

- **Inflation** – Inflation has been high recently, but even a mild inflation rate can seriously erode your purchasing power. In fact, with just a 3% inflation rate, your expenses could double in about 25 years — and your retirement could easily last that long. So, if you're going to rely on your investment portfolio for a sizable part of your retirement income, you will need to own a reasonable number of growth-oriented investments, such as stocks or stock-based funds, whose potential returns can equal or exceed the inflation rate.

- **Excessive withdrawals** – Once you retire, you should establish a withdrawal rate for your portfolio — an amount you can take out each year and still feel secure that you won't run out of money. Some people make the mistake of withdrawing too much, too soon, once they're retired. Your withdrawal rate should be based on several factors, including your age at retirement, the size of your portfolio and the amount of income you receive from other sources, such as Social Security. A financial professional can help

that's appropriate for your needs.

- **Market volatility** – The financial markets will always fluctuate. When you're still working, this volatility may not be such a problem, as you have years or decades to recover from short-term downturns. But when you retire, you don't want to have to sell investments when their price is down. To help prevent this, you can tap into the cash in your portfolio, assuming you have enough to cover several months' worth of living expenses. You could also draw on a CD "ladder" — a group of CDs that mature at different times — to provide you with resources for the next few years and allow your equity investments time to recover their value.



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- **Unexpected costs** – You had them when you were working, and you'll probably have them when you're retired: the furnace that breaks down, the car that needs a major repair, and so on. But if you've established an emergency fund containing a year's worth of living expenses, with the money kept in a liquid account, you may be able to "ride out" these costs without jeopardizing your investment portfolio. Be sure to keep these reserves separate from your typical day-to-day accounts to avoid the temptation of spending your emergency money.
- **Health** – Retirees may face more health concerns than younger people, and those concerns often come with larger medical bills. That's why it's important to maximize the benefits from Medicare or your Medicare Advantage plan. Also, if you contributed to a Health Savings Account (HSA) while you were working, and you haven't depleted it, you can use the money in retirement. As long as the HSA funds are used for qualified medical expenses, withdrawals are tax- and penalty-free, and won't be included in your income. This could help keep your income below certain levels, lower your Medicare premiums or avoid the 3.8% surtax on net investment income that can be assessed on high-net-worth taxpayers.

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TECH TIPS



by Josh

How to Not Get Overwhelmed with Computer Technology

A common thing we hear when people come through the door of our store Great Computer Deals, is, “I’m not very computer literate” or “I’m computer stupid”. I know folks are basically just trying to lower the bar, so we don’t expect too much of them. After 13 years in business, I do realize there are some people out there lacking common sense, but the main reason for people not understanding computer technology is not because they are “stupid” or “dumb” it’s because they have never had the information explained in a way that makes sense to their generation. They’ve also overwhelmed themselves with too much knowledge because they feel pressured to learn everything their computer can do. This is not the way, and we can offer better suggestions below. So, with that said, how do you not become overwhelmed with computer technology?

1.) Learn only what you have to learn.

Never feel any pressure to learn the full capabilities of your computer, tablet, or smartphone. They’ve de-

signed these devices to do thousands of things, and you won’t use but 10% of those features. I’ve been in the computer industry for over 22 years, and I’m still just scratching the surface on what I know about technology. I invest the time and learn only how to do the things that my customers and I require and benefit from. You should do the same. Make a list of your priorities and goals and go from there. For example, “Get an e-mail account,” “Learn to video chat with my family,” or “Learn how to use Microsoft Office” would all be good options for your list. Above all,

keep it digestible, and don’t overwhelm yourself with too much information.

2.) Go to the right source for your knowledge.

There are many good spots to go to for computer and technology help. Back in the early days, the “Computers for Dummies” series and other books were very popular because they assumed their readers knew absolutely nothing about the subject and started from scratch. In many cases, they were right. These days, the Internet has re-



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ally taken over as THE source of training. Our favorite would be the website YouTube (www.youtube.com). It's a free website that literally has millions of videos at your fingertips. We suggest being very specific when looking for computer training videos. Instead of searching by using a broad term like "Windows 10", do a search that's more specific, like "Windows 10 tutorial for seniors," and you'll get more specific and better results. Also, make sure to watch videos that are fairly current and are not 5+ years old, as information and specific steps may have changed over time.

If you prefer face-to-face visual instruction, our computer store Great Computer Deals, also offers a service called Rent-A-Tech. You can basically show up at any time the store is open, and a friendly technician will be assigned to you to help with whatever tasks you're trying to accomplish. This could be in offering help with your new smartphone, downloading an app

on your tablet, or recovering a forgotten password on your laptop computer. Whatever your need is, we've got you covered. The best part is you only pay for the time you use. Rates start as low as \$25.

3.) Use the knowledge you attain as soon as possible.

So many of our customers are great about acquiring the knowledge and understanding what was taught to them at the moment, but many folks don't start using that knowledge until later, and oftentimes the details have long been lost in their brain, and they're back to square one. So, with that said, use the information taught to you right away. The more times you run through the steps and practice, the sooner you'll be able to do those tasks with ease.

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

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 22 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, Mixed Martial Arts and is obsessed with all things Star Wars.

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Shelley Poerio

Social Media Effects

For Recovery in The Social Media Era Self-Discipline Has Become Even More Crucial

By Shelley Poerio with Casey Jones

We've all seen how parents, communities, states and even governments are acknowledging the impact social media can have on its citizens – and are trying novel ways to rein in some of its more deleterious effects.

In the era before pervasive social media and online access, parents had more influence on their children. Children have always struggled to emerge as individuals, but in past periods it was good parents who guided them and attempted to influence their values and behaviors. To protect them from harm, physical or emotional, there were rules of the house: bedtimes, TV time allocations, age-restricted types of books, music and movies allowed, and the vetting of friends. In school, interactions were personal; escape and isolation

into digital worlds did not exist.

Enter the social media era, and much of the scrutiny parents previously wielded has become much trickier. Teachers may struggle to maintain control and influence when students' homework is literally on a digital device. Today, people of all ages can hide what they're doing in plain sight. Personal devices expand the latitude the individual has – kids and adults – and are only restricted by what the individual chooses to see, read, hear and follow.

What previously served to influence young people toward good citizenship, honorable behavior, and service to others, has often been usurped by a dedication and devotion to instant gratification, impulsivity and endorsement of what previous generations considered unacceptable. Yet how many times have you heard people state, "I'm going off social media to take a break;

reconnect with what's important." I've heard this many times and have felt it myself. If over-exposure to the online world was so great, why would we feel better when we went offline?

I don't have all the information or simple answers for solving the problem of the misuse of social media, but I have some observations. Maybe even some thoughts on what we can do to stay sane, balanced – and for those in recovery – sober.

Who Has the Megaphone?

Many of us can remember when the news we read about or heard was trusted: deemed newsworthy and credible by people or organizations that had earned some respect and ensconced positions of authority. Newspapers, news programs on the radio or TV, and non-fiction books all had some



form of reality checks: the reputation of the business or personality, and corporate guidance and federal regulators that imposed “fairness” and truth in reporting/ and writing. Because it was expensive to broadcast or print, there was limited space or time in which to place or report the “story” and the timeframes to publish were longer. There were natural gatekeeping hurdles to surmount before asserting what was news or newsworthy. Importantly, politics and personal opinions did not masquerade as “news” or “truth”. Fast forward to today: anyone can use social media to broadcast anything to hundreds, thousands, even millions of people instantaneously.

Those with the virtual megaphone don’t have to earn trust. As many have noted, social media, as well as what plays on the “news”, tends to normalize and even glamorize many negative aspects of human behavior: bullying, abuse, crime, drugs, drinking, high risk behaviors, personal irresponsibility, and more.

And if that isn’t bad enough, social media itself can become addictive, reinforcing the cycle of relying on it for “information”, which is often the information that reinforces an addictive lifestyle. It’s widely known that the “Like” -type buttons on social media are designed to trigger a dopamine (an important brain neurotransmitter tied to addiction, motivation, goal seeking and repetitive behavior) response. Dopamine in drug addiction tells the brain “Do it again”. We see similar pat-

terns of behavior with social media participation for many.

Hold On a Minute!

How do we balance “free speech” with appropriate regulation? (Think yelling “fire” in a crowded theater.) I believe the best way to manage this is through more alert, engaged and enlightened adults. Parents should take responsibility for managing their children’s participation in the digital world, and they - and other adults - need to be more skeptical of what they read and where they read it. Sadly, truth appears to be the biggest casualty of “progress”. Critical thinking should inform every conclusion that you might draw from whatever you see online.

As adults in recovery, some self-monitoring may be required to minimize the risk of relapse, and to nurture a healthy and positive mental attitude. Studies have shown a correlation between increased levels of depression and social media time. It’s no wonder that being constantly exposed to perfect body image pictures, fabulous vacations, wealth and prosperity can lead to feelings of inadequacy. In a 2017 study reported in the Journal of Medical Internet Research¹, researchers found that almost half of the participants reported that some of the social media content they viewed triggered

substance cravings. And in the study, more than 70% of the participants said they’d welcome having their social media accounts monitored to reinforce relapse prevention.

As With Most Everything in Life, Discipline Drives Better Outcomes

From my experience as a therapist, my experience with social media and after having conducted a brief study on the impact of social media on recovery – I’m convinced that some form of discipline can make all the difference. For some, self-discipline to avoid dangerous sites or discussions to build the strength to avoid relapse. For others, the assistance of being monitored to build up the strength to behave in the healthiest ways regardless of “who is watching”. Social media is NOT the real world. Spend more time in person – with family, friends, workmates and neighbors. Get off that keyboard and get into reality! You’ll be much happier, healthier and wiser.

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

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.

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

1-Technology and Social Media Use Among Patients Enrolled in Outpatient Addiction Treatment Programs: Cross-Sectional Survey Study, Robert D Ashford; Kevin Lynch; Brenda Curtis, JMIR Publications, 2017.

Humorous Observations



By Tyler Ryan

Just a thought...

Are there any animals on God's green earth that human beings won't eat?

I ask that question because, like many people, I tend to stick with the most common animal proteins such as beef, pork, poultry, and seafood products.

I must say, however, that I tend to turn my nose up at some of the things inside of those animals, such as kidneys, livers, brains, etc.

Also, I will not eat animals with antlers or racks, such as deer, elk, and moose.

Regarding pork, I tend to live both low and "high on the hog," as I enjoy ham hocks, baby-back ribs, and a good pork roast.

I'll pass on the ears and snout.

Chicken is obviously on the menu, except for the head, feet, and feathers. Oddly, I like a properly deep-fried gizzard.

I can't explain.

As far as seafood is concerned, just about anything is up for grabs, be it baked, broiled, fried, or grilled.

It's also important to note that for centuries, some people and families had to eat only what was available out in the wild, long before the advent of supermarkets and big-box retailers.

That may be one reason why I've

never seen fresh opossum, squirrel, or raccoon in the refrigerated section of Albertson's, Smith's, or Walmart.

Adding to that list are critters like rats, which in many parts of the world and some parts of this country are a delicacy, where they are consumed as a stew or other culinary preparations.

Then there are, in my opinion, animals that are just too cute to devour, especially rabbit and lamb.

In fact, I had a pet rabbit while growing up many decades ago, but never did the thought of eating it spring to mind.

As a "Kid" (no goat pun intended,) I remember going on a lunch picnic with family friends, and I grabbed what I thought was a piece of fried chicken.



It turned out it was fried rabbit, which I quickly spit out, much to the chagrin of my friend's mom, who made it. (They were not from around these parts.)

I'll say it again; I tend to think of rabbit as a pet rather than a food source.

There are many other animals that resemble our pets, but I won't go there.

Another mistaken food incident involved my mother many years ago when she made what I thought was a thinly sliced top-round steak, which upon the first bite, turned out to be liver.

I never forgave her for not telling us.

I've learned over the years that how certain foods are prepared determines how much they are worth sampling.

Please understand that I know there are sadly too many families and individuals who cannot afford the meal they would most often prefer to eat, which brings me to the idea of eating something like pork "chitlins" or "chitterlings" as some refer to it.

Indeed, it was an acquired taste, texture, and aroma each New Year's Day starting as a child.

So much so, I haven't yet convinced my wife to make them after many years of marriage.

On a final note, I learned many years ago that human beings can survive longer without food than without water.

With that said, I have to respectfully consider what it took for passengers to endure and survive that Uruguayan commercial airliner crash in the frozen Andes mountain in October 1972.

I won't go into the gory details, but if I were in that kind of situation, Frosty the Snowman would definitely be on the menu rather than my fellow passengers.

I could never, ever be that hungry.

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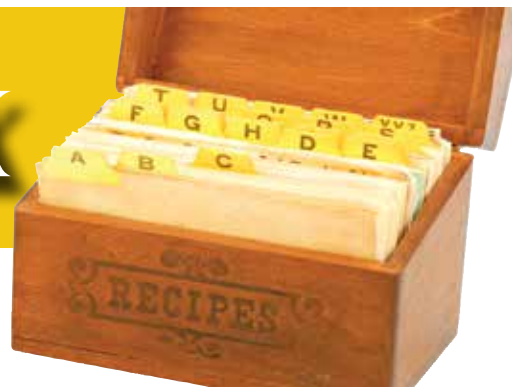
EMAIL

denise@d2design.biz

CALL

775.209.4444

Recipe Box



Golden Turmeric Latte

By Crystal Atwood

<https://naturalvibes-healthandwellness.com>

2 Servings

10 Minutes

Ingredients

- 1 tbsp Ginger (grated)
- 1 cup Canned Coconut Milk
- 1 cup Water
- 1 tsp Turmeric (powder)
- 1 tbsp Raw Honey
- 1/2 tsp Cinnamon
- 1 1/2 tps Coconut Oil

Directions

1. Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.

2. Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!



Notes

Use Fresh Turmeric Root. Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.

Avoid a Mess. Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.

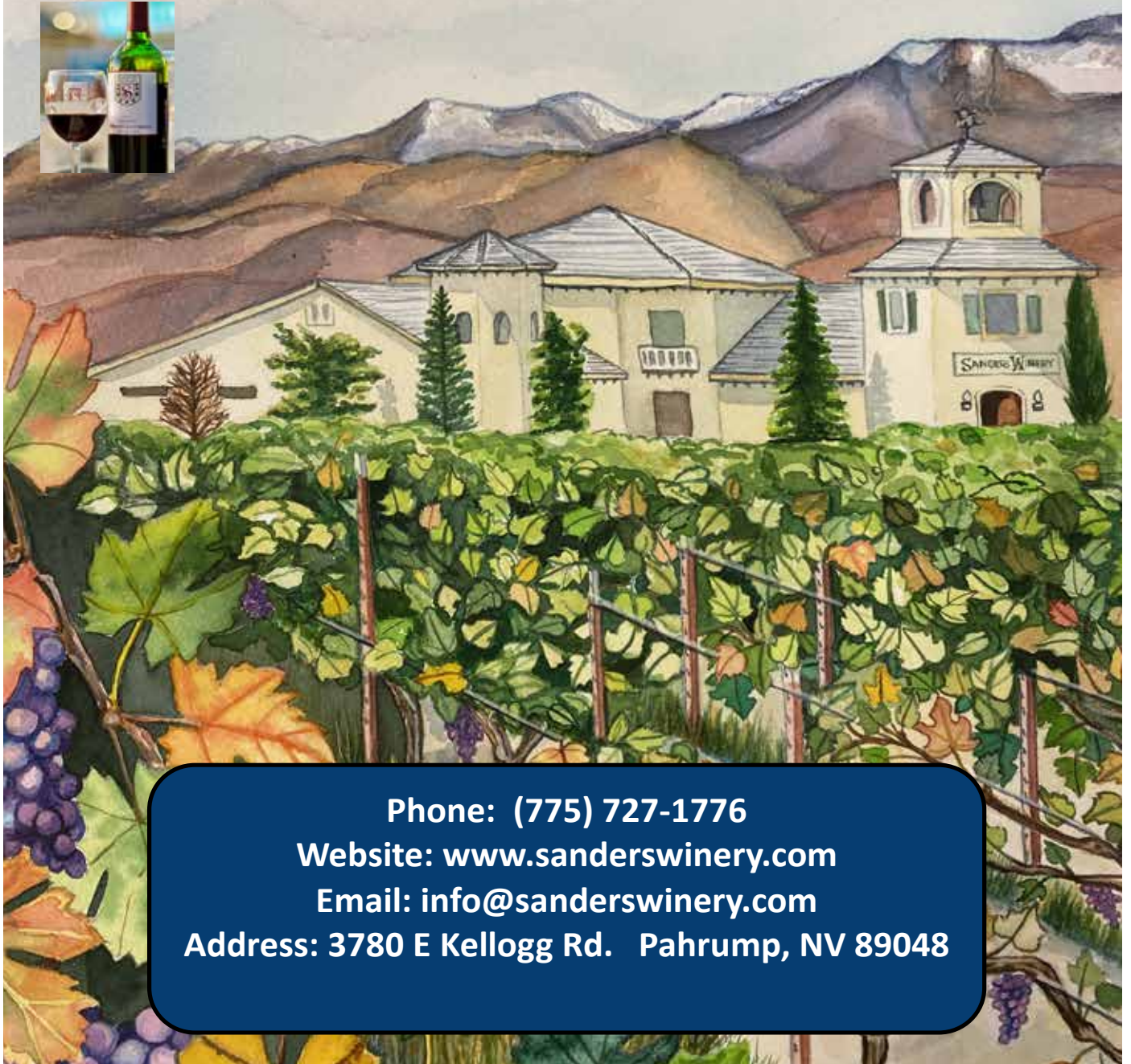
On-the-Go. Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.

Vegan. Use maple syrup to sweeten instead of honey.

Sanders Family Winery

CELEBRATING 35 YEARS IN PAHRUMP,
NEVADA'S WINE COUNTRY
FREE WINE TASTING

Open 7 days a week from 10 AM to 5 PM
2023 Concert Season has begun!



Phone: (775) 727-1776
Website: www.sanderswinery.com
Email: info@sanderswinery.com
Address: 3780 E Kellogg Rd. Pahrump, NV 89048

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 Carol Champney



Pahrump Redneck Pool and BBQ July 4th Gathering

Tuesday, July 4th 1:00 PM – 10:PM
Petrack Park, 150 NV-160, Pahrump, NV

Come join the fun and celebrate our Nation's Birthday on July 4th. There will be lots of activities including the following contests for the best: Redneck Truck, Mullet, and Patriotic Outfit. Also enjoy a DJ, Full Bar, Food, Redneck Games, plus a mud pit contest. To recreate "The Good Old Days," join in the potato sack races, egg races, tug-o-war, and lots more.



Pahrump 4th of July Celebration Fireworks

Tuesday, July 4th at dusk
Petrack Park, 150 NV-160, Pahrump, NV

The tradition carries on...Fireworks on the Fourth at Petrack Park in downtown Pahrump. Bring your blankets and coolers and grab the family for a fun evening to celebrate the fourth. Or you can view

them from several locations around town. Fireworks start at dusk.

Some of the contests require entry fees. For more information go to <https://redneckpoolandbbq.com.godaddysites.com>



Amargosa 4th of July Weekend Event

Saturday, July 1, 4:00 – 11:00 p.m.
Amargosa Park, 776 East Farm Road
Amargosa, NV

Come join the pitching fun in Amargosa for the 4th of July Weekend Event. It will be held on Saturday, July 1st. Southern Nevada Horseshoe Association. Is sponsoring a fundraiser for the Amargosa Racing Association and AVIA to rebuild the sand drags as well as fund future events. There is a \$10 buy-in and a Blind Draw. Plaques will be awarded to 1st, 2nd, and 3rd places. Other activities in the park will include games, vendor booths, food and beer, a night parade, and fireworks. For more information on the horseshoe tournament contact Lathan Diliger (435) 691-3867 or Jennifer Lindsey (775) 513-5817. Future pitching events are listed on the Southern Nye County Horseshoe Association's website <https://www.nshpa.com>. For vendor information and any other questions call Jennifer Lindsey (775) 513-5817, or Scott Harris (775) 537-8699.



Junk Drawer Robotics

Tuesdays & Thursdays in July

10:00 a.m. – 11 a.m.

Southern Nye County 4-H
1651 E. Calvada Blvd, Pahrump, NV
Phone: (775) 727-5532

Have you ever wanted to learn about robotics! The Southern Nye County 4-H is sponsoring a robotics class Tuesdays and Thursdays in July for children ages 9-19. For more information email the local office at extensionsnye@unr.edu.



Déjà vu – "The Dance & Show Band"

Saturday, July 15th
Doors open at 6:00 p.m.

Sanders Valley Winery
3780 E. Kellogg Road, Pahrump, NV
Phone: (775) 727-1776
Email: Info@sanderswinery.com

Come, sit back, relax, and taste award winning win. You'll be sure to enjoy the Las Vegas style Déjà vu Band. Doors open at 6:00 pm, with music starting at dusk. There

is free wine tasting, and you may bring your own food. Call now to reserve your tickets and table. Tickets are \$25 per person.



Soul Town – Motown R&B

Saturday, July 29th

Doors open at 6:00 p.m.

Sanders Valley Winery

3780 E. Kellogg Road, Pahrump, NV

Phone: (775) 727-1776

Email: Info@sanderswinery.com

Dance to the rhythm of your favorite Motown Rhythm and Blues music. As with all Sanders Winery events, there is free wine tasting, and you may bring your own food. Call now to reserve your tickets and table. Tickets are \$25 per person.



Pahrump Open Cribbage Tournament

August 11-13; Fri. 6pm, Canadian

Doubles; Sat. 8:30am, Main; Sun.

9:30am Consolation

Valley Conference Center, 800 E.

Highway 372, Pahrump, NV

All cribbage players are welcome. Sanctioned by the American Cribbage Congress. Registration form available at https://www.cribbage.org/mrpprogram/uploads/2023-08-11_Pahrump_Nevada_Open.pdf

Contact Denise at 775-209-4444 or denise@d2design.biz for more info.



Visual Artists Group

**Every Sunday Afternoon,
2:30-5:00 p.m.**

Pahrump Arts Council

301 Oxbow Rd, Suite 14, Pahrump, NV

Calling all visual artists! This supportive group invites artists of all mediums, ages and skill levels to join us. Check them out every Sunday afternoon from 2:30-5:00 at the Pahrump Arts Council studio located at 301 Oxbow Rd, Suite 14 to see works in various working stages or just hang out. PAC membership is not required. It's free to attend! For ongoing events visit, www.Pvpac.org, or their Facebook page, Pahrump Arts Council



Happy Stitchers

**Every Sunday Afternoon,
2:30-5:00 p.m.**

Pahrump Arts Council

301 Oxbow Rd, Suite 14, Pahrump, NV

This group shares ideas, tips, advice and methods while offering help and support on personal projects. All levels are welcome. Join them for hand stitching and chatting in an inspiring and supportive environment. The stitchers take part in the Quilts for Valor whose mission is to cover all service members and veterans touched by war with comforting and healing Quilts of Valor.



Pahrump Community Choir

Every Wednesday, 6:30 - 8:00 p.m.

Pahrump Arts Council

301 Oxbow Rd, Suite 14, Pahrump, NV

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



Artesian Cellars Winery & Vineyard

**Hours: Monday – Wednesday,
11:00 a.m. – 8:00 p.m.**

Thursdays, 11:00 a.m. – 9:00 p.m.

Fridays & Saturdays, 11:00 – 10:00 p.m.

Sundays, 12:00 noon – 5:00 p.m.

1731 S. Hwy 160, Pahrump, NV 89048

Artesian Cellars offers diverse musical entertainment. Come 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, special wine events for Wine Cub members, and more. For an event listing, visit their website, www.artesiancellars.com, or their Facebook page Artesian Cellars

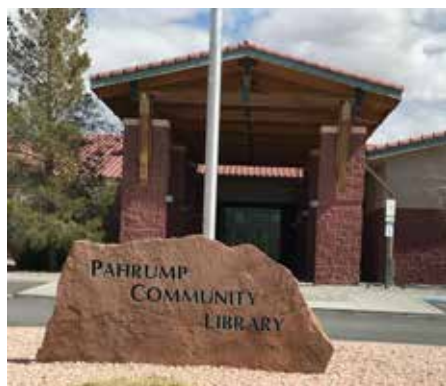


First Sunday Vendor Event

**July 2nd and August 6th,
8:00 a.m. – 3:00 p.m.**

**2nd Amendment Guns & Range
1360 E. Basin, Pahrump, NV**

Come join the fun at Second Amendment's First Sunday Vendor Events on July 2nd and August 6th and help support local vendors. There will also be food and music for your enjoyment. The location is in Second Amendment's parking lot. The event happens the first Sunday of every month. For Vendor information call (702) 371-2393.



Pahrump Community Library

**Monday – Thursday,
10:00 a.m. – 6:00 p.m.**

**Friday and Saturday,
10:00 a.m. – 4:00 p.m.**

701 East Street, Pahrump, NV

The Pahrump Community Library is the information, education, one-stop mind station! There are a variety of activities for all ages at the Pahrump Community Library. Everything from children's reading programs, Teen Escape Room, Teen Library Club, Adult Summer Book Bingo, Favorite Author Book Club, AARP Driver's Refresher course, CPR classes, and so much more! The best place to see what's happening at our library is on their Facebook page, Pahrump Community Library. Find out how fun the library can be!



Over the Hump Offroad Club

We are a group made up of trail riders here in the Pahrump Valley with vast knowledge of hidden gems found all over the surrounding area. Join our private Facebook page for upcoming rides.



Pahrump Farmers' Market

Saturday Mornings

May thru September 7:30 – 11:00 a.m.

October thru April 8:30 – Noon

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

Get to know your community neighbors by attending the local Farmers' Market on Saturday mornings from 7:30 -11:00 a.m. from May through September and 8:30 a.m. – noon from October thru April. Help support local vendors, farmers, and gardeners, while enjoying some home-grown food.



Pahrump Valley Chess Club

Every Saturday Afternoon

12:00 noon – 4:00 p.m.

**Holiday Inn Breakfast Lounge
860 NV -160, Pahrump, NV**

Whether you are a newbie or an expert, you and your family are welcome to join this free family activity. Now's your chance, and it's free. Come join the Pahrump Valley Chess Club. It's open to all ages and all levels. They also offer a free beginner's class. For information, call 775-419-7552

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*Helping to
Build a
More Well
Adjusted
Community.*

*Treating
Back Pain,
Neck Pain,
Headaches,
TMJ
Syndrome,
Sciatica,
and More.*

Dr. Lewis has been treating patients with integrity, devotion, and compassion since 1998.

Renee has decades of experience treating patients.

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Steroid Gel
Injections



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Ultrasound



Digital
Radiography



Physiotherapy



Auto Accidents

Our Services

- **Chiropractic** - adjustments reduce neck pain, sciatic, and other distortion to improve overall wellness and structural balance.
- **Nurse Practitioner** - conducts evaluations and monitors patient's responses to care.
- **Steroid Gel Injections** - provide pain relief to supplement difficult cases.
- **Diagnostic Ultrasound** - a safe and painless method of producing images of inside the body using sound waves.
- **Digital Radiography** - the type of computerized x-ray imaging that happens in real-time.
- **Physiotherapy** - therapeutic exercises, stretching, gait training, disc decompression, and balance enhancement.
- **Auto Accidents** - if you have been in a car accident, we can help by accepting your auto insurance med pay and liens.

Dr. David Lewis, DC, BS, QME
Renee Grandieri, APRN, MHA

3250 Highway 160, Pahrump, NV 89048 • 702-530-2225



DINING life

Asian

China a Gogo

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

China Wok Buffet & Grill

580 S. Hwy. 160
775-727-9988
Sun. - Thu.: 11 am - 9:30 pm
Fri. - Sat.: 11 am - 10 pm

Chattai Bistro

421 S. Frontage Rd., #1
775-537-7227

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

Teriyaki Madness

240 Hwy. 160, #2
775-877-9670
11 am - 9 pm

Family Style Restaurants

Denny's Restaurant

240 S. Hwy. 160
775-751-3828
Open 24 hours

The Farmhouse Kitchen

Gold Town Casino
Hwy. 160 at Hwy. 372
11 am - 8 pm

The Grill Room

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

Irene's Casino

820 S. East St.
775-727-5211
Casino: Open 24 hours
Restaurant: 8 am - 11 pm

Jeanne's Gourmet Hot Dogs

1401 Hwy. 160 & Loop Rd.

Johnny's

1440 E. Hwy. 372
775-727-3737

Johnny's To Go

4760 Pahrump Valley Blvd.
775-253-4521
10 am - 8 pm

Mister Tater's Tater Shack

Gold Town Casino
Hwy. 160 at Hwy. 372
775-751-7708
Sun. - Thu.: 9 am - 10 pm
Fri. - Sat.: 9 am - 11 pm

Mom's Diner

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

The Place To Go

921 S. Hwy. 160, #402
775-727-3676

The Venue

Nevada Treasure RV Resort
301 W. Leslie St.
775-770-6640
Closed Tue & Wed.

\$5 \$10 \$15 Restaurant

Stagestop Casino
100 W. Stagestop Rd.
775-727-7300
Mon. - Sun.: 10:30 am - 8 pm

Bars & Cafés

Pour House

Best Western
1101 S. Hwy. 160
775-537-1111
11 am - 11 pm

Golden Harvest Café

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

Lakeside Café

Lakeside Casino
5870 S. Homestead Rd.
775-751-7770
7 am - 9 pm

Moonshiners

Terrible's Road House
1750 S. Pahrump Valley Blvd
775-727-7777
Open 24 hours - Daily Specials

Rhinestones Country Bar & Dance Hall

1700 Pahrump Valley Blvd.
775-877-5068

Shenanigans Pub

1330 E. Calvada Blvd
775-419-6367
Mon. - Sat.: 12 pm - ?

Road Runner's Roost

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

Silver Spur Buffet & Café

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

The Hubb

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

Bakery, Coffee & Snacks

Java Junkies

Horizon Market
840 Hwy. 372
775-238-6848
Mon. - Sun.: 6 am - 6 pm

Living Free Café

Featuring Java Junkies
2050 N. Hwy. 160, #400
775-505-3888
Mon. - Fri.: 6:30 am - 6:30 pm
Sat. - Sun.: 8 am - 3 pm

O Happy Bread French Bakery

1231 E. Basin Ave., #7
775-455-0478
Mon. - Sat.: 7 am - 6 pm
Sun: 7 am - 4 pm

Pahrump Valley Roasters

775-537-0700

Starbucks

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

Starbucks

460 S. Hwy. 160
775-727-7572

Sugar and Spice Bistro & Bakery

2301 Winery Rd., #106
775-877-9410
Mon. - Fri.: 6 am - 3 pm
Sat. - Sun.: 9 am - 2 pm



Mystery Diner

The Venue @ Nevada Treasure

New Restaurant at Nevada Treasure RV Resort Opens

I'd heard a lot of positive feedback about this new restaurant that recently opened in the Nevada Treasure RV Resort. So, I decided to try it myself, and the rumors were true. The name of it is The Venue, and it's a great place. They didn't have their liquor license yet when we were there, but it is a work in progress.

Their food is delicious, and a large variety of entrees are on the menu. From appetizers to desserts, they cover it all. Samples of their entrees include Jerk Chicken Skewers, Sticky Ribs, and Berkshire Pork Chops. They offer Salmon and Shrimp Scampi for you seafood lovers, while meat lovers can enjoy their 8 oz. New York Strip. They also offer three different salads, and the servings are big enough to fill you up. The prices seemed reasonable, especially for the amount you get.

There were four of us there, and each one of us came away raving about the food. The proportions were large and very fresh. Rather than eating inside, if you prefer, they will serve you outside by the luxurious pool.

Do you have a special event coming up? They are also set up for banquets, weddings, and celebrations of all kinds, with the ability to handle crowds of up to 300 people. If you'd rather eat at home, takeout and delivery are options. They have daily lunch specials as well as a daily Chef's special.

To top off our visit, the waitress was terrific. She was polite, friendly, and anxious to have you enjoy your evening meal. The bottom line is I highly recommend The Venue, located in Nevada Treasure RV Resort at 301 W. Leslie St. Pahrump, NV. 89060. They can be reached at 775-751-6640 ext. 1008. Their website is <https://thevenuepahump.com>.



The entrance to The Venue inside Nevada Treasure RV Resort



Nevada Treasure RV Resort

APPETIZERS	
CHICKEN WINGS \$14.99 Jumbo wing served with buffalo, Cajun or garlic parmesan. Served with ranch.	CHICKEN TENDERS \$10.99 Lightly breaded and served with ranch.
CRISPY CHICKEN \$11.99 Fresh chips seasoned with melted cheese, refried beans, diced tomatoes, jalapenos, green onion and sour cream. Served with a side of salsa. Add ground beef or chicken \$4 add drink \$1	CHEESE QUESADILLA \$8.99 Large flour tortilla with melted cheddar/colby cheese. Add chicken \$4 add drink \$1
FRIED MOZZARELLA \$8.99 Mozzarella cheese strings fried golden brown and served with marinara.	POTATO SKINS \$8.99 Crispy potato skins loaded with melted cheddar, bacon, green onion and sour cream.
JUMBO SHRIMP COCKTAIL \$12.99 Six jumbo shrimp served on a bed of shredded lettuce. Served with house made cocktail sauce and lemon wedge.	CHIPS AND SALSA \$6.99 Fresh tortilla chips served with a side of our house made fire roasted salsa.
BURGERS AND SANDWICHES	
AMERICAN BURGER \$10.99 Served on a brioche bun with American cheese, tomato, onion, pickles & Thousand Island dressing.	RING BACON BURGER \$12.99 Served with tangy big sauce, cheddar cheese, bacon, crisp onion ring, lettuce, tomato and pickle.
MCGROWDOW SMITH \$12.99 Smothered with grilled onion, mushrooms and Swiss cheese.	PHILLY CHEESESTEAK \$12.99 Shaved beef, sautéed grilled green peppers & onions and melted mozzarella cheese.
PRITTY HILL \$12.99 Burger patty served on a grilled rye bread with Thousand Island dressing. Served with grilled onion and Swiss cheese.	GRILLED CHICKEN \$13.99 Grilled chicken breast, Swiss cheese, bacon, lettuce, tomato and onion. Served on a toasted brioche bun.
CLUB SANDWICH \$12.99 Smoked turkey, honey ham, fresh bacon, lettuce, tomato & mayo. Served on a toasted bread.	REUBEN \$12.99 Grilled corned beef, crisp sauerkraut, Swiss cheese and Thousand Island dressing. Served on a grilled rye bread.
Bread choices: brioche bun, heagle roll, white, marshmallow rye and wheat.	
ENTREES	
BONE CHICKEN SKEWERS \$15.99 Chicken breast marinated in Caribbean jerk seasoning. Served with rice and vegetables.	SALMON \$23.99 Blackened Atlantic salmon served on a bed of sautéed spinach with rice. Topped with sautéed dum sauce and lemon.
STICKY RIBS \$21.99 Half rack ribs fried and tossed in our house made sauce. Served with white rice and vegetables.	SHRIMP SCAMPI \$19.99 Jumbo shrimp sautéed in white wine, garlic and lemon butter sauce. Served over a bed of linguini noodles and served with garlic bread.
BERKSHIRE PORK CHOP \$17.99 11 oz Berkshire pork chop. Pan seared with our special seasoning and served with loaded baked potato and sautéed vegetables.	8 oz NEW YORK STRIP \$18.99 Seasoned with our special island seasoning. Served with loaded baked potato and sautéed vegetables.
SALADS	
CAESAR SALAD \$10.99 Crisp romaine, Caesar dressing, fresh parmesan and croutons. Add chicken \$3 add drink \$1	CHEF SALAD \$11.99 Mixed greens, smoked turkey breast, honey ham, Swiss and American cheese, hard boiled egg and cucumber slices and tomatoes.
WIT House Salad \$6.99 Mixed greens, melon, tomato, cucumber, cheese and croutons.	
Dressings: Ranch, Blue Cheese, Thousand Island, Balsamic and Italian *Contains no may contain raw or undercooked ingredients. Consuming raw or undercooked meat, poultry, shell stock or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.	
DESSERTS \$5.99	
HOMIE MADE CHEESE CAKE	TRIPLE CHOCOLATE CAKE
VANILLA OR CHOCOLATE MILKSHAKE	
ICE CREAM	
CHOCOLATE OR VANILLA ONE SCOOP \$2.28	TWO SCOOPS \$4
DAILY LUNCH SPECIAL \$7.99 Grilled Cheese Sandwich & Soup of day	ASK ABOUT OUR DAILY CHEF'S SPECIAL
SOUP OF DAY CUP \$4.99	

The Venue menu offers a variety of dishes

MOONSHINERS

LUNCH & DINNER MENU • SERVED 11AM-11PM
20% GRATUITY FOR PARTIES OF 8 OR MORE

STARTERS

- Fried Chicken Fingers \$8.99
Plain or Buffalo Red Hot, with ranch. Add fries for \$1.25
- Moonshiner Tots \$8.25
Potato strips rolled with cheese, lightly seasoned, then fried. Served with beer cheese sauce.
- Chicken Wings (8) \$11.99
Pit-smoked, then flash-fried, sealing in the flavor. Served with ranch, or try one of our sauces from the BBQ sauce bar.
- BBQ Tostadas (3) \$11.99
Shredded lettuce, pico de gallo, cheddar, choice of meat.
- Moonshiner Minis (3) \$9.99
Three small BBQ sandwiches. Choice of chopped brisket or pulled pork. Add fries for \$1.25
- Fried Mac & Cheese Bites \$8.25
Our house-made mac & cheese, battered and fried.
- Crispy Pork Nuggets \$8.99
Pork belly, sweet chili glaze, sriracha aioli & peanuts
- Onion Rings Choice of dipping sauce \$6.99
- Road House Quesadilla \$8.99
Grilled tortilla, jack & cheddar, with pico de gallo, sour cream and guacamole. Add chicken, pork or brisket for \$1.25
- BBQ Potato \$8.99
Stuffed with your choice of BBQ pork, BBQ beef, BBQ chicken, or chili. Topped with cheddar and green onions.
- Chili Cheese Fries with onions \$8.99



SHRIMP
COCKTAIL
\$1.50

SALADS

- BBQ Salad \$11.99
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 \$8.99
Fresh romaine tossed in a creamy Caesar dressing, topped with Parmesan cheese and croutons. Add pulled chicken or pulled pork for \$2.00.
- Oriental Salad \$9.99
Fresh cabbage, mandarin oranges, onions, fried noodles, with sesame seed dressing. Add pulled chicken or pulled pork for \$2.00.
- Chili \$7.99
Our hearty, homemade chili with beef.
- CUP OF CHILI \$4.99



PIT SMOKED BARBECUE

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



- Pulled Pork \$12.99
Smoked low & slow for 16-18 hours, then pulled, dusted and sauced. Choice of two sides.
- BBQ Brisket \$13.99
Smoked low & slow for 16-18 hours, then sliced, dusted and sauced. Choice of two sides.
- Half Chicken \$13.99
Smoked low & slow for 3.5-4 hours, then dusted and sauced and finished on the grill. Choice of two sides.
- Turkey Breast \$10.99
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 \$18.99
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 \$16.99
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 \$9.99
Smoked low & slow with Texas post oak, topped with slaw, barbecue sauce and Shiner Dust.
- Chopped Brisket \$12.99
Smoked low & slow with Texas post oak. Served on Texas garlic toast, topped with slaw, barbecue sauce and Shiner Dust.
- Smoked Turkey Club \$9.99
Smoked turkey, bacon, lettuce, tomato, American & Swiss cheese, mayo, choice of bread.
- Grilled Cheese \$7.99
Parmesan-crusted Texas toast, with cheddar, Swiss, American cheese.
- Beef Sausage Hot Link \$11.25
All-beef sausage link smoked in our pit. Topped with slaw, BBQ sauce, and Shiner Dust.
- BLT Served with one side \$8.99
- Catfish Sandwich \$9.25
Farm-raised catfish fillet fried golden brown, with lettuce, tomato, onion, pickle and tartar sauce.



SIDES

- Moonshiner Fries \$4.99
Homemade with fresh cut potatoes, deep-fried and dusted with our Shiner Dust
- Cole Slaw (vinegar base) \$3.49
- Potato Salad \$3.49
- Mac & Cheese \$3.49
- Green Beans with Bacon \$3.49
- Corn on the Cob (seasonal) \$3.49
- Baked Beans \$3.49
- 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 \$10.99
Flame-broiled with choice of cheese, lettuce, tomato, onion, and pickle.
- Smashed Cheeseburger \$10.99
Smashed on the grill, sealing in the flavor. Choice of cheese, lettuce, tomato, onion, and pickle.
- BBQ Burger \$11.99
Choice of cheese, bacon, onion straws, BBQ sauce, lettuce, tomato, onion, and pickle.
- Chili Burger \$11.99
Grilled burger with choice of cheese and onions.
- Patty Melt With grilled onions & Swiss cheese \$11.99



DINNER PLATES

CLASSIC DISHES FOR ANY TASTE.

- Salmon GRILLED OR BLACKENED Served with two sides \$15.99
- Catfish \$12.99
Farm-raised catfish fillet fried to a golden brown, served with two sides, tartar sauce & lemon.
- Baked Ziti \$11.99
Ziti pasta with marinara & mozzarella, baked topped with ricotta, served with garlic toast.
- Chicken Fried Steak \$13.99
Battered chicken fried steak in home-style gravy, with mashed potatoes and additional side.
- Porterhouse Steak \$18.99
Grilled to your liking, with our house-made steak seasoning and two sides.
- Fish & Chips \$12.99
Served with cole slaw, tartar sauce, and lemons.
- Liver & Onions \$12.99
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
\$5.99



FROM THE GRIDDLE

Pancakes Stack (3) **\$6.99**
Choice of bacon or sausage patties.
Pancakes - Short Stack (2) **\$4.99**
Belgian Waffle **\$6.99**
Add strawberries and whipped cream for \$1.99
French Toast **\$6.99**
Thick-sliced toast dipped in cinnamon vanilla batter and fried to a golden brown. Choice of bacon or sausage patties.
Chicken Fried Steak **\$9.95**
Served with two eggs any style, hash browns, and choice of toast.



Road House Classic **\$7.99**
Two eggs any style, with hash browns. Choice of bacon or sausage patties, choice of toast.
Moonshiner Omelet (build your own) **\$8.99**
Choice of 3: bacon, sausage, ham, green pepper, onion, tomato, American, Swiss, provolone, cheddar, pepper jack, jalapenos. Choice of toast. Each additional item \$.75
Steak & Eggs **\$11.99**
New York steak, two eggs any style, with hash browns and choice of toast.
Breakfast Sandwich **\$8.99**
English muffin, eggs, sausage patty, American cheese, hash browns.
Breakfast Burrito **\$9.99**
Scrambled eggs, choice of meat, cheese, pico de gallo, hash browns.
Country Platter **\$9.99**
Biscuit & gravy, hash browns, two eggs any style, choice of bacon or sausage patties, and choice of toast.
Biscuits & Gravy **\$6.95**
Handmade buttermilk biscuits smothered in country gravy.
Cold Cereal **\$3.49**
Assorted flavors
Oatmeal / Cream of Wheat **\$3.49**



BREAKFAST SIDES

One Egg **\$1.25**
Toast (white, wheat, sourdough, rye) **\$1.99**
English Muffin **\$1.99**
Hash Browns **\$1.99**
Bacon **\$2.99**
Sausage Patties **\$2.99**
Biscuit & Gravy **\$3.49**
Sliced Tomatoes **\$2.25**
Substitute Egg Beaters **\$1.49**

DESSERT

OUR SCRUMPTIOUS DESSERTS ADD A SWEET FINISH TO ANY MEAL

Bread Pudding **\$6.99**
Cobbler **\$5.99**
Brownie Sundae **\$5.99**



BEVERAGES

Soft Drinks, Iced Tea, Raspberry Iced Tea **\$1.99**
Coffee, Hot Tea, Hot Chocolate **\$1.99**
Milk, Chocolate Milk **\$1.99**
Juice (Orange, Apple, Tomato) **\$2.49**



FOR THE KIDS

FOR OUR PATRONS 12 AND YOUNGER

Hot Dog with Fries **\$5.99**
Ziti Pasta **\$6.99**
Topped with marinara and served with garlic toast.
Chicken Fingers with Fries **\$6.99**
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.



Deli/Sandwiches

COMING SOON!

Jimmy John's Sandwiches

Pahrump Nugget Casino
681 S. Hwy. 160

Living Free Café

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

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

Old West Market

5581 N. Hwy. 160
775-419-6114
Mon. - Fri.: 6 am - 9 pm
Sat. & Sun.: 8 am - 9 pm

Port of Subs

150 S Hwy. 160, #C-6
775-751-6000
Mon. - Sat.: 9 am - 8 pm

Sun.: 10 am - 4 pm

Subway Sandwiches

1520 E. Hwy. 372, #1
775-751-8400
Open 24 hours

Subway Sandwiches

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

Fast Food

Arby's

690 S. Hwy. 160

Burger King

667 S. Hwy. 160
775-751-8080

Carl's Jr.

500 S. Hwy. 160
775-727-3700

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
10:30 am - 10 pm

McDonald's

710 S. Hwy. 160
775-727-8765
Open 24 hours

Seemore's Polar Parlor

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

Sonic Drive-In

350 S. Hwy. 160
775-727-0742

Taco Bell

571 S. Hwy. 160
775-727-7313

Indian

Pour House

Best Western
1101 S. Hwy. 160
775-537-1111
11 am - 9 pm

Italian

Carmelo's

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

Nicco's Pizza Italian Restaurant

2201 E Postal Rd., #1
775-751-9090

Pato Lalo's Place

270 Dahlia St. #1-3
702-820-2281
Mon - Sat: 8 am - 8 pm
Sun: CLOSED

Mexican/ Southwest

5280 Mexican Grub & Pub

2450 W. Mesquite Ave.
702-379-8926
Noon - 9 pm

El Cancun

1330 E. Fifth St. (off Hwy. 372)
775-727-6161

El Jefe's, #1

1560 E. Calvada Blvd.
775-537-6034

OLD WEST MARKET

Call
775-419-6114

- Liquor
- Beer
- Wine
- Pizza
- Deli
- Ice
- Groceries
- RV Supplies
- Gaming
- ATM

**5581 N. Hwy. 160
Pahrump, NV 89060**

**2 - 16" Pizza Pie w/2 fixins
6 wings - \$30, w/12 wings - \$33**



Excellent Service - Exceptional Value

Sandwiches ★ Burgers ★ Melts ★ Wraps ★ Soups ★ Salads

Coffee ★ Smoothies ★ Frappes

Open Mon-Fri 6:30am - 6:30pm

Open Sat-Sun 8:00am - 3:00pm

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

10% off
4pm - 6pm Mon-Fri

Corner of Hwy 160 & Mesquite Avenue

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

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



El Jefe's, #2
921 S. Hwy. 160, #101
775-537-6034

Johnny's
1440 E. Hwy. 372
775-727-3737

Johnny's Taco Shop
1330 S. Hwy. 160
775-727-3733

LaFonda - Salvadorian & Mexican
1021 Gamebird Rd.
775-253-1604
Mon. - Thu.: 9 am - 8 pm
Fri. & Sat.: 9 am - 9 pm
Sun.: CLOSED

Las Patronaz Mexican Cuisine
270 Dahlia St.
702-820-2281

Roberto's
1541 E. Hwy. 372
775-990-4703
Mon. - Sun.: 8 am - 12 am

Romero's
290 S. Humahuaca St.
775-537-1800
Mon.-Sat.: 10 am - 8 pm
Sun.: CLOSED

Rubalcaba's Mexican Restaurant
1500 Red Butte St.
775-727-4225
Wed. - Mon.: 7 am - 8 pm
Tue.: CLOSED

Taco Fiesta
Horizon Market
4060 N. Blagg Rd.
Mon. - Wed., Fri. - Sat.: 9 am - 5 pm
Thu.: 9 am - 4 pm
Sun.: CLOSED

The Tamale Place
3640 S. Hwy. 160
(775) 727-7530

Tina's Tamales
361 Frontage Rd., #5
775-253-2634

Pizza

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

Farinata's Pizza
775-877-9400
1360 Hwy. 372, #3
Wed. - Sat.: 11:30 am - 8:30 pm
Sun.: Noon - 8 pm

K-7 Pizza
6050 Thousandaire Blvd.
775-727-9070

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

Pizza Hut
920 S. Pahrump Valley Blvd.
775-727-7952
Sun. - Thu.: 10 am - 10 pm
Fri. - Sat.: 10 am - 11 pm

Tarantino's Pizza
Horizon Market
961 S. Linda at Hwy. 372
775-727-4992
Mon. - Sat.: 11 am - 8 pm
Sun.: CLOSED

Tower Pizza
3561 E. Kellogg Rd.
775-537-2211

Steak House

Stockman's Steak House
Pahrump Nugget Casino
681 S. Hwy. 160
775-751-6500
Mon. & Tue.: CLOSED
Wed. & Thu.: 5 pm - 9 pm
Fri. & Sat.: 5 pm - 10 pm
Sun.: 5 pm - 9 pm



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

Oasis Outreach

1061 E. Second St. 775-727-7227
Wednesday, Thursday, Friday, and
Saturday, 6:15-7:15 a.m.

Path of Hope Ministry

781 West St. 775-751-1867
Second Friday of the month, 10 a.m. - 2 p.m.
Must have a box, Nevada ID and an appointment.

Salvation Army

240 S. Dahlia St. 775-751-6171
Tuesday or Friday, 9 a.m. - 2 p.m.

United Methodist Church

1300 E. Highway 372 775-727-6767
Monday, 9-11 a.m.

VFW Food Bank

4651 Homestead Rd. 775-727-6072
Wednesday, 10 a.m. - 12 p.m.
Veteran ID and Nevada ID to sign up.

Faith Fellowship Church
2190 N. Blagg Rd 775-727-9183
Friday, 9 a.m.

New Hope Fellowship
781 West St. 775-751-1867
Tuesday, Wednesday, and Thursday,
8:30 a.m. - 3 p.m., Call for delivery.

Joy Divine Community Church
1161 So. Loop Rd. 775-751-0919
Hot Meals - Friday, 10:30 a.m.
Food Pantry - Friday
Home Delivery for Seniors
Golden Grocery 775-419-5266
Please call for more information.



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Leo Blundo's



FOR STARTERS

EVERYONE'S FAVORITE GARLIC BREAD

ARTISAN CHEESE BREAD SERVED WITH A SIDE OF OUR NONNA'S MARINARA.

FRIED MOZZARELLA

GOLDEN BREADED, CRISPY, GOOEY MOZZARELLA! SERVED WITH MARINARA.

BRUSHETTA

TOMATOES & OLIVES TOSSED IN OLIVE OIL & BALSAMIC ON TOASTED GARLIC BREAD.

CAPRESE

HANDMADE MOZZARELLA COMPLIMENTED BY LUSH TOMATOES, OLIVE OIL & BALSAMIC VINEGAR.

CHICKEN CAESAR

GRILLED CHICKEN, ROMAINE LETTUCE, CROUTONS & PARMESAN TOSSED IN OUR SIGNATURE CAESAR.

FRIED CALAMARI

LIGHTLY FRIED TO PERFECTION. THE ITALIAN STAPLE. SERVED WITH MARINARA.

ANTIPASTO

ITALIAN HAM, PEPPERONI, MUSHROOMS, ARTICHOKE, OLIVES & MOZZARELLA, OVER A BED OF GREENS SERVED WITH BALSAMIC.

NON-ALCOHOLIC BEVERAGES

COKE, DIET COKE, SPRITE, RASPBERRY TEA, DR PEPPER, ICED TEA & COFFEE.

ITALIAN SPECIALTY DESSERTS

SICILIAN CANNOLIS

TUBE PASTRY SHELLS FILLED WITH RICOTTA SMASHED IN CHOCOLATE CHIPS. LG & SM

N.Y. CHEESECAKE

AN ITALIAN STAPLE. CREAMY & SMOOTH GOES GREAT WITH A CUP OF COFFEE.

DECADENT CHOCOLATE CAKE
WE ALL LOVE CHOCOLATE CAKE.

EAST COAST PIZZA & CALZONES

DOUGH IS MADE FRESH DAILY. OUR PIES ARE 14-16" PLEASE ALLOW 10-15 MINUTE FOR PREP.

CALZONES ARE STUFFED WITH MOZZARELLA & RICOTTA. ADD A HOUSE SALAD & BREAD.

EXCHANGE FOR EACH ADD'L TOPPING TO ANY PIZZA OR CALZONE

PEPPERONI, HAM, PINEAPPLE, SAUSAGE, GROUND BEEF, TOMATOES, OLIVES, GARLIC, ARTICHOKE, PESTO, SPINACH, PEPPERS, ONIONS, MUSHROOMS, JALAPENO & ANCHOVIES.

CHEESE

EAST COAST STYLE PIZZA.

AMERICANO

PEPPERONI & MUSHROOMS.

MARGHARITA

TOMATOES & BASIL PESTO.

MEAT LOVERS

SAUSAGE, PEPPERONI & ITALIAN HAM.

CAPRICCIOSA

ITALIAN HAM, MUSHROOMS, ARTICHOKE & BLACK OLIVES.

SUPREME

PEPPERONI, SAUSAGE, PEPPERS, ONIONS & MUSHROOMS.

FLORENTINA

RICOTTA, SPINACH, GARLIC & PARMESAN. ADD CHICKEN 3

ITALIAN CALZONE

ITALIAN HAM & SAUSAGE.

FLORENTINA CALZONE

SPINACH & PARMESAN CHEESE.

BUILD YOUR OWN CALZONE!

MOZZARELLA, RICOTTA & YOUR CHOICE OF 3 INGREDIENTS.



Leo Blundo's **CARMELO'S** BISTRO-PIZZA-FINE PASTAS



PASTAS

NONNA'S SPAGHETTI & HANDMADE MEATBALLS

THE TRADITION IN EVERY ITALIAN HOUSEHOLD. SOFT MOIST HOMEMADE MEATBALLS WITH MARINARA.

LUCA'S LASAGNA AL FORNO

A HELPING OF OLD FASHIONED LASAGNA. BOLOGNESE, MOZZARELLA, RICOTTA & BÉCHAMEL.

CAPELLINI ALLA PESTO

FRESH TOMATOES, GARLIC, FRESH BASIL PESTO, PARMESAN & OLIVE OIL ALL OVER ANGEL HAIR.
AVAILABLE W/O PROTEIN, ADD CHICKEN OR SHRIMP

SPAGHETTI MEAT SAUCE ALLA BOLOGNESE

FRESH GROUND ANGUS CHUCK SIMMERED IN OUR SIGNATURE POMODORO.
ADD SAUSAGE OR MEATBALLS

ALFREDO REGGIANO

FRESH CREAM INFUSED WITH REAL GARLIC, BUTTER & PARMESAN CHEESE.
AVAILABLE W/O PROTEIN, ADD CHICKEN OR SHRIMP

PENNE POMODORO & SAUSAGE

BRAISED HOMEMADE SAUSAGE OVER PENNE POMODORO. ROBUST & FULL FLAVOR.

BAKED ZITI

STUFFED FULL OF RICOTTA & MOZZARELLA.

MEATS

PARMIGIANA

POUNDED, EGGED & BREADED, BAKED AND SMOTHERED IN MARINARA & MOZZARELLA.
AVAILABLE WITH EGGPLANT, CHICKEN OR VEAL

MARSALA

TENDER CUTLETS SAUTÉED IN GARLIC, OLIVE OIL, MUSHROOMS & MARSALA WINE. A CLASSIC!
AVAILABLE WITH CHICKEN OR VEAL

PICATA

TENDER CUTLETS SAUTÉED IN GARLIC, OLIVE OIL, CAPERS, LEMONS & WHITE WINE. SAVORY & DELICIOUS.
AVAILABLE WITH CHICKEN OR VEAL

SEAFOOD

LINGUINE & SHUCKED BABY CLAMS

BABY CLAMS SAUTÉED WITH GARLIC, HERBS, A HINT OF SPICE & WHITE WINE.

ZESTY SHRIMP SCAMPI

FRESH SHRIMP SAUTÉED IN GARLIC, OLIVE OIL, HERBS, TOUCH OF SPICE & WHITE WINE.



FROM OUR FAMILY TO YOURS!

LEONARDO (LEO) BLUNDO WAS BORN IN RIDGEWOOD, NEW JERSEY - "BACK EAST, WHERE WE ALL EAT GOOD." HIS FAMILY OPERATED SUCCESSFUL RESTAURANTS IN MANHATTAN AND LAS VEGAS FOR MANY YEARS. THEY RELOCATED TO THE PAHRUMP VALLEY IN 2007, BRINGING THEIR EXPERIENCE AND KNOWLEDGE TO MAKE THE "BEST PLATE OF ITALIAN DELICIOUSNESS. I NAMED THE RESTAURANT IN HONOR OF MY FATHER, CARMELO, WHO IS A CHEF OF OVER 30 YEARS AND WAS BORN IN RAGUSA, SICILY. THIS IS OUR FAMILY BUSINESS AND LUCA LOVES TO COME AND MEET OUR GUESTS."

ANDIAMO MANGIARE!! (LET'S EAT!!)

CARMELO, LUCA & LEONARDO BLUNDO

Volunteer Connection

Volunteer Connection is a listing of local organizations that are in need of 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(3)c 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 this year which will be held on July 9th 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!



Nevada Outreach Training Organization

Nevada Outreach Training Organization (NOTO) is the umbrella organization for No to Abuse, The Pahrump Family Resource Center, The Independent Living Program for Foster Youth, and The Nye County Child Advocacy Center.



We offer a variety of support services and prevention programs to the community in the way of parenting classes, anger management classes, women's support groups and domestic violence classes, advocacy services for victims of domestic violence and abuse, and referrals for community needs assistance.

Our volunteers can help in a variety of ways including property maintenance, office work, and fundraising events.

If you would like to be a part of helping this worthy organization or would like further information, please contact Salli at 775-751-1118.

Never Forgotten Animal Society

Never Forgotten Animal Society is a no-kill rescue. We are looking for animal-loving volunteers. We have monthly yard sales and our second-hand store "Make An Offer" that we need volunteers to help. We are largely supported by community donations. Any questions please contact Maxine at 775-513-1205.



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@nyeccc.org.



Nye County School District

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



The Nye County Sheriff's Office Auxiliary Unit

The Nye County Sheriff's Office is looking for volunteers for our Sheriff's Auxiliary Unit in Pahrump, Amargosa,

Beatty, and Tonopah. Are you retired? Can you volunteer a minimum of 24 hours a month? You must be able to pass an FBI Background Check and must be available for day-time classroom training. Call Commander Daryl Thompson or Vice Commander Jerry Hashimura at 775-751-4233, or pick up an application at the Sheriff's Office, 1520 East Basin Avenue, north of the Court House, or the Sheriff's Office administrative front office in the Detention Center (Jail).



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 the Pour House, 1101 S. Highway 160. 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.



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

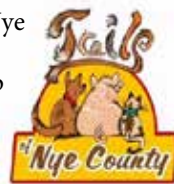


surrounding jurisdictions under the direction of the Nye County Sheriff's Office. Our volunteers, along with our local equestrian unit, assist and support many community events and provide on-going training programs to unit members.

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.

Tails of Nye County

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



West Star Ranch

If you love animals, West Star Ranch could use your help. We're always in need of folks to help with **WEST STAR RANCH Animal Rescue & Thrift Store** placing animals, light construction, help in the store, rescues, networking, and much more. For more information call 775-419-3838.

Places of WORSHIP in Pahrump

Apostolic Church of Pahrump

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

Calvary Chapel Pahrump Valley

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

Calvary Chapel - Shadow Mountain

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

Central Valley Baptist Church

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

Choice Hills Baptist Church

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

Church of Jesus Christ of Latter-Day Saints

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

Wheeler Pass Ward

Bishop Jim Wulfenstein
General Congregation Sunday Service 9am

Charleston Park Ward

Bishop John Toomer
General Congregation Sunday Service 10:30am

Water Rock Branch

President Jaime Osorio
General Congregation Sunday Service 12:40pm

Church of Jesus Christ of Latter-day Saints

5461 Manse Rd. (775) 751-7618

Manse Springs Ward

Bishop Timothy Sutton
General Congregation Sunday Service 9am

Gamebird Ward

Bishop Joe Gent
General Congregation Sunday Service 10:30am

Homestead Ward

Bishop Jeff Hammar
General Congregation Sunday Service 12pm

Church of Pentecost

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

Church of the Harvest

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

Covenant Lighthouse Church

921 S. Highway 160 #401 (775) 537-5555
 Pastor Pennie Rosco

Desert Church of Christ

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

Faith Fellowship Church

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

First Southern Baptist Church

4180 N. Highway 160 (775) 513-6009
www.FSBCPahrump.net
 Pastor Erich Hall

Heritage Bible Church

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

It is Finished Ministries

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

Jehovah's Witness Kingdom Hall of Jehovah's Witness

6131 Thousandaire Blvd. (775) 727-6077

Joy Divine Community Church

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

Living Word Church

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

New Hope Fellowship Foursquare Church

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

Oasis Outreach and Worship Center

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

Our Lady of the Valley Roman Catholic Church

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

Pahrump Seventh-Day Adventist Church

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

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

Pahrump Community Church

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

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www.PahrumpValleyUMC.com
 Pastor Phyllis Murray, Pastor Judy Stallons

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www.FaithStreet.com
 Pastor Juan Estrella

Rock Vineyard Church

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

Safe Haven Fellowship

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 Pastor John A. Biggs

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 Pastor Daniel Collins

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 Pastor Andy Safarik

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4724 Lucera

This beautiful home is immaculate and ready to move in! Located on a Cul-De-Sac in the Mountain Falls Golf Course Community. Lush landscaping with beautiful roses, covered patio and easy access to the grass park area. All newer appliances including water conditioner. Primary bedroom offers bay window and bathroom with updated custom walk-in shower. Kitchen has breakfast bar, nook area and dining areas. Located just 45 minutes from Las Vegas in the South Pahrump Valley for easy commuting. Mountain Falls Golf course has much to offer the residents. Clubhouse, 3 pools and a spa, exercise room, walking paths, the golf course and Grill Room for your dining pleasure. **S/P \$335,000.00**



6710 Southgate

In Artesia. 2592 sq ft 4 bedroom, 2 1/2 bath custom home with many custom features and design throughout. Upgraded appliances, counters and cabinets. Oversized 3 car garage, RV parking & covered paver stone patio. Late september delivery. Call for appointment. 775-513-7755. **\$599,000.00**



5580 Doubletree

This home is a great Manufactured Home on a half-acre lot with 1554 sq ft of living space. There are 3 bedrooms, 2 bath & a large great room with a fireplace. Kitchen has all appliances included & a breakfast bar & nook. The Oversized 2 car garage is attached and off the laundry room. The spacious backyard has a covered patio, lots of trees, a shed and the well house. **S/P \$325,000.00**



5270 Acqua Lane

Wow! Take a look at this Mountain Falls home on the golf course. Located in the Bella Sera community. 2712 sq ft, 4 bedrooms, 2 primary bedrooms and 3 & 1/2 bath. Center island kitchen includes all appliances, double ovens and Fisher Paykel double drawer dishwasher. This room overlooks the Great Room with an electric fireplace and views of the golf course. In addition to the breakfast bar and nook you will find a formal dining room that may be used as an in-home office. The two Primary suites are situated on one side of the home and 2 additional spacious bedrooms with a shared bath are on the opposite side of the home. The back yard with a covered patio overlooks the beautiful Mountain Falls Golf Course and mountains. **\$499,900.00**



2151 Manzanita

Beautiful 3,022 sq ft home, 5 Bed, 3 1/2 Bath, 3 Car Garage is waiting for YOU! Spacious & open kitchen, with formal dining room and a separate room for game room, tearoom, library. 2nd MASTER. Double oven, cooktop, walk in pantry, pull out kitchen cabinets. Fridge is included. Large main master bath with dramatic jetted tub with direct line heater, walk in shower and walk-in closet with built in shelves. Extra linen closet as well. Fully fenced backyard with storage shed! RV hook ups. No HOA. **S/P \$594,000.00**



1341 Elderberry

This Beautiful home sits on 1.25 acres with 2,850 sq ft of living space. This home offers a spacious living room, kitchen with all appliances, 3 bedrooms, 2 1/2 bath, laundry room and sunroom on the back of the home. Washer & Dryer are included. The 3-car garage has access to the backyard. The Water softener and Ecco-Smart instant hot water tank are included. No HOA **\$475,000.00**



6440 Montclair

BRAND NEW BUILD! This beautiful and spacious 2,074 sq ft with 3 bed, 2 1/2 Bath, 3 car garage (8 ft high door) home can be yours. Full RV Hook up, 50 AMP! Insulated and finished garage with epoxy paint! Electric Fireplace in Living area, waterproof flooring thru out the home, 9 ft ceiling, 10ft raised in living area. Block wall and gates included!! Call for more info. **S/P \$442,000.00**

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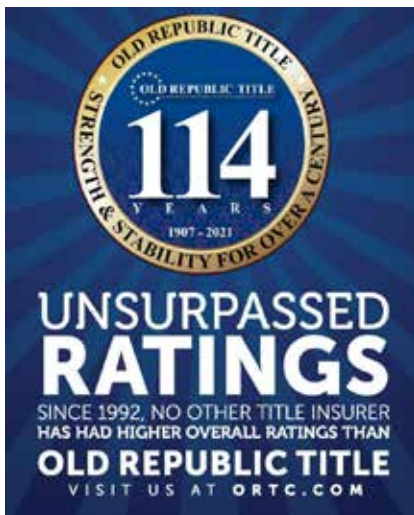
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Moving Checklist

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



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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



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Valley Electric Broadband 775-727-5312
800 E Hwy 372
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Dept. of Motor Vehicle (DMV) 775-727-4141
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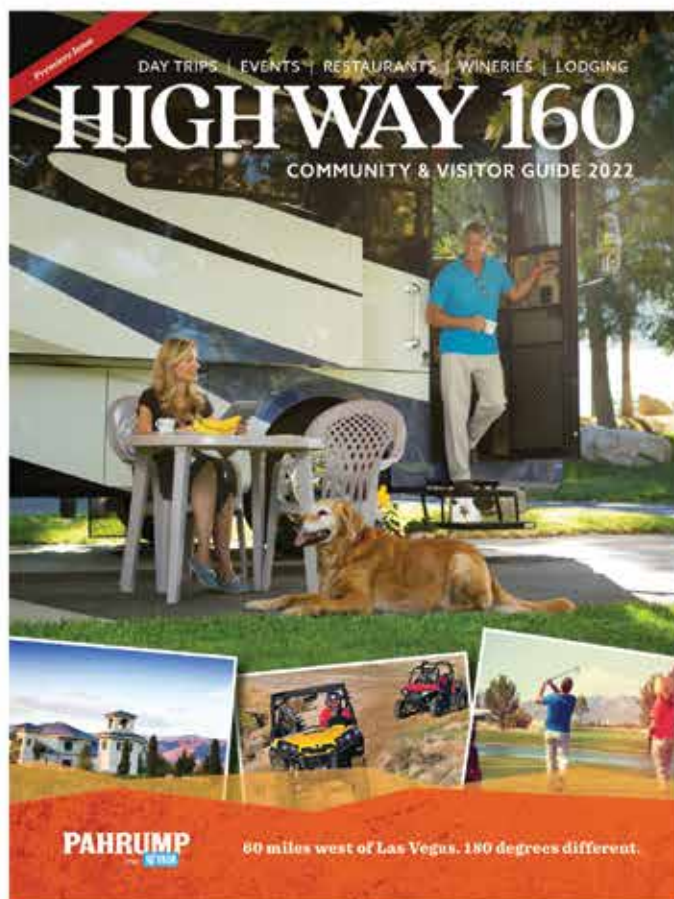
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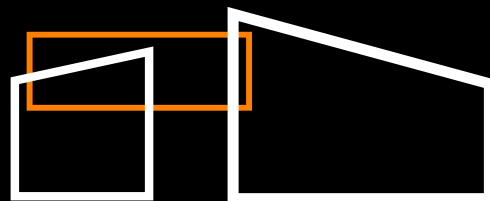
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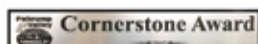
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