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JANUARY / FEBRUARY 2024

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Notes from the Publishers

Happy New Year!

Wow, it's hard to believe it's a new year already...2024!

Time is certainly going by fast. We hope you all enjoyed the Holidays and are ready to get rolling in the New Year. In this issue, we have some fun material as well as informative topics.

Remember, if you want to learn more about any specific subjects, let us know. We're always open to new ideas.

In this issue, we cover a lot of territory subject-wise. We have our regulars and a few new ones. We want to thank all of the contributors for their hard work, and we'd also like to give a special thanks to our design person, Denise Fortin, and wish her well in her new surroundings. Thank goodness for the internet so she can continue to be an essential part of our team. We'll miss having her in town, but we definitely know how to reach her.

Our cover of this issue is about an exceptional organization that helps people with addiction issues and their recovery process. Not only does Living Free Cafe, their restaurant on 160 and Mesquite, help by training and employing people in recovery, but they've recently opened a Living Free Gym to help keep themselves in good physical condition. The new facility is not only for their clients but also open to the public. Here's another opportunity to help the people of Pahrump stay in shape.

Our Busy Living article is about a woman who has no intention of slowing down any time soon. She's 98 years old and survived growing up in the middle of WWII.

We've also included the 2024 publishing schedule for Pahrump Life Magazine. If you want us to publish an ad, article, or event information, this schedule shows you the dates we need the material to make a particular issue. Give us a call if you have any questions about the timing. Just as a reminder, we publish an issue every other month.

We want to thank all of our contributors, readers, subscribers, and advertisers for your support and wish you all a happy, healthy, and productive New Year!

Jim and Christine



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Table of Contents



Feature Stories

- 8** Treating Addiction with Whole Health Solutions
- 16** Nevada Outreach Training Organization
- 22** There's a New Medical Facility in Town
- 26** "Together With Veterans" Helps Save Lives
- 66** Eczema, Dry Skin, and How We Make a Comeback



In This Issue

- 4** A Word from Our Publisher
- 20** Focus on Family. *Family Matters*
- 30** Busy Living. *The Amazing Life of Ruth Wosic*
- 36** Our Veterans, Our Heroes. *Douglas C. Daniels, PO3 (E-4), US Navy - Part 4*
- 44** Youth Recognition. *Pahrump Valley High School Presents Their First Musical*
- 48** State Parks of Nevada. *Old Las Vegas Mormon Fort Historic State Park*
- 54** Medical Advice. *Chiropractic in Pahrump*
- 56** The Art Corner. *Westernblue Soaps and Woolies*
- 58** Healthy Living. *The New Year Brings New Goals, but is the Goal Really the Point?*
- 62** Wills & Trusts. *Getting Your Affairs in Order*
- 64** Financial Focus. *New Year's Financial Resolutions*
- 68** Tech Tips by Josh. *How Do I Know if Something is an Online Scam or Not?*
- 70** Stay Stopped. *Staying Sane When Sadness, Frustration or Adversity Seem to Dominate*
- 72** Humorous Observations
- 74** Recipe Box. *Scalloped Sweet Potatoes*
- 76** Events & Entertainment. *Upcoming and Recurring Activities in the Area*
- 80** Volunteer Connection
- 82** Places of Worship in Pahrump
- 84** Dining Life. *List of Pahrump Restaurants*
- 85** Mystery Diner: *Taco Fiesta*
- 90** Pahrump Food Pantries
- 100** ... Business & Service Directory
- 105** ... Advertiser Index





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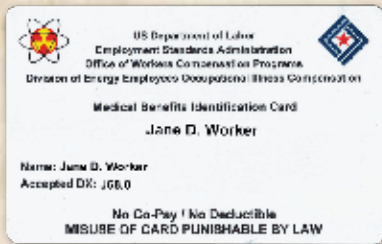
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**HAVE YOU RECEIVED
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TREATING ADDICTION with

Whole-Health Solutions

By Christine Butler

This title is a statement of the philosophy behind the Living Free Health & Fitness Corporation. It is a 501 (c)(3) nonprofit organization serving Pahrump and other frontier communities in the area. Rochelle (better known as Shelley) Poerio is the founder and Chief Executive Officer. Coming from a family of small business owners/entrepreneurs (both grandfathers and her parents), Shelley was inspired to focus her energy and attention on ways that might change the dynamic in helping others get – and stay – clean and sober for life. Hence, the plan was to launch Living Free Health & Fitness as a nonprofit agency with entrepreneurial flexibility, creativity, and a “risk-on” approach to tackling addiction and driving “forever recovery” solutions.

Shelley has been clean and sober herself for over 22 years. During her re-

“Shelley has been clean and sober herself for over 22 years. During her recovery, she studied the impact of good nutrition and exercise on one’s ability to maintain sobriety.”

covery, she studied the impact of good nutrition and exercise on one’s ability to maintain sobriety. In 2009, she became a clinician and hasn’t slowed down since.

From 2011 through 2012, she obtained her master’s degree in professional counseling at Liberty University in Lynchburg, VA. Her undergraduate work was completed at Stanford, where she studied communication.

She spent 20 years of her life using drugs and alcohol. Prior to her sobriety date of September 5, 2001, she had plenty of relapses, including hospital visits, as well as a failed inpatient treat-

ment. Still, she finally made the break on that special day in September.

What Did She Learn in Her Treatment?

Treatment taught Shelley that addiction is a brain disease, not a moral failing. There were times she hoped she had a brain tumor, which would explain (or excuse) her addictive and dysfunctional behavior. But that was not the case (fortunately). She learned she was the one who had to take personal care of her condition. She was the one responsible for managing it



Living Free Gym is located at 301 Oxbow Ave, #2. The gym is equipped with state-of-the-art equipment. They are open Monday-Friday 5am to 8pm, Saturday-Sunday 7am to 6pm.

through treatment, attitudinal and behavioral changes, and engaging heavily in sober social support. This included 12-step programs and other activities focused on physically and psychologically healthy endeavors and pursuits. Needless to say, Shelley maintains a network of friends in recovery, and has had the same sponsor since 2002.

What Has Changed in the Drug-Using World?

When Shelley was doing drugs, she said “your biggest worry was getting ripped off financially with low-quality products by the dealers.” In today’s world, the worry is being killed, especially with drugs like fentanyl. You

don’t know what is in the drug that you are buying. On top of that, access is easier than ever, and prices are lower than ever. Not long ago, five Las Vegas high school students overdosed on marijuana laced with fentanyl. They had no idea it was in there. Even without being laced with something, the drugs are more potent and dangerous today than they used to be, and it seems users are more reckless and desperate. It has never been a more dangerous environment or time in which to experiment with, or become addicted to, drugs.

Living Free’s Launch

Shelley moved to Las Vegas in January 2013. She founded Living Free in July of 2013. She discovered Pahrump when she drove through it on her way to Death Valley. She fell in love with Pahrump and moved here in October 2017. Having grown up in a small farming town, it was like she was returning to her roots by moving here. She wanted to help the community and to help people help themselves.

Shelley’s original vision in founding Living Free Health & Fitness was to fill the gap she saw between the end of formal treatment protocols and the longer durations of support necessary to effect “forever” recovery.





Linda Ashmore greeting customers as they arrive at the restaurant.

Some of the statistics regarding recovery rates include:

- 10+% of the USA population faces addiction
- 70% of relapses happen in the first 90 days
- Of those remaining abstinent for one year, only 34% relapse again
- Of those remaining abstinent for five years, only 15% relapse again

The key, as Shelley saw it, was **“How do you get people to those one- and five-year milestones?”**

She originally thought a gym would be the way to go. However, reality intervened. Start-up costs and logistics were huge. And, upon arriving in Pahrump, Shelley also noted an absence of addiction and co-occurring disorders treatment availability – particularly state credentialed intensive and outpatient



The dining area of the restaurant

treatments, and supportive housing. She redirected her priorities to meet what she saw as the greatest needs of her newfound community.

What is Living Free and How Does It Serve the Community?

In Shelley’s own words, “Living Free Health has been a state-credentialed addiction treatment agency since June 2018, and currently qualified as Co-Occurring Disorders Capable and certified to provide prevention, outpatient, intensive outpatient, and transitional living targeting the prevention and mitigation of substance use and co-occurring mental health disorders. Living Free’s overall objective is to improve resilience, motivate change, improve self-efficacy, and prepare clients for forever recovery. The agency

provides treatment for both adults and adolescents. Its programming emphasizes the importance of treatment compliance, healthy eating, physical fitness, and life skills acquisition as promoting attitudinal and behavior changes integral to rehabilitation and recovery. In April 2022, the agency opened dba Living Free Café, which is a therapeutic workplace primarily employing people in treatment and/or recovery. The recovery-friendly workplace is a clean and sober environment where employees can regain confidence, learn new and transferable skills, and establish financial independence, supporting long-term recovery. Living Free Gym, the agency’s second therapeutic workplace, opened in November 2023.”

Living Free’s History in Pahrump

In February 2018 Living Free opened its men’s house. April 2018 saw the opening of the women’s house. It was a struggle for them to get started – with little money and mostly volunteer help – but Shelley never gave up. In fact, she doubled-down. She credits the generosity and volunteerism of the Pahrump community as being instrumental in Living Free’s ultimate success. The agency procured state treatment credentialing in mid-2018, office space later that year, and Medicaid cre-



Living Free Café is located at 2050 NV-160, Suite 400. They occupy many suites in this complex



One of the classrooms/meeting rooms

dentialing in January 2019. The stage was set. Shelley continued to work to establish relationships with sister nonprofits, local mental health providers, the 5th Judicial Drug Court, Nevada Parole & Probation, Pahrump Justice Court, Department of Child & Family Services, Juvenile Probation Office, churches, other interested parties, and, of course, self- and family- referrals.

In 2020, the Covid restrictions were a significant setback for Living Free, like for so many other small businesses and nonprofit agencies. However, Shelley and her team persevered and with Shelley's successful grant writing, Living Free won monies mid-year which were supportive of building Nye County's only Women and Children's sober (transitional) living home supplemented with dedicated staff and the wrap around services needed to keep moms and pregnant women clean and sober; and to promote family reunification. A second grant won then supported traditional men's and women's transitional housing. In 2020, Living Free also made space available to anyone interested in hosting 12-step (or related sober social support) addiction recovery meetings in its group room space.

The agency continued to build a reputation for excellence and "lots of rules."

According to Shelley, "While many in treatment complain about rules and

accountability, my team and I know from personal and clinical experience that this is exactly what people need to help them control the impulsivity, emotionality, and an inability to delay gratification that is endemic to those early days in recovery."

Flash forward to 2023: The agency added a new house and now supports 27 adult beds. They added an entire office suite dedicated to sober social support meetings and for the babysitting that Living Free provides for free

while Mom or Dad is in the next-door clinical space in group or individual therapy.

Therapeutic Workplaces

Living Free Café opened in April 2022. Living Free Gym opened its doors in November 2023. Both entities are open to the public. These places help reduce the stigma of addiction and give the general public a better understanding of how recovery can and does work. Addiction can happen to anyone, and the more people understand it, the more they can help people get the resources they need and get them on the path to wellness.

Shelley stated, "In order to get people to those longer-term milestones of abstinence, nothing works better than work in building self-esteem, confidence, and independence. The Café and Gym are therapeutic workplaces that not only employ primarily people in recovery, but they serve as a model to the public that addiction recovery is possible, that the right kinds of investments in people produce quantifiable results that benefit the individual and society at-large, and that patronage of



Living Free offers childcare while parents are attending therapy

such establishments allow a community to ‘do good’ while doing things they would do anyway – that is, dining out or working out.”

Shelley also says, “I’ve had quite a few Café patrons tell me how they have taken great joy in watching the transformative personal progress in some of our teammates over the months of their employment.”

What Does the Future Hold?

The problem of addiction and recovery has become more challenging than ever, frequently requiring more time in treatment, supportive housing, and involvement/application of various rehabilitative wrap-around services and adjunct programming.

Shelley Poerio and Living Free Health seem to have hit upon the kind of practical, no-nonsense solutions that have the potential to be replicated in other communities without the need to “reinvent the wheel.” Notably, the agency’s success has happened with relatively little financial investment – a fact that holds promise for Nevada’s frontier areas.

An example of this potential is that Living Free won a grant from some of Nevada’s opioid settlement monies in May 2023. The proposed program was designed to provide a directed “frontier” treatment and housing solution dedicated to men and women, women with children, and pregnant women, residing in remote areas such as Tonopah, Round Mountain, Goldfield, Beatty, etc. Reaching into frontier areas and bringing those in need to Living Free’s resources in Pahrump met another objective that Living Free was determined to do something about – getting help to those with little or no access or resources.

Long Term Goals

Shelley and the Living Free team are focused on rural and frontier Nevadans. And that’s right where Shelley says they want to stay.



They’ve acquired four houses to provide housing for those undergoing treatment



The houses are split between men and women



They now have a total of 27 adult beds

She states, “You always seem to see the big bucks thrown at the large and urban areas. Rural and frontier areas are typically second thoughts. Living Free is about providing high quality and innovative solutions to our friends and neighbors who have been left behind.

For Living Free Health & Fitness, business is community; community is family; and solutions are our responsibility.

I think my favorite thing about Pahrump is the old-school perspective of being there for each other, putting aside self-interest for a greater good, and utilizing the varied talents and experience of our community members to effect positive change for all of us.”

Additional Information on Living Free

From an idea of how to help people who have been or are suffering similar suffering as she did, Shelley has successfully provided opportunities for people with an addiction to turn their lives around. Having been there and done that herself, she knows what has to be done and how to do it. Living Free Health continues to be a source of employment for those in recovery, providing quality jobs as well as undergraduate and graduate schools’ internships and practical experience. Help her help her clients and go see what it’s all about.

Living Free Café website:

www.livingfreecafe.org (Includes menu and take-out order form)

Café Address: 2050 North Nevada Hwy 160, Suite 400, Pahrump, NV 89060

Café Phone: 775-505-3888

Café Hours: M- F 6:30 am to 6:30 pm,
Sat and Sun 8:00 am – 3:00 pm

Living Free Gym website:

www.livingfreegym.org

Gym Address: 301 Oxbow Ave

Gym Phone: 775-505-3877

Gym Hours: M-F 5 am – 8 pm, Sat
and Sun 7 am-6 pm

For more information on treatment
and the Living Free Health clinical
team:

Website: www.livingfreehealth.org

Office Address: 2050 North Nevada
Hwy 160, Suite 700, Pahrump, NV
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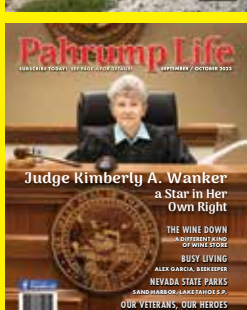
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2024 Media Calendar

Issue Date	Space Deadline	Copy/Article Deadline	Print Date
January/February	November 30	December 5	December 15
March/April	January 31	February 5	February 16
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Pahrump Life Magazine publishes every two months. The Fraziers published the first issue in November of 2010. The Butlers took over in December of 2022. All materials and questions concerning ads should be directed to Jim Butler at Jim@PahrumpLifeMag.com or call 520-444-7007. Questions and issues relating to content should be directed to Christine Butler at Christine@PahrumpLifeMag.com or call 520-403-8600.

OUR MISSION STATEMENT

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

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

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



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Nevada Outreach is located at 621 S Blagg, Pahrump, NV.

By Darlene Hatfield

If you've never heard of or visited Nevada Outreach, you are in for a pleasant surprise. It is the umbrella organization that serves the Nye County communities through its various programs. They have been involved in these communities since 1995 and have an office in Pahrump, which serves the Southern Nye County area, and an office in Tonopah, which covers the needs of Northern Nye County. They also have a strong affiliation with Nye Communities Coalition (NyECC). Kathie McKenna is the Executive Director of this beneficial organization.

Their motto is "Healthy, happy, and safe relationships...always within reach." They support three main programs: the Pahrump Family Resource Center, No To Abuse, and the Nye County Children's Advocacy Center.

Pahrump Family Resource Center (PFRC)

Jessica Barlow heads this program, which helps families with everyday needs such as diapers, wipes, and free phones in some cases, among other needed items. Under this program, people in need can get help with their rent and utilities; vouchers are available to help with laundry, showers, transportation, propane, and other everyday necessities. There are no fees for any of the services provided. It all comes from donations from the community and grants from other organizations.

The family resource program also uses a "differential response" approach, which Heath Campbell manages. This type of approach means they verify the accuracy of reports on child neglect/abuse cases and determine if it is a case in which resources can help, eliminating the need for opening a

case through the Division of Child and Family Services (DCFS).

Darlene Hatfield's responsibility is in the family support area. She supervises a visitation programs for children put in foster care. In certain cases, DCFS allows parental visitation time with their children who have been placed in foster care. Nevada Outreach offers this service at no charge to the parents. This is also the case if one parent gains custody of a child/ren during court proceedings and the court orders visitation for the non-custodial parent.

They Also Teach Adult Education Skills

Adult education classes are provided to allow community residents to work their court- or DCFS-ordered case plans, and the classes are available for any resident of Nye County. Samples of adult education classes provided include parenting, co-parenting, and anger management; life skills classes will



One of the offerings they have is a food store



They receive a lot of holiday related things



You can find just about anything in their donation piles



Hats, clothes of all sizes are available



All of the donations can be found behind the main building

“...(DCFS) receives regular reports on kids not getting regular meals. The Pahrump Family Resource Center helps get food to these children.”

be beginning after the first of the year. Life skills class will include budgeting, how to read tags in a store, communication skills, and how to cook simple meals. Darlene stated that the life skills class will work like a tag team with another Nevada Outreach employee. The classroom is located on their property.

Food and Store Items are Available at No Cost to Those in Need

Nevada Outreach regularly receives food donations from members of the Pahrump community. Although Nevada Outreach is not a food pantry,

they do offer the donated food to the community free of charge. Donated food must be within the expiration dates posted on the item, and dry or canned goods are preferred.

The Department of Children and Family Services (DCFS) receives regular reports on kids not getting regular meals. The Pahrump Family Resource Center helps get food to these children.

Other donated items are available - everything from household goods to clothes, tools to toys, and everything in between. In fact, the Marine Corps Toys for Tots organization uses the Nevada Outreach organization to distribute Christmas toys to kids in need.

Donations of all kinds are gladly accepted in the store. However, there are a few items they prefer not to take—because their items are often displayed outdoors, and the wind stirs up the dust, they try not to accept books, electronic equipment, CDs, DVDs, etc. They recommend donating these items to the 4H organization.

They will take diapers, wipes, and unexpired baby formula and make these necessary items available to the community at no charge.



Accessories, shoes, instruments can all be found

No to Abuse

This organization has been providing support for victims of abuse for more than 20 years. They advocate for people who have experienced domestic violence, stalking, elder abuse, and sexual abuse. Anyone can become a victim of violence or abuse. It does not discriminate against race, gender, beliefs, sexual preferences, social backgrounds, age, marital status, or anything else. Chris Goodman is the Advocate Supervisor for Nevada Outreach and works in this area fighting abuse and helping people who are fleeing domestic violence.

Transportation is provided in certain situations for those who are subjects of domestic violence to get them safely to

“Transportation is provided in certain situations for those who are subjects of domestic violence...”

where they need to be.

Some of their responsibilities include listening, conducting weekly support groups, court support, and sitting in the galley to observe the case. They can also help guide someone filling out court paperwork for temporary restraining orders.

They offer several services, including a 24/7 hotline, court advocacy and accompaniment, relocation assistance, temporary Protection Order assistance, counseling, and referrals to other organizations that can help.

Children's Advocacy Center

Kristy Mills is the manager of the Children's Advocacy Center. She works with the law enforcement branches of Nye County on behalf of children. This includes the offices of the Sheriff,



Toys and stuffed animals are a popular donation

the District Attorney, and the Nevada Department of Child and Family Services. They are working together with a common goal. It's imperative the children of Nye County are safe from physical abuse, assault of any kind, dereliction of parental responsibility, and abandonment.

Nevada Outreach Provides Many Needed Services to Nye County

We are fortunate to have an organization such as this giving a helping hand to those in need. It also allows the rest of us to help as well. So, if you are doing some Spring cleaning, keep in mind that this is a great place to donate items you no longer use or want. They even take mattresses in good condition.

If you are interested in donating to Nevada Outreach, there are several ways you can. If you go to their website, there are different options from which you can pick. Their website is NevadaOutreach.org.

For material items they are located at 621 S Blagg Rd, Pahrump, NV 89048. Or you can reach them at 775-751-1118, ext. 113.



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Focus on Family

Family Matters

By Tim Sutton

“The most important of the Lord’s work that you will ever do will be the work you do within the walls of your own home.”

- Harold B. Lee

The family is the basic unit of society and the center of life. Our greatest joys and our deepest heartaches generally stem from our family relationships. Families come in all shapes, sizes, and levels of dysfunction, but their very

existence testifies to the overwhelming need for each of us to be connected; to be a part of something greater than ourselves. While occasional solitude can be necessary and refreshing, humans are not meant to be alone for extended periods of time. Hence the continual striving for lasting relationships.

Over the last twenty years, I have had the privilege of being a husband, father, marriage counselor, divorce attorney, and bishop for my church. All of these roles have strengthened my appreciation for the family in the following ways:

Husband

My wife and I recently celebrated our 21st wedding anniversary. She is the love of my life, my best friend, and my soulmate. We laugh, work, plan, travel, play, and occasionally argue together. We support one another and encourage each other to improve each day. We share our goals, dreams, frustrations, and fears. We look for ways to uplift and strengthen one another. We apologize on a regular basis and forgive each other just as often. Mutual respect and spending quality time together have made our marriage a happy one.

Father

When we brought our first baby home from the hospital, we had no idea what we were doing. Twenty years and four kids later, it sometimes feels like we still don’t. Marriage forces you outside of yourself, and having children does so tenfold. Raising children is one of the toughest jobs on the planet. Even though you feed them all the same food, they somehow all turn out different! We’ve read so many books and articles on parenting and have concluded that the number one “parenting hack” is love. Too often, we lead off with anger, frustration, disappointment, impatience, or guilt. Kids re-



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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.

Meeting Location: DAV Building (Former Town Annex) located at 270 N. Hwy 160, Pahrump NV

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

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

member how they felt more than what was said, so love is critical.

Marriage Counselor

People tend to bring their car to the shop only when things have gotten really bad. Likewise, most don't seek counseling until there's smoke and fire and their marital engine is blown. As a marriage counselor, I met with many couples who were struggling with a wide variety of issues, including infidelity, infertility, illness, and insolvency. Most often, the value of counseling for these couples was simply having an hour of dedicated time each week to work through their issues with a neutral mediator. It's amazing what people can accomplish when they aren't yelling at or giving each other the silent treatment.

Divorce Attorney

Unfortunately, sometimes things don't work out, even with counseling. Divorce is hard on couples and even

harder on kids. I've always compared divorce to a death and therefore, tried to help my clients through the grieving process. Nobody expects to get divorced when they get married, so meeting with a divorce attorney represents the death of all the hopes and dreams the couple had for their relationship. In some instances, a couple should never have been married to begin with, but for most others, divorce should be a last resort. It is a painful and expensive process, and often, the individual habits and character traits that led up to the divorce are left unaddressed and manifest themselves again in future relationships.

Bishop

My service as a bishop has taught me that things are always better when God is involved. God is a perfect Gentleman and will respectfully stay out of our lives until we invite Him in. But once we do, what a difference it makes! Marital or parenting chal-

lenges become more manageable as we are blessed with increased strength, wisdom, power, and perspective. God can soften our hearts as well as those of our loved ones. Seeing emotional walls break down between a couple or a parent and a child is just as miraculous as the biblical account of the parting of the Red Sea.

As we conclude the holidays and enter into a new year, we have an opportunity to renew our focus on our families. Life is too short to lead our lives separate and estranged from each other. David O. McKay once said, "No other success can compensate for failure in the home." We are living in tumultuous times and need each other more than ever. It takes emotional work, deep introspection, and a degree of humility to heal some relationships, but the joy that comes with reunification is absolutely worth it. Out of all the New Year's resolutions we could set in 2024, is there anything more important than strengthening, healing, and saving our families?

There's a New Medical Facility in Town



By Christine Butler

Maybe you've noticed. The previous Pahrump Medical Center building on Calvada is now open with a new tenant. OptimumM Urgent Care has moved in and is providing medical help to the people of Pahrump. One of their goals is to "provide timely and efficient care to every patient while minimizing both wait and treatment times." The parent company, OptimuMedicine, is a clinician-owned and operated enterprise headquartered in Las Vegas that has offered critical care level of transportation to those in need since 2017. The OptimumM Urgent Care facility in Pahrump is their first venture into a brick-and-mortar adventure.

They honor most insurance companies and have some labs and X-ray machines on sight. They are seeing about 25 patients a day now and they just opened their doors last August. They anticipate they will soon be treating 45 per day.

They currently have ten employees, but they are expanding. Hiring Pahrump locals is a priority. They have



a front desk patient assistant as well as a full-time housekeeper to stay on top of the cleanliness and sanitization of the facility. They have level 3 and level 4 trained patient care technicians and Emergency Medical Technicians, Paramedics, Nurse Practitioners, and Physician Assistants. They serve adults and children on a walk-in basis with non-life-threatening conditions or injuries that are not considered an emergency.

Their hours are 9:00 am to 8:00 pm daily. Although they are open seven days a week, this clinic has no overnight stays. They are not equipped to handle them. They will transport patients to another place that offers overnight care if necessary. They are currently licensed as an urgent care fa-



cility, and it would require a great deal of change to turn it into an overnight business.

Major Rehab Project

The last time this building was occupied was in 2018, so a lot of updating and rehab work was necessary. They put in a new HVAC system, new flooring and cabinets, and did a lot of painting. It looks as good as new and is updated with state-of-the-art X-ray and EKG equipment. All lab devices have been upgraded as well.



“They serve adults and children on a walk-in basis with non-life-threatening conditions or injuries...”

What is Their Approach to What they Do?

The company’s background is in critical care transportation and acute care. Therefore, their approach with this venture will be acute care as well. They have the ground and air transportation they use to get patients to help as soon as possible. Their goal is to be a one-stop shop for patients. If there’s an emergency, they provide appropriate care immediately. If it is something beyond their ability, they have the capability of getting the patient to another place that can handle it.

Throughout their experience, they learned how difficult it is to get emergency help to rural areas. Residents don’t have access to the same care as the big cities and urban areas have. Their goal is to take a facility like urgent care and make it work in smaller areas. Their future plans include putting more facilities like the one they’ve created in Pahrump into other areas with the intent of covering most of rural Nevada.

According to CEO Devon Eisma, they feel the needs of the people living in rural areas don’t change just because they live in the country or small towns. It’s only a matter of volume when compared to a big city. Urgent care and proper transport services can get people to where they need to be for their care. Optimum Urgent Care has dedicated air ambulances, highly trained nurses, and paramedics that can handle “the sickest of the sick” and transport them to where they need to be.



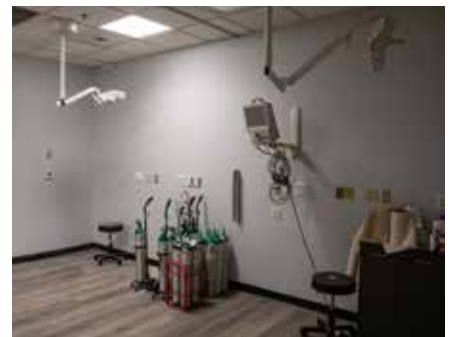
What are the Future Plans for Optimum Urgent Care?

They intend to add new services as they move forward. Features on the list for future offerings include pre-employment physicals and CAT Scans. They will let the needs of their patients direct what they add next in terms of additional equipment and services. Devon says his staff members give the best ideas of what patients need and want. This allows their business to grow in a way the staff is proud and happy to work there. They are excited to provide good care, the same kind of care they would want for their friends and family members.

Devon states he doesn't want people to be sick. However, when getting medical help is necessary, he hopes they consider Optimum Urgent Care and that it is a pleasant experience for the patient. He is always encouraging feedback and new ideas. Being sick or hurt is bad enough. They strive to make it as pleasant an experience as possible. That is why he says they are picky as to who they hire.

Optimum Urgent Care is located at 1501 E. Calvada Blvd. Unit 1, Pahrump, NV 89048. They can be reached at 775-477-2273.

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A photograph of three people standing behind a table covered with a green cloth. The table is set up outdoors at what appears to be a community event or fair. On the table are various brochures and informational materials. In the background, other people and event structures are visible. The title "Together with Veterans" is overlaid in large white text, and "Helps Save Lives" is overlaid in large white text below it.

"Together with Veterans" Helps Save Lives

TWV members, (L-R) Michelle Caird, Linda Wright, and Bill Wright at Beatty Days.

By Christine Butler

Have you ever felt desperate? Desperate enough to end your own life? Unfortunately, this is not uncommon. The national statistics show that the number of suicides is rising every year around the country, especially among Veterans and even more so for Veterans living in rural areas. Pahrump community, in conjunction with Pahrump Veterans, have taken on the challenge of helping bring those stats down in our area. They are not just numbers...they are people.

This is why the "Together With Veterans" (TWV) organization was formed. In 2015, the US Department of Veterans Affairs (VA) started this new program, and the first chapter was in Taos County, New Mexico. It was sponsored by a local nonprofit called Veterans Off-Grid. The formal description of TWV is "a community-based suicide prevention program for rural Veterans. TWV involves partnering with rural Veterans and their communities to implement community-based

suicide prevention." But the bottom line is they help save lives.

It is a result of several organizations working together to provide this program to rural veterans who were willing to sacrifice their lives for their country and now need our help. These organizations include the Rocky Mountain Mental Illness Research, Education, and Clinical Center (MIRECC), the Western Interstate Commission for Higher Education Behavioral Health Program (WICHE BHP), local Veterans, and willing community members.

WICHE Presents an Opportunity to Nye County

In 2020, the Western Institute Commission on Higher Education (WICHE) approached Stacy Smith, CEO of Nye Communities Coalition (NyECC), with a grant for Veteran Suicide Prevention. Nye County Board of Commissioners unanimously approved the program. Because of the pandemic at the time, it was challenging to get started.

NyECC agreed to sponsor and,



TWV hands out material to educate the community and Veterans on the organization

therefore, manage the grant on behalf of TWV and will continue to do so until the organization is structured in such a way it can be self-sufficient. Developing and implementing all the systems usually takes 3-5 years. Once that happens, the Pahrump TWV group will continue on its own.

Specific criteria must be met to take advantage of this opportunity. It is a Veteran-run organization striving for the prevention of suicide. Therefore, 50% of the steering committee must be Veterans. Their job is to take the tool kit provided by the VA and educate the



TWV members (L-R) Linda Wright, Susan Moore, Michelle Caird, Eddie Williams, and Robert Moore at another event

community and outreach regarding the suicide prevention plan. It is a partnership between the Veterans and others in the community. Veterans with the experience, knowledge, and understanding of what these folks have been through are perhaps in a better position to suggest intervention techniques to be introduced to the community. In addition to Veterans, these community members are often Veterans' family members and people who just care.

Who are the Community Members Involved, and When Do They Meet?

Linda Wright, a supporter of the VFW auxiliary and coordinator of the Holiday Task Force, which organizes community meals and celebrations, is the Facilitator for this program and is responsible for the implementation of it. She also leads the meetings held every third Monday of the month. They convene at 1:00 pm at the Nye Activities Center on the NyECC campus located at 1020 E Wilson Rd, Pahrump, NV 89048. Just ask in the main office which classroom they are using, or you can

contact the Project Manager, LeeAnn Luna, at LeeAnn@nyeccc.org, or call her at 775-727-9970 ex.204. All caring community members and Veterans are invited. One of the organization's goals is to increase awareness of and participation in the local TWV.

"It is a result of several organizations working together to provide this program to rural veterans who were willing to sacrifice their lives for their country and now need our help."

As Program Manager, LeeAnn is responsible for implementing the Rural Veteran Suicide Prevention Program Toolkit. This well-researched tool kit was created by the VA and involves five phases for creating a TWV program in a community. The five phases include: 1. Build your team and prepare your organization; 2. Learn about your community through conducting assessments; 3. Teach team skills and knowledge; 4. Plan for action by ad-



LeeAnn Luna and Michelle at Beatty Days

dressings strategies for each suicide prevention focus area; and 5. Implement your plan, track and report progress, and measure results.

The participants in this group encourage other organizations and nearby communities to become involved. Examples of some of these activities include becoming involved in community events such as Beatty Days, Thanksgiving and Christmas community meals, and offering support to other organizations such as Nathan Adelson's involvement concerning female Veterans. The day before Veterans Day, TWV members talked with 80 Vets at a local car show, letting them know what TWV does and encouraging them to become involved.

Pahrump and the Surrounding Community, as Well as Veterans, All Benefit from TWV.

Pahrump's TWV is looking for more participation from the community. They offer a great deal of training on how to deal with depression and the possibility of suicide by someone you know. What are the symptoms? They aren't always the same. What should you look for? Someone may come

"They offer a great deal of training on how to deal with depression and the possibility of suicide..."

across as looking or acting different than their usual self. Sometimes, all it takes to start the conversation is to ask, "Is everything okay?" or "Are you alright?" You never know when a simple question like that might just be what they need to open up.

Family members are on the front line. Listening to what someone is saying can frequently be critical. Sometimes, all they want is someone to listen. Be sure to listen to all they say and not guess what they will say. Be aware of personality changes or getting tired of things that used to interest them.

How Can Community Members Help?

Become a member of the TWV team. They have periodic training classes to teach community members

what they can do to help. Veterans and non-vets are all invited. Safe talk training will be included. Also, remember that Veterans need to talk to other Veterans. Sometimes, spouses and other family members have a hard time understanding. There is also a suicide number where a Veteran can reach someone if they want to talk. The suicide and crisis lifeline can be reached by dialing 988 and then pressing 1, which sends the caller to the National Suicide Prevention Lifeline for Veterans.

Changes in Funding are Coming

Sometime after the first of the year, funding from NyECC will no longer be available for the Pahrump TWV, and the WICHE funding will also expire. Linda and the TWV team are working hard to create a 501(c)(3) organization to take over the funding responsibility. Once completed, the entity will be self-sufficient and continue performing a much-needed, valuable program.

If you want more information or wish to become involved with Together with Veterans, contact Linda Wright at LWrightTWV@gmail.com or LeeAnn Luna at Leeann@nyecc.org.



(L-R) TWV meeting – Chair Linda Wright, Bill Wright, Susan Moore, Robert Moore, Debbie Dwelle, (back row L-R) Dr. Tom Waters, Angelina Christian



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in “The Shawshank
Redemption”

The Amazing Life of Ruth Wosic

By Christine Butler

On October 8, 2023, there was a very special celebration in the Community Center at the Our Lady of the Valley Roman Catholic Church here in Pahrump. Ruth Wosic turned 98 years old, and her friends surprised her with a birthday party. They baked 98 cupcakes and placed a candle in each one, then hid them behind a screen so she wouldn't see them. At the right time, four people with lighters lit the candles, pushed back the screen, and everyone began singing Happy Birthday to a very surprised and appreciative Ruth. The look on her face was priceless. It was a total surprise and Ruth was very touched.

Ruth Wosic came into this world on October 8, 1925, before the start of World War II, and has lived an amazing life. She was born in Raase, Czechoslovakia (now called the Czech Republic), and survived some very challenging times during WWII. Most of us studied about the chaos and atroc-

ities of that war, but she lived through it. She says the current conflict in the Middle East brings back many memories...not ones she likes to remember. During this time, she witnessed the boundaries and names of all the nations in that region change multiple times during the time she lived there.

Ruth's Younger Years

Ruth finished tenth grade at age fifteen and wanted to go to college. She traveled to Vienna, Austria, but was told she could not go to college and had to do forced labor for a year as a result of the war. Ruth ended up working for a Nazi family, taking care of their five children for one and a half years. She then went to work for her cousin at a top-rated spa in Bad Gastein for a year. Her father arranged for her to work at the family store in March 1945. He was able to do this because both of her brothers had been killed in the war. When the war ended in May, she left with her four-year-old nephew and returned him to his mom, Ruth's sister-



Ruth Wosic at 98 years old

in-law, in Northern Germany.

When WWII ended, Ruth was 26 and started modeling in Austria, where she spent eleven years. She soon began designing and making dresses in Salzburg. Of 180 dresses and costumes from four countries, Switzerland, Italy, Bavaria, and Austria, five of her designs were chosen for a fashion show in Salzburg. Her name was on the tags, but when they found out she didn't have a Master's or a license, they crossed it out. She soon took care of that issue and became the first non-Austrian to get a Master's and license in

“When WWII ended, Ruth was 26 and started modeling in Austria...she soon began designing dresses in Salzburg.”

Austria. She became an Austrian when she married Rudy in Salzburg in 1954. They moved to Edmonton, Alberta in 1955 and stayed there until 1963

Their Move to the States

Ruth's husband, Rudy, spoke seven languages: Yugoslavian, Dutch, French, Polish, German, Russian, and English, which he learned when they came to Canada. Because of this he was a valuable asset to the government, but he was also an architect and photographer. She wanted to live in Austria. Ruth went back to Salzburg, but Rudy had to stay in Canada to finish a project he was committed to. While he re-



A day at a top-rated spa in Bad Gastein owned by Ruth's cousin. The tallest woman is Ruth's mother.

mained in Canada, his visa to America came through and Ruth was able to get hers in Austria.

Eventually they both made it to the United States. They settled in Anaheim, CA, where she spent 45 years. Ruth started a business designing and mak-

ing clothes. She made outfits for cheer-leading squads, bands, etc. Her clients included all the schools in Orange County. She worked 16-18 hours a day, seven days a week. In the winter, she concentrated on designing dresses for weddings and other private events.



Ruth began modeling at age 26 in Austria



250 year old home in Czechoslovakia



The first evening dress she designed and made

Rudy passed away in 1996. A year following his death, their son wanted to move to Pahrump. He had a friend living here that he'd visited in 1984. He ended up buying some property in 1997 and built a house. He now lives in Alaska, and Ruth's daughter eventually moved to Alaska, too. Some of her four grandchildren still live in Alaska, but her daughter passed away in 2013. Ruth commuted to Alaska to be with

“She made outfits for cheerleading squads, bands... her clients included all the schools in Orange County. She worked 16-18 hours a day, seven days a week.”

family during the summers. She designed her own house there and spent summers visiting family from 2008 to 2015. The other seasons she spent in Pahrump, where she had moved from Anaheim in 2009.

Ruth has six grandchildren and 17 great-grandchildren. Today, one grandson lives in Pahrump, and one granddaughter lives in Las Vegas.

A Cherished Friendship

Do you remember seeing the movie Sound of Music? Of course, Julie Andrews played the part of Maria



Ruth enjoys playing cards and Bingo with friends

Von Trapp in the film, but Ruth became friends with the real one. Maria approached her when she was living and designing clothes in Austria. She wanted Ruth to create and make the costumes for the movie, but the unions prevented it. They still became friends and Ruth acquired several items from the woman who designed the movie clothes. One comment Ruth had about



Ruth in her Anaheim backyard



Ruth's husband Rudy

Maria was that she was indeed too feisty to be a nun. Thus, she ended up marrying Baron Von Trapp. Ruth got to meet a personal friend of Maria's, Bob Hope. Maria was the instigator for Ruth and Rudy to come to the United States. Once they got here, Ruth began sewing for Maria here.

What Does Ruth Enjoy Doing Today?

At 98, Ruth still enjoys many friends whom she cherishes, as illustrated by the surprise birthday party. She still drives a car, lives on her own, and swims four to five times a week. Looking at and talking with her, you'd

never know how old Ruth is. She takes life in her stride and thoroughly enjoys playing her weekly game of Bingo.



98 Birthday cupcakes and singing Happy Birthday



Ruth's long-time friend Maria Von Trapp

"...Julie Andrews played the part of Maria Von Trapp in the film, but Ruth became friends with the real one... She wanted Ruth to create and make the costumes for the movie..."



Ruth with her good friend Kathy Ahrens

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OUR VETERANS OUR HEROES

Douglas C. Daniels, PO3 (E-4), US Navy

Part 4

By Douglas C. Daniels

Introduction by Dr. Tom Waters,
Lt. Col. USAF (Ret.)

1964-1968. So, in his own words here is a story that gained a “funny” title of “SIDECAR RACER.”

Sidecar Racer

In the previous issues of articles I submitted about my service history, Tom Waters had always written the flattering opening on my behalf. The back story in my case continues to be even more interesting.

When I graduated High School, I was 5' 5" and weighed 114 lbs, so I was too small to play most HS sports. I started looking around for a sport where my small stature and long limbs would be an asset. I always liked going fast on my bicycle and won a lot of the impromptu races I was in. So, it was just natural that when I got my first motorcycle at 15 ½ yrs old that I would race it. It was a Honda 50 (3 cubic inches). I bought race parts for it and lightened and modified it until it would do 57mph (stock was 45mph).

I saw a sign for a motorcycle race which featured a Le Mans Start (run-



Doug being interviewed by Chris Economaki on ABC's Wide World of Sports.

ning to the bike) so I entered the race. Race day arrived and I was both the smallest and youngest entrant. The flag dropped and I ran into the lead, each lap, and the established racers closed the gap and when the white flag (last lap) was displayed, I knew I would win if I didn't crash. The checkered flag fell and I won the race.

ONE RACE, ONE VICTORY and I was hooked. I entered a dozen local races and never finished lower than 4th place. I applied for a com-

While we are continually searching for Veteran stories for the Pahrump Life Magazine's "Our Veterans, Our Heroes" section we received another story from Doug Daniels. It is a continuation of this service member's "really rough ride" on active duty with the United States Navy. While this is Part #4 of his whirlwind and highly classified military service, it seems like he was everywhere that our government needed to have something tested. Whether he was in or out of uniform, he led an interesting life and career. This story, like the previous three, REALLY got our attention.

Here is another part of HIS story after his service in the US Navy from



Scraping the ground at 130MPH

petition license with the Association of American Motorcycle Road Racers (AAMRR) and, since I was a minor; my Parents had to sign for me. I remember my father telling my mom, "you know we're signing his life away".

In the AAMRR, these guys were pro and semi-pros and wouldn't give you an inch on the track; they were in all the cycle publications and on TV.

At the time, the bike to have was a 500cc Norton Manx and it was my dream bike. By now, I had a 125cc Honda and a 350cc Jawa. I did fairly well on both of them, but to get attention, you needed a Manx. The big three at this time were Kenny Hayes, Lance Weil (Rickey Racer) and Air Force fighter Pilot Jody Nichols; all 3 were entered in this race. It was at this race, that a guy named Magni showed up with his Manx, but he got too sick to race. I went over to him and asked if I could take his bike out for practice. "Don't be silly", he replied, "that bike is 53 BHP" (a lot at the time). I guess about 20 of my fellow riders heard this and they talked Magni into letting me take the bike out for "practice only". Magni had never finished higher than 14th when he raced his own bike. I had to show him something. In the first practice, after a few pedestrian laps getting used to the bike, I was soon cir-

culating in the top 10 and getting faster with each lap. When I pulled into the pits after the first practice, there were 20 people waiting for me in the pits. I was asked for photos and autographs. Even the timid Magni was impressed and told me I could go out again in the next practice. I was going to make it count. In the 2nd practice, I went out with the big 3 and managed to stay in the top 7 this time running as high as 4th. Everyone noticed and when I came into the pits, this time, there were

"I saw a sign for a motorcycle race... so I entered... I was both the smallest and youngest entrant... and I won the race."

50 people waiting to see me. In the final practice, I was mostly in 5th place, but got as high as 2nd. Magni told me I could race the Manx, I was on cloud 9.

The flag dropped and the four of us blasted away from the field, but it was much harder now, they were going much deeper into the corners and saving the braking for the last second. They were showing me just enough to keep me in 4th place. They were slowly pulling away and I started to fatigue for the first time in my life and got passed by another rider on the last lap. There was no fairy tale ending. I finished 5th, but it was against the best in the nation. The press said I was someone to watch and I picked up two sponsors, one of whom paid my entry fees for the rest



On the starting on Wide World of Sports

of the year. Later, I also got loaned two state-of-the-art bikes and I raced them both here in the states and in Europe where I raced all the tracks you see on TV. One of the tracks was at BRNO (Czechoslovakia). This was behind the iron curtain at the time and after a day; I noticed the two guys in $\frac{3}{4}$ length leather coats following me and found my room was bugged as well. I was a teenager and all I cared about was racing and girls so I gave them plenty to listen to for the rest of my stay. I also had fun losing them when they tailed me and sneaking back up on them from behind. When I look back on this, it's a miracle I wasn't arrested or worse.

As you can tell, I loved racing before the military and my US Navy service. I continued to love racing during my active years (1964-1968), and I was still "hooked" on it after I left active duty.

I was at the track at SPA Francorchamps in Belgium when I got my first sidecar ride. *NOTE: The Belgian Grand Prix is a motor racing event which forms part of the Formula One World Championship and the FIM World motorcycle championship as well. The first national race of Belgium was held in 1925 at the Spa region's race course, an area of the country that had been associated with motor sport since the very early years of racing.*

A passenger was late and his French driver was frantic. Would I like to try it?



The BMW as I got it

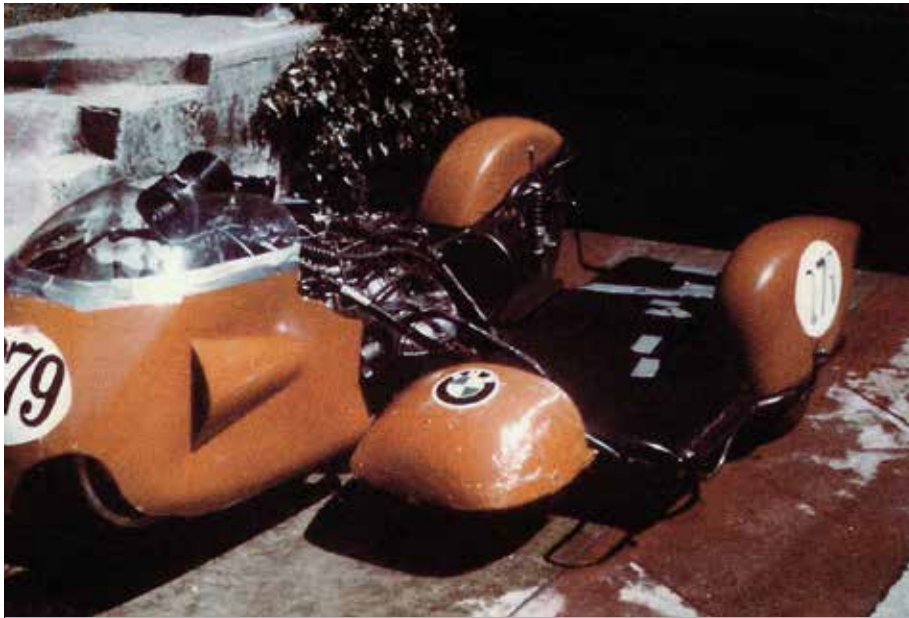
"Certainment Monsieur" ("Certainly Sir"). So I practiced grabbing the hand holds while we were not moving and when we went out for practice, it was second nature for me. Put your body weight over the rear wheel for traction and acceleration, hang out at various angles so the sidecar doesn't lift too much, and lay flat on the sidecar for less wind resistance on the straight-aways. It's all trust and balances and you have to be totally insane, a superb athlete, fearless, and have faith in your driver. We went out for two practices and it felt totally natural and the French Driver told me I was as good as

his normal passenger. About this time the tardy guy showed up and I was out of a ride, but I WAS HOOKED. The sidecars did everything two wheeled bikes did, plus they drifted in the corners and both the driver and the passenger had to compensate for each other. The passenger sometimes scraping the ground (photo of me scraping the ground at 130mph is shown herein).

When I returned to the states, I started looking for an outfit (motorcycle and sidecar). I found a very second hand outfit powered by a 700cc BMW car engine. It was put together by an old German sidecar racer in Chico Cal. He had a BMW motorcycle dealership and it was on display in his showroom for years. I had cash and he wanted the space for the new BMW's he was selling. I freshened it up mechanically, painted it and tried my hand at upholstery. A race was coming up at Sears Point in Northern Cal. I drove up to the track only to find out that the sidecar class had been cancelled. I talked them into letting me put on an exhibition during the lunch break and used this to familiarize myself with both the track and the bike. There was another race in a month so I would have to learn during the race. My passenger, Page Perrin, was a guy I rode with



In the Carousel at Sears Point



The BMW during restoration

every weekend on a two wheeled bike and things went pretty smooth.

The first race was April 11, 1976. The flag drops and we were left in the dust. The race was one foot old and we were already in last place. At the end of the race, we were in 11th place due to four bikes having mechanical problems and two crashing. Right then, I knew the entire season would be a learning experience at the various tracks. The outfit would be non-competitive even in the hands of the world champion. Page and I finished last place still running in every race we entered during the first half of the season. Amazingly, we got invited to the National Championship at Laguna Seca.

I spotted Ken Squire (CBS SPORTS SPECTACULAR) in the lunch tent and sat next to him. He was easy to talk to and was an expert on many sports. We got on the subject of boxing and I asked him where CBS got their boxing commentator who didn't know a jab from a hook and we talked about boxing for the next ¼ of an hour. Finally he said to me, "if you know so much about boxing, what are you doing at a motorcycle race?" "I own one of the outfits in the race" said I; "let me see it" said he. We walked over to the bike and I started telling him about the

various parts. Starting at the front, the brake was from John Hartle's (world champion) Norton Manx, the engine was out of a BMW car, the gas tank was from a Datsun 240Z, the sidecar wheel cover was from a Piper Cub airplane, the rear fender was a cut down and reversed Harley Davidson 74 front fender, and the rest of the bike was handmade or modified parts. While I was telling Ken about this, a strange look came over his face and he muttered "what a great human in-

terest story". During the broadcast of the show, I found out what he meant. *NOTE: Kenley Dean Squier was an American sportscaster and motorsports editor from Waterbury, Vermont. From 1979 to 1997, he served as the lap-by-lap commentator for NASCAR on CBS, and was called the voice of NASCAR on CBS, and was also a lap-by-lap commentator for TBS from 1983-1999. Squier was the first announcer to give lap-by-lap commentary for the Daytona 500 in 1979. He coined the term "The Great American Race" for the Daytona 500 and helped introduce the Australian-developed in-car camera for the 1982 running of the event.*

He literally made me the star of the show and covered my progress during the entire race when he made statements like "the intrepid Doug Daniels on his Rube Goldberg creation (famous cartoonist in the 1930's-1950's that drew extremely complicated devices to do simple tasks) has moved up to 14th place due to four crashes and five mechanical retirements of his fellow racers".

1977

At the end of the season, the 1976 first place outfit came up for sale and



The Great American Motorcycle Show

I bought it. The 1977 season opener was at Ontario Motor speedway which had a long front straightaway good for 150mph. I tried not to show my hand in practice so I went out when all the other bikes had gone ½ a lap. I closed on them from behind so no one knew how fast I was. The outfit had double the horsepower of the BMW and was really fast. The flag dropped and I rocketed into the lead taking the checkered flag 100's of feet in front of 2nd place.

As the season wore on, I was on the podium nearly every race. I was constantly on TV or in the newspapers.

In 1981, We (the sidecar racers) even got invited to the NASCAR race at Laguna Seca. ABC'S Wide World of Sports was there to film it. I spotted their announcer, Chris Economaki, walking through the pits and I walked over to him and said, "I guess you're coming to see me". He gave me the "who the hell are you look" so I told him I was the star of the CBS SPECTACULAR segment on sidecar racing and amazingly, he remembered it. I told him tongue in cheek that he didn't want to be shown up by CBS and he smiled and said no and the photo of me being interviewed is shown herein.



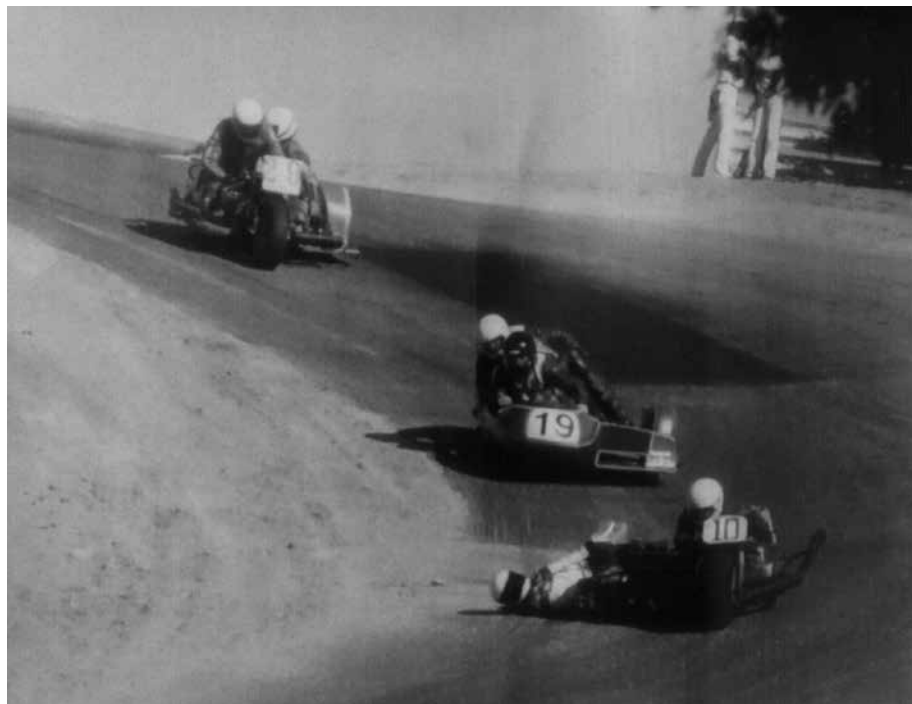
The NASCAR Race, 1981

NOTE: Christopher Constantine Economaki was a pioneering American motorsports journalist, publisher, reporter, and commentator known as "The Dean of American Motorsports Journalism."

At the end of the season, I was AMA National number 10 and AFM National number 4. These are high rankings, in spite of the fact that I did no East Coast races.

The Rule Change

I always had good luck at the Riverside track in Southern California. I had the front wheel geometry changed prior to the Riverside race. Practice was only 5 laps and although my arms hurt a bit, I thought nothing of it. At the time, I had a noted California attorney for a passenger and, for years, he was asking me for him to drive but I always refused. The flag dropped and I got my usual rocket start, but 6 ½ laps in, I had no strength left in my arms so as we were going down the back straight at about 130mph, I slowed down to about 90 mph and motioned for him to drive. All the spectators and officials were open mouthed at this maneuver. He passed over my back and started driving, but after 3 ½ laps, his arms gave out as well so I had to drive again for the remaining two laps. We finished the race in fourth, but were told we were going to get disqualified for switching. As I said, he was a lawyer and after a chat with the officials, and an examination of the rulebook our place was restored. As I was reading this back to the attorney, he reminded me that both Dan Gurney (INDY 500 winner) and Robert Blake (of Berretta Fame) came over to see us in the pits because they wanted to see who was crazy enough to pull a stunt like that! The next race all racers got a paper with



Leading two left hand outfits in the famed Laguna Seca Corkscrew

the new rule in it forbidding driver/passenger swaps.

What Made Me Quit When I Was at the Top of the Game?

I had the grab handles rearranged and re-welded at some point and I asked my driver to only go about 2/3rds speed until I got used to the new positions. He didn't listen and drove flat out and I missed a handle and got thrown off the bike at 110 mph, my body sliding over 500 feet and breaking my right elbow. (I finished the race in agony and then went to the hospital)

A second accident occurred at the hairpin turn at the Laguna Seca track where I flew through the hay bales

head first taking out a WELCOME RACE FANS SIGN as I flew through it.

The most compelling reason is that my accountant mentioned to me that I could have paid cash for two houses with the money I spent Sidecar Racing.

Within a month, I donated the outfit to the Harrah's Automobile collection where it was on display for many years before the collection was broken up.

How do I satisfy my need for speed now? Well I do have a FERRARI in my garage!

As we state at the end of most of the "Our Veterans, Our Heroes" stories, we (Christine Butler (owner and Editor) and Tom Waters (Veteran) know that there are other stories out there that are "just waiting to be told" and "NEED to

be told." All you need to do is contact the Pahrump Life Magazine Staff (or me) if you want to share your story with the Pahrump Life Magazine readers across the country and around the world.

"A second accident occurred...where I flew through the hay bales head first taking out a 'Welcome Race Fans' sign as I flew through it."



Crashing into the hay bales and "Welcome Race Fans" sign at the Laguna Seca track..

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Youth Recognition



Pahrump Valley High School Presents Their First Musical

By Dr. Audra Duvall

From November 1 through November 4, 2023, the Theater Department of Pahrump Valley High School presented their first musical, *You're a Good Man, Charlie Brown*. It was a resounding success, and we all hope for more in the future. Those involved in the production besides the students were: Musical Director- Dr. Benjamin Gooch, Director - Dr. Audra Duvall, Assistant Director – Joshua Bender, and Choreography – K. Hoffman and V. Sherard.

The musical was excellent. We thought it would be fun to hear the reaction to the play from Director Dr. Audra Duvall's point of view and the judges who were there to evaluate the performance.

Notes from the Director Dr. Audra Duvall

I am extremely proud of this production. Where do I begin?

I can start with the determination of the cast and crew to put on a quality show regardless of work schedules and life schedules ... not to mention homework; or we can talk about the dedication and incorporation of our heartfelt and inspiring Music Department; or I could wax on about the incorporation and stellar involvement of our Woodworking team; and our “eagle-eye” English department for proof-reading... but what I am most proud of is our willingness to come together as a family and get the job done! This experience is not only an artistic learning experience, but a special one for each member involved. Plays and musicals are a labor of love, quite literally. The



cooperation, mutual respect, and sheer level of commitment that this “team of many colors” has demonstrated makes the heart swell with honor.

Not to mention, (yet notice how I am mentioning it) these students have put aside egos and discovered that whether they had one line or fifty, were on or off-stage, everyone shares equally in the pride and success of this program and our accomplishments on behalf of Pahrump Valley HS.

On a private note, this musical is a favorite. I have loved Snoopy since

I was just a little girl from the 70's ... and I am now 53 years old. The bravery, the silliness, the sarcasm, and the unbelievable ways he could always find a way to get the job done. He is just like Charlie Brown –only fearless; this is why we all love Charlie Brown. Charlie Brown's monologues are one of modern-day's earliest examples of being self-aware and daily emotional growth in spite of ourselves. Charlie Brown is our "Everyman" ... a protagonist whose gentle conduct nurtures the audience's affinity with them.

As you watch this performance, please take into consideration the countless hours each child, adult, and

family member invested... and be in awe.

In the true spirit of "never giving up"... we humbly present my first musical here at PVHS with my incredible colleague and Musical Director, Dr. Gooch, and our Assistant Director and protagonist, the selfless Mr. Bender.

I would like to dedicate this show to all the *good men* in our lives...

Dr. Audra Duvall

A very special acknowledgment to the theatre arts director Ms. Chrissy Scoville (of CCSD) who donated set props and pieces, props, and costumes.



Reaction from the Smith Center Adjudication

Judge 1 "Excellent work on the direction of this production, and kudos to all the "extra" that went into this production! On stage, I loved the pace of this show -- and the way you kept everything moving so smoothly! The students had a wonderful grasp on their characters -- and got the style of the vignettes! Also, I loved the added chorus -- and the way you used them in this show in very creative ways! I really appreciate all the work that went into the atmosphere that you

created, from the moment you walk in the building! Loved the comic strips being on the wall -- the table decor -- the ushers with the usher hats! And the way the players kept in character as they passed through the lobby! The entire evening was truly delightful! It is so obvious that you generate a lot of enthusiasm for the theater with your students! Keep up the great work!"

Judge 2 "Very good! Overall, the actors inhabited their characters easily, their interactions were natural, and their motivations were presented clearly. Blocking was excellent given the limited space but be careful of sight lines and the students' awareness of the audience. Lobby elements were extremely well done. There were a couple of scenes that were brilliantly inventive: the ending with Charlie Brown and Snoopy on top of the dog house will stay with me for a long time."

Judge 3 "What a nice intimate theater you have at Pahrump Valley High School. From the minute you enter the auditorium you are greeted by staff who were in their usher attire eager to assist each guest. The directors of this brilliant production really incorporated the characters and to my pleasant surprise, they added in ensemble to enhance the scenes that were instrumental in creating the atmosphere. For example, when Snoopy sings his Red Baron number, they are behind the curtain walking panels of sky with clouds to create motion BRILLIANT!"



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Old Las Vegas Mormon Fort Historic State Park



State Parks of NEVADA

The Birthplace of Las Vegas

By Carol Champney

A portion of the first permanent, non-native settlement of Las Vegas still stands just a few blocks from one of the first main streets in Las Vegas, Freemont Street. The Old Las Vegas Mormon Fort State Historic Park is now an educational site that includes part of the original adobe fort, a Visitor Center with exhibits, historical artifacts, and photos of the first establishment in this area of the Mohave Desert, now known as Las Vegas. According to Friends of the Fort, it is the only U.S. State Park located in a city that houses the first building ever erected in that city.

The Mormon Mission in 1855

In 1855, thirty Mormon settlers led by William Bringhurst, President of the Las Vegas Mission, were directed to build a campsite and fort near the spring-fed creek along the Old Spanish Trail in southwest Nevada. The creek was an “oasis in the desert” and a welcome site to many travelers, traders, and miners who utilized the trail. The stream was later named the Las Vegas Creek. Brigham Young and his followers believed that the American Indians were descendants of the people of ancient Israel. They felt it was their responsibility to convert the Indians to their religion and show them how to farm the land.

In June 1855, the Mormons established relationships with the local Paiutes, who helped build the fort along the creek. It was made of adobe bricks, was 150 feet long, had two bastions and a row of two-story interior buildings. Today’s only structures standing are the southeastern bastion and a part of the eastern wall.

Unfortunately, the Mormon settlement proved to be unsuccessful. Due to friction among the leaders, disappointing yields in lead mining, and crop failures, the fort was abandoned in the spring of 1857. However, all was not lost. The adobe buildings continued to be further developed and owned by several businessmen. Interestingly, one woman held and managed the property for twenty years.



The original ranch

1861 to 1881

In 1861, brothers Albert and William Knapp, successful entrepreneurs, saw the opportunity to build a store at the fort for travelers and traders passing through southwest Nevada en route to California. The venture proved profitable. However, at the young age of 39, Albert passed away. The year was 1864. William became the sole owner of the fort. One year later, William put the Old Fort and its 640 acres up for sale.

Octavius Decatur Gass, an Ohio businessman, politician, and prospector, seized the opportunity to buy the land. He borrowed \$5,000 in gold from a successful Pioche rancher, Archibald Stewart, to purchase the property. He agreed to use the ranch as collateral. Gass farmed the acreage for 17 years but defaulted on the loan and lost the farm. Gass then moved his family and 1,500 cattle to California in search of other business opportunities.

The Stewarts Move to the Old Fort

The land remained vacant for two years before Archibald Stewart moved his wife, Helen, and their children

from Pioche to the Old Fort property. He intended to establish it as a profitable ranch and outpost and then sell it. According to the Legends of America website, "The Stewarts bought horses, cattle, assorted livestock, and farming

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implements and began to systematically cultivate the land. The ranch became a major supplier of alfalfa, grain, vegetables, fruit, cured beef, and wine."

Three years later, in 1884, while Archibald was at the nearby Keil Ranch, he was killed in a gunfight, leaving his wife with the option of continuing to run the ranch and outpost or sell it. It is said that when she received the news of her husband's death, she left her four



Transportation of years gone by

children with a ranch hand and went to the Keil's to bring her husband's body back for a proper burial. She had no lumber, so she instructed the ranch hands to take two doors off the house and use them to build a coffin.

Helen committed to her husband's venture at the fort, chose the harder of her two options, and kept the property. She learned to farm, buy, and sell livestock, manage a staff of ranch hands, and run the outpost. Helen proved herself in a "man's world" and effectively ran the ranch for twenty years.

The Railroad Comes to Town

Helen was a keen businesswoman and acquired more land during those twenty years. In 1902, she made a lucrative business deal. She sold nearly 2,000 acres of the ranch, including water rights to the San Pedro, Los Angeles, and Salt Lake Railroad, for \$55,000. Another new era for the fort was underway. William A. Clark, owner of the railroad, also purchased the Keil property. His vision was to make Las Vegas "the hub of the railroad." The railroad tracks would extend through Las Vegas in three short years, fulfilling Clark's vision.

The railroad brought more people to the area, and Helen could see that land values would increase. By 1905, she acquired 924 more acres next to the land she sold to Clark and became the largest landowner in Lincoln County.

Clark County

On February 5, 1909, the Nevada Legislature split off a portion of Lincoln County, forming Clark County. The southern part of the split was officially organized as Clark County on July 1, 1909. According to The Las Vegas Review-Journal,

"More than anything else, the decision to divide Lincoln County came down to convenience," said Mark Hall-Patton, museum administrator for present-day Clark County. "Residents with business

to conduct in the Lincoln County seat of Pioche had to travel more than 125 miles from Las Vegas and more than 200 miles from the southernmost tip of the state."

The legislative decision just made sense. Clark County was named after William A. Clark, owner of the San Pedro, Los Angeles, and Salt Lake Railroad.

Helen Stewart, "The First Lady of Las Vegas"

Helen had cultivated friendships with the Paiute people over the years. In 1911, she deeded them ten acres of her downtown Las Vegas property. The Paiute Colony, which covers 3,850 acres, still exists in the northwestern part of Las Vegas.

In addition to being a proficient businesswoman, Helen was active and involved in the budding city of Las Vegas. Some of her many contributions to Las Vegas include:

- Helping to establish the first Christ Episcopal Church
- The first woman appointed to the Clark County School Board
- Charter member of the Mesquite Club, Las Vegas's first women's service club
- The first Postmaster of Las Vegas
- The first woman elected to the Clark County School District's Board of Trustees
- She donated land for the Las Vegas Grammar School, which was built in 1923
- Stewart Avenue is named in her honor and her numerous accomplishments in establishing Las Vegas

Upon her death in March of 1926, her close friend, Delphine Squires, wrote her epitaph, as Friends of the Fort quoted.

"Her frail little body housed an indomitable will, a wonderful strength of purpose, and a courageous heart, and she faced death as she had faced the



Helen Stewart, The First Lady of Las Vegas

everyday problems of life with sublime fortitude."

The date is uncertain, but sometime after her death, Delphine officially named her "The First Lady of Las Vegas." More information on Helen can be found on various websites, including The Nevada Women's History Project.

1929 - 1935

By 1929, the Bureau of Reclamation leased the fort, which they used to test concrete for the construction of the Hoover Dam. The other adobe buildings housed several families until 1931.

The Daughters of Utah Pioneers is an international society of women who strive to preserve historic landmarks to educate school children and adults about their pioneer ancestors. These women successfully pursued protecting and conserving the fort, including the buildings from 1939 to 1955.

1955 was the year the Las Vegas Elks purchased the property. They built a



A room of the past recreated by Nevada State Parks

lodge, a restaurant, and a playground. When constructing the play area, they inadvertently covered the foundation of the original fort structure with three to four feet of dirt. This was good, as it preserved the foundation for many years.

1971 – The Present

In 1971, the city of Las Vegas bought the established land, knowing it was an important historical site that needed

to be preserved. The Old Fort was designated as a national treasure by the United States National Park Service. On February 1, 1972, the fort was listed in the official Register of Historic Places.

The Friends of the Fort organization was chartered by the State of Nevada to reconstruct the fort in 1983. Construction of the project began with the knowledge that it would be years before its completion. In 1991,

the Nevada Division of State Parks acquired the fort. According to their website, they,

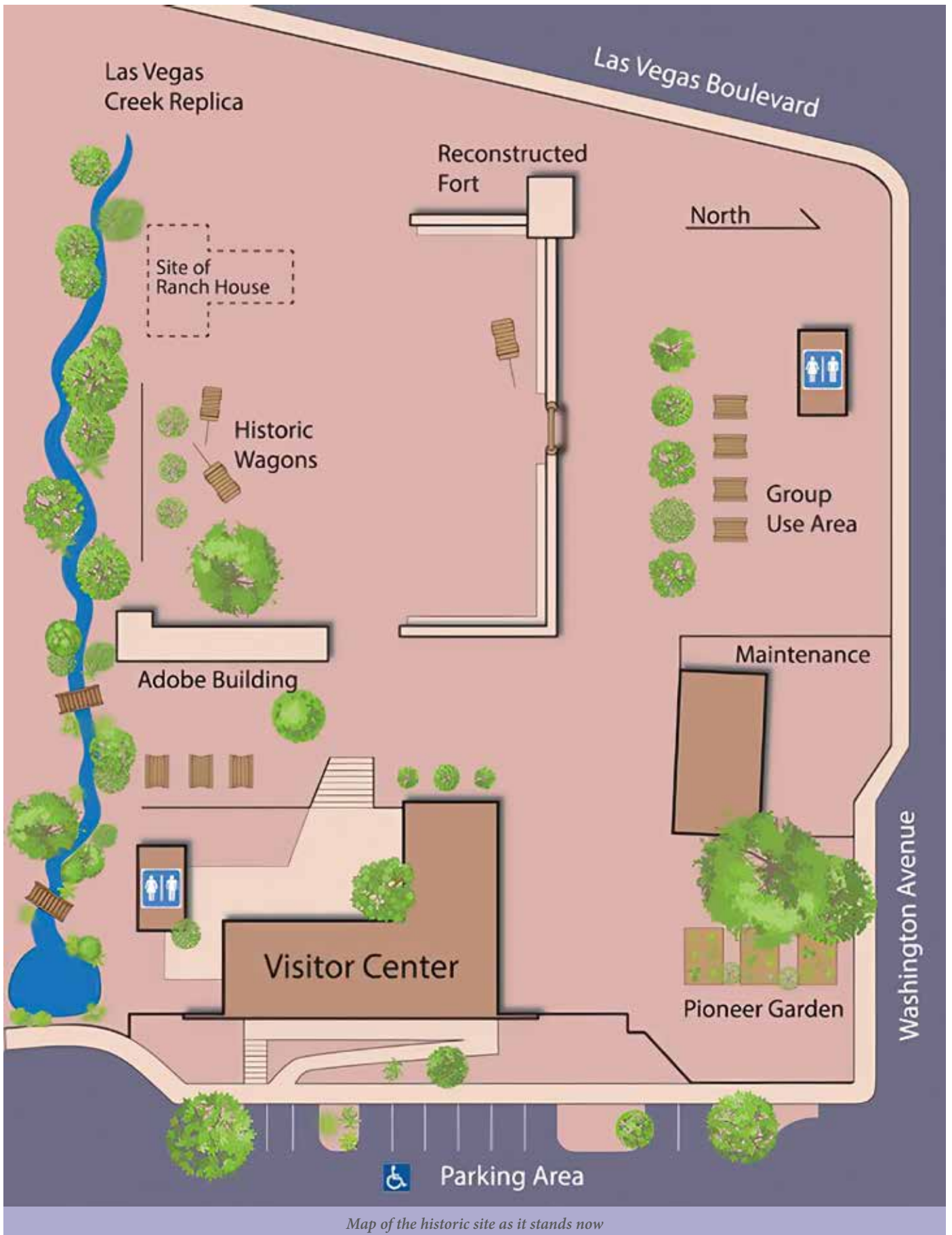
“...developed the grounds to include a partial reconstruction of the fort, a modern visitor center, and a re-creation of the Las Vegas Creek. The Old Las Vegas Mormon Fort State Historic Park remains committed to preserving and sharing the birthplace of Las Vegas with visitors now and into the future.”

The Birthplace of Las Vegas

For an unexpected slice of history, venture beyond the glitz and glamour of the strip and the first main street in Las Vegas, Freemont Street; take the time to visit The Old Las Vegas Mormon Historic State Park. It offers a stark contrast and visual break from the lights and action of downtown Las Vegas. January and February are the perfect months to unwind from the holidays. Take the kids, grandkids, aunts, uncles, and friends to visit the only U.S. State Park located in a city that houses the first building ever erected in that city: The birthplace of Las Vegas.



The Visitor Center

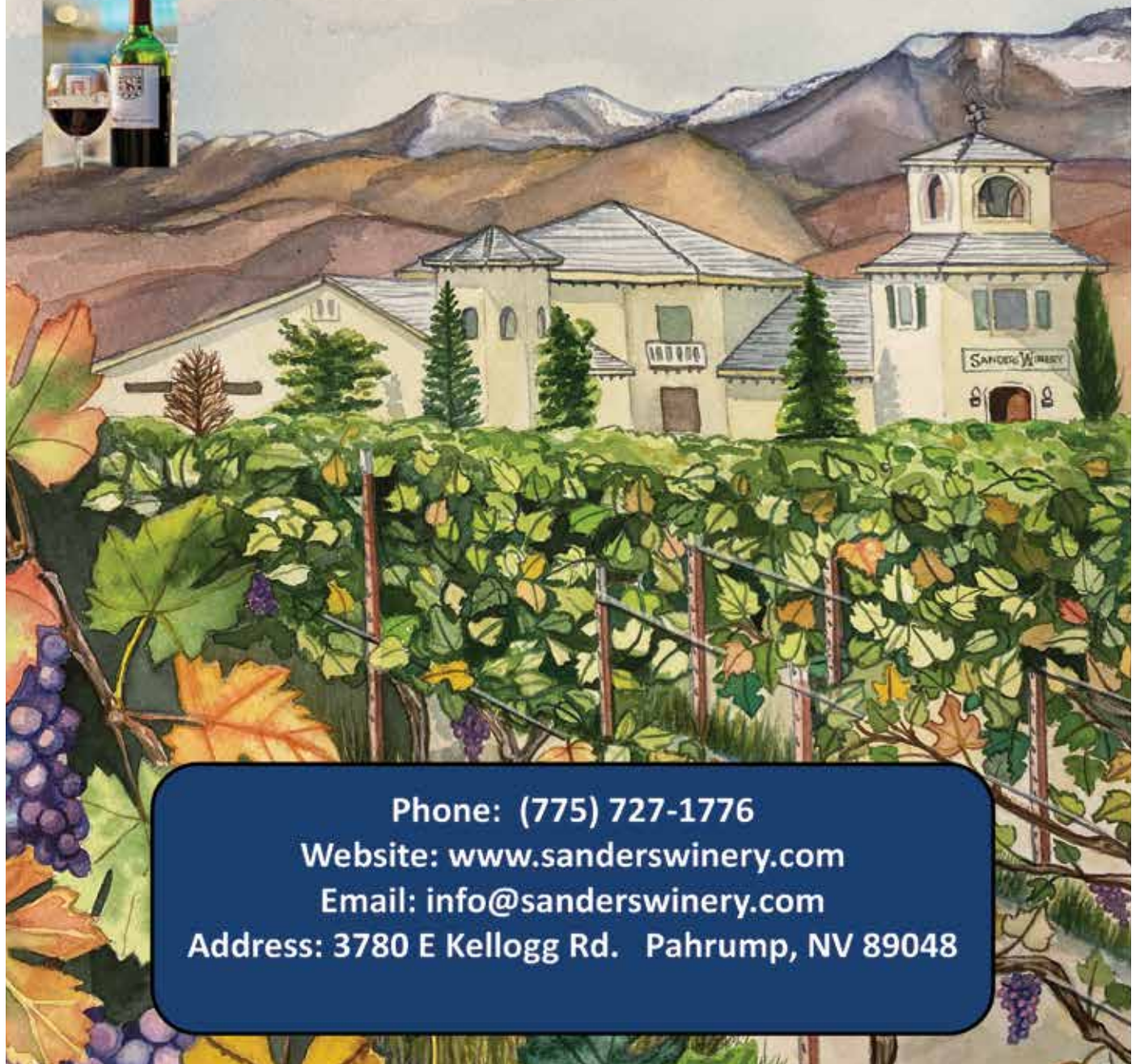


Map of the historic site as it stands now

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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.

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Dr. David Lewis, DC, BS, QME

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Westernblue Soaps and Woolies

By Joni Hawle

I'm Joni Hawle, the owner of Westernblue Soaps and Woolies.

I was raised on a fruit farm in Michigan, and we always had animals growing up. The outdoors was always my playground. So, when I ended up working for State Parks, it was right up my alley. I worked parks in Michigan and eventually moved to Idaho. There we had a little ranch and that was the start of raising goats and sheep. Upon retirement we returned to Michigan and within 6 months were looking to return west. We decided on Pahrump for the desert landscape and to not have the deep snow of winter anymore. One winter back in Michigan with the gray sky and lake effect snow was enough for us and we packed our bags for Pahrump arriving September of 2021. The sheep moved with me from Idaho to Michigan and back out to Pahrump.

I started with goats and in 2009 as the mothers were done raising their kids, I was undecided as to how to get the doe to stop producing so I decide to milk her every other day until the she dried up. The question then was what



Her soap comes in many colors

to do with the milk. A close friend, Jan Haugh, that was a soap maker suggested we try making goat milk soap. It was a success and a different product than hers, so I decided to start making it on a regular basis. After about a year I bought sheep and one of the breeds was an East Friesian dairy sheep. This milk was much higher in butter fat and made for a very rich and moisturizing soap. I eventually sold my goats and raised strictly sheep.

Owning sheep, I also had a big supply of wool available. I would trade wool or soap for beautifully dyed colors. I use these colors and wrap a bar of soap and felt the wool to the bar.



Woolies made from her sheep's wool

This is what I call a woolie. This is essentially a bar of soap with a building wash cloth.

In the process of making soap, I milk my sheep and freeze the milk in specific measured amounts for one batch. The milk is thawed to a slush and mixed with lye. Once dissolved it is blended with a mixture of oils along with oatmeal, honey, and essential oils for fragrance. The batch is then poured into a mold where it is bundled in towels. This is a process called saponification. It heats up overnight and remains in the mold for 24 hours. It can then be removed from the mold but must cure for 6 weeks before it is sold.

After curing I either individually wrap the bar of soap in wax paper and label it or I will felt it. In felting I wrap each bar in wool using multiple col-



Joni started with goats but changed to sheep soap

ors, then immerse the wool covered bar into a hot water bath and begin to squeeze and tap on the bar. This causes the fibers to start shortening and tightening around the bar. The bar then is set to dry and label. I can take special orders, but folks need to remember that it takes 6 weeks to cure so planning is essential. I can also ship orders for those wanting to send gifts.

I usually travel to Idaho to participate in a large festival dedicated to sheep called the Trailing of the Sheep Festival, now in the top 10 fall festivals in the USA. I make plans around this festival and stock up on my supplies. I've been described as sheep obsessed. And I guess I truly am. I met a lady online in a sheep forum and ended up traveling to her place in Switzerland just to see a breed of sheep that we didn't have in the United States. I have plans to return and to take a trip and travel around the UK to Scotland and Wales.

***If you wish to contact me: Make sure to put, Attention Soap Sales
Joni Hawley on Facebook
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She says she's sheep obsessed



They make use of the wool



She enjoys the country life



She participates in various craft fairs



Healthy Living

The New Year Brings New Goals, but is the Goal Really the Point?

By Crystal Atwood

Most of us are ready to put the year behind us and have a list of goals for the New Year. Like a new car, bigger house, better physical health. Or maybe you'd like to climb Mount Everest. However, if you were instantly teleported to the top of Everest, you wouldn't be as happy or fulfilled as if you actually climbed it. Our goals are more than just things we want to have or achieve.

There's much more to it.

You might think that you'd like to have a magic genie at your disposal. But it would be a lot less enjoyable than you think.

There's more than meets the eye when it comes to your goals!

Consider These Ideas:

1. If you could have everything you want just magically appear, would you find that satisfying? If you're like most people, you have a long list of things you'd like to see, do, and have.

- Imagine you could just suddenly snap your fingers and be wealthy, play the piano, see Paris, lose 30 pounds, have a successful business, be married to the person of your dreams, and have three kids.
- Imagine that and ask yourself how that would feel. If what you really want is to simply have all those things, you'd jump at that deal. However, you probably aren't that excited when it's presented this way.
- The process of achieving something might be more

important to you. Growing a business, finding your perfect romantic partner, and figuring out how to become wealthy are part of the journey.

Things don't mean as much if you don't have to work for them.

2. How do you feel the day after completing a goal? Think about a big goal you've achieved. It might be landing a particular job, graduating from school, or seeing Hawaii. How did you feel shortly after it was over?

- Soon after your great success, you probably felt surprisingly blah about the whole matter. Why do you think this is?

3. Is it the struggle that matters to you? Maybe the struggle is what appeals to you. Maybe it's not

winning, but putting in the time, sweat, and tears that makes it all worthwhile. Maybe it's the thrill of overcoming a challenge. You certainly don't experience that when you don't have to work for something.

4. Is it the personal growth that makes achieving goals satisfying? Is having a successful business exciting? Or is it learning new skills, developing the perfect sales pitch, and becoming a new and improved version of yourself?

- To achieve a big goal, you must grow and develop yourself. Is this what really appeals to you?

5. Struggling leads to learning. If a new car is just handed to you, you lost an opportunity to learn how to earn, save, and invest your money. When you face challenges, you're forced to learn. Either you study, or you make mistakes and corrections. Both are forms of learning. Think about all the things you've achieved. Now, imagine all of those things had just been handed to you. How does that make you feel? Would

“Things don't mean as much if you don't have to work for them.”

you still be the same person if you'd lost 50 pounds by waving a magic wand versus changing your diet and working hard at the gym? We get more from achieving goals than just the end result. Our goals are a way to struggle and grow. Goals provide a sense of accomplishment when they require work and effort to achieve. Self-confidence and self-esteem grow as well when goals are set and accomplished. Having something handed to you is nice but delivers much less meaning.

So, instead of wishing for good luck, determination, or will power to somehow magically reach your goals. Work with professionals who understand setting and achieving goals. Working with trained



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

professionals to create a journey that will provide life-long results!

I graduated from the Institute for Integrative Nutrition * where I learned innovative coaching methods, practical lifestyle management techniques, and over 100 dietary theories – Ayurveda, gluten-free, Paleo, raw, vegan, macrobiotics, and everything in between. I studied with the world's top health and wellness experts including:

- Joshua Rosenthal, founder and director of the Institute for Integrative Nutrition
- Walter Willett, MD, DrPH, chair of nutrition at Harvard University
- Andrew Weil, MD, director of the Arizona Center for Integrative Medicine
- Gabrielle Bernstein, bestselling author and life coach
- Susan Blum, MD, MPH, assistant clinical professor at Mount Sinai School of Medicine
- Mark Hyman, MD, founder of The UltraWellness Center
- Geneen Roth, Pioneer of Emotional Eating and Empowerment, Bestselling Author



- David Wolfe, raw food leader and nutrition expert
- Marion Nestle, PhD, MPH, Paulette Goddard Professor of Nutrition, Food Studies and Public Health at New York University
- Mark Bittman, food writer for The New York Times and bestselling author
- Joel Fuhrman, MD, family physician, and leading expert on nutritional healing

What Health Goals Do You Have for 2024?

- Weight Loss?
- Pain Free Living?
- Anti-Aging?
- Learn Meditation?
- Tranquil Living?

“...instead of wishing for good luck, determination, or will power to somehow magically reach your goals. Work with professionals who understand setting and achieving goals.”

- Learn how to use Essential Oils or Herbs?
- Self-Care?
- Less Stress?
- Detox?
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These are just a few of the many health goals that our team can support you with!

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Wills & Trusts

Getting Your Affairs in Order *What Does That Mean and Where Do You Start?*

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

The New Year is a time of rebirth and recommitting ourselves to better habits & healthier lives. It makes sense that people also take time at the beginning of a new year to consider “getting their affairs in order.” But what exactly does that mean? Here are three easy steps to help make sure you are prepared for the inevitable.

Plan Ahead

Dwight D. Eisenhower famously said, “Plans are worthless but planning is everything.” While some take this to mean that plans are useless, the reality is that having a plan in place allows us

to strategize once things deviate from the course we anticipated.

For example, something that we as estate planners often see is families scurrying to complete estate plans when someone is dying, rather than doing the planning when someone is healthy. This stressful and sorrowful time is exacerbated by dealing with documents, decisions and the finality that comes with death, rather than focusing on spending quality time when time is so limited.

When a plan is in place in advance, those close to you can spend the limited time you have left being with you, rather than worrying about helping you make medical decisions, track down bank statements or accounts, or worry about title transfers and taxes.

During these times, families are often trying to figure out where assets are, whether beneficiaries are named, and how things should be distributed when a loved one passes, instead of spending those final days enjoying the time they have left with someone they love. When planning is done in advance, even if things don’t go according to plan, it will be easier to maneuver through the hurdles because of the consideration that was given to potential scenarios when everyone is more clear-headed.

In order to plan ahead, you have to know what your options are. That is where you should consult an estate planning attorney to review what choices can be made in advance, and what your options are under the law

“...something that we as estate planners often see is families scurrying to complete estate plans when someone is dying...”

when it comes to those choices. So often, clients struggle to make decisions because they don't know what options are available to them. Once they understand their options, it's much easier to decide how to proceed with end of life planning, both financial and medical. Even if you feel like you are not in a position to fully make all of the decisions you may need to make in the future, take the time to meet with a qualified estate planning attorney so that you understand what is available to you in the future.

A good estate planning attorney will clearly explain what your options are. This means they will go through each type of document that is generally included in estate planning, as well as the options each of those documents contain. They should be able to explain the pros and cons of making different decisions related to the documents. They should be able to explain how Wills and Trusts function, how they are different from each other, and when each (or both!) are appropriate for a client.

Above all else, an estate planning attorney should listen to your needs, wants and goals, and build an estate plan that addresses your unique circumstances. No two estate plans are the same- each should be built based on a client's individual situation.

Planning ahead gives you the opportunity to clearly think about what you would like to do, and how you can best accomplish those goals. When working with an estate planning attorney, you should be able to consider your options, weigh them with your loved ones or your counsel, and determine

what best suits your goals, needs, wants and budget.

Fund your Plan

Once your plan is complete, you will need to make sure your financial and other accounts “match” your plan. In most cases, your accounts will reflect the newly formed Trust as the beneficiary or owner. Whether you name the Trust as the owner or beneficiary depends on a number of factors which your estate planning attorney should be able to review with you in detail specific to you.

Also, you'll need to consider your real property- land, home and other real estate assets. How will these assets be added to your planning? What are the pros and cons of different options available to you when you consider real estate? Have your estate planning attorney help you understand the options available to you so that you can make an informed decision.

Put your Plan in Place

While this step may seem redundant, it may very well be the most important part of your estate plan. Unless your loved ones (1) know you have a plan in place and (2) know where to find that information, your plan will not work well when you pass or are incapacitated.

Remember that the time your loved ones will need to use your plan is when YOU are unable to explain to them what they need to do and how to do it. This means you need to let them know in advance. Will your attorney safe-keep the originals for you? Will you store them in a safe deposit box? Will you store them in your safe? How can you know that your attorney will have them available for your loved ones' review? How can you make sure your loved ones have access to your safe deposit box or safe? These simple steps can avoid a lot of heartache and delay when that time comes.

Things will be difficult enough for the ones you love when they lose you.



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

Ease their burden by helping them quickly and clearly understand enough about your planning so they can find those important documents. Helping them understand your plan does not mean that you have to give a copy of your documents to them, or share your financial statements with them. But they should understand how and where to find that information in case of an emergency. Talk to your estate planning attorney about how to share this information with your loved ones while simultaneously safeguarding it.

Planning is a natural part of the new year. This year, among all the plans you make, take the time to consider what would happen if you became sick or unable to take care of yourself. Plan ahead so that your life is easier when that time comes, and so that your loved ones are better equipped to know what to expect, and how to best assist you.

Happy New Year- and here's to planning!



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



New Year's Financial Resolutions

Now that we've reached 2024, you might be thinking about your goals and hopes for the new year. But in addition to whatever personal resolutions you might make — volunteering, going to the gym more, learning a new language and others — why not make some financial resolutions, too?

Here are a few to consider:

- **Boost your retirement savings.** If you can afford it, try to increase your contributions to your IRA and 401(k) or similar employer-sponsored retirement plan. The more you put away in these accounts, the greater your chances of reaching your retirement goals. At a minimum, contribute enough to your 401(k) to earn your employer's match, if one is offered. And whenever your salary goes up, consider raising the amount you put in to your 401(k).
- **Reduce your debts.** It's not always easy to reduce your debts — but it's worth the effort. The lower your debt load, the greater your monthly cash flow. So, look for ways to consolidate debts or find other, possibly more productive, ways of using credit. And if you truly can't afford something that's nonessential, don't go into debt for it. "Live within your means" is an old piece of advice, but it's just as valid now as ever.
- **Build an emergency fund.** If you suddenly needed a major home or car repair, or received a large medical bill not fully covered by insurance, would you have

- *Boost your retirement savings*
- *Reduce your debt*
- *Build an emergency fund*
- *Avoid emotional decisions*
- *Review your goals*
- *Revisit your estate plans*

the funds available? If not, you might be forced to dip into your retirement accounts or other long-term investments. To avoid this possibility, try to build an emergency fund containing several months' worth of living expenses, with the money kept in a liquid, low-risk account that's separate from the ones you use to meet your daily expenses. It can take a while to build such a fund, but if you make it a priority and contribute regular amounts each month, you can make good progress.

- **Avoid emotional decisions.** Too many people overreact to events in the financial markets because they let their emotions get the better of them. If the market is temporarily down, it doesn't mean you need



to sell investments to “cut your losses” — especially if these investments still have good fundamentals and are still appropriate for your portfolio. It can be hard to ignore market volatility, but you’ll be better off if you focus on the long term and continue following an investment strategy that’s designed to meet your needs.

- **Review your goals.** Over time, your goals may have changed. For example, while you once might have wanted to retire early, and planned for it, you may now find that you’d like to work a few more years. If that’s the case, you may also need to adjust your financial and investment strategies.
- **Revisit your estate plans.** If you’ve married, divorced, remarried or added children to your family within the past few years, you may need to review the account titling and beneficiary designations on your 401(k) and other retirement assets, along with your estate-planning documents, such as your will or living trust. You might also need to revise these documents in other ways.

Of course, you may not be able to tackle all these resolutions at one time, but if you can work at them throughout the year, you can potentially brighten your financial outlook in 2024 — and beyond.

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

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Jeffrey R Dye
Financial Advisor

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Eczema, Dry Skin, and How We Make a Comeback

Eczema, a term that is used to refer to dry and irritated skin, is a problem for many people and an underlying cause of itching, discomfort and infections that result in a significant number of dermatology visits every year. Acquired Eczema, the most prominent type, results from slow and progressive loss of our skin's natural protective barrier, called the moisture barrier, that results from both genetic and environmental causes. The moisture barrier is made up of chemicals produced by the body and skin that form an oily matrix on the surface and between the epidermal (or surface) skin cells that seal in moisture and prevent openings or cracks in that protective barrier. Loss of the moisture barrier leaves the surface of the skin dry with microscopic cracks that cause immune system activation (redness and itching) and open our skin to infection by bacteria, fungus and viruses. Proper maintenance of the moisture barrier and treatment of a compromised moisture barrier is essential to good skin health and prevention of itching, rashes, infection and disease.

Acquired Eczema can result from one or a combination of several factors. First, the production of natural



oils and other chemicals produced by the skin has been shown to slow down over time, as we age, leading to the loss of our "skin seal" or barrier. Second, long hot showers and baths and harsh, drying soaps strip away the oils and chemicals that we do produce leading to additional compromise of the moisture barrier. Third, some individuals are genetically predisposed to lower production of skin oil and chemicals, necessary for moisture barrier formation, causing them to have especially dry skin. And, finally, the dry desert air in our climate lacks substantial moisture which results in loss of water and moisture from our skin, evaporating away, as a result of a compromised moisture barrier.

Eczema can be prevented or treated by addressing these possible underlying causes. Aging of the skin and a genetic predisposition to dry skin cannot be prevented but, understanding those causes helps us to understand why frequent, regular application of good moisturizers, over months to years, is so important. Moisturizers that replace the needed elements, Ceramides (the



Michael Roos, PA-C

main skin oils) and Hyaluronic Acid (a chemical that helps to bind moisture in the skin), are the most effective in helping to restore the deficient moisture barrier. Additionally, avoiding prolonged, hot water exposure during bathing prevents the stripping of the moisture barrier and helps to prevent unnecessary drying of the skin that leads Eczema. Also, discontinuing the use of harsh, drying soaps and, instead, using moisturizing soaps or non-soap cleansers can prevent excessive skin drying and help us to avoid or treat dry skin and Eczema conditions. It is usually by adopting many or all of these changes that we see control or resolution of Eczema over time and not simply by just briefly trying one or another at a time.

If you or any of your friends or family suffer from the effects of Eczema we welcome you to schedule a consultation with Dr. Daulat, Michael Roos PA-C or Nicholas Benites PA-C at Mohave Dermatology, located in Pahrump, Las Vegas or Mesquite, to discuss how best to treat your condition and restore your skin health and well being.



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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 22 years of experience in cosmetic injectables and laser treatments.



*Se Habla
Español*

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

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How Do I Know if Something is an Online Scam or Not?

It never ceases to amaze me how many scams we continue to see in our computer store and repair center. You'd think after 10+ years of seeing the same types of threats out there, people would get wise to the deception. Unfortunately, that's not the case. Many folks (especially seniors) are so naïve about computer technology and lacking in some common sense that they let these online con artists take complete advantage of them. We've learned that there is no way to stop these scammers as most are in

foreign countries and are multiplying so quickly. The only way to make a difference is to educate people so they know how to spot the scams before it's too late.

There are so many different types of scams out there right now but most of them will have some very tell-tale signs. If you use common sense or talk to someone who is experienced with these types of matters, you'll be better prepared for these threats.

Here Are a Few Things to Look Out For:

1. Scammers usually **pose as a company that you have probably heard of before** to sound more trustworthy (i.e. Microsoft, Amazon, IRS etc.).
2. Scammers usually contact you in the form of a pop-up message on your computer, a phone call, or an e-mail, and **commonly want you to call their 800 number**. They will also fraudulently list their phone numbers online posing to be tech companies like Dell, HP, Canon, NETGEAR, etc.
3. Scammers usually are **from another country besides the United States** (most often India) but will give an American name to avoid any unnecessary suspicion.
4. Scammers always **pretend that they are trying to "help you"** fix a problem, remove a virus, dispute an incorrect charge to your credit card or bank account etc. Be on the lookout for misdirection. These guys are slick.
5. They usually claim the situation is very dire and **require you to make an uneducated, knee-jerk reaction decision** without thinking it through or checking with someone else first.
6. They almost always ask to **remote into your computer** so they can help you "resolve your issue" but actually are just gaining access to all of your data and online accounts.
7. If you're selling anything on Craigslist or Facebook Marketplace, they'll try to **arrange to pay via check or wire transfer**. Never accept anything accept face to face meetups with cash in hand.



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FRIENDLY FACES - PATIENT STAFF - WE LOVE SENIORS!

Remember, **legitimate companies will NEVER contact you.** Whenever you see signs like those listed above, you ARE being scammed. You're not the exception. Don't be another victim. Just say no! If you feel you've already been scammed, bring in your computer immediately, we can help.

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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*Staying in recovery
for life*



Shelley Poerio

Staying Sane When Sadness, Frustration or Adversity Seem to Dominate

By Shelley Poerio with Casey Jones

I sometimes feel like my parents are talking when I say to myself, “things were just better 30 years ago”. They said things like this, as well, about the state of the world, the music or lingo they couldn’t relate to, the clothing teenagers wore, etc. And while I truly feel this way (and it appears every generation does!) – I realize that it’s important to accept that things do change, and there’s always a combination of good or better along with bad or worse. There’s also the human condition of having to deal with loss along with gain, happiness along with despair, and positive surprise moments along with disappointment. This isn’t new to us who now walk on this earth!

But coping with the mixed bag of what life deals us can be stressful, and

especially to people who are fragile from coping with staying in recovery, or other physical or emotional issues. I’ve spoken with many people who have pondered this dilemma of staying positive when being bombarded with what is perceived to be negative input, behavior or events, and I’ve learned a lot from the advice they’ve given me, and what I have observed during my own life’s journey.

Find What Makes You Feel Calm

This is an important touchstone to always keep close, as it can help relieve the sense of despair or frustration when life’s challenges seem overwhelming. It could be walking outside, reading a book, talking to a close friend, going to the gym, or anything that helps you feel better. Getting yourself into a bet-

ter space – even if temporarily - helps give your mind a break from the reality you are perceiving as overwhelming. Giving yourself a breather is a way to escape the full impact of a situation and fill your reserves, so when you return to a focus on what’s troubling you, you have more “gas in the tank”, so to speak.

Accept That There May Be People in Even Worse Situations

This is a sure way to remove yourself from full self-pity, and to exercise compassion for others. This may be hard at first, but it helps you turn a bit away from feeling victimized to feeling empowered enough to have empathy for others. And while it may not be true that another person is in a worse situation or feeling greater despair or sad-



“Giving yourself a breather is a way to escape the full impact of a situation and fill your reserves, so when you return to a focus on what's troubling you, you have more 'gas in the tank', so to speak.”

ness than you feel, this attitude can also help you feel less alone as you deal with your sadness about a death of a family member, a disappointment in a career, or how the world seems to be turning. Life's ups and down are part of the fabric of being human. Feeling compassion for others is a great way to learn to have compassion for yourself.

Give Yourself Time to Heal and Recover

The two suggestions above can combine to allow you to get into a better mind frame to overcome your feeling of desperation, loss or sadness. It may be a long journey and one that will last for years, or it may take a day, week or month to get yourself back to functioning in a better place. And to live your life to the fullest, you owe it to yourself to do this, and to not “give up” and accept a state of despair or sadness. You can only contribute to a happy and healthy life yourself and others if you decide to overcome the hurdles that we

all face.

It isn't easy to face and deal with all that life can throw at us. But having a commitment and a plan to manage the process of coping, healing and feeling better is one of the best ways to stay sane and return to a happy normal

when faced with life's challenges. These three ideas are what I offer up as helpful ways to do this. I know many of you may have other even better suggestions, and I'd welcome your input. In a future article I can report on the feedback I've been given from our community, and with that input perhaps we can all help others find their way back to a positive attitude and life.

If you have comments that can be included in upcoming articles, or ideas for what you'd like to hear about, please contact me at shelley@living-freehealth.org.

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

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



Humorous Observations



By Tyler Ryan

As we all embark on the new year, I hope you had a happy and healthy holiday season.

Here in the Ryan household, things went off without a hitch, as there were no police and medical responses, which is always a good thing.

With that being said, this essay was inspired by my three great, great step-grandchildren living in a multi-generational environment under the same roof during the holiday seasons.

It was so nice watching their enthusiasm as the Christmas tree was assembled and decorated.

Though they wanted very much to assist, it was again decided this year that they were more of a distraction, according to Mommy, Daddy, and Great Grandma.

The kids, respectively are 7, 4, and 2 years of age.

The oldest is the big brother with his two sisters and at that age range, any colorfully wrapped package under the tree is a source of excitement and intrigue for them.

I must say that Christmas Day has certainly changed when compared to my youth, as my parents insisted on order and good manners when my older brother, two sisters, and I were opening our presents at that age.

Now, it's become almost a free-for-all experience, bordering on constant and

instant gratification, as they would toss aside one toy and move on to the next wrapped gift.

Needless to say, kids at that age are always extremely possessive and jealous of their sibling's toy haul.

The youngest always likes to take possession of her older brother and sister's stuff by claiming, "Datz mine'z!!"

It seems she's becoming quite the Capitalist at such a young age.

Meanwhile, the Jan Brady of the trio tries to pilfer from both her older brother and younger sister's bounty.

It's become a holiday tradition.

But what I found to be the most interesting thing about Christmas morning is the fact that once all of the presents are opened up and examined, the oldest would discover the wonderment of all of the large boxes that contained those toys.

Later in the day, I witnessed firsthand that the empty boxes became another source of amusement as big brother would push his sisters around the carpeted living room and den.

To them, cruising around the house in an empty box seemed actually more fun and exciting than the toys themselves.

At that point, I decided to enjoy another brandy and eggnog while I relished those moments.

As a parting shot, I just want to reiterate my thoughts on the importance of having a loving family and togetherness, not only during the holidays but

also throughout the days and years to come.

Yes, children can be a handful at times, but they will never be 2, 4, or 7-years-old again.

I truly dread the day when my 4-year-old will no longer hand me a drawing of myself that she made in pre-school.

I make sure that I always write down the date and year on them before tacking them on my wall.

Please don't tell her, but it looks nothing like me at all.

It was just a bunch of scribbling with a purple crayon, but it was a very precious and touching moment when she excitedly came home that day and said, "Hey Grandpa, I made this picture of you in class today."

I was so proud of her that it was tough to physically swallow due to the lump in my throat that day.

Again, always behold and cherish your family through "thick and thin," as there are few things that are worse than regret when we get older.

As far as next Christmas is concerned, I have a good idea for what gifts I will get them later this year.

Yep, you got it right, as they can expect to receive several large, drab, empty boxes under the tree to play with to their hearts' content, courtesy of Grandpa.

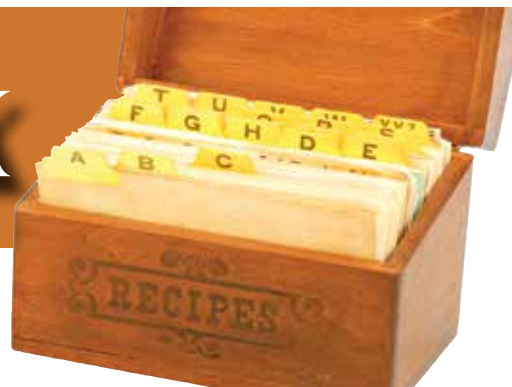
I now dare my wife to say that I don't have that holiday spirit.

Here's to a safe and prosperous 2024!

Just a thought...



Recipe Box



SCALLOPED SWEET POTATOES

By Crystal Atwood

<https://naturalvibes-healthandwellness.com>

6 Servings

1 Hour

Ingredients

- 2 Sweet Potato
- 1/4 Yellow Onion (thinly sliced)
- 2 tbsps Coconut Oil
- 1/4 cup Almond Flour
- 1 1/2 cups Canned Coconut Milk
- 1 1/2 tps Garlic Powder
- 1 tbsp Thyme (stems removed)
- 3/4 tsp Sea Salt
- 2/3 cup Pureed Pumpkin

Directions

1. Peel and slice sweet potatoes to approximately 1/8-inch thick or use a mandoline. Thinly slice the onions and set aside.

2. Grease baking dish with a bit of coconut oil. (Note: We use a 9x9 baking dish for 6 servings.)

3. Create overlapping layers of the sweet potato slices in the dish and sprinkle the onions between each layer. Continue until all sweet potato and onion is used up.

4. Preheat oven to 400°F (204°C).

5. In a saucepan, heat coconut oil on medium heat. When melted, add almond flour and whisk for 1 to 2 min.



6. Add coconut milk, pumpkin, garlic powder, thyme and salt. Whisk until combined and warm, about 5 minutes.

7. Pour the sauce over the sweet potatoes. Top with any leftover sprigs of thyme or a dash of dried thyme.

8. Bake in the oven for 40 to 45 minutes, uncovered, until sweet potatoes are cooked through. Enjoy!

Notes

Leftovers. Refrigerate in an airtight container for up to four days.

Serving Size. One serving is approximately 3/4 cup.

More Protein. Add pureed chickpeas to the sauce, or top with diced chicken.

Make It Spicy. Add chili flakes or cayenne pepper.

Nutrition (per serving)

Calories 225	Cholesterol 0mg
Fat 18g	Sodium 336mg
Carbs 15g	Vitamin A 10403IU
Fiber 3g	Vitamin C 3mg
Sugar 4g	Calcium 36mg
Protein 3g	Iron 1mg

WE'RE HIRING

Security Guards & Analysts

Job Openings in Pahrump and Las Vegas, Nevada

We have an exciting opportunity for excellent candidates to join our growing team in our Security Operations Center (SOC) and for onsite security positions in Las Vegas. Our SOC Analysts and On-site Guards will work as part of a dynamic team conducting real time threat analysis of our clients' properties utilizing the latest available technologies. As a SOC Operator you will assess threats to property or persons. When an emergency occurs, you must have the ability to calmly contact and relay pertinent information to emergency services (EMT, Fire, Police) appropriately. You'll need to demonstrate the highest level of integrity to maintain confidential information.

We are looking for candidates available to work a schedule that could include days, evenings, overnight, weekends, and holidays as our services are needed at all hours (24/7/365).

Requirements:

- Security background, computer skills, and excellent communication (written and verbal) skills are required.
- Nevada Guard Card is desired and Multi-lingual is a plus!
- Required to complete a background check & drug screening in accordance with Federal, State and Local laws.

Job Types:

Salary:

Schedule:

Ability to commute / relocate:

Full-time, Part-time or On-call

\$17.00 - \$20.00 per hour

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EVENTS & ENTERTAINMENT

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

By Carol Champney



Human Trafficking Awareness Community Forum

Saturday, January 13, 2024, 1:00 p.m. – 4:00 p.m. (Doors open a 12:30 p.m.)
NYE County Commissioners Chambers
2100 E. Walt Williams Dr., Pahrump

January is National Human Trafficking Awareness Month, and Soroptimists International of Pahrump Valley (SIPV) is working to bring awareness to our community by inviting speakers to come and speak as a panel at the event. Our speakers will be:

Lt. Governor Stravros Anthony
Assemblyman Gregory Hafen
Sheriff Joe McGill
Kathy McKenna from NOTO
Senior Deputy District Attorney Ronni Boskovich

Stephani Phillips for Nevada Senate
Nevada Congressman Steven Horsford

This will be a panel where each speaker will inform our community about how they are working to tackle the horrible crime of Human Trafficking on a local, county, state, and national level. SIPV is hoping to have future events besides our annual forum, with this event serving as a segway into community involvement. For more information, contact Linda Turner at linda@lindaturner.org.



Martin Luther King Luncheon

Monday, January 15, 11 a.m. – 3 p.m.
Pahrump Community Church
1061 E. Wilson Rd., Pahrump, NV

Pahrump's Martin Luther King Foundation is hosting a great lunch with fabulous entertainment, an award presentation, door prizes, and raffles throughout the event, and much more. Funds raised support our local high school students pursuing their college education with books, scholarships, and grants. Funds are also used to help children with special needs and other local organizations that help people in need in our community. The theme this year is "It Takes a Village." Tickets are \$30 in advance or \$35 at the door. Reserve a table of six for \$160. For more information, contact Foundation Director Leon Samuel at (808) 352-1598 or President Christine Byrom at MLKPahrump@icloud.com.

Mardi Gras 2024

Saturday, February 3, 5 p.m.
Pahrump Nugget Banquet Center
681 S Highway 160, Pahrump, NV

Back by popular demand, Soroptimist International Pahrump Valley presents the 2024 Mardi Gras! The event includes live and silent auctions, Purse-palooza, entertainment, the ever-popular Dessert Dash, and other new surprises. Always

a unique and fun event. For information about marketing opportunities for sponsors, contact Nancy Davis at 702-289-6425 or Willi Baer at 702-592-5276.



Jr. High and Highschool Rodeo

Friday, February 16, gates open at approx. 10:00 a.m.

Saturday, February 17, 9 a.m. – 4 p.m.

Sunday, February 18, 8 a.m. – 3 p.m.
Petrack Park

150 N Highway 160, Pahrump, NV

The annual Pahrump Valley Jr. High and High School Rodeo is an excellent activity for the whole family! Friday is the Cutting and Shooting events. Saturday and Sunday will be full of barrel racing, team roping, and more. Last summer, the Jepson brothers, Garrett and Jace, won Reserve Champions of the World in Team Roping! Garret is now in college, but Jace will be participating. Come see a real champion! There will be an opportunity raffle for a Golden Boy 30 30 Henry gun, a Henry 65



Creedmoor gun, and an American Flag AR 15. Raffle tickets are \$10 each. You will get an extra ticket if you purchase \$100 worth of tickets. Winners will be announced Sunday, Feb 18th. Entry is free at the gate, but donations will be accepted.

RECURRING EVENTS

Pahrump Valley Gourd Patch

3rd Sunday of the month, 1 pm - 4 pm

September through May

For location details, email to

PahrumpValleyGourdPatch@gmail.com

If you are new to gourd art or want

to learn more about crafting with hardshell gourds, plan to attend. We have hands-on workshops and demonstrations on gourd painting techniques. This

is an excellent opportunity to learn, have fun, and make beautiful gourd artwork!



Prostate Cancer Support Group

6 pm, Every 4th Tuesday of the month
Disabled American Veterans (DAV)

Building

270 N. Hwy 160, Pahrump, NV

If you or someone you know has been affected by Prostate Cancer, there is a support group just for you. All are welcome to attend as it is not only for Prostate Cancer survivors. The discussions are supportive and informative. Guest speakers are scheduled each month. The DAV has recently installed new Zoom equipment that will allow members to attend the meetings via Zoom from any location by computer or cell phone. More speakers will be able to speak since they won't have to travel to Pahrump. The Zoom Link below will be the same for each monthly meeting. The DAV Building (the former Pahrump Town Annex) is located near the Fire Department at the end of Petrack Park (by the swimming pool). For more information, reach out to Dr. Tom Waters. See the contact information below.

Join Zoom Meeting

<https://us06web.zoom.us/j/86002594615>

Meeting ID: 860 0259 4615

One tap mobile for cell phone users

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(Former AF MSgt / E-7)

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VFW, DAV, Am Legion, MOAA, &

MOPH Member

DAV Website - www.dav15pahrump.com

Pahrump Arts Council

Visual Artists Group

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

www.Pvpac.org

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 them. Check them out every

Sunday afternoon from 2:30 - 5:00 p.m. 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 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 p.m.

Pahrump Arts Council

301 Oxbow Rd. Suite 14

Pahrump, NV 89048

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

Mon. - Wed., 11:00 a.m. - 8:00 p.m.

Thu., 11:00 a.m. - 9:00 p.m.

Fri. & Sat., 11:00 - 10:00 p.m.

Sun., 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 hometown 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

September 3rd and October 1st

8:00 a.m. – 3:00 p.m.

2nd Amendment Guns & Range
1360 E. Basin, Pahrump, NV 89060

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

10 a.m. – 6 p.m. Monday – Thursday

10 a.m. – 4 p.m. Friday and Saturday
701 East Street, Pahrump, NV 89048

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 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

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



Nye County Dirt & Desert Riders

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



Pahrump Farmer's Market

Saturday Mornings

May through Sept. 7:30 a.m. – 11 a.m.

October through April 8:30 – Noon

Tractor Supply Co. Parking Lot
900 East NV Hwy 372, at Bolling Rd.

Get to know your community neighbors by attending the local Farmer's Market on Saturday mornings from 7:30 – 11:00 a.m. May through September, and 8:30 a.m. – Noon October through 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 p.m.

Holiday Inn Breakfast Lounge
860 NV Hwy 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.



Community Partners of Pahrump

4th Thursday of every month, 6:00 p.m.

The Salvation Army

240 S. Dahlia St., Pahrump, NV

Are you curious about what activities and events Pahrump's service organizations are doing? This is the place to find out! Representatives from local service organizations come together to spread the news about the events their group is hosting. If you would like to find out what's happening or you're interested in getting involved with these volunteer lead community service chapters, please join us!



Many business owners try to save money by trying to design their own products. They often realize their time would have been better spent on their own business. That is why I say...

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Central Valley Baptist Church

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SUNDAY	Sunday School 9:45 AM Sunday Service 11:00 AM <i>Fellowship following Sunday Service</i> Sunday Evening Service 6:00 PM <i>Pastor Loren Hefner</i>
MONDAY	Non-Denominational Grief Share 3-5 PM
WEDNESDAY	Women's Bible Study 9:30-11 AM Bible Study & Group Prayer 6-7 PM
SATURDAY	Non-Denominational Grief Share 1-3 PM



3170 S. BLAGG RD.

775-910-9995

3170 S. Blagg Rd.
Pahrump, NV 89048

centralvalleybaptistchurch.com

Volunteer Connection

Volunteer Connection is a listing of local organizations that 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(c)(3) organizations invite all golden ladies to join them in their sisterhood.



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

Clean up Pahrump®

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



MLK Foundation of Pahrump

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



Nevada Outreach Training Organization

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 to help with quarterly yard sales and our second-hand store "Make An Offer Shoppe" located at 1050 S. Dandelion. We are largely supported by community donations. Any questions please contact Pat at 775-764-9070.



The NyE Communities Coalition

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



Nye County School District

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



The Nye County Sheriff's Office Auxiliary Unit

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



The Salvation Army Pahrump Service Center

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



Silver State Chili Cook-off

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



Sleep in Heavenly Peace

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



Southern Nye County Search and Rescue

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



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

Tails of Nye County

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



West Star Ranch

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



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

Pahrump Church of Christ

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

Pahrump Community Church

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

Pahrump Valley United Methodist

1300 E. Highway 372 (775) 727-6767
www.PahrumpValleyUMC.com
 Pastor Phyllis Murray, Pastor Judy Stallons

Primera Iglesias Bautista Pahrump

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

Rock Vineyard Church

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

Safe Haven Fellowship

920 Highway 160 (619) 246-7363
www.EnterTheBlessings.com
 Renee Wallace

Saved By Grace Lutheran Church ELCA

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

Second Missionary Baptist

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

Shepard of the Valley Lutheran Church

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

Soka Gakkai International (Buddhist)

(775) 990-4132
 John Field

South Valley Baptist Church

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

St. Martin's in the Desert

Episcopal Church
 631 W. Irene St (775) 419-9204
www.StMartinsInTheDesert.org

Reverend John McClatchy
 Reverend Lola Culbreath
 Reverend Kathy Funk

Trinity Assembly of God

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

Yakin B'racha Jewish Messianic Fellowship

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

PAHRUMP RENTALS & HARDWARE

**YOUR OLD FASHIONED HOMETOWN HARDWARE STORE
WITH OLD FASHIONED VALUES AND OLD FASHIONED CUSTOMER SERVICE**

Happy New Year!

from the team at

PAHRUMP RENTALS & HARDWARE

10% OFF

your
next

**MERCHANDISE PURCHASE
OR EQUIPMENT RENTAL**
with this ad

OFFER EXPIRES FEBRUARY 29, 2024

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**SPECIALIZING IN SPECIAL ORDER
QUICK TURNAROUND!**

We do Custom Paint Matching, Screen Repair, Custom Hydraulic Hoses, and Key Cutting.

**(775) 727-7242
101 S FRONTAGE RD.
PAHRUMP, NV 89048**

**MONDAY - SATURDAY
7AM - 5PM
ON THE CORNER OF BASIN & HWY 160**



WWW.PAHRUMPRENTALS.COM



DINING life

Asian

China a Gogo

150 S. Hwy. 160, #C12
775-727-1222
10 am - 9 pm

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
775-727-9988
Tue. - Sat.: 12 pm - 8 pm
Sun. - Mon.: CLOSED

My Thai

5020 Pahrump Valley Blvd., #3
775-751-5333
Tue. - Sat.: 11 am - 8 pm
Sun. - Mon.: CLOSED

Ohjah Japanese Steakhouse

20 S. Hwy. 160, #110
775-727-9888
Tue.: CLOSED
Wed. - Mon.: 12 pm - 9 pm

Panda Express

280 S. Hwy. 160
775-751-8822
Mon. - Fri.: 10 am - 9 pm
Sat. - Sun.: 10:30 am - 9 pm

Teriyaki Madness

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

Family Style

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
7 am - 8 pm

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.
Wed. - Sat.: Weather Permitting

Johnny's

1440 E. Hwy. 372
775-727-3737
Mon. - Sat.: 8 am - 8 pm
Sun.: 8 am - 2 pm

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
6 am - 8 pm

The Place To Go

921 S. Hwy. 160, #402
775-727-3676
Mon. - Sat.: 7 am - 8 pm
Sun.: 9 am - 5 pm

The Venue

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

Thu. - Mon.: 11 am - 8 pm
Tue. - Wed.: CLOSED

\$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
Sun. - Thu.: 6 am - 9 pm
Fri. - Sat.: 6 am - 10 pm

Lakeside Café

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

Le Bistrot Caché

Authentic French dinner cuisine
O Happy Bread French Bakery
1231 E. Basin Ave., #7-8
775-455-0478
Fri. - Sun.: 5 - 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
Mon. & Tues. CLOSED
Wed. & Thu.: 5 pm - 1 am
Fri.: 5 pm - 5 am
Sat.: 5 pm - 5 am
Sun.: 5 pm - 1 am

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
12 pm - 8 pm

Silver Spur Buffet & Café

Saddle West Hotel, Casino & RV Resort
1220 S. Hwy. 160
775-727-1111
Sun. - Thu.: 5 am - 8 pm
Fri. - Sat.: 5 am - 9 pm

The Hubb

3720 W. Bell Vista Ave.
775-764-1299
Sun. - Thu.: 11 am - 11 pm
Fri. - Sat.: 11:00 am - 2:00 am

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., #7-8
775-455-0478
Mon. - Sat.: 7 am - 6 pm
Sun.: 7 am - 4 pm

Pahrump Valley Roasters

301 Oxbow Ave
775-537-0700
Sun.: CLOSED
Mon. - Fri.: 8 am - 4 pm
Sat.: 10 am - 2 pm

Starbucks

Albertsons
200 S. Hwy. 160
775-751-0160
6 am - 8 pm

Starbucks

460 S. Hwy. 160
775-727-7572
Sun. - Sat.: 4:30 am - 9:30 pm

Deli/Sandwiches

NOW OPEN!

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

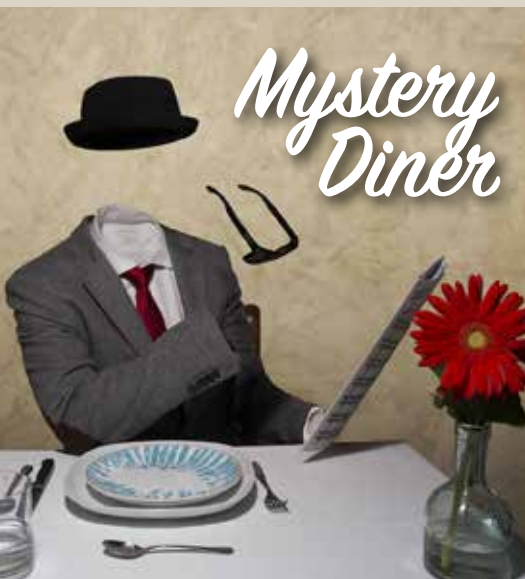
5581 N. Hwy. 160
775-419-6114
Mon. - Fri.: 6 am - 9 pm
Sat. & Sun.: 8 am - 9 pm

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



Mystery Diner

Taco Fiesta

Opinionated Tastes

It was a crisp, cold day in the Valley, and the sudden urge for a hot, spicy lunch surfaced!!!!

My first idea was "the newest place in town." Let's try Taco Fiesta! As we headed north on Hwy 160, turning left onto 372, we saw it on the right—at the first traffic circle.

Upon entering the restaurant, an amazingly heavenly aroma of home-cooked food invited you to a hearty meal of toasty corn tortillas, warm re-fried beans, saucy salsa, and roasted chicken, beef, and pork. If you were not very hungry when you came in the door, you would be now!

The menu is uniquely diverse. The choices are numerous, and all are of above-normal quality. It is a perfect opportunity to escape your preconceived idea about Mexican food experiences.



The atmosphere in this eatery is reminiscent of an old-time outdoor patio on a twisted side street south of the border. Colorful. Quiet (most of the time 😊) and fun.

In my opinion, you must not pass this one by.

They opened for business in September of 2023 at their new location, 1350-5th St., Pahrump. This establishment is now a #1 destination for all things wonderful. The servers are very attentive and the Barbacoa and al Pastor Beef dishes are the finest in town. The food is served hot (temperature). The prices are affordable, and the wait staff is friendly. I highly recommend it.



MOONSHINERS

TERRIBLE'S
Road House

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.

DINING life

Subway Sandwiches

Walmart
300 S. Hwy. 160
775-751-6777
7 am - 10 pm

Fast Food

Arby's

690 S. Hwy. 160
725-245-1120
10 am - 12 am

Burger King

667 S. Hwy. 160
775-751-8080
6 am - 10 pm

Carl's Jr.

500 S. Hwy. 160
775-727-3700
6 am - 11 pm

Dairy Queen/Orange Julius

20 S. Hwy. 160, #109
775-751-2177
Tue.: 11:30 am - 8 pm
Wed. - Mon.: 11 am - 8 pm

Jack in the Box

640 S Hwy. 160
775-727-3783
5 am - 12 am

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
6 am - 12 am

Taco Bell

571 S. Hwy. 160
775-727-7313

Drive-thru:

Fri. - Sat.: 7 am - 1 am
Sun. - Mon.: 7 am - 12 am
Tue.: 7 am - 9 pm
Wed. - Thu.: 7 am - 12 am

Dine-In:

Wed. - Mon.: 8 am-10 pm
Tue.: 8 am - 9 pm

Indian

Pour House

Best Western
1101 S. Hwy. 160
775-537-1111
11 am - 10 pm

Italian

Carmelo's

1440 E. Hwy. 372, #3
775-751-1660
Sun.: 5 pm - 9 pm
Mon.: 4 pm - 9 pm
Tue.: 4:30 pm - 9 pm
Wed. - Fri.: 4 pm - 9 pm
Sat.: 4:30 pm - 9 pm

Nicco's Pizza Italian

Restaurant
2201 E Postal Rd., #1
775-751-9090
11:30 am - 8 pm

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
Mon.: CLOSED
Tue. - Thu.: 8:30 am - 8 pm
Fri. - Sat.: 8 am - 8 pm
Sun. 8 am - 6 pm

El Jefe's, #1

1560 E. Calvada Blvd.
775-537-6034
Mon. - Sat.: 8 am - 7:30 pm
Sun.: CLOSED

El Jefe's, #2

921 S. Hwy. 160, #101
775-537-6034
Mon.: CLOSED
Tue. - Sat.: 11 am - 8 pm
Sun.: 11 am - 5 pm

Johnny's

1440 E. Hwy. 372
775-727-3737
Sun.: 8 am - 2 pm
Mon. - Sat.: 8 am - 8 pm

Johnny's Taco Shop

1330 S. Hwy. 160
775-727-3733
10 am - 8 pm

LaFonda - Salvadorian & Mexican

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



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



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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

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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.



Las Patronaz Mexican Cuisine

270 Dahlia St.
702-820-2281
8 am - 8 pm

Maria's Taco Shop

2301 S. Winery Rd.
775-751-0228
Mon.- Sat.: 7 am - 8 pm
Sun.: 9 am - 5 pm

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 - 9 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, #104
(775) 727-7530
Mon. - Fri.: 11 am - 7 pm
Sat.: 11 am - 5 pm
Sun.: CLOSED

Tina's Tamales

361 Frontage Rd., #5
775-253-2634
Tues. - Sat.: 9 am - 6 pm
Sun. - Mon.: CLOSED

Pizza

Domino's

250 S. Hwy. 160, #B-6
775-751-3030
Sun.-Thu.: 10:30 am - 12 am
Fri. - Sat.: 10:30 am - 1 am

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
Wed. - Sun.: 4 pm - 8:30 pm
Mon. - Tue.: CLOSED

Little Caesars Pizza

70 S. Hwy. 160, #107
775-751-5556
Sun. - Thu.: 11 am - 9 pm
Fri. - Sat.: 11 am - 10 pm

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
Sun.: 11 am - 8 pm
Mon.: CLOSED
Tue. - Sat.: 11 am - 9 pm

Small Plates

Artesian Cellars

1731 S. Hwy. 160
775-600-7144
Sun.: 12 pm - 6 pm
Mon.-Wed.: 11 am - 8 pm
Thu.: 11 am - 9 pm
Sat.: 11 am - 10 pm

The Wine Down

250 Hwy. 160, #8
775-307-9463
Sat. - Sun.: 12 pm - 9 pm
Mon. - Fri.: 2 pm - 9 pm

Steak House

Stockman's Steak House

Pahrump Nugget Casino
681 S. Hwy. 160
775-751-6500
Mon. - Tue.: CLOSED
Wed. - Thu.: 4 pm - 9 pm
Fri. - Sat.: 4 pm - 10 pm
Sun.: 4 pm - 9 pm



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.

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.

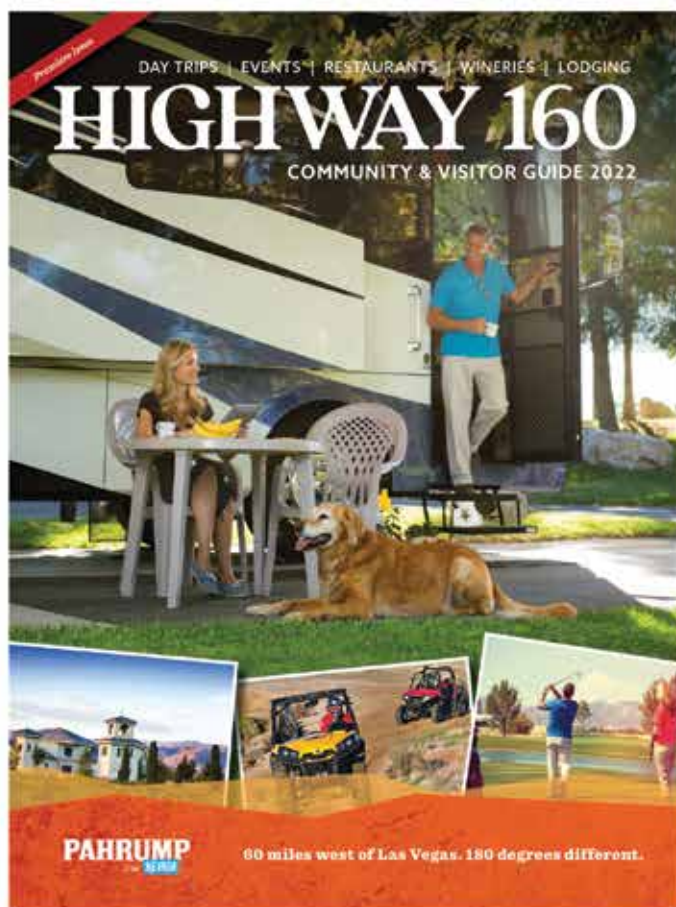
United Methodist Church

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.

Pickup or Order Your Free Copy Today!



What's Inside?

Things to do in Pahrump

Make Pahrump Your Base Camp to Adventure. There are so many things to do.

• Night Life in Pahrump

From live music, comedy, and karaoke, we're sure you will find something to enjoy.

• Day Trips

Bring your RV or settle into one of our hotels. Make this your base camp to adventures from Pahrump.

• Annual Events

There are annual events that are sure to please everyone.

• Resources

Churches, Restaurants, Lodging, Medical Facilities, and Transportation

Highway 160 Magazine is the most comprehensive source for the community and visitors alike. Pick up your copy at many businesses, or you can just call us at 833-272-3785!



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60 miles west of Las Vegas. 180 degrees different.

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



PAHRUMP OFFICE

DEDICATED TO OUR CUSTOMERS ONE CLOSING AT A TIME.



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bstewart@ortc.com



AMY CHILDRESS
Escrow Officer
702-804-7760
achildress@ortc.com



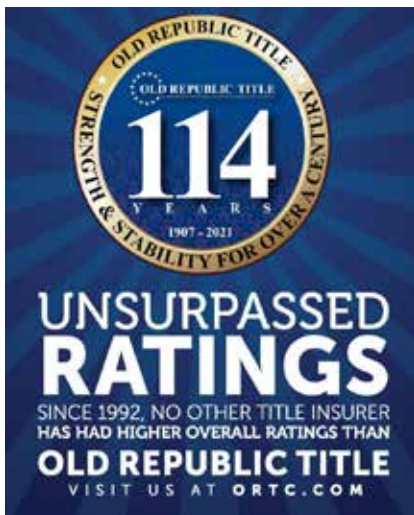
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Moving Checklist

It's time to start your moving calendar.

- ☐ Have a moving binder to store all the information you'll be getting and keeping your receipts for tax purposes.
- ☐ Contact your physician to get your medical records for yourself and your pet.
- ☐ Obtain your child's school records.
- ☐ Take a complete home inventory to know what you will take and what you'll leave behind. Take all give-away items to local charities.
- ☐ Contact 3-4 reputable moving companies to receive moving quotes. Make sure your quotes include all the services the mover is including. Get all the paperwork up front so you don't have any surprises. Never sign any blank or incomplete documents.
- ☐ Obtain boxes for packing.
- ☐ Start packing items you won't need right away first, such as off season clothing, dishes and pans. As you pack the items you'll need right away with "Open First".
- ☐ Obtain your change of address from the Post Office.
- ☐ As credit card bills come in, change your address so you won't miss a payment.
- ☐ Decide how to transport your pets. Check with your veterinarian.
- ☐ Decide the best way of transporting your plants. Check with your local nursery.
- ☐ Change the address on your magazines that you receive in the mail.
- ☐ Change your address with the Internal Revenue Service.
- ☐ Make arrangements to stop your newspaper deliveries.
- ☐ Discuss with your family about how this move will impact them.
- ☐ Get your vehicle serviced.
- ☐ Cancel your utilities including water, electricity, gas, internet and reconnect these services to your new home in your new location.

Now you're ready to greet your Big Day!

Useful Phone Numbers



ELECTRIC

Valley Electric Association (VEA) 775-727-5312
800 E Hwy 372



WATER

Utilities Inc 775-727-5575
1240 E State St.
Customer Service 866-277-5515
Desert Utilities 775-751-1368
4060 Blagg Rd.
Pahrump Utility Co Inc. 775-727-1629
5250 S Hafen Ranch Rd.



TRASH SERVICE

Pahrump Valley Disposal 775-727-5777
1410 E Mesquite Ave.



TELEPHONE – LANDLINE

AT&T 800-288-2020



INTERNET SERVICE

Valley Electric Broadband 775-727-5312
800 E Hwy 372
Rise Broadband 844-411-7473



TELEVISION SERVICE

Direct TV 800-531-5000
Dish Network 855-315-0572



HOSPITAL

Desert View Hospital 775-751-7500
360 S Lola Ln.



DRIVER'S LICENSE/VEHICLE REGISTRATION

Dept. of Motor Vehicle (DMV) 775-727-4141
1780 E Basin Ave.



LIBRARY

Pahrump Community Library 775-727-5930
701 S East St.



SENIOR CENTER

Pahrump Senior Center 775-727-5008
1300 W Basin Ave.



U.S. POSTAL SERVICE (USPS)

Pahrump Main Post Office 775-727-7055
2300 E Postal Dr.
Station 2775-727-8815
3001 E Kellogg Rd.
Station 3 (P.O. Boxes Only-No Service) . . . 775-751-8122
950 N Blagg Rd.



CHAMBER OF COMMERCE

Pahrump Valley Chamber of Commerce . . 775-727-5800
1301 S Hwy 160 - Nevada State Bank Bldg.



SCHOOLS

Nye County School District
Southern District Office 775-727-7743
484 S West St.

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Pahrump's Largest Circulation Publication

We publish and distribute 45,000 magazines annually - the largest distribution of magazines per issue in our market! Your message can reach this market for less than 1/2 cent per issue. **Pahrump Life Magazine** is distributed to RV parks, motels, the Pahrump town office, various retail stores, real estate offices, restaurants, and to subscribers across America. The pass along readership of our magazine, and the length of time the issues are saved, make this an incredible value for your business. All ads are priced in full color.

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Holiday Inn Express • Inspirations Senior Living • Irene's Casino
Jewelry By Michael • JK Nelson Law • Lakeside RV Resort • Lisa Bond Real Estate
Living Free Café • Mastertech Computers • Nevada Treasure RV Resort
O Happy Bread French Bakery • Old West Market • Optimal Therapy
Pahrump Care Pharmacy • Pahrump Community Library • Pahrump Justice Court
Pahrump Nugget Hotel & Casino • Pahrump Rentals & Hardware
Pahrump Station Laundromat • Pahrump Valley Museum
Pahrump Valley Winery • Pahrump Wellness Center • Pizza Hut
Preferred RV Park • Romero's • Saitta Trudeau • Sander's Family Winery
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SVBC

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Pastor Doug Landers

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John 3:16

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8:15 & 10:30am

Children's Church 10:30am

Sunday School 9:30am

**6:00pm Sunday Evening
Service & Children's Church**

Tuesday
3:00pm Ladies Bible Study

Wednesday
6:30pm Children's Missions & Youth Group
7:00pm Adult Bible Study & Prayer

Thursday
6:00pm Adult Bible Study

Check our Website for Times, Sermons & More
www.SVBCPahrump.com **775-513-3444**

7050 S. Homestead Road (Corner of Homestead & Kellogg)

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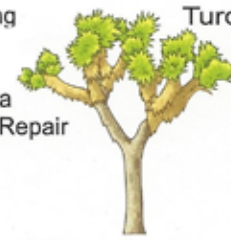
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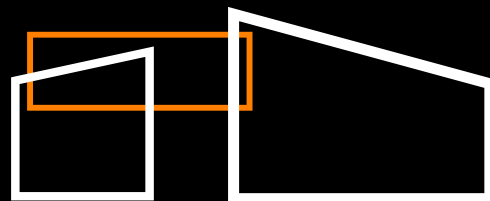
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2nd Amendment Guns & Accessories	35	Johnny Boys Topsoil	43
775 Realty - Linda Mickelson	100	Kustom Kolors.	102
ABB Roofing	100	Lighthouse Gift Shop	13
ABC Services.	46	Lisa Bond Real Estate.	98
Access Really - Kim Washington	96	Living Free Café	89
ACME General Store	100	Living Free Gym	34
Ahrens Digital Concepts	100	Louis M.Minicozzi III, Attorney at Law.	102
Alvarez Landscaping	99	Mary Kay - Dot Ahrens	102
America First National Bank.	42	MedSpine of Pahrump.	55
American Family Insurance	43	Mohave Dermatology.	67
Artesian Cellars.	Inside Back Cover	Morales Construction	102
Battle Born Financial Advisor.	6	Mountain West Lawyers	106
Bella Patio	Back Cover	Mr Tire of Pahrump	15
Best in the West.	100	Nathan Adelson Hospice	75
Carmelo's Restaurant.	92, 93	Old Republic Title.	94, 95
Central Valley Baptist Church	79	Old West Market	88
Civil Air Patrol	69, 100	OptimuM Urgent Care.	25
Civilwise Services, Inc.	100	Pahrump Life Magazine.	14, 97
Country Financial.	101	Pahrump Orange Mobile Notary	102
Cunningham Construction	101	Pahrump Prostate Cancer Support Group.	21
D2 Design	79	Pahrump Rentals & Hardware	83
David Bindrup Law Firm.	42	Pahrump Valley Disposal Cash for Scrap	102
Desert View Hospital	3	Pahrump Valley Disposal Recycling Centers	103
Doug & Whistle Carey	101	Pahrump Valley Glass, LLC.	103
Dr. Keith Kohorst	101	Purcell Tie and Service Center	29
Edward Jones Investments - Jeffery R. Dye.	65	RCT Inc. Storage	103
Fresh Binz, LLC.	47	Sanders Family Winery	53
Full Throttle Excavating.	101	Secret Sisters Boutique.	103
Golden Entertainment.	35	South Valley Baptist Church	99
Great Computer Deals/Game Corner Arcade & Family Fun Center	69	Speak Geek Mobile Computer Repair	33
Gunny's Air Conditioning & Heating.	101, 104	Stagestop Casino & Bar	103
Hargis Electric, Inc.	61	Taylor Morrison	19
Harvey's Barber Shop	101	T&M Group Realty - Debra Strickland	103
High Desert Glass & Repair.	102	Terrible's Road House.	Inside Front Cover, 86, 87
Highway 160 Magazine	91	TNL Handyman	103
Inspirations Senior Living.	46	Town of Pahrump Tourism	43
International Security Network (ISN)	75	Trish Rippie Realty.	103
Joe's Sanitation	101	Trusted Ally Home Care.	7

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