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MARCH/ APRIL 2024

Dr. Christopher Salute is Getting Back to Basics



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Notes from the Publishers

Welcome to the March/April issue of Pahrump Life Magazine. We have some fun and helpful information for you and hope you enjoy it. We have a couple of new contributors in this issue and want to thank them for their articles.



We're trying to cover as many upcoming events as possible that we come across, but it would be helpful if you have an event coming up; let us know about it early, and we can add it to the list. Again, the timing is critical as we only publish every other month.

Our Busy Living article this issue is about a woman who most people in Pahrump know. Reva Braun is involved in many activities around town and has especially been active in the Kiwanis Key Club, an organization that focuses on kids. If you want to know what's going on, who's in charge of what, or just want to learn more about the activities in town, she's your go-to person.

The cover this time talks about Great Basin College and how the new Director, Dr. Christopher Salute, is bringing the curriculum back to basics and offering many trade courses as well as regular classes. It's a great concept, and it has been very successful so far. Dr. Salute is making a solid effort to get to know the businesses in town and discover what they look for when hiring new employees. It's making a difference in the education our youth are getting.

Once again, we've included our schedules for getting articles published and when you need to get ad information to us. We strive to make this magazine a town magazine and want to publish information that is of value to you in your everyday life. We value our contributors and thank them for providing information people want to learn about. We also want to thank our readers, subscribers, and advertisers for your continued support. This is your magazine, and we enjoy providing valued information.

Jim and Christine

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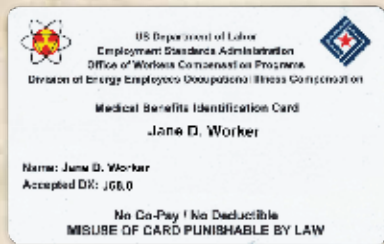


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Getting Back to Basics

Changes in Progress at Great Basin College

By Christine Butler

There's a new Director in town. Meet Dr. Christopher Salute, MBA, Ph.D., the new Director of Great Basin College. He provides new ideas to meet the needs of the community. Well...they are not exactly new, but he's bringing them back to the college. Instead of surveying the instructors' skills and developing a curriculum around those, Christopher has reversed the process. His team has been talking with businesses in the area to find out what skills they need in employees. What are the trade skills potential employers are looking for? Then, the college builds its courses around those needs. In his short time here, Dr. Salute has observed its success.

Where Did the New Director Come From?

Christopher grew up just outside of New York City and has never lived in a small town like Pahrump. Turns out he loves it. He lived in Las Vegas for about five years and witnessed incredible changes in that short time. Although not married yet and has no kids, he decided Las Vegas is not where he'd like to raise a family. But with his new job, which he started on July 3, 2023, he decided to put down roots here in our town. He now lives here and is enjoying his extra time without the

"His team has been talking with businesses in the area to find out what skills they need in employees."

commute. He loves the idea of getting some property and having more space to function. He feels Pahrump is one of the few towns still offering that option. He's grateful he discovered it.

After living in and around New York most of his life with the continual hub-bub surrounding him, the tight quarters, and the hassle of even owning a car in the City, let alone driving it in town, he looks forward to the free-

dom he has already begun to feel. It's a great place to raise kids and his dog. He realizes Pahrump offers new challenges, such as becoming aware of the wildlife he's not used to facing, but he feels it's worth it to learn how to deal with them. However, right now, he's focused on offering more trade classes at the college. We dubbed him the Mike Rowe of Pahrump.

He is a Big Supporter of Local Small Businesses

Christopher reflected that the local businesses provide much of what the town residents need. He feels that even though their prices might be slightly higher than some of the bigger corporate-owned stores, the people of Pahrump should continue to support the local merchants. It not only helps those businesses and the people who



One of the school slogans



Dr. Christopher Salute, the new Director at Great Basin College

work there, but it also helps the town survive.

That is another reason he is excited about increasing the Great Basin College students' ability to learn a trade. The college already offers many specialized courses, but it's not well-known or discussed in the town. They currently provide training in several fields, including Nursing (GBC has the number one nursing program in Nevada with a 100% passing rate on the nursing certification test examination), Mining, Welding, Medical Billing, Management and Supervision, Business, Education, and Manufacturing.

Having local students learn these trades is very beneficial to our community. These skills are much needed in the area and throughout the country, and people can make a great living working in these fields.

What Brought Him to Great Basin College?

His career has taken him back and forth between corporate and academic environments. For three years, he was Director of Talent Placement in an organization called Cogent University in Pittsburgh, PA. During this time, he lived in Las Vegas and worked from

home. At Cogent, they developed technology boot camps. They created this idea to give their students hands-on experience while learning a discipline. In this program, students would undergo specialized training for ten weeks, which provided them with experience, and then Cogent would take it to the next step by helping them find a job. He feels getting some experience

“GBC has the number one nursing program in Nevada with 100% passing rate on the nursing certification test examination”

while studying a particular discipline is essential. Then you'll discover it is much easier to find a job and be more prepared once you leave school. This experience solidified his feeling about getting experience while you study the field in which you want to work.

While living in Las Vegas for five years, he was the Dean at Sierra Nevada University, which eventually became absorbed by the University of Nevada, Reno. He had a decision to make. Should he stay with the school and end up in Reno, or should he look for another opportunity that would allow him to remain in Southern Nevada, which is where he wanted to



Christopher having a discussion with the office personnel

be? While he was working in Vegas, COVID hit. Things were basically shut down in Vegas, so he began exploring surrounding towns. He'd always wanted to visit Pahrump, so he and his girlfriend did. They discovered Pahrump Valley Winery and had one of the best meals ever at Symphony's restaurant. He found himself visiting Pahrump often and decided this was where he wanted to live someday or at least have a getaway home here if he stayed in Las Vegas. He had a good feeling about Pahrump and felt it was an example of the real Wild West. It had a warm feeling. So, he continued to visit whenever he could.

It must have been "in the cards" because although he had several offers from other Nevada schools, he wanted to be in Pahrump. He eventually interviewed with Great Basin College (GBC) and was offered his idea of the perfect job within ten days. Usually, it takes a couple of weeks to get a response after a job interview. It just felt right from his and the school's perspective, so he took the job.

One of the main reasons he took the job and is now enjoying it so much is the scope of his responsibility. While working in most other schools, your responsibility is focused on one thing, such as recruitment, marketing, curriculum, or teaching. At GBC, he gets to do a little bit of everything. He saw the advantages of working here and took the job. Not only does he get to be involved in many areas, but he also gets to live in Pahrump without a commute. He's already had a head start getting involved in the activities the town has to offer. The Fall Festival was one of his first events, and he enjoys attending the First Friday at Artesian Cellars. He looks forward to the Balloon Festival, and all the other local events.

How Do They Know What Kind of Changes to Make in Their Curriculum?

Christopher believes in becoming



Mannequins play a role in their medical training



GBC has the number one nursing program in Nevada



One class teaches future care givers how to help patients dress



One of the spacious study areas



Their classrooms are roomy and well-equipped

“Besides the main campus in Elko, they have four centers, including Battle Mountain, Ely, Pahrump, and Winnemucca...”

and staying involved with the town. Again, this not only helps him make the appropriate connections with the people of the area, but it allows him to witness the needs of the businesses and the people who work for them. He wants GBC to make a difference in the students' lives by giving them opportunities and the knowledge to succeed in their chosen area.

Currently, he's working with the Nye Communities Coalition on student funding. Also, he is now the President of the Arts Council after mentioning he wanted to bring art into the school. He is seeking discussions with Spring Mountain Motor Resort and Country Club to discuss their machine manufacturing program and building parts through computer-aided design systems (CADs). He also plans to talk with Valley Electric Association to see what their existing and future needs from employees entail.

They offer a CTE (Career and Technical Education) program. GBC focuses on unique machine manufacturing, both manual and automatic machining. They also have metal and wood machining and 3D printing for plastic.

Where is Great Basin College Located?

The main campus of Great Basin Community College is located in Elko, NV. They describe themselves as a comprehensive college that serves over 3,800 students throughout the state.

They support ten of the largest counties in the state of Nevada. Besides the main campus in Elko, they have four centers, including Battle Mountain, Ely, Pahrump, and Winnemucca, all located on local high school properties and associated with those schools. They also have satellite campuses established in more than a dozen communities throughout the state. The college offers several types of learning opportunities, including live classrooms, high-tech technology, and web-based platforms. The Pahrump Center is located on Pahrump Valley High School property, and the two schools work together to serve the community.

Almost all of their programs can be done in what they call a dual enrollment style. This means students can go to high school and college simultaneously since they are collocated. If a student times it right, he or she can get a high school and college degree at the same time.

By bringing the college back to the basics and expanding the opportunities for students to learn a beneficial trade, Great Basin Community College provides a significant stepping stone for students to hit the road running following their graduation. They learn something they can use immediately after college and, in the meantime, help meet the community needs.



Dual Enrollment allows students to graduate from high school and college simultaneously.



Our Mission

Great Basin College enriches people's lives by providing student-centered, post-secondary education to rural Nevada



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Some of the curriculums GBC offers



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Keeping You and Your Family Safe on the Road

By Christine Butler

Meet Mr. Tire, a relatively new business in town that opened in Pahrump on March 1, 2023. They have a special way of treating their customers. According to the owner, “We treat every customer as if they were family. The way we treat customers is most important to us here at Mr. Tire of Pahrump, along with efficiency, integrity, and safety. It’s all about quality, not quantity.” They pride themselves on the integrity of their work. They guarantee their work for the life of the tire, new or used.

Mr. Tire believes strongly in the importance of tire technicians understanding the life of a tire and the structure of your tire, as working with tires is their specialty. That is why they only do tires (including mount and balance.) Not only do they sell and work on car and truck tires, but they service and sell RV and Semi tires as well. Tire technicians need to be able to spot problems that may arise. Why is a tire going bald? How often should tires be replaced? What causes blowouts, and how can they be avoided?

Why is Having Good Tires So Important?

Healthy tires can save lives. Bad tires can impact the performance, handling, braking, and, therefore, the safety of the truck, car, or whatever vehicle is being driven. For those of you with RVs, having good tires is also extremely important for the protection of all the passengers on board. Many RVs are very large and heavy. You don’t want to lose control of the vehicle because of a tire issue.

Impact of Inappropriate Tire Pressure

While driving down the road, sometimes you’ll see a vehicle on the side of the road with pieces of the tire lying on the ground nearby. Maintaining the appropriate tire pressure is critical to avoiding this situation. Improper balance can cause tread separation, blowouts, or flat tires. Be sure to find out the recommended tire pressure from the owner’s manual, or frequently, it’s posted inside of the driver’s door.



You can easily spot Mr. Tire’s bright green building from the road.



Significance of Tire Load

Another thing to watch out for is how much weight you are carrying. Tires have a maximum weight-bearing capacity, which should not be compromised for safe handling. Again, blowouts or tire damage may occur if recommendations are not followed. This is another thing that those who RV should pay close attention to. These numbers can also be found in the owner's manual or on the tag inside the driver's door.



Mr. Tire offers financing programs.



They have several working bays so can accommodate multiple cars.

What is a Tire Rating, and Why is it Important?

The U.S. Government rates many of the tires. Their system, called the Uniform Tire Quality Grading System (UTQG), includes checking the tires' tread wear, traction performance, and temperature resistance. You can find these ratings on the sidewall of all passenger vehicle tires sold in the US. You can compare tire ratings by visiting the National Highway Traffic Safety Administration's website (NHTSA.gov).

Why You Should Replace Your Tires?

The number one reason to replace your tires is for safety. You will also experience better fuel efficiency, which is important. When you discover any issues previously described, such as bulges, cuts, cracks, or punctures, it's time to replace your tires. Or at least have a tire specialist look at them. It's always better to be safe than sorry. Taking appropriate care of your tires can extend their life and save you a great deal of trouble down the road.

Some Things You Should Know About Mr. Tire

Mr. Tire offers financing programs to help customers cover unexpected tire maintenance costs. They sell new as well as used tires to fit your needs.

Another one of their offerings is to provide free mounting and balancing whether the tires you purchase are new or used. You'll find Mr. Tire at 1060 E. 3rd St. Go west on Highway 372, exit north on the second circle, and head left on East 3rd Street. You'll find them on the right side of the road in a bright green building. You can reach them at 775-990-9897. Their hours are M-F, 8am to 6pm, Sat., 8am to 4pm, and Sunday and after hours by appointment only. They also offer special discounts to Veterans.

Mr. Tire's owners focus on safety. They want their customers to be safe just like they do their own family. Everyone at Mr. Tire of Pahrump strives to help you meet your tire needs and help keep you safe. Stop by for a free tire checkup. They'd be happy to help you.



Office Manager Christina and Tire Technician, Jawz



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Focus on Family

Investing in Our Families



Pastor Ryan Johnson

*By Pastor Ryan Johnson
Pahrump Seventh-Day Adventist Church*

Before becoming a pastor, I was a biologist. In my undergraduate studies, I took several courses that laid the groundwork for my understanding of God's intentions for human existence.

Microbiology, mycology, and organic chemistry revealed God's meticulous attention to detail. Comparative anatomy courses, examining the physical forms across animal classes and phyla, taught me to see a divine design in nature, a signature across species.

But it was my studies in animal behavior and social structures that informed my views on family, integral to my ministry post-pandemic. Let's simplify this:

Imagine a landscape blanketed in snow, where the silent fall of snowflakes muffles all sound and the gray sky merges with the earth in shades of blue and gray. Notice a deer, majestic and alert, who notices us in return. This deer, likely not alone, reminds us that deer live in herds for support and protection.

Suddenly, a gray wolf appears, eyeing the deer, signaling the start of a chase as it calls its pack. This group be-

havior isn't unique to wolves or deer; it's common across mammals, where social structures range from packs and colonies, to prides, pods, and troops, and even to solitary animals that still protect their young. According to the Journal of Zoology's February 3, 2024, article, "*The Costs and Benefits of Solitary Living In Mammals*," true solitude is rare in our class, with many "solitary" behaviors adapted for

survival.

These patterns reflect the Designer's blueprint for social units: ways to love, support, and survive, varying from giraffes in "towers" to camels in "trains" or "caravans." What, then, defines the human social unit, or from a pastoral perspective, how did God design our fundamental support group?

People organize into crowds, classes, nations, tribes, and more, yet these



are not the originally intended social units. Genesis 2:21-22 and Genesis 6:18 highlight the family as the core social unit scripted in the Bible, where nurturing and principles are established.

Strong families lie at the heart of the resilience we see among our success stories, just as family issues often lie at the heart of the problems people experience. God created families for a reason.

It is also clear from scripture that God forms families from different people in our lives. Jesus and His twelve disciples were a family (Matthew Chapter 26). Naomi and Ruth were a family (Ruth Chapters 1 through 4). Elijah, the widow, and her son were a family (1 Kings Chapter 17). God makes families of us so that we may be a social and spiritual refuge for each other.

Now, if family is so vital to our human experience, then it's worth investing in, isn't it? Busy moms and dads should plan time with the kids. Listen to them, even when you do not agree. Siblings should mentor younger brothers and sisters. Spouses must take time to say I 'understand,' even when each feels they are right. Avoid doing the little things which make your significant other 'roll their eyes.' Try not to say the things that make them want to scream. Unless it causes harm, small gestures can be a huge investment in your family.

What if You Don't Have a Family?

What if your family unit is not traditional, or what if you prefer to be a loner? Families can be found in church congregations, at AA meetings, therapy groups, volunteer groups or even online groups. One can be a part of any family of caring people. Then as a family, apply the same principles of time investment mentioned above. Essentially, take time to be selfless, and let others be selfless to you. If you are a loner, it's still good to have a group of caring people who can check on you, or to whom you can go if and when you need to.

What if Your Family Seems Broken?

Reach out. Take your broken family to therapy, to church, to a soup kitchen. Get it busy helping others. If abuse is what is breaking your family, allow another type of family to help you. Rescues. Shelters. That's why we're here. Because of these, broken families are often the source of our greatest victories and successes.

Most of all, regardless of your family, take time to pray together. It doesn't have to be awkward. Say a little thank you before meals. Whisper a prayer as your family goes to work or school. If permitted have a small 'keep us safe' prayer at work. And, when appropriate, have worship. Sing a song. Read text. Anything can be effective.

Praying does something on a fundamental level that brings and keeps people together. It's true. For we are designed to be together. We are literally created to be together.

“Whether by birth, choice, or spiritual connection, our families are the bedrock of support, love, and growth.”

As we reflect on the profound bond of family and the divine intention behind it, let us commit to nurturing these sacred relationships. Whether by birth, choice, or spiritual connection, our families are the bedrock of support, love, and growth. This month, I encourage each of you to take a deliberate step towards strengthening these bonds. Reach out to a family member you haven't spoken to in a while, offer forgiveness where there's been misunderstanding, or simply spend quality time with those you call family. Let's also extend our definition of family, embracing those in our community in need of love and support. Together, let's build a network of care that reflects the very heart of God's design for us as a family. Remember, in God's family, no one is alone, and every effort to connect is a step towards fulfilling His purpose for our lives. Let us be the family God intended, for each other and for the world.

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dying.”*

*- Morgan Freeman
in “The Shawshank
Redemption”*

Reva Braun Through Her Son’s Eyes

By Matt Braun

Note from Editor: One of the most involved people in the Pahrump Community is Reva Braun. One might say she’s involved in everything around town and knows most of the people who live here. That might be a little bit of a stretch, but not by much. If you want to find out what’s happening in Pahrump, just call Reva! Here is her story as written by her son, Matt:

Reva Braun grew up in New York City, where she met her husband of 48 years, Ken Braun, a now-retired New York Transit Police Officer. Ken actually discovered Pahrump while listen-



Reva and her husband of 48 years, Ken

“Reva was looking to meet new people and hopefully make some new friends. She joined the Kiwanis Club of Pahrump, which she’s now been a member of for 18 years.”

ing to Art Bell, whose syndicated show was broadcast in New York. When Ken was getting ready to retire, he and Reva came out to Nevada to look at homes in Las Vegas and to look at this place called Pahrump.

They immediately fell in love with the town and decided they were going to move here. After making the move, Reva was looking to meet new people and hopefully make some



Reva Braun and her special pal Noodles

new friends. She joined the Kiwanis Club of Pahrump, which she’s now been a member of for 18 years. She’s held various officer positions, including Vice President and President of the local Pahrump Club, as well as Lieutenant Governor, overseeing not only Pahrump but the Kiwanis Clubs throughout the state. She loves Pahrump and wants to see her fellow Pahrumpians grow and succeed.

Her Kiwanis Club has raised thousands of dollars with events like “Comedy Under the Stars,” a comedy show where Kiwanis hires professional comedians once a year for a night of laughter while raising scholarship



Reva receives Soroptimist Pahrump Valley Community Service Award. (Photo courtesy of Elena Cordero-Arms/PahrumpPhotography)

money for our local youths. She also has participated in local veteran events to honor the three generations of veterans in her family.

Another of her interests includes the Kiwanis Key Club. According to their website, "Key Club provides their members with the opportunities to serve, build character, and develop

leadership." The program is designed for high school students who wish to learn "how to lead and stand for what's right through service and volunteerism." These students work with the Kiwanis Club members and strive to make a difference and positive impact as they serve people in their community and schools.

Reva also understands that there is a need to feed the hungry here in town, so every holiday season, she and Dave Harris, the current President of the Kiwanis Club of Pahrump, coordinate, and bell ring for the Salvation Army, raising money for their annual budget for their food pantry. She also helped bring the circus to Pahrump.



Carmen Murzyn and Teri Rogers Bell Ringing for Kiwanis



Former Key Club member Haley is now an RN



Garcia sisters Bell Ringing

Stay tuned as we may just see the return of lions and tigers....no bears, but still, oh my!

She also leads the Pahrump Community Partnership, a super-group of the non-profits and those interested in working together to host or work on events like last year's Fall Festival Parade.

If there is an event or organization that can help benefit the community, Reva is likely there participating or showing support for her Pahrump neighbors and friends.



Kiwanis Key Kids help with Quilts of Valor



Key Club of 2020 goes bowling



Key Club Relay for life



Key Club helps with Special Needs Prom



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OUR VETERANS OUR HEROES

Constance Toney-Jackson, SPEC 4 (E-4), US Army

By Constance Toney-Jackson

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

I meet Veterans all the time but, every now and then, I'll meet a Veteran whose story screams, "Tell Me. Tell Me!!!" and that is the story in this issue of the Pahrump Life Magazine's Our Veterans, Our Heroes section. I met SPEC 4 Toney-Jackson at a community meeting and was truly impressed by her introduction which included her background as an Army Veteran. I fully agree that what she did in the Army was impressive and we thank her for her service to our great nation, but what she has done (as is doing) since Active Duty should really get your attention on how crucial her contributions are to our society, our County, our Town, and especially for our

students. I will encourage every parent, every student, and every teacher to contact her as soon as you finish reading her story. Her name is Constance Toney-Jackson and she was a SPEC 4 in the US Army. Later in this story, you will understand when I start addressing her as Professor Toney-Jackson for obvious reasons and why students should be beating a path to her door. I believe that you will find her life's story as interesting as I did so relax, get out the popcorn, and enjoy the journey with SPEC 4 Toney Jackson.

Who Am I and Why Am I Writing This Story?

You've already been told who I am, I am Constance Toney-Jackson, and I'm writing this story because, as an educator, I want students (and their parents) to know that "opportunities" are available for students to excel and I can be a



Specialist Toney-Jackson

conduit to make that happen. Now, let me tell you where I am from, why I am here, and how I've made Pahrump my new home.

Before I give you all of the other information of my humble beginnings and my military service (that I loved), you need to know why I am called Professor Constance Toney-Jackson. I teach at the College of Southern Nevada and I want to bring that "love of education" to the youth of Pahrump and Nye County. Here's MY Story.



Specialist Toney-Jackson working as a 31N-Tactical Circuit Controller in Karlsruhe, Germany

My Humble Beginnings, Raised in Chicago, Illinois - Siblings, High School

I, Professor Constance Toney-Jackson (Professor CTJ), graduated from Chicago Vocational High School, where I developed the “Blue Collar Bug”. I learned carpentry, sheet metal, electricity, and a few other skills that would later become extremely useful in my life. Immediately following high school I joined the U.S. Army Reserve. I was sent straight to Fort Dix, New Jersey, for Basic Training and Fort Sam Houston, Texas, for Occupational Training where I became a Combat Medic (MOS 68W). Once trained, I returned to Chicago to serve in my U.S. Army Reserve Unit and to utilize the educational benefits I had earned.

Not long after starting school, I realized how much I enjoyed the Army life. I decided to re-enlist as an Active Duty service member. I was retrained at Fort Gordon, Georgia, as a Tactical Circuit Controller (MOS 31N). After training, I received orders to join the 72nd Signal Brigade in Karlsruhe, Germany. I was fortunate enough to

be able to enjoy the sites of Europe while serving. Munich, Belgium, Austria, and Spain were my favorites. The U.S. dollar was strong compared to the Deutschmark (former German currency) and it made living abroad much easier. I eventually had to return

“...following high school I joined the U.S. Army Reserve... where I became a Combat Medic.”

to the States. I was deployed to Fort Lewis, Washington, where I completed my service in the Army and returned to Chicago, Illinois.

This time I realized how much I had grown in the Army and how much I enjoyed learning and traveling. I loved being with my family (Mom and my brother and sister) on the Southside of Chicago but I wanted to go to college and build an educated life. I learned that Veterans have MANY opportunities but sometimes you have to search for them or ask the right questions of the right people. As an example, for veterans who enlisted from the State of Illinois, there is a Grant called the IVG (Illinois Veteran Grant). *NOTE: Your state may have a Grant too but, if you*



S.T.E.M Is an opportunity for kids to learn



Celebrating with friends and family

qualify, all you need to do is ask.

- The Illinois Veterans' Grant (IVG) Program pays tuition and mandatory fees at all Illinois state-supported colleges, universities, and community colleges for eligible Illinois veterans.
- The IVG covers resident tuition and mandatory fees (this excludes refundable fees, academic outreach fees, and extramural fees). It doesn't cover university housing costs.
- IVG may be used at the graduate and undergraduate levels.
- You are eligible for the IVG if you have served at least one year of federal active duty service in the Armed Forces of the United States, and were honorably discharged after your most recent period of federal active duty service.

This was my "Stepping Stone" to the education I sought. While trying to figure things out I had paid to attend Cosmetology School and was working as a Licensed Cosmetologist. The IVG opened the doors that allowed me to obtain advanced education that

propelled me to where I am today. It was NOT an easy task or journey but, if you're willing to work hard, the possibilities are endless.

The IVG allowed me to earn my Bachelor of Science Degree in Business Administration with an emphasis in Management Information Systems at Chicago State University. I later received a Master's Degree in Teaching and went on to work for Chicago Public Schools (CPS). While employed with CPS I worked as a Programmer, a classroom teacher, and allowed me to complete coursework for another Master's Degree in Educational Leadership. This is where I discovered the Cisco Networking Academy program and became a Certified Cisco Networking Academy Instructor.

Doors Began Opening for this Army Veteran

After relocating to Las Vegas in 2015, I began teaching at the College of Southern Nevada, where I continued my Cisco Networking Academy training. I joined the 2015 Cisco Live NetAcad Dream Team for Cisco's GSX Conference and have served as the Cisco Networking Academy's



The S.T.E.M. Experience soft opening with Mrs. Pahrump Golden Years, Althea Jones

Dream Team Lead Instructor at many Las Vegas events on the famous Las Vegas Strip. I have led teams of highly knowledgeable Cisco Networking Academy students to support the Cisco Live events held in Las Vegas, Nevada. The Cisco Live events support more than 20,000 wireless clients during the 5-day event. I was honored to provide mentoring and leadership to both male and female members of the Cisco Networking Academy (NetAcad) Dream Team. I also led *Cisco's first NetAcad All-Veteran Dream Team*, complete with veterans from each military group (Army, Navy, Marine, and Air Force).

As an avid football fan, I (Professor CTJ) joined the Las Vegas Raiders as they transitioned from California to Nevada. Serving as a Las Vegas Raider Ambassador, I enjoyed working events like the (RJTC) Raider Junior Training Camps, which focuses on Middle School students and their physical fitness. I worked (3) seasons as an LV

“Professor CTJ has opened a new S.T.E.M. Discovery Center for the community of Pahrump, Nevada. S.T.E.M. is Science, Technology, Engineering, and Math.”

Raider but now enjoy the games as a season ticket holder. Once a Raider, Always a Raider! Just Win, Baby!

WOW, With So Much Going On, What's Next For Professor CTJ ???

Professor Constance Toney-Jackson, the owner of the new S.T.E.M. Experience Discovery Center in Pahrump, Nevada, **is a tenured Professor at the College of Southern Nevada**. She serves in the Department of Computing and Information Technology Department. Professor CTJ teaches Cisco Certified Network Associate (CCNA) and CompTIA courses to students from diverse backgrounds at the college. She is certified as a CCNA Instructor and holds the following industry certifications: Microsoft Technology Associate (MTA), Oracle Database SQL Certified Associate, Oracle PL/SQL Developer Certified Associate, e-Commerce/e-Business Certified, and Internet & Computing Core (IC3)

Professor CTJ has brought that winning attitude to the high desert. She has opened a new S.T.E.M. Discovery Center for the community of Pahrump, Nevada. S.T.E.M. is Science, Technology, Engineering, and Math. Her goal is to provide quality technical education to everyone in the community. The mission of the S.T.E.M. Experience is to be the source for Career & Technical Education in Pahrump and the surrounding rural areas.

The S.T.E.M. Experience would like to provide a safe engaging place for young learners to discover the areas of Science, Technology, Engineering,

and Math. The educational strategy is FUN! Students are allowed to be kids! Math and Reading strategies are infused in the hands-on STEM activities. Students have access to state-approved STEM Curricula. The Afterschool programs are designed to complement the Middle School Curriculum and are a “must-have” for Home School students.

The S.T.E.M. Experience would also like to participate in the development of Nye County's workforce. Adults sometimes just need a career update. Our Office Technology Program gives an introduction to some of the most popular software applications like Microsoft Office Suite: Word, Excel, PowerPoint, and Outlook. We even cover internet apps like Facebook, Instagram, and X (formerly Twitter). Technology changes and our workers should have the resources to help keep up. Adults who enroll can even learn about Apple products, The Cloud, Home Network Security, and AI.

In addition, for young students and working adults, The S.T.E.M. Experience would like to offer a Re-entry Program. A Technology Program similar to the Office Technology Program. The Technology Program covers slightly more information and students will develop a set of skills that will prepare them to re-enter the workforce or enroll into a formal post-secondary program at a traditional college or technical training institution.

Words From Professor CTJ

For those of you who are out of the workforce but would still like to know about the latest cell phones, tablets, and



She is currently writing a book for children

apps, the S.T.E.M. Experience offers FREE Adult-only Basic Technology sessions on Fridays, from 10 am-12 noon. Adults of all ages bring their mobile devices and any technical questions they wish to ask. We cover a wide variety of topics each week and that includes anything from hardware to Home Network Security. If my story piqued your interest, (and it SHOULD HAVE) all you need to do to enroll is visit 2341 Postal Drive, Suite B (across from the Main Post Office). Remember that we have Limited Seating, so sign up early and come prepared to learn.

Now that I've told you MY story, if you are a Veteran or know a Veteran, it's YOUR turn to contact Christine Butler or Tom Waters to get YOUR story told for the “worldwide” Pahrump Life Magazine audience.

And, In Closing ...

There have been several women Veterans who told their stories in “Our Veterans, Our Heroes” and we thank them for their service and their sacrifice for this gallant service. They have served in the Army, Navy, and the Air Force and now we seek women Veterans from the US Marine Corps. And, for the US Army, we are proud to add the story of Professor Toney-Jackson to our list.

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Youth Recognition



The Vanholder Girls Shine in Pahrump Cinderella Girl Pageant

By Christine Butler

Pahrump resident Allison Vanholder was involved with the Nevada State Cinderella Girl Scholarship Program and Pageant as a young girl. She became involved when she was six and stayed with the program until she was 13. Now, she has two daughters of her own and has started them both in the program as well. Her youngest, Mazi Reign, who just turned two years old, is the current reigning Nye County Cinderella Baby as of October 23, 2023. Her oldest daughter, six-year-old Harley Rene, is in the current round of activities for this year's Pageant.

What Exactly is the Cinderella Girl Pageant?

The Pageant is a nationwide program that opens doors for the nation's youth

and offers opportunities that participants may not otherwise have access to. It recognizes deserving children, teens, and young adults.

As described on their website, the organization is "More than just a beauty contest, Cinderella is a youth development and scholarship program that offers many opportunities for achievement and recognition to deserving children, teens, and young adults." Participants start competing at the county level, then state, and followed by national competition. Participants must continue to qualify to keep progressing through the program to eventually become involved at the national level.

According to her mom, Alli, the program is age-appropriate throughout the child's involvement. There's nothing flashy, no makeup, nothing out of the ordinary, etc. The girls involved do not compete in talent contests until the



Mazi Reign at her first pageant in Nye County

age of seven. The most recent activity six-year-old Harley competed in was an onstage interview in front of an audience. The competitors received a list of questions ahead of time, but they did not know which specific question they would be asked. The judges are looking for poise, confidence, and the ability to



Harley at her cameo pageant with Nevada State Teen Charlize



Harleys photogenic photo for Cinderella

handle themselves in the situation.

There are three judges involved in the entire competition. Their backgrounds include judging experience or modeling. They look for poise, confidence, personality, and attitude. The Miss Congeniality Award is given to the girl voted to have the friendliest personality and ability to get along with others.

What are the Ages of the Participants?

There are several divisions of participants according to age. The infant category includes children from 0 to 11 months. The baby category involves ages 12 -23 months, and the competition is very short and limited to a single day. Tiny tots are 24 -35 months, tots are three to six years old, Miniature Miss is seven to nine years, Miss is ten to twelve years, Teen is 13-17 years, and Woman is 18-29 years.

About the Pageant

This is Harley's first time competing in the Pageant. It started in October 2023, and the last preliminary is in April 2024. The girls and their parents are very busy during these proceedings. They must practice their respective tal-

ents. Modeling practice for Nye County is in Pahrump, which means less driving. Director Scott Sampson manages the practices. Each participant has a director assigned to her. There is an effort to get the girls out in the community and help where they can. They participate in local activities such as the Chili Cook-off and have a talent show where proceeds go to the Cinderella organization. They also work to bring awareness and attention to special needs children. The Nevada State Pageant takes place in Las Vegas and lasts about four days. It will be held at the Santa Fe Hotel and Casino this year.



Mazi Reign and Harley ringing the bell for Salvation Army



Harley at her spring recital with coach Miss Juliette

Harley is a Busy Young Lady

Harley is a very busy girl, but she says she's enjoying it. Her favorite part so far was answering the questions in stage one. She's met a lot of people and made new friends. In addition to the events taking place through the Cinderella program, she is involved in a privately owned competitive dance organization at the Nevada Dance Center in Pahrump. She enjoys taking ballet, tap, jazz, and acro dance, which



Harley giving presents out at the Moose Christmas party

combines basic classical dance skills with acrobatic moves.

During the fall, she was involved with soccer, and her team won the Junior Trojans Soccer League. She likes playing defense but feels she's better at offense. For a young girl, she likes to be involved and active. In addition to her sports and Cinderella activities, she has helped her mom deliver puppies. The Cinderella Pageant has competitions once a month until June.

The Cinderella Program is Funded by the Parents

The program is quite expensive for the parents. No funding comes from the organization. The dresses and other outfits are paid for by the parents, al-



Harleys onstage interview in Nye County with Nevada state Cinderella Woman Alyssa.

though some make the clothes for their girls. Occasionally, they sell the clothes to the next generation of girls coming through the program. It is time-consuming and involves a lot of driving, but the people who participate in the process feel it's a small price to pay for the experience and the skills the girls learn from the program. It helps prepare the girls for life, and in addition, they make some life-long friends.



Harley and Mazi Reign with Nana Melodie giving away bikes for Avery project



Harley volunteering at the Special Cameo Pageant

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Berlin-Ichthyosaur State Park

By Carol Champney

March and April are ideal months to visit this remote yet fascinating ghost town in Central Nevada's Shoshone Mountains. Like many of Nevada's State Parks' beginnings, its most recent history is that of a mining town. However, this area is also known for the largest concentration of Ichthyosaur fossils. An Ichthyosaur is a giant marine reptile that inhabited the warm ocean that covered central Nevada 225 million years ago.

History of Berlin-Ichthyosaur State Park

Prospectors discovered the high mountainous area in 1863. With an average elevation of 7,000 feet, only a small group of miners settled in the area. In just a few months, the miners found vast amounts of ore. One year

later, the Union mining camp became part of the official area known as the Union Mining District. The district included the communities of Union, Lone, Grantsville, and Berlin.

The first determination that the content of the ore was silver was in 1869. Substantial amounts of ore were mined in the Berlin Canyon. It was not until 1896 that the Berlin Mining Camp was formed. In 1898, the Diana Mine was named, which was connected to Berlin by a tunnel located two miles apart at the fourth level of the Berlin Mine.

The Nevada Company

Interestingly, in 1897, entrepreneur Anson Phelps Stokes of New York heard of the mining boom in the West and capitalized on it. By 1898, he had purchased several mining claims in Nevada and founded the "Nevada Company." Berlin was catapulted to mining popularity. His company not only focused on mining but also rail-

roads in central Nevada. Although these were Nevada investments, the headquarters of the Nevada Company were in New Jersey.

The Peak Years of Mining

The mine's three miles of tunnels produced 42,000 troy ounces of gold, bringing in \$849,000. At the time, gold was selling for \$20 per ounce. At today's value of currency, \$849,000 translates to \$2,300,000. However, the Berlin mine produced less ore than the mines in Tonopah and Goldfield.

At its peak, an estimated 200-300 people lived in the Berlin and Union suburbs. Historical records note that miners were not the only residents in the area. There were woodcutters, charcoal makers, a doctor, a nurse, and a forest ranger. True to Old West mining camps, residents included a lady of the night--or three. "Fancy House," the brothel, was on the outskirts of Berlin.



State Parks of NEVADA



Berlin Schoolhouse

Berlin – The Ghost Town

The heyday of mining in Berlin began to decline in 1911. By 1914, all mining in the area ceased. The mines were depleted, and residents began leaving town to search for other mining opportunities. Berlin soon became a ghost town.

The Nevada Company held ownership and maintained many of the buildings and artifacts until 1970, when the state of Nevada purchased the site. Among those preserved buildings are the remains of Berlin's 30-Stamp Mill. A stamp mill is a machine that crushes material by pounding rather than

grinding, either for further processing or to extract metallic ores.

Dr. Siemon Muller

Even though Berlin was now a ghost town, other prospectors came to the West in search of something far different than ore. Born in Denmark in 1900, Siemon Muller's family moved to Russia, where his father worked on the trans-Siberian telegraph line. Siemon attended the Russian Naval Academy until the Russian Revolution when he relocated to Shanghai to work for an American company. In 1921, he sailed to the United States to study geology at

Park Details

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\$5.00 (\$10 for Non-NV Vehicles)

Camping: \$15.00 per vehicle per night (\$20.00 Non-NV Vehicles)

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Tours: \$5 adults; Kids 12 and under are free

**Cash or check only. The park is not able to accept credit cards*

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Email: bisp@parks.nv.gov

Website: <https://parks.nv.gov/parks/berlin-ichthyosaur>

the University of Oregon.

After graduating with a bachelor's degree in 1927, he earned his master's degree from Stanford University in 1929 and his doctorate in 1930. His connection to Nevada began when his studies brought him to the Pilot Mountains in Elko County, where he studied Mesozoic marine fauna as part of the requirements for his doctorate.

In 1928, he came to North Central Nevada to scour the hills for more marine fossils. In his search for fossils in the eroded hills near Berlin, he unearthed the remains of an Ichthyosaur measuring over 50 feet long. However, it wasn't until 1954 that full excavations began. By the 1960s, the complete skeleton of Muller's initial dig and approximately 40 additional portions of Ichthyosaur fossils had been uncovered.



Stamp Mill

“Although their fossils have been discovered on every continent except Antarctica...Nevada remains the only state in the country with a complete Ichthyosaurus skeleton.”

Ichthyosaurus

Ichthyosaurus marine reptiles are likened to whales and dolphins in size and give birth to live young. Although their fossils have been discovered on every continent except Antarctica, according to www.nevadamining.org, “Nevada remains the only state in the country with a complete Ichthyosaurus skeleton. Until 2004, these remains included the largest number of Ichthyosaurs worldwide.” Paleontologists declare these aquatic animals among the most highly specialized Mesozoic species.

Due to the vast number of Ichthyosaurus fossils in the Berlin area, the Nevada state legislature designated it their official state fossil in 1977. This is not to be confused with the state reptile. In 1989, the Nevada legislature



Early days in the Berlin Mining Camp

declared the Desert Tortoise the official state reptile.

The website, www.parksnevada.gov, states, “Berlin-Ichthyosaurus State Park

was first established in 1957 to protect and display North America’s most abundant concentration of the largest-known Ichthyosaurus fossils. The park



Replica of the ichthyosaurus



Heading into Diana Mine

also preserves the turn-of-the-20th century mining town of Berlin, and the Diana Mine.” Today, the state park encompasses 1,540 acres.

80 Interpretive Signs

Firmin Bruner grew up in the Union and Berlin mining camps. His first-hand experience and knowledge of the area was instrumental in making Berlin-Ichthyosaur State Park an education in Nevada’s history. As an adult, he assisted Nevada State Parks in documenting a written history for park visitors to learn and enjoy. He was instrumental in creating the 80 interpretive signs in the park. He also voluntarily gave tours of the park from 1974 – 1990. His contributions of providing history of the area, and his selfless service were so appreciated, that in 1979 the Nevada Division of State Parks honored him with an Historical Marker. From the Historical Marker Database, the inscription reads,

*“For sharing his memories of his-
tory as he lived them here in Berlin,
West Union Canyon, and other parts of
Central Nevada during the early years
of the twentieth century. His efforts will
allow present and future generations to
more fully understand that period of
Nevada’s colorful past.”*

Park Activities

Bruner’s extensive sign system allows visitors to take self-guided tours through the park. Guided tours of the Fossil House occur May-September between 10:00 am and 2:00 pm. When the guided tours are not taking place, a viewing window and interpretive signs provide an educational overview of the fossil discoveries.

Hiking

Trail maps for short hikes in and around the park are available at and on the Nevada State Parks website. The western portion of the American Discovery Trail goes through several Nevada state parks, including Berlin-Ichthyosaur. For more information, visit the ADT website at www.discoverytrail.org. The Nevada Coordinator, Samantha Szesciorka, may be contacted by calling (775) 762-3444 or emailing samantha@discoverytrail.org.

Amenities

The park has a picnic area and a campground with fourteen well-spaced sites designated for tents or RVs up to 25 feet. Each site has a fire ring, BBQ grill, covered tables, water, and restrooms nearby. Sites are available on a first-come, first-served basis and may not be reserved. An RV dump station is also available. Camping is limited to 14 days in a 30-day period.

Whether you are interested in fossils, mining camps, or ghost towns, Berlin-Ichthyosaur State Park is the place to explore Nevada’s ancient past, and its more recent history.



Campground site



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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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A Simplified Overview of **Our Presidential Election Process** *for 2024*



*By Janet M. Nast
Life Skills Consultant,
Speaker, Author*

Since we have a presidential election coming up this year, I thought it'd be a good idea to write out a simplified overview of how the whole election process works from primaries and delegates to the electoral vote and the general election.

Let's Define Some Terms

To truly understand how things work, one must first understand some of the words everyone is throwing around during the election year.

Here are a few of the more common words you'll be hearing. And these are critical to understanding the whole process.

Delegates and Electors

These are people who are selected by the political parties to represent, and vote based on who and what the general public votes for.

- **Delegates** vote in the primaries and caucuses

- **Electors** vote in the general election for president.

As far as being a delegate or an elector, there is a long process on how they get selected, not the least of which they must be active within their political party's activities.

Yes, you can be a delegate or an elector. Every state has its own rules as to how these people are selected and it's a long process. So, if you're serious about doing this, you really need to do some research.

General Election

That's the big election in November where we're all voting for President. If you're into football analogies, that would be the Super Bowl.

Primary and Caucus

These are like the play offs when it comes to election events: Results of these elections decide which candidate will appear on the ballot for the general election in November.

RNC and the DNC

After the primaries (and caucuses) each political party has their own big conventions.

- Republican National Convention, known as the RNC.
- Democratic National Convention, known as the DNC.

These are the really big meetings where the delegates and electors cast the final votes for their party candidate. Well, these days, the final primary and caucus tallies are generally known before the conventions are held, so it's just a big party where everyone has an opportunity to be on TV.

Electoral College

This is not a physical building. It's a name for the process of selecting the president by using electoral votes.

Electoral Vote

Remember, the electorates are the people who cast their votes for each state, based on the majority of votes in that state. So, their votes are called the "electoral votes."

Popular Vote

This the actual number of votes cast for each candidate.

Yes, it's that simple.

Now let's dig in and see how all these pieces work together.

It's pretty cool that this is a presidential election year because everyone gets a front seat to the whole process.

Disclaimer

I'm going to boil down this process into the most basic of steps just to keep it simple and easier to understand for those who may not have any understanding of the process.

Before I get too far into it, I want you to know that I am not a political analyst or historian and I've never run for political office of any kind, not even in high school.

Just know that every state has different methods and rules as to how all these processes work. My descriptions of them are intended to give a general idea of how they work. All the specific ins and outs for each state can be found in multiple places on the internet. If you seriously want to have a deeper understanding of how our election process works in your state, then please, do your homework.

A Short History of How the Use of Delegates and Electors Came About

So, the big question is, Why do we even have Delegates and Electors?

I hear a lot of people say that it's an "outdated system" or "it's not fair," or "we should just go with the popular vote." Well, let's take a look back in history a little bit.

Take a moment and think to way back when our country was first founded in 1776. How do you suppose all election ballots across the US could be accurately gathered, counted, and tallied, and then sent to Washington DC to get a grand total for all states?

Yes, we had a postal service ...it was started in 1753. But you have to re-

member even in 1776 there were only 13 colonies, so not a lot of real estate to cover. Even then, when I read up on the history of the US Postal Service, I learned that the fastest they could get a letter from Philadelphia to New York was 33 hours. I'm not sure how they did that, but I'm guessing that was if someone rode a horse or drove a carriage all thought the night. The US Postal Service did have that famous motto, so you never know.

(Just for the fun of it, here it is from 1914 when it was first written: "Neither snow nor rain nor heat nor gloom of night stays these couriers from the swift completion of their appointed rounds")



Either way, after we became a country, the US started expanding in all directions and gained a lot of real estate. Now think about that: Up until the 20th century, there weren't a lot of roads crossing the country and not a lot of fast ways to get from one end to the other.

By the mid to late 1800's we finally had trains and there was the Pony express so things could finally get from point A to B a little faster but we're still talking weeks to get from east to west. We also didn't have cars till the early 1900's. Or airplanes till a bit later than that. And then computers didn't reach their stride till the late 1900's.

So, can you imagine what it was like back then, if say, 50,000 people cast votes in 50 cities scattered across, California, for instance, and then all those ballots had to be gathered up and

sent to the state capitol for counting? And then from that central location to Washington DC for a final tally. Each state had to do that. Texas must've been just as much as a challenge as California; those states are huge and so spread out.

Again, how long would that take? Probably weeks back then. Hmmm maybe Pony Express could do it in about 2 weeks or a train could do in a week. That's provided there was a Pony Express station or a train station in every city.

Then you've gotta hope that the train wasn't robbed, or the Pony Express rider wasn't shot and killed. Oh, and heaven forbid, if someone drops a pouch full of 50,000 ballots and had to stand and watch the wind scatter them across the prairie.

Five Steps

Well, it got to be a pain in the rear way back in the 1800's even, so our government officials came up with a more efficient process. This is what it looks like now, generally speaking:

1. Votes are cast by all registered voters.
2. All ballots are gathered and sent to a central location for counting and validation.
3. Then totals get assigned to the delegates and/or electors for that area.
4. And then the delegates or electors attend their respective conventions (RNC or DNC) to cast their votes.
5. Delegate totals will be announced at their respective conventions; electorate totals for the presidential election are counted and sent to OFR in Washington DC, and the new president is announced.

Now let's dig a bit deeper into each step in the process so you can see how everything ties together.

Some Details

Step 1

It all begins with YOUR vote at a primary or caucus election event. The purpose, or the end game, of these events is to decide which candidates' names are going to be on the general election ballot for each political party.

Next question: What's the difference between a primary and caucus?

- **A primary vote is just that:**

Ballots will be sent to all the registered voters in each party, in each state. Each voter will cast a vote for who they want on the final ballot in the general election in November.

- **A caucus is a meeting** where all the voters get together to cast their votes. Afterwards, the voters will have a precinct meeting where they elect precinct captains and discuss what needs to be done before the general election.

Each state's political party leaders decide who's going to do which, not the state governments. Most states use primary elections, but there are still a few states and territories that use caucuses (or a form of them):

- Maine
- Kansas
- Nevada
- North Dakota
- Hawaii
- Kentucky
- Wyoming,
- Iowa
- Virgin Islands
- Northern Marianas Islands (think Guam)

All these events – whether they're a primary or a caucus – are held between January 15 – June 4th.

At the end of each of these events, the votes are then counted, and delegates are pledged. In most cases the

state's delegates must then cast their vote for the state, based on those totals.

However, each state has their own rules on which type of event they're going to offer up to the voters: a primary or a caucus. And if that's not crazy enough, there are a multitude of different types of primaries, and a few different methods for assigning delegates. Here are just three examples of the different types of primaries. I strongly suggest you do some research for your state because it may or may not be one of these three types.

Open Primary

That means that voters can vote for the nominee of any party, regardless of whether they are registered with that party. For instance, a Republican in Texas could vote for the Democratic presidential nominee.

Closed Primary

This means that if you're a registered democrat, your ballot only shows you the democrat candidates' names.

If you're a registered republican, your ballot only shows you the republican candidates' names.

Sadly, in most cases, if you are registered as an Independent, you cannot vote in a closed primary.

Just so you know, Nevada has closed primaries which means that registered Independents cannot vote in them.

Jungle Primary

In this system, the ballot has all the candidates names on it, not separated by party. (Washington and California have jungle primaries.)

The top two vote-getters in this primary run against each other in the general election in November, regardless of what party they are from.

Now I lived in CA for 40 years, and I remember seeing my ballots look like this. And naturally when I left CA and moved to WA, I saw the same type of ballot. Now that I'm in NV, it was interesting to learn that I'd be getting a smaller ballot.



So What Does Nevada Do?

We have a closed primary and a caucus. As I mentioned earlier, having a primary election or a caucus election is determined by a state's party representatives, not the state. So apparently the state of Nevada didn't get that memo and they passed a law (in 2020, I believe) that we must have a Primary election for both parties.

But, shortly after that, the Republican party leaders, said, nope, "we want a caucus." So Nevada ended up with one of each for the Republicans. And just a finishing touch, the party will only award delegates to the candidate who wins in the caucus, not the primary. This basically renders the state-run presidential primary as nothing more than a symbolic gesture.

Democrats are keeping it simple with just the primary election.

Our Constitutional Republic processes can be messy, as the primary and caucus systems make clear. However, the more people who participate in these two events across the country, the better our delegates and our electorates can reflect the will of the people.

It makes me think of how the whole football thing works:

You have all these teams in the leagues battling against each other to see who wins the most games. Then the top four teams got to go to the playoffs. The playoffs are like the primaries:

Basically, we had 4 teams that got to the primaries, or the playoffs:

- Detroit and SF on one ticket... per say. You could say this is

the Democrat ticket if we were comparing to the primary.

- Kansas City and Baltimore, I believe, on the other ticket, per say. And this might be the Republican ticket for the primary.

Then SF and Baltimore won each of their play off games, or their “primaries,” and now they’re both on their respective “tickets, or ballots” for the biggest football event ever, the Super Bowl or, similar to the presidential election. Both are pretty exciting.

So, what happens to your vote in the primary once you cast it?

And again, to keep things simple, I’m going to use nice small, rounded numbers and I’ll probably still bring in a comparison to football and the play-offs since the primary is similar.

Step Two

All your votes get gathered up and sent to a central location for counting and validation. Yes, it’s that simple.

Step Three

So, let’s say that during the primaries, in a little town of 1,000 registered Democratic voters, all votes were counted and 650 of them voted to put Williamson on the final Democratic ballot in November. And the other 350

went to Biden.

Those totals then get assigned, or pledged, to the Democrat delegates and/or electors for that town. The same process will happen for the Republican votes. I’m just going to stick with one party in order to keep this explanation simple.

Now, there are two methods used for assigning votes to delegates (or electors in the general election),

- Winner takes all, or
- Proportional.

Most states use one of these two basic methods for doing this part of the process:

In a “winner takes all” state, all the delegate votes for that state would go to Williamson. Lets say there are 10 Democrat delegate votes for the state, then all ten go to the final national tally for that person.

In a “proportional” state, only 65% of the delegate votes for the state would go to that person, and 35% would go to Biden in the national tally. Which, if you round it up, means that 7 delegate votes go to Williamson, and 3 go to Biden.

However, there is a “hybrid” option used by some states. They use a combination of both methods which

can be divided up by districts.

Again, all 50 states have a different number of delegates for each party they will all go through this process.

Step Four

All delegates or electors meet in a central location to cast their votes for the candidate to which they’ve been assigned. This meeting is called a convention. I’m sure you’ve heard of the Republican National Convention (RNC) and the Democratic National Convention (DNC).

This year the RNC will be held in Milwaukee, WI between July 15 – July 18 and the DNC will be held in Chicago, between August 19 – 22. These dates are when we’ll all learn who’s going to be on the presidential ballots for each party.

By the way, you need to understand that there are two methods by which delegates can cast their votes:

“Bound” aka “Pledged”: These delegates must vote based on the results of the state’s primary or caucus.

“Proportional” aka “Unbound”: These delegates are not obligated to vote based on the results of the primary or caucus. They are generally free to vote their conscience.

There are quite a few websites that



break down which states use which methods; be sure to look that up if you're curious. Here in Nevada, we have a "winner take all" process with "bound" delegates.

Remember, the ultimate idea is that the delegate votes are a representation of the total numbers of your votes.

Step Five

The delegate ballots are counted for each candidate and then the final numbers from each convention are then totaled up and announced.

In the case of the presidential election, electorate votes go to the OFR - Office of the Federal Register a division of NARA - National Archives and Records Administration to be recorded.

A Quick Review of The 5 Basic Steps

1. Votes are cast by all registered voters.
2. All ballots are gathered and sent to a central location for counting and validation.
3. Then totals get assigned to the delegates and/or electors for that area.
4. And then the delegates or electors attend their respective conventions (RNC or DNC) to cast their votes.
5. Delegate totals will be announced at their respective conventions; electorate totals for the presidential election are counted

and sent to OFR (Office of the Federal Register) in Washington DC, and the new president is announced.

Either way, when you think back on how this whole process used to be done before planes, trains, and automobiles, it's much easier, physically, to get 10 delegate or electorate votes to the convention, and then those totals forwarded to Washington DC, than trying to get all 1,000 of the original votes there from one town.

The Real Numbers

Now here are the real numbers for Delegates in the state of Nevada:

- 26 Republican and
- 49 Democrat

Remember, these numbers are determined based on how many registered voters we have in the state, and they can change as the population changes.

In the entire US and its territories there are currently:

- 2429 Republican Delegates
- 3936 Democrat Delegates.

In the final Superbowl election, aka, the presidential election, the electoral voters play the same role across the country as the delegate voters, but there are fewer electors: just 538 total. And a candidate must get 270 to win the election/ Superbowl.

I strongly suggest doing a search on the internet and see how many delegates and electorates are assigned to your state and whether or not they are bound or unbound. I say that so you

can get a better idea for how much your vote really matters.

Even though we no longer have to rely on horse and carriage, I still think it's much easier and more efficient to move 6365 delegate ballots or 538 electoral ballots to Washington DC, than it is to move 100 million ballots (that's just my guess as to how many registered voters we have in the USA).

So that's how the whole system of using delegates in the primary and electors in the Presidential election came about and that's why it's still used.

It All Really Does Begin with Your Vote

I hope this helps you to understand that this entire process still begins with your vote.

Consider this: if you decided not to vote, and the results for the delegates is off by one vote, say 501 to 499 against the candidate that you wanted to see on the November ballot, wouldn't you feel awful knowing that just one vote and the other team would have won? I mean it could be the Lions instead of the 49ers in the Superbowl, or Haley instead of Trump in the general election.

Then when it comes to the Superbowl, or basically the presidential election in November, again, your one vote is huge. Remember, just like delegates, the electorates cast their votes based on the majority of the votes that were cast by the general public. ONE vote can make the difference on how their ballot is cast.

Now get out and vote!



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Laurie McCaslin - Born to Make Art

By Laurie McCaslin

Hi, my name is Laurie McCaslin, and I was born to make Art. By all accounts I arrived with a crayon in my hand, so let's see if I can condense 60 years of art into a single page.

I moved to Pahrump 30 years ago with my two young children because I have family here. I grew up in Aloha, Oregon, a small farming community just outside of Portland. I was the artsy nerd in school. My friends all had slide-rules, mechanical pencils and calculus books spilling from their bags, I had charcoal, scraps of paper, and art-history books. I made money designing pamphlets and flyers for local farmers to post at the farmers market or to pass out during the holiday season. I also painted murals for local grade schools. At night I took art classes at the community college, with my dad in tow since I wasn't old enough to drive yet. He'd find a bench where he could settle in with his book and pipe until I was finished. After high school, I enrolled at Oregon State University. I majored in Agriculture, with a minor in Art. During my junior year several of my Ag professors met with disas-

ter and misfortune, which made me reevaluate pursuing an Ag degree, so I switched to a Bachelor of Fine Arts. For those who don't know, a BFA is a specialized professional degree with an emphasis on practical experience and a particular discipline, mine was painting and art history. I did all the usual marriage stuff, had two babies, lived on the Oregon Coast, and worked in a photography and framing studio.

Art is in my DNA. My family is filled with actors, writers, musicians, and artists. Where my inspiration comes from is tough for me to answer. For me, art is a compulsion. I need to create. I can't wrap my head around the fact that not everybody can do it. I'm mostly known for my western watercolors, but like Picasso I've had many "periods" including cubism. I'm talented in many mediums. My early work was pen and ink because a technical pen and a sketch book were easily portable. I love the dense velvety blackness of charcoal. Linseed oil and turpentine are like perfume to me. Acrylics? Easier to clean, less hazard and you can achieve either a watercolor or oil painting effect. Torn paper mosaic fills the need to tear and paste. But my favorite medium and the one I default to is watercolors.



Laurie McCaslin, artist extraordinaire

My dad was a member of the Pahrump Arts Council Theater Guild. With nudges from him and tugging from Bernie and Janet Toy, I soon joined and became part of the Visual Artists. In those days, our display area was the Pahrump Court House and Bernie and Janet convinced me to be curator for those displays. I became Art Committee chairman and spent 17 years organizing displays throughout town. We hung at the Courthouse, Bank of America, and the Library. The committee also organized the first and second annual western art show in conjunction with the Wild West Extravaganza held at the Saddle West Hotel and Casino. When the Wild West Extravaganza moved to Petrack Park I continued with an art exhibit with help from the Pahrump Artists and Artisans. I was the illustrator for PACs Keeper of the Well project. We researched, wrote, illustrated, and pub-

“...my mom comes home and says, ‘Oh by the way, you need to teach one of those paint and wine things next month.’ Which is how Cocktails & Canvas was born.”

lished two books following the conservation efforts and repair of Wheeler well by Dick Senior for the wildlife. We ensured that every third-grade class had copies of the books for to read. I was also involved in the Pahrump Art Gallery which we shared with the Library bookstore. We displayed and sold art, had art meetings and classes. I’ve taught adult and youth art classes for PAC, with basic drawing, torn paper mosaic and mandalas being the most requested. Recently I’ve been a member of the Pahrump Artists and Artisans, where I’ve taught basic draw-

ing and neurographic art.

In 2017 the Shadow Mountain Community Players, a theater group I designed and painted sets for, had just finished their winter production at the Nevada Treasures RV park and my mom, who was the theater director, was having a conversation with the event manager regarding additional activities to offer the park guests. The subject of painting classes came up and next thing I know mom comes home

and says, “Oh by the way, you need to teach one of those paint and wine things next month.” Which is how Cocktails & Canvas was born. I was shut down for two years like everyone else, but I didn’t mind, it allowed me to create more designs for the paint parties. I also did some plein air painting and you can’t get more socially distanced than that. I still have monthly paint classes. I call it my fun art, instead of fine art. After covid I had to



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D & F Wedding Portrait



C & D Wedding Portrait

move my paint parties to the Pahrump Senior Center. It was tough going at first, people were still scared, but eventually the healing balm of creation drew my people back. Recently I have re-started the paint and sip classes at NV Treasures so now people have two opportunities to paint with me.

While my paint parties are fun art, I still manage to find time to produce fine art. As I said, I enjoy plein air painting. Which is exactly as it sounds, taking my paints outside to paint whatever I see. Many of those sketches have led to full size studio commissions such

as one I just sent to an Oregon winery. I've painted Pahrump's own Sanders Family Winery on numerous occasions and much of my work is on exhibit at his winery. A new endeavor I'm enjoying is wedding painting. I'm just about finished with my third portrait. I usually post my artwork on either my personal Facebook page or 'Cocktails & Canvas' the Facebook page for my paint parties, which by the way are totally mobile in case you want to host your own. You can text or message me at 775-209-6200 for further information or to sign up for a paint party.

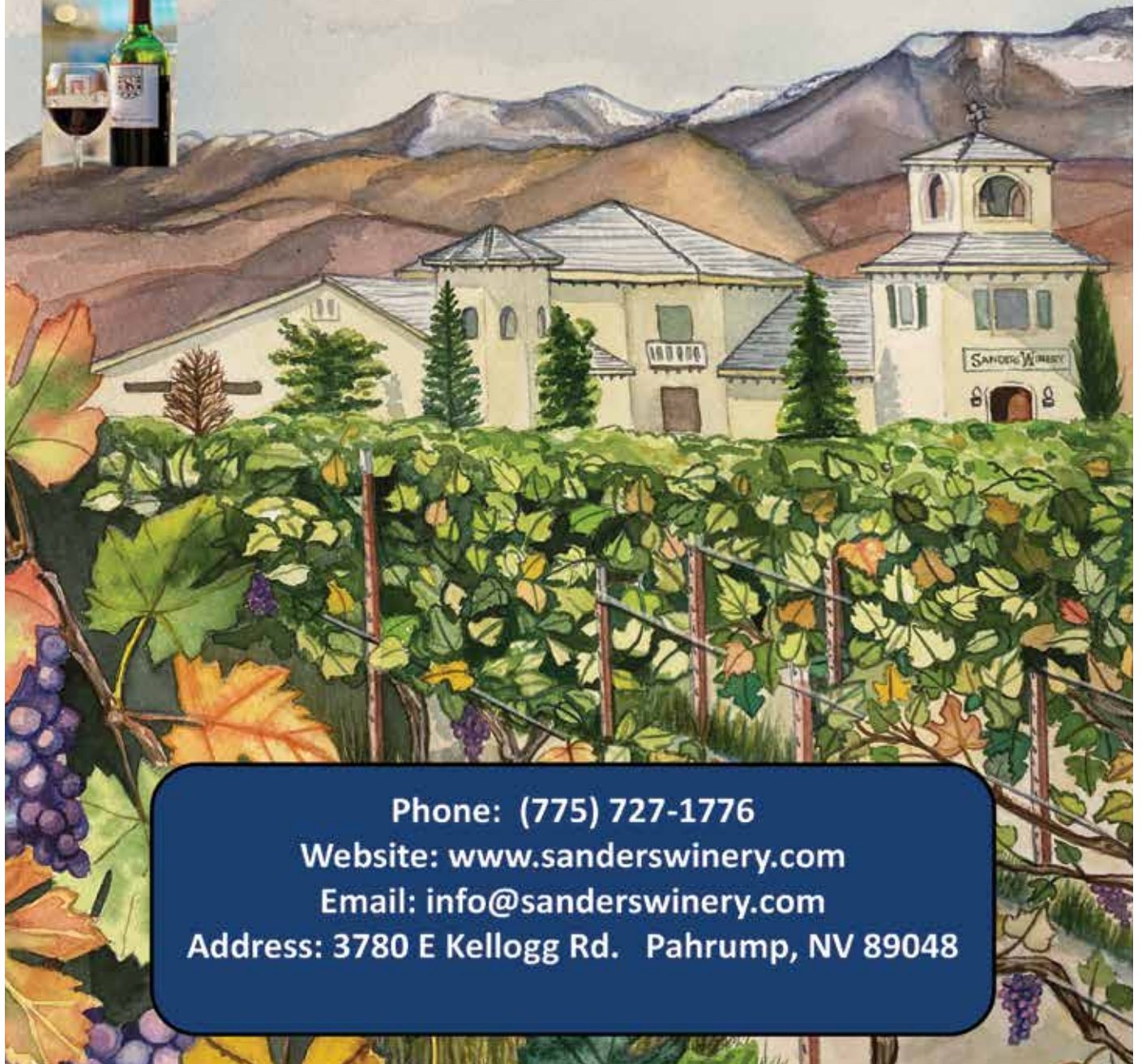


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Healthy Living

Learn Why You'll Want to Embrace Stillness and How to Do It

By Crystal Atwood

Stillness is simply being present in a peaceful and non-stimulating environment. If you're like most people, you're not taking the time to experience real stillness on a regular basis.

Most people are resistant to the idea of stillness for a couple of reasons:

- They believe they don't have the time.
- They're addicted to distractions and don't want to be alone with their thoughts.

See Why Practicing Stillness is Worthy of Your Time

1. **A more accurate perspective.**

When you're able to disengage for a few minutes, you can get away

from your negative thoughts. You can step away from your life for a minute, and you have a better chance of seeing the truth. You're able to break away from your mental habits and experience increased clarity.

2. **Your intuition can be heard.** You can't hear your intuition if you're never still. It might be screaming at you, but you're completely oblivious to what it's trying to tell you. ***You become wiser if you experience stillness on a regular basis.***

3. **Less stress.** When your mind gets a break from your busy day, you experience less stress. Of course, this enhances your sleep and overall physical and mental health.

4. **Enhances your self-awareness.**

Stillness allows you to check in with yourself. You become more aware of your thoughts, aches and pains, and emotions. Instead of being engrossed in your habitual thoughts, you have the time and perspective to become more aware of yourself.

Stillness has many benefits that can greatly add to the quality of your life. If you're never still, you're missing out on a lot. ***It's easy to miss all the options and opportunities available to you if you never lift your head up above the noise.*** Stillness requires some time, but it's time well spent.

Stillness can be accomplished in different ways:

1. **Meditate.** Meditation is the most obvious way to practice stillness, but it's certainly not the only option. Meditation is simple but can seem challenging for those who are new to the practice. When first starting out, using a guide to meditation, or participating in a group lead practice can be useful for gaining the skills for this practice. ***Twenty minutes of meditation each day is an awesome way to practice stillness on a regular basis.***
2. **Turn off all of your devices and just sit, stand, or walk.** Disengage from your computer, smartphone, TV, or other devices for a few minutes. Just look out the window, stare at the wall, or close your eyes for a few minutes. Focus on what you see, or just observe your breathing.
 - Strive to keep your thoughts to a minimum. Instead, focus on the information your senses are providing. What do you see, hear, smell, and feel?
 - Just a few minutes each hour can make a huge difference.
3. **Spend time in nature.** Cut yourself off from other people and anything manmade. Get out there with the trees, plants, and animals. Just enjoy your surroundings and give your brain a break for as much time as you can spare. Grounding yourself is as simple as bare feet on the earth. The energetic field from mother earth helps us rebalance and is physically healing for the body as well.
4. **Be mindful.** Mindfulness can be practiced anywhere. You can be mindful on the subway or in a business meeting. Keep your thoughts and attention on what you're doing and your surroundings. Avoid daydreaming, thinking about the

“You might believe you don't have time for stillness, but that's the ultimate sign that you desperately need it.”

past or the future, or anything that isn't relevant to what you're doing in the moment. An overly stimulating environment can prevent the experience of true stillness, but it can greatly turn down the impact of the activity happening around you.

Schedule a little stillness into your life each and every day. It's that important. ***You might believe you don't have time for stillness, but that's the ultimate sign that you desperately need it.*** Be still each day for as much time as you can spare. Your life will be changed in powerful ways.

Starting our day with stillness allows us to bring awareness and set intentions for the day we would like to create for ourselves.

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Crystal Atwood, Integrative Health Coach
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- **Diagnostic Ultrasound** - a safe and painless method of producing images of inside the body using sound waves.
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- **Physiotherapy** - therapeutic exercises, stretching, gait training, disc decompression, and balance enhancement.
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Dr. David Lewis, DC, BS, QME

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Medical Advice

Are All Chiropractors the Same?



*Dr. David Lewis,
DC, QME*

By David Lewis, DC, QME

Chiropractic exists in most towns and no doubt exists in Pahrump, in limited numbers as well. However, are they all the same? Clearly not. There are as many as 200 different techniques out there. Most of which are variations of spinal manipulation. Some of the most frequent techniques used include: Diversified technique, Extremity adjusting, Gonstead, Cox Flexion/Distraction, Activator, and Thompson technique. Each chiropractor utilizes a different method to move a vertebrae, rib, or extremity joint with one or more of these techniques.

However, what sets us apart is the diagnostic methods and equipment we use to find and correct your dysfunction. Some chiropractors will use more technical methods and fancy computer-based devices and others will simply use their hands to palpate misalignments and inflammatory processes.

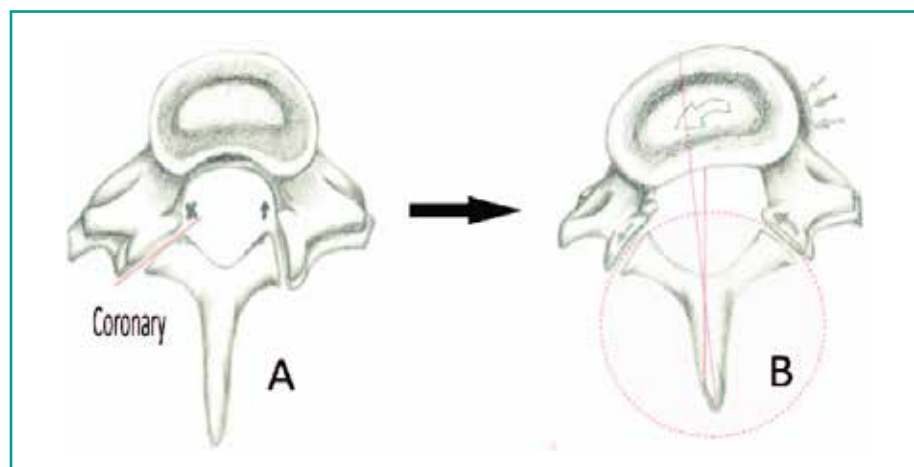
It may be important for you to do some research prior to booking an appointment to your local chiropractor to determine whether their methods will be amenable to your conditions and circumstances. What works for one patient may not work for another. This is why receiving x-rays is an integral part of chiropractic analysis.

I recently had a chiropractic patient come to my office who exhibited low-

er back pain. My office took digital X-rays and determined that the patient had a condition called trophism in one of the lower facets of her lumbar spine. When I asked the patient how she was being adjusted in this region, she stated she was laid on her side and twisted abruptly. I term this type of diversified adjustment, “pretzel twisting”. I asked her whether she had x-rays at the previous facility she was treated at and she replied that x-rays were taken. She questioned me why her back was hurting more after the adjustment then it was before. She further indicated that the doctor did not review her x-rays with her. Apparently, the trophism in her lower lumbar spine was not detected and a technique was used that further exacerbated her condition. When a patient has trophism in the 5th lumbar spine, there is much less mobility with regards to rotational movement

and if a technique to mobilize this area is used that involves twisting this region, the facet that is affected with the trophism can break apart.

To make it easier to understand how this can affect you, I will define trophism more specifically. Facet trophism is defined as an asymmetry between the angles of the right and left facet joints that allow the vertebrae to move freely from side to side. When an adjustment is performed that involves twisting, pain can be increased when attempting to move a region that is seemingly immovable due to anatomical restriction from the trophism. Therefore, using the wrong technique can result in increased pain. This can result in torsion during flexion and extension and trigger spinal instability and pathological changes in the vertebral discs. See the diagram below to better understand trophism.





It is important to understand how chiropractic treatment involving supportive blocks can go horribly wrong if the chiropractor does not understand basic physics. A few months ago, a patient presented to my office from another facility who had a Grade III spondylolisthesis. This condition occurs when due to trauma or degeneration, the posterior elements of the vertebrae break apart and the body of the vertebrae slips forward. This can cause great pain and radicular symptoms down one or both legs. People will often refer to this as “sciatica”. The problem in this case was that despite the previous chiropractor taking x-rays, the doctor did not understand the proper angle to place the supportive blocks and caused the already affected vertebrae to move further forward causing more and more pain after each visit. I explained to this patient after taking my own x-rays that the procedure being performed had good intention, but was being applied incorrectly. Within 2 visits and proper application of force to the patient’s lower back, the patient’s pain symptoms and function rapidly improved. She stated in her first two visits, her pain and function improved more than the treatment she had at a previous facility for the last year. The patient is still under my care and her pain is now nearly non-exis-

tent and her function has improved to the point where she can now do work around the house without constant pain. See the picture to the left to see what spondylolisthesis looks like.

By Lucien Monfils - Own work, CC BY-SA 3.0, <https://commons.wikimedia.org/w/index.php?curid=4332075>

Another condition which requires extreme care with treatment is called extreme kyphosis of the thoracic spine or midback. This condition looks like a buffalo hump in appearance and is more often viewed in older female patients. It is extremely important to research which technique your chiropractor uses prior to receiving treatment if you have this condition. Without due care, a fracture in this region can occur due both to the osteogenic/osteoporotic conditions that are sometimes the cause of this condition. My office has a technique to assist with this condition. Please call our office to find out more how we can help you. See the picture below to determine if you have extreme kyphosis.

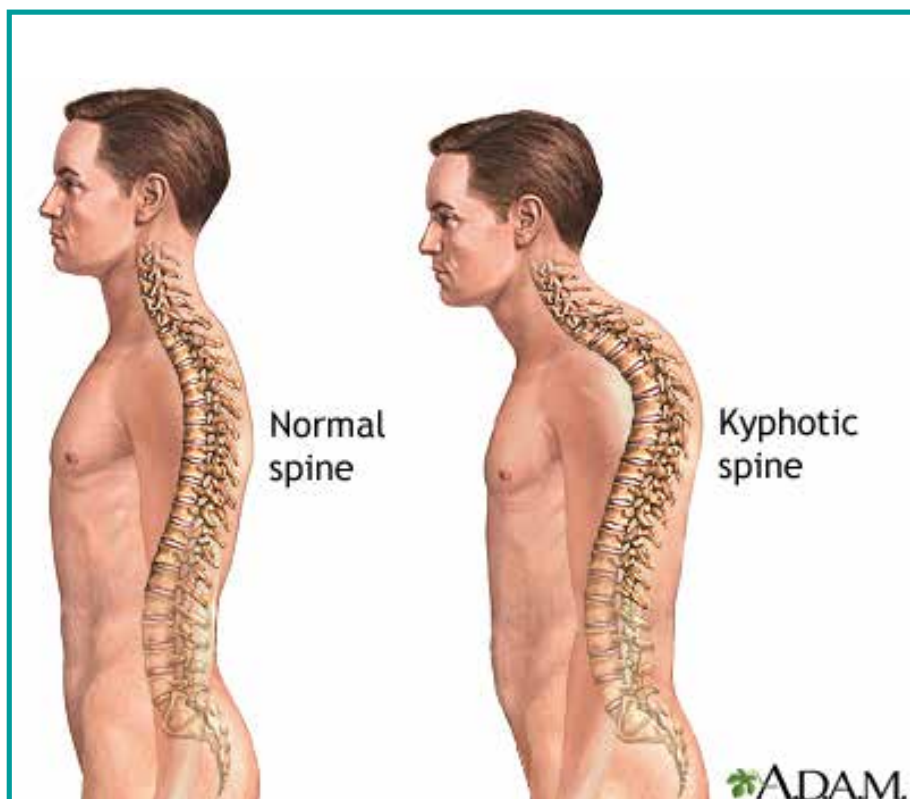
Today we have discussed a few reasons why knowing what and how your

chiropractor diagnoses your conditions can have a significant bearing on whether your experience will be beneficial or not.

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To find out more about your condition(s) and to set up a free consultation, please visit my website at <https://www.medspine.com> to book online, or call us at **702-530-BACK (2225)** for more information. I am David Lewis, DC, QME and welcome to **MedSpine**.

Office hours: Monday – Thursday from 7:30AM – 5:00PM





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



How Will Higher Rates Affect You?

As you know, interest rates have risen considerably over the past couple of years.

But what does this mean to you, as a consumer and as an investor?

From a consumer's standpoint, it's not hard to see the effects of higher interest rates. If you want to take out a mortgage or refinance an existing one, you'll find that it's considerably more costly, in terms of the interest you'll pay, than it was a few years ago. And the same is true of car loans and credit cards. Paying these debts at higher rates can affect your cash flow, so while rates are high, you may need to make some important decisions about your overall budget and spending plans.

As an investor, though, you may find the effects of higher interest rates to be somewhat more complex. That's because higher rates can have a different impact on different types of investments, such as stocks and bonds.

When considering stocks, be aware that not all market sectors will respond the same way to higher interest rates.



For example, the financial sector, which includes banks, insurance companies and brokerage firms, may benefit from higher rates. On the other hand, smaller technology companies, which still must invest heavily in their businesses, may not do as well due to rising interest rates making it more expensive for them to borrow. And other sectors will respond differently to higher rates. Keep in mind, though, that there's great variance within sectors and among companies, so when you consider purchasing stocks, evaluate each choice on its merits and make sure it fits within your risk tolerance, time horizon and

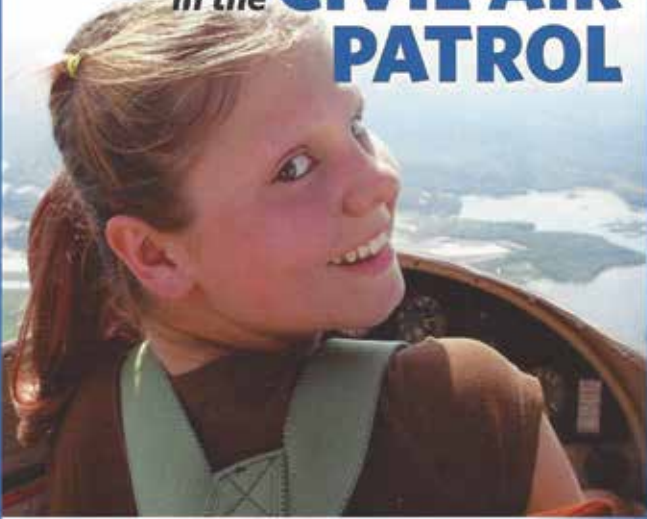
"...the Federal Reserve has indicated that it might actually start cutting rates in in 2024..."

need for portfolio diversification. When you diversify your investment dollars, you can reduce the risk of market volatility affecting just one type of asset, although diversification by itself can't protect against all losses.

With fixed-income investments, such as bonds, interest rate movements can have significant and direct impacts. When interest rates rise, the value of your current bonds will likely fall because new bonds can pay higher rates. However, you can also buy bonds at the new, higher rates and benefit from bigger interest payments.

Still, there's no guarantee that interest rates will stay elevated – in fact,

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 MAKING SENSE OF INVESTING

the Federal Reserve has indicated that it might actually start cutting rates in 2024 – which is why it may be a good idea to build what’s known as a “ladder” consisting of short-, intermediate- and long-term bonds. Once you have your ladder in place, you’ll have some protection from interest-rate movements. So, if rates were to keep rising, you could reinvest the proceeds of your short-term bonds in the new, higher-paying ones. But if rates level off, or even fall, you’ll still benefit from your longer-term bonds, which typically (but not always) pay higher rates than short-term ones.

Of course, if you hold your bonds until maturity, you will continue to get the same interest payments, regardless of where market rates go.

In any case, it’s useful to be aware of what’s happening with interest rates — the more you know about the factors affecting your investments, the better off you’ll be.





tech tips

By: Josh



COMPUTER DEALS
PAHRUMP'S COMPUTER SUPERSTORE

Help! I Think My Computer is Being Hacked

I never want to be disrespectful to our customers, but I've had hundreds of customers come in and tell me they've "been hacked," and I'll be completely honest: not a single time have we found evidence to support their claim. Any time anything seems off to them on their computer or smartphone, they're convinced they're being spied on by their ex or the government, and this is their go-to conclusion. 100% of the time, they were either incorrect about their suspicions or what they saw as "hacking" was actually just ransomware or a trojan that they accidentally installed by going to the wrong website or opening a bad e-mail attachment. In truth, hackers don't go after average Joes like us. They want bigger targets like Caesars Entertainment, Sony Corporation, or the Pentagon etc. Hacking these days usually involves human manipulation or account credential stealing and is not so much the nerdy guy typing code behind his computer in the basement like you see in movies. Your best line of defense from an actual hacking attempt is the following:

- **Run good security software** with a solid anti-virus such as Malwarebytes or the like. You want a program that notifies you if there are any incoming connections to your computer that you did initiate.
- **Pick really strong passwords** for your online accounts and be sure to log and manage them properly and securely using a password management app or cloud service.
- **Never let anyone remote into your computer** without your permission. Even if they contact you and say they're with a well-known tech company like Microsoft, Canon etc.
- **Keep your Windows operating system and security software up-to-date.** It's hard to stay safe from threats when your protection doesn't know what the current threats are.
- **Make sure your home or office wireless network is password protected** with a strong password and not something simple like your last name or the generic "pass1234".

- If you feel that you may be the victim of a scammer or see signs that something is off on your computer or smartphone, please let us know. We can absolutely help you.

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

Still Needing Some Help?

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About Josh Osborne

Josh has over 22 years in the tech industry. After many years of selling computers, software and offering seminars to educators around the country, he and his family opened a local retail and repair center in 2010 called Great Computer Deals. The store's steady growth is due to Josh and his staff's ability to communicate computer technology in a way that's friendly, affordable, and easy to understand. Josh is a 15-year resident of Pahrump Valley with his wife Kristie and daughters Kaylee and Lily. Josh loves Jazz music, Mixed Martial Arts and is obsessed with all things Star Wars.

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Shelley Poerio

The Importance of Attitude and Outlook

By Shelley Poerio with Casey Jones

As we move into Spring 2024, I'm reminded of how this season typically affects people in a positive way. Reflecting on this, I've been collecting my thoughts on why it affects me positively, as well, and have been thinking through ways to capture and hold onto the positive aspects of Spring year-round. I thought this exercise might be useful to others, as well, to explore how we can allow external influences can affect our outlooks and attitudes – and what we might do to keep the positive, yet different, influences of all the seasons at the forefront of our lives.

What is it About All Four Seasons?

Each season has a unique symbolic meaning. Winter in our hemisphere is characterized by cold and dark - con-

trasting with summer that has the opposite associations: warm (or hot!) and light. Winter also holds the dichotomy of the year's end – and a new year's beginning. Spring and Autumn pair up in a slightly different way, as transitional seasons to Winter and Summer. Spring picks up where Winter left off – accelerating the spirit of new beginnings and the new year with the emergence of flowers, flowering cacti, and more obvious signs of rebirth. A general sense of optimism may also be present in Winter for many, as the calendar rolls to January 1st. Autumn transitions us between the hot summer and cold winter, just when most of us are ready for a change: toward cooler weather, changing leaves and the beginning of the major holiday season.

Each season has unique characteristics, and they act as punctuation marks to focus us on the beauty each offers and to articulate a difference from the past and future.

What Can We Learn from All Seasons to Enhance our Attitude and Outlook?

Many of us have similar responses to the change of seasons. Yet, while we tend to think “everyone” looks forward to Spring, the times of year that cause happiness in many may bring others sadness due to personal experience(s): a loved one's death, or a sense of loneliness when it seems everyone around us senses togetherness. We may feel isolated or dread special days others celebrate as we just don't seem to have the same reaction others do.

This can be especially true of people in recovery. Addiction is an isolating experience, and hard for loved ones to understand and tolerate. Both the addict and their loved ones often tend to distance themselves from each other, even foregoing gathering to celebrate what used to be traditional happy, family-focused, and seasonal events.



“Spring picks up where Winter left off - accelerating the spirit of new beginnings...Autumn transitions us between the hot Summer and cold Winter, just when most of us are ready for a change...”



“Winter in our hemisphere is characterized by cold and dark - contrasting with summer that has the opposite associations: warm (or hot!) and light.”

In contrast to Spring, people often think of Winter as the dreaded season: cold, less light, fewer opportunities for outdoor activities. Yet there are many who relish this opportunity to embrace a slower pace and catch up on things they might enjoy, but don't make time for in Summer – such as reading, playing cards or board games with family, or working on indoor home DIY projects, etc.

I think the key to how we understand the seasons and our emotional responses is to understand that our attitude and outlook are not necessarily externally driven. We have a choice about how we react, what sort of attitude we present and what our outlook might be about the future (or past). One of the strongest tools we have in recovery – and in life in general – is developing the ability to reframe our thinking. Remember the old saying, “Look for the silver lining in the dark

cloud”? That's what reframing is. Many hold onto dates or seasons as markers or milestones: setting themselves up for unhappiness in advance. This is a common tendency in people and something we would be best served to avoid.

Realizing Highs and Lows Happen Throughout the Seasons and Life

I've adopted the attitude that I can and should seek the positive aspects of everyday living and celebrate them as they are the fabric of my life. It doesn't have to be a holiday to get lost in the happiness of being with friends and family. In 12-Step programs, there is a saying, “Have an attitude of gratitude”. Be mindful of the beauty and positivity imbued in life's simplicities: a smile from a stranger, a beautiful sunrise or sunset, an offer of help or condolence.

Sharing the successes of friends or colleagues always helps put me in a better frame of mind. At the Living Free Café, it's not uncommon for a team member to propose a new menu item. The joy of creating a new sandwich may seem small, but it reflects human creativity and the confidence to risk trying something new – even if the idea doesn't work out the way we had hoped or anticipated.

“Success” or “failure” is not really the point here. What we are truly teaching is the ability to embrace and accept the inevitable and uncontrollable changes that flow through our lives like the seasons.

And what about the truly depressing and bad things that do happen to all of us, you may ask. Things like the death of a loved one, or a job loss causing financial insecurity/stress? These events have the potential of overwhelming us with sadness, and feel-

“I’ve adopted the attitude that I can and should seek the positive aspects of everyday living and celebrate them as they are the fabric of my life... ‘Have an attitude of gratitude’.”

ings of hopelessness and helplessness. How can we reframe these negative events? Obviously, it’s not easy. But one way that has worked for me is to consider those things over which I do have control – or might be able to influence positively. What actions can I take to possibly improve a bad situation?

My Winter 2024 has been marked by the death of a beloved friend. During the process of the illness leading to death, there seemed to be no “positive” outlook on my part. It’s hard not to get caught up in the emotions of sadness and feelings of helplessness. Yet I persevered to find I could still make a positive difference in a very negative situation: by helping my friend and his family with my presence, emotional support, physical care and help

with running errands and doing chores supportive of end-of-life needs. While feelings of grief linger, I take comfort in the fact that I did everything I could to make a bad situation less bad. This is what “reframing” and good mental health is about – seeking any positivity rather than embracing and spiraling into a sea of negativity.

Life is cyclical – and the seasons are the perfect metaphor for keeping our lives in perspective. Change is inevitable. The good times don’t last forever; yet neither do the bad times.

Moving Forward

While many of us look forward to “Spring” or “Summer”, we would be better served by staying in the present – and appreciating each moment

for the opportunity or experience it represents to the totality of our life on Earth. And just as rebirth and growth of Spring/Summer eventually transition to Fall/Winter, we cannot ignore that death is part of life.

Always remember that amazing and wonderful things happen, as well. What’s important is to avoid getting stuck in a mindset of catastrophe when we feel the cold darkness of “winter”. Nor do we want to set ourselves up for disillusionment when what seems like an endless summer... ends.

Adopting an attitude that interprets even the smallest of life’s enjoyable experiences as reminders of the capacity we all have for happiness can dramatically alter our outlook and attitude. Dealing with sad and tough experiences in a way that opens us up to change and growth is a way to continue to thrive as human beings.

I encourage you to develop an appetite for change. As the saying goes, “When one door closes, another opens.” It seems to me that life might become dreary without the constancy of inconsistency. Generally, the happiest and most positive people I know are those who accept life on life’s terms by embracing and growing from the inevitable change of seasons in their lives.

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





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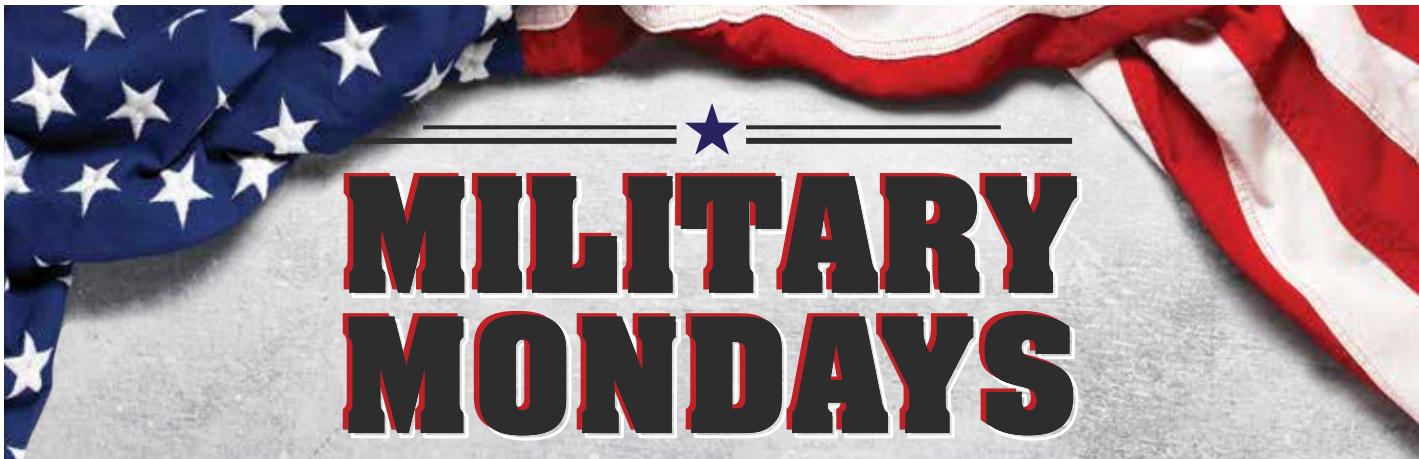


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Why Hospice?



By Cheryl Johnston
PhD, LMSW

Our society has made great strides in healthcare and the ability to prolong life has grown significantly. Our tendency to avoid the topic of death, though, has led us to “medicalize” dying; this is when the natural process of dying is prolonged by medical interventions. Dr. Atul Gawande, author of *Being Mortal*, argues that while advances in healthcare are positive, one consequence is that we have “medicalized our mortality” to the point that even terminally ill patients and their families look to their doctors for life saving answers. It is at this time that our doctors, trained to extend life and cure what ails us, struggle to speak about the end of life dying process. As patients, we don’t always know the questions to ask when the situation

arises, and we must face the prospect of our own mortality. It can be frightening and even somewhat traumatizing to hear that our life expectancy is limited, and our prognosis is poor. It is this very conversation, the one about our physical future, that needs to happen so that you can maintain control over what your future healthcare will entail.

What is Palliative Care?

The medical community uses words like “palliate” or “palliative care.” The simplest definition of the word palliate is to make a disease or symptom less unpleasant without removing (curing) the cause. Palliative care is considered a medical subspecialty that is based on a philosophy of care that affirms quality of life and regards dying as a normal process. The goal of palliative care is to support the best possible quality of life for patients and their families, regardless of the stage of disease, prog-

nosis, or the need for other treatment or therapies. When a patient is offered palliative care, the idea is to assist with symptom management regardless of whether it is a chronic illness or a terminal illness. All hospice care is palliative care, but not all palliative care is hospice.

Why Hospice?

Then the question is ‘Why hospice?’ There are so many misunderstandings when the term ‘hospice’ is brought up. Many people think that hospice is a “place you go to die” but hospice is actually a philosophy of care. Hospice changes the focus from curative to comfort care and is focused on the physical, emotional, and spiritual well-being of the patient. It isn’t about giving up as much as it is about changing the goal of care to one of comfort, dignity, and quality of living.

When is it Time to Think about Hospice?

Know that you can always talk to your medical provider and ask the hard questions. If my disease runs its usual course, what is my prognosis? If you're uncertain, call hospice and ask for an evaluation. The most common comment heard from our patients and families is "I wish would have known about hospice sooner!"

How are Hospice Patients Cared for?

Most patients on hospice are cared for at home by family members supported by an interdisciplinary hospice team that includes:

- **MD** (Medical Provider)
- **RN** (Registered Nurses are your case managers)
- **CNA** (personal care provided by Certified Nursing Assistants)
- **Social Worker** (provides psychological, social, and emotional support along with resources)
- **Spiritual Care** (Regardless of your belief system, spiritual support is provided)

Medications, durable medical equipment (DME), and nursing services are all provided directly to your home. Many of our prior caregivers express that having someone to call 24/7 was a great relief to just know that someone was there if you needed that nursing visit or just to have some questions answered.

What are the Goals of Hospice Providers?

Hospice provider's top priorities include:

- **Pain is controlled** and symptoms are managed.
- **Family or chosen caregivers are involved** in daily care.

- **Maintaining a quality of life** and a hopeful outlook in the face of a life-limiting illness.
- **To focus on the care of the patient in their own home** while allowing the patient to maintain dignity and control over healthcare decisions.

Did You Know?

Those enrolled in hospice live, on average, 29 days longer than those without. While a prevailing perception of hospice is that of a place, over 67% of hospice patients remain in their homes until death. Medicare part A and Medicaid covers 100% of hospice services, with many private insurances also offering coverage. Every hospice agency is different, varying from for-profit to not-for-profit and each may provide a range of different services. It is the patient's right to choose which hospice agency as their hospice provider. Many primary care providers wait to bring up hospice and this leads to late enrollment.

"Many people think that hospice is a 'place you go to die' but hospice is actually a philosophy of care."

The truth is that we are all mortal, and it is important to talk with our loved ones about our wishes for that final journey. What matters most to you when that time comes? Please remember that hospice isn't the fast track to the end of the race, it is choosing to have a smoother ride for the remainder of your journey.

Dr. Cheryl Johnston is a Clinical Manager for Nathan Adelson Hospice in Pahrump. She is a Visiting Assistant Professor for the School of Social Work at UNLV. She has PhD in Psychology specializing in trauma and disaster relief and a Master's degree In Social Work. She also served in the US Army.



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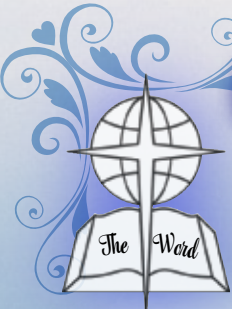
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Do's and Don'ts for Purchasing a Car from a Private Party



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

Getting your driver's license and then going out to buy your first car is very exciting. In most cases your first car is going to be a used car. And you'll probably get the best deal when you buy it from an individual, aka, "private party," rather than a dealership.

While this seems like it's going to be a simple thing to do, there really are quite a few things you need to know in order to avoid not only getting ripped off, but to stay safe.

This list of **Do's** and **Don'ts** should get you going in the right direction.

Do's

- Do your homework by looking up the value of the car you want to buy: Start with the Kelley Blue Book (kbb.com) and then look at sale ads for the same car. This will help to give you an idea of what a fair price is so that you don't get over charged. If the asking price is too low, that too can be a red flag. So,
- Do bring a mechanical friend with you (if this is not your strong point) who will look under the hood.
- Do test drive the car
- For safety reasons, do bring a friend and,

- Meet in a very public place (*unless you feel confident in your intimidating size and presence*).
- Do use a cashier's check or money order to pay, depending upon the time restraints and whether or not you can get to a bank after you agree on a price and test drive the car. It's easier to steal cash than a check on which you can put a trace or stop payment.
- Do look at the car's registration: Is it up to date? Is the name on it the same name as the seller? If not, this person cannot legally sell the car in most states and in most cases. And if you don't notice, you may end up having to pay some crazy high late fees.

- Do ask for, and look at, the pink slip. Is the name on it the same name as the seller? If not, this person cannot legally sell the car in most states and in most cases and that's because it could be stolen.
- Do be wary of buying a car where the seller cannot produce the pink slip, or at least be alert and ask questions: It could indicate that he/she doesn't own the car for one reason or another: Could be that the owner passed away, or maybe it's stolen or maybe he/she just still owes money on the car loan. There are ways to work with all these situations, so just ask questions and proceed with caution.
- Do ask for maintenance records for such things as oil changes, battery replacements, any accident history. (Accident history can be found online via a variety of sites such as bumper.com, vehiclehistory.com, Carfax.com,

and many more. A simple google search can find these types of sites; you just need a VIN to get your data.)

- Do get a "bill of sale" from the seller: It should include his name, address, VIN for the car, the price and any indicated warranties or lack of warranty.
- Do have both parties sign said "bill of sale."
- Do bring your driver's license with you.

Don'ts

- Don't bring a lot of cash. It could get stolen from you and it's not traceable if something goes wrong. Instead, bring enough for an "earnest money" deposit to hold the car so you can get to a bank or postal depot to get a money order, or a bank to get a cashier's check.
- Don't use a personal check. I personally had someone hack my

"...there really are quite a few things you need to know in order to avoid not only getting ripped off, but to stay safe."

checking account simply from the numbers on the check.

- Don't meet at night. Too many things on the car can be overlooked with bad lighting, not to mention the dangers of meeting a stranger.
- Don't meet a stranger alone. See above: Bring a friend.
- Don't assume everyone is honest: Ask a lot of questions. Walk away if they are trying to rush you.

For more tips and information visit <https://LifeAfter18.com>



Jan's son thoroughly enjoying his new car

Humorous Observations



By Tyler Ryan

Just a thought...

How would you like to die?

Please don't get me wrong because that's not a threat.

I was just curious about a fate that we all must face.

The idea came to me while I was watching news coverage of an Alabama man who was put to death by way of execution earlier this year.

There are numerous methods of executing people who have been convicted of heinous crimes in this country over many decades.

This most recent method was successfully carried out by the inhalation of nitrogen gas, where the condemned is essentially suffocated to the point where he/she cannot breathe.

Hell of a way to go, isn't it?

As I'm sure you know, there are other methods of executing human beings.

The most common way at least during my 50-plus years of life on earth is 'lethal injection,' where a mixture of different, deadly ingredients, are administered intravenously to the prisoner.

Other methods include the electric chair, lethal gas, hanging, or a firing squad.

If I had the choice, I'd prefer a firing squad, because I'm allergic to suffering. A properly aimed high-powered rifle

can quickly and efficiently carry out the task without much suffering.

The next method of execution I'd prefer would be lethal injection.

Just doing a little research, I learned that lethal injection avoids many of the unpleasant effects of other forms of execution, which include bodily mutilation and bleeding due to decapitation, the odor smell of burning flesh during electrocution, disturbing sights or sounds in lethal gassing and hanging, which includes the problem of involuntary defecation and urination.

Lord knows that I'd certainly like to be wearing clean underwear if and when I'm standing at the entrance of the Pearly Gates as a convicted murderer.

Conversely, there are more cruel ways to end the life of a condemned person.

How about being buried alive?

Over the centuries, the means of execution varied to include what's known as the breaking wheel, hanged, drawn, and quartered, being boiled to death, and being fed alive to predatory animals, and even crucifixion.

There's also the guillotine, and many other methods.

Point of interest, believe it or not, in terms of cost, it is much less expensive to feed, house, and clothe a person on death row than executing them.

If you don't believe me, you'll have to look that up yourself, as it's related to all of the expensive appeals processes afforded to the condemned prisoner.

Though I've never had a family member who was murdered, I can understand why a person whose family member died at the hands of a killer would want to have the perpetrator dispatched in the most painful way when the time comes.

In fact, I'd probably want to do it myself, in order to exact my particular style of vengeance.

There's also the issue of how the executioner feels about putting someone they've never met to death, as we are all human beings with human feelings and emotions.

In fact, over history, there have been instances where innocent persons were mistakenly put to death.

Bottom line, taking another person's life is not natural, nor should it be.

I could easily go on for another hour or more about this topic as there is so much more to address such as the 'final meal' issue where within reason, the condemned can pretty much order anything they choose to enjoy for their last day on earth.

It is my belief that if all Americans lived by the "Eye for an Eye" rule regarding the death penalty, then by definition, we would have to execute the executioner, then execute the executioner's executor, and so on...

It doesn't seem to make much sense to me as I subscribe to the 'live and let live' category.

My regrets for approaching such a morbid topic, but it was *just a thought...*

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Wills & Trusts

Spring Cleaning and Estate Planning

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

When you're spring cleaning this year, don't forget to dust off your old estate planning binder and make sure the documents that control what happens to your assets when you pass, and who makes decisions for you when you are unable to, are also freshened up.

Here are four important parts to consider when making changes to an existing estate plan:

1. Assets Held in Your Trust & the Name of Your Trust

One common mistake people make when updating their estate plans is they do not properly attach the name of the old trust to any changes or "new" trust. This can cause a funding nightmare.

What does that mean? When you form a revocable living trust, an important part of creating the trust is funding it. Funding means that you title assets to be held in the name of the trust, or change beneficiaries on accounts, etc. so that the trust is the beneficiary of a financial account. This allows those assets to be considered part of the trust estate when you pass, effectively avoiding probate court and making sure they go to your beneficiaries (the people who benefit when you pass), as quickly and seamlessly as possible.

So, what does this have to do with updating your trust? Often, attorneys or paralegals who are not skilled in trust law, will simply form a new trust instead of updating the previous trust. This sets off a domino effect where you now have to go back and retitle all of the assets held in the old trust into the

new trust. If you don't do this, then the assets will still be distributed pursuant to the terms of the old trust instead of the new trust.

By simply understanding the law, which comes with experience, education and expertise, a qualified estate planning/trust attorney can guide you to restate your trust so that your trust still bears the original trust name but updates the language to reflect your current wishes.

Make sure that you rely on an attorney who only practices estate planning, asset protection and probate—this work is too important to take a chance on!

2. People Named in the Trust

One of the most common changes people make when updating their trust years after they make it, is changing

“Make sure that you rely on an attorney who only practices estate planning, asset protection and probate - this work is too important to take a chance on!”

the responsible parties of the trust. Typically, an estate plan will consist of a number of documents who name a number of people to make a number of decisions on your behalf- either before or after you pass away. When we name these people, we tend to (and should!) name people who are familiar with us and our personal histories, who are financially responsible and trustworthy, and who are in good enough health to be around when we need them to administer the trust.

Often, as life goes on, the people we name in estate planning documents, move away, develop illnesses, pass away, or simply drift from our lives. It then becomes paramount that we update those important documents so that in an emergency situation, the people we are currently closest to and trust the most have the ability to help us when we cannot help ourselves. If we don't keep an eye on these important nominations, then potentially Nye County would take over making those decisions. While you may not mind that idea, I think we can all agree that the best plan is to have someone who knows us and cares for us make these important decisions when we are at our most vulnerable.

Because all too often our documents may have been drafted by a financial

advisor, a paralegal, the Internet, or an attorney we knew years ago and haven't heard from since, it may make sense to have these documents, and the people we've named, reviewed with an attorney who only practices estate planning, asset protection and probate. An experienced attorney will be able

to efficiently review the documents with you, remind you who you have named to perform these important duties, remind you what those duties entail, and give you the information you need so you can consider if those you named all those years ago are still the best people for these crucial jobs.



3. Beneficiaries of the Trust

Beneficiaries named in a trust are the people who- you guessed it!- benefit when we pass away. These beneficiaries are often family or close friends or even charities with whom we have enjoyed associating with for the majority of our lives. However, sometimes, these relationships may fade, or new friendships or associations may become more important to us over time. If this is the case, make sure that you review your estate plan to see (1) who is inheriting and (2) what percentage or interest they are inheriting. Another common mistake is that peo-



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!

ple give away things in their trust, but no longer own those things. For example, if you left your house in California to your sister, but you no longer live in California, you will want to review that language in your will or trust to see what happens—does that bequest (gift) to your sister lapse (end) because you no longer own the house? What happens? What if you want your sister to inherit your house in Pahrump- do you need to make changes? Reviewing this information with an attorney who primarily practices estate planning, asset protection and probate can ensure that the information in the will or trust reflects your current wishes.

4. Healthcare/ Guardianship Decisions

If you've lived in Pahrump or the surrounding areas for the last six or so years, you may remember all of the

“...the most important part of an attorney’s job should be explaining the law to you so that you are able to make decisions that best fit what you want to do with these important decisions.”

Guardianship reforms and changes that occurred in 2018. After some pretty terrible examples of how guardianships work, the State of Nevada made some major reformations so that Nevada residents could better rely on the guardianship law to help their guardians- people who are appointed to make medical and financial decisions for us when we are incapacitated- better serve us when we are in a vulnerable state.

Surprisingly, many practitioners (at-

torneys, paralegals, and others) still have not added this vital language to their estate planning documents. Make sure your documents reflect not only those changes to the law, but other changes to the law that have occurred most recently. You should be able to have your estate plan competently reviewed by an experienced attorney so that you can ensure everything works the way you intended for it to work. Even more importantly, if you can’t read through your documents on your

own and understand them for yourself, you should be able to go to an attorney who can help put it in a format so that you can understand all these important components for yourself.

After all, the most important part of an attorney’s job should be explaining the law to you so that you are able to make decisions that best fit what you want to do with these important decisions. When you’re considering your spring cleaning, don’t forget that dusty old binder. If you need help reviewing what it says or want to find out any more about the information in this article, call David Bindrup Law Firm at 702-465-0888, and set up an appointment in our Pahrump office so you can review all of this with a Nevada licensed attorney who only practices estate planning, asset protection and probate.



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Recipe Box



BLACK BEAN BROWNIES

By Crystal Atwood

<https://naturalvibes-healthandwellness.com>

9 Servings

15 Minutes

Ingredients

1 1/2 cups Black Beans (1 15-oz can, drained and rinsed very well, 250g after draining, drained and rinsed very well 250g after draining)

2 tbsps Cocoa Powder (10g)

1/2 cup Quick Oats (40g, See nutrition link below for substitutions)

1/4 tsp Salt

1/3 cup Pure Maple Syrup, Honey (75g, or agave)

2 tbsps Stevia (or omit and increase maple syrup to 1/2 cup)

1/4 cup Coconut Or Vegetable Oil (40g, See nutrition link for substitution notes)

2 tsp Pure Vanilla Extract

1/2 tsp Baking Powder

1/2 cup to 2/3 cup Chocolate Chips (Use a high quality chocolate chip with 70% or higher cacao to support the nutritional benefits. Not optional. Omit at your own risk.)



Directions

Preheat oven to 350 F. Combine all ingredients except chips in a good food processor, and blend until completely smooth. Really blend well. (A blender can work if you absolutely must, but the texture—and even the taste—will be much better in a food processor. I use this food processor.) Stir in the chips, then pour into a greased 8x8 pan. Optional: sprinkle extra chocolate chips over the top. Cook the black bean brownies 15-18 minutes, then let cool at least 10 minutes before trying to cut. If they still look a bit

undercooked, you can place them in the fridge overnight and they will magically firm up! Makes 9-12 brownies. If you make this recipe, don't forget to leave a review! The trick with these: serve them first, and then reveal the secret ingredient. In all the times I've served bean desserts, not one single person who didn't know beforehand has ever guessed!

Notes

Garnish. Use a handful of chocolate chips to garnish the top

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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

Nathan Adelson Hospice Charity Event 2 Person Scramble

Saturday, March 16th, 9:30 a.m. Shotgun Start
Lakeview Executive Golf Course
1471 E Mount Charleston Dr., Pahrump

Come support Nathan Adelson Hospice by playing the 2-Person Scramble on March 16th. Entry fee is \$60 per person and includes your Green Fee, Cart, Lunch, and Prizes. Cash or check only. (775) 727-4040 to register for a great cause.



Scholarship Night

Wednesday, March 20th, 4 p.m. – 7 p.m.
Great Basin College
Pahrump Valley Center
551 E Calvada Blvd, Pahrump

Scholarship Night at Great Basin College is collaborating with the Student Loan Ombudsman from the State Treasurer's Nvigate Program to present attendees with information about financing higher education. Along with the Nvigate program, several local organizations that offer scholarships will present their programs and be available for questions. For more information contact Tiffany Ross 775-327-5134, or tiffany.ross@gbcnv.edu or the State Treasurer's Office at <https://nvigate.gov>.



Silver State Chili Cook-Off

Fri., March 22nd (Chili Tasting 7–9 p.m.)
Sat., March 23rd (Chili Tasting 12–5 p.m.)
Sun., March 24th (Chili Tasting 12–5 p.m.)
Festival Hours: 11 a.m. – 11 p.m.
Petrack Park, 150 NV 160, Pahrump

This year's Chili Cook-Off is expanding to three days and adding in a full carnival. Wrecking Ball Entertainment has lined up plenty of fun for everyone. Go to pahumpchilicookoff.com to see what is in store for games, entertainment, and to access applications for vendors, sponsors, amateur cook-off, and much more. Entry to the event is free and tasting is available. Bring the whole family for a great day of fun! Donations will go to the Cinderella Girls as well as St. Jude Ranch for Children. For more information, contact Kelli Sater at pahumpchilicookoff@gmail.com or 775-990-9441.

Community Easter Picnic & Family Fun Event

Saturday, March 30th, 10 a.m. – 2 p.m.
Petrack Park, 150 NV 160, Pahrump

The Pahrump Holiday Task Force & Pahrump Disability Outreach Program are sponsoring a day of Easter fun for the whole family. There will be a BBQ, train & bull rides for kids, kettle corn, snow cones, cotton candy, picture with the Easter

Bunny and much, much more. For more information contact holidaytaskforce@gmail.com.

Easter Egg Hunt

March 31st, Starts at 9 a.m.
Simkins Park, 1350 E. Simkins Rd.
Pahrump

An Easter Egg hunt will be hosted by the Mills Family in memory of Cassandra Selbac, their daughter, and Dan Mills her father. There will be free hot dogs provided by Rotary. Families are also invited to bring their own food. There will be music, 10,000 eggs to find, face painting, and a lot of fun!



Pins & Needles Quilt Show "Quilting Over the Ages"

Friday, April 5th, 9 am – 5 pm
Saturday, April 6th, 9 am – 4 pm
Bob Ruud Community Center
150 NV-160, Pahrump

Hosted by Shadow Mountain Quilters, this year's quilt show includes raffle baskets, demonstrations, and more. Admission is \$5 for the two-day wristband. Free entry for kids under twelve, and husbands who accompany their wives.

To enter items or for more information contact Joyce Bowser at 323-702-1689 or by e-mail to shadowmountainquilters@gmail.com.

Experimental Aircraft Association Chapter 1160 Annual Pancake Breakfast

April 6th, 8 a.m. – 10 a.m.

Calvada Airport

Wagner's hangar, 1061 Interceptor Dr.,
Pahrump

Come support Young Eagles by attending the Annual Pancake Breakfast. Pancakes, eggs, sausage, biscuits -n- gravy, yogurt w/fruit, coffee, juice, and tea will be served. There will be a 50-50 raffle. The location is at Calvada Airport, Wagner's hangar, 1061



Interceptor Drive, at the corner of Interceptor and Helicopter. Donations will fund Young Eagles flights in May and October. For more information, contact Glenna at 537-1097, gjwcaw65@gmail.com or Larry at 702-499-8229, larrymoody@hotmail.com.



Circus – "Lions & Tigers – Oh My!"

Saturday & Sunday, May 4th & 5th

Petrack Park, 150 NV – 160, Pahrump

The Circus is coming to town on May 4th and 5th sponsored by the Kiwanis Club of Pahrump. There will be two shows each day. Times to be determined. Tickets will go on sale at the end of March. For more information contact Reva at 845-659-3814.

The Stars are Out at Sanders Family Winery

Doors open at 6 p.m. Concerts start at dusk.

3780 Kellogg Rd., Pahrump • Info@Sanderswinery.com • (775) 727-1776

The 2024 Entertainment Season gets underway April 13th. The premier concert venue in Nye County, Sanders Family Winery presents a variety of top-rated shows in the Betsie Sanders Theater for The Performing Arts. Always free wine tasting, and you may bring your own food if you like. Reservations are required to secure your table. Get your group together and make your reservations (775) 727-1776.



JIM WISE AND ROUTE 66

Saturday, April 13th

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For more information, call Reva at 845-659-3814.



THE NITE KINGS

Saturday, April 27th

Performing some of the greatest doo-wop songs. First time appearance at Sanders Winery!

THE CARPENTER'S LEGACY

Saturday, May 4th

Sally Olson and Ned Mills, Six-time award winners of the Best Family-Friendly Show, Best Impersonators, and the Best Tribute Show in Las Vegas, perform the Carpenter's music.



MICHAEL GRIMM

Saturday, May 11th

Michael Grimm, Americana, Blues, R&B/Soul Songwriter-Artist and America's Got Talent Winner will be back as you requested!



THE SWING IT! GIRLS

Saturday, May 18th

A Tribute to our Vets, Troops & more! Take a swingin' journey back to the era of dance halls and big bands! This vintage vocal trio brings the classic sounds of the 1940s to the stage. Just in time for Memorial Day.



Readers in Training Program Spread the Word Nevada

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Readers in Training is a program that provides parents/guardians and their children from birth up to 5 years with books and early literacy resources. Spread

the Word Nevada is looking for families to participate in the Readers in Training program. For more specific information and an application visit <https://spreadthewordnevada.org/readersintraining>.



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) Bldg
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 our 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

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Pahrump Arts Council

301 Oxbow Rd, Suite 14, Pahrump

www.Pvpac.org

The Pahrump Arts Council is Rebranding to the Nye Communities Arts Coalition. We want to meet ALL artists! Please join us:

- Our Spring/ Summer meeting will be on May 31st, 2024.
- Our Summer/ Autumn Meeting will be on August 23rd, 2024.
- Our Autumn/Winter Meeting will be on November 21st, 2024.
- And our New Years (2025) Meeting will be on January 10th, 2025.

Please email President Christopher Salute at csalute@pvpac.org for more information.



Visual Artists Group

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

301 Oxbow Rd, Suite 14, Pahrump

www.Pvpac.org

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 p.m. at the Pahrump Arts Council studio at 301 Oxbow Rd, Suite 14, to see works in various working stages or hang out. PAC membership is not required. It is free to attend! For ongoing events, visit www.Pvpac.org or their Facebook page, Pahrump Arts Council.



Pahrump Community Choir

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

301 Oxbow Rd, Suite 14, Pahrump

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 a.m. - 8 p.m.

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

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

Sun., 12 noon - 5 p.m.

1731 S. Hwy 160, Pahrump

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

March 3rd, April 7th

8 a.m. - 3 p.m.

2nd Amendment Guns & Range

1360 E. Basin, Pahrump

Come join the fun at Second Amendment's First Sunday Vendor Events and help support local vendors. There will also be food and music for your enjoyment. The location is in the Second Amendment's parking lot. The event happens on the first Sunday of every month. In inclement weather conditions, the event may have to be canceled, so be sure to call Trish to confirm the event is taking place. For Vendor information and the event status, contact Trish at (702) 371-2393.

Wild West Weekends

Every Second Saturday and Sunday of the Month, Noon – Dusk
Four Locations, see below.

Journey to the “Wild West” for an unforgettable authentic small-town experience in Pahrump, Nevada. 50+ art vendors at four major tourist destinations all located along a 3-mile corridor to Death Valley off Bell Vista Road. There are unique experiences at each location. Participating Venues:

- **BLACK STAR RANCH**, 3251 Quail Run Road, Pahrump
- **NATURE HEALTH FARMS PETTING ZOO**, 351 Bunarch Rd, Pahrump
- **COFFINWOOD**, 2875 Sunset Rd, Pahrump
- **DEATH VALLEY MARKETPLACE**, 3280 W Bell Vista Ave, Pahrump

For more information visit their website, www.wildwestweekends.com.



“Second Saturdays”

Every Month, 3 p.m. – 8 p.m.
Great Basin College
551 E. Calvada Blvd, Pahrump
(702) 528-6797

Come join us at the Pahrump Valley Campus of Great Basin College every second Saturday from 3pm-8pm for an enriching afternoon packed with arts & crafts, music, dancing, food, and local vendors to shop from, or even network with! Hopping on the train with Wild West Weekends, Second Saturdays at GBC will now be a monthly event at the college. Entry is free and the event is open to the community at large, so be sure to bring as many friends and family members as you'd like. For more information call (702) 528-6797, or email christopher.salute@gbcnv.edu.



Pahrump Community Library

10 a.m. – 6 p.m. Monday – Thursday
10 a.m. – 4 p.m. Friday and Saturday
701 East Street, Pahrump

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

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



Nye County Dirt & Desert Riders

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

Pahrump Farmer's Market

Saturday Mornings

May through Sept. 7:30 – 11 a.m.

Oct. through April 8:30 a.m. – Noon
Tractor Supply Co. Parking Lot
900 East NV Hwy 372, at Bolling Rd.

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



Pahrump Valley Chess Club

Every Saturday, 12 Noon – 4 p.m.
Holiday Inn Breakfast Lounge
860 NV Hwy 160

Whether you are a newbie or an expert, you and your family can 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.



Kiwanis Club

First three Thurs. of the Month, 6 p.m.
Rubalcaba Mexican Restaurant
1500 Red Butte St., Pahrump, NV

Kiwanis Club of Pahrump meets the first three Thursdays of every month at 6 p.m. at Rubalcaba Mexican Restaurant. Come find out what plans are being made to help our community. Call Reva at 845-659-3814 for more information.

Community Partners of Pahrump

4th Thursday of every month, 6 p.m.
The Salvation Army
240 S. Dahlia St.

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 want to discover what's happening or are interested in participating in these volunteer-led community service chapters, please join us!

Call Reva at 845-659-3814 for more information.

CRAFT FAIRS

Spring Vendor/Craft Show

Friday & Saturday, March 8th & 9th,
10 a.m. – 4 p.m.
Nevada Treasures RV Resort
301 W. Leslie St. Pahrump

This is a free, indoor event! The Easter Bunny will be there Saturday March 9th, from 11 a.m. – 2 p.m. There will be door prizes from local vendors and small business owners. Bring the family and enjoy a day with the Easter Bunny! For vendor information Email ntactivities@yahoo.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(3) c organizations invite all golden ladies to join them in their sisterhood.



The tappers invite anyone who has reached the age of 50 years young to join them and learn to dance, get great exercise and have lots of fun. The Ms. Sr. Golden Years USA, Inc. invite any lady who has reached the golden age of 60 to join them in their pageant 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 Life

Pahrump's Largest Circulation Publication

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

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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
Pahrump Senior Center • Shoshone Market • Smith's • Terrible's Road House
The Lady • The UPS Store • Pahrump Tourism • Trish Rippie Realty
Pahrump VA Clinic • 2nd Amendment Gun Shop

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

My Thai

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

Ohjah Japanese Steakhouse

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

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

Jeremiah's BBQ

Coyote's Den Bar
3971 E. Kellogg Rd.
775-537-8670
Tue. – Sat: 11 am – 8 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
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 – ?

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

Our Place

1720 E. Calvada Blvd.
Mon. – Sat.: 6 am – 1 pm
Karaoke & Coffee
Fri. – Sat: 5 – 10 pm

Pahrump Valley Roasters

301 Oxbow Ave
775-537-0700
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

Jimmy John's Sandwiches

Pahrump Nugget Casino
681 S. Hwy. 160

Living Free Café

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

Old West Market

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

Port of Subs

150 S Hwy. 160, #C-6
775-751-6000
Mon. – Sat.: 9 am – 8 pm
Sun.: 10 am – 4 pm

Subway Sandwiches

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

Subway Sandwiches

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

Family Style

Denny's Restaurant

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

The Farmhouse

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



Mystery Diner

Our Place

A Fun New Coffee Shop is Open in Pahrump

I just had an opportunity to grab a bite to eat at the new coffee shop in town. Our Place, located at 1720 E Calvada Blvd, just west of South Dandelion Street. There have been a couple of restaurants at this location before, so you might recognize the building.

When we entered, we were greeted by a delightful and enthusiastic woman named Kimberly, who turned out to be one of the owners, and her husband, Dan, the other owner, came by shortly after, equally as friendly and enthusiastic. Their daughter and several other efficient and helpful staff work there too. They've been open since mid-January and have already become quite popular. The parking lot was full when we drove up, but we found a space.

A Welcoming Environment

The inside is bright, cheery, and inviting. The whole staff seemed excited to be open and the guests looked comfortable and glad to be there. Not only

that, but they've already expanded their morning hours until 1:00pm! I can tell they're going to need the extra time. They are already quite popular.

It's a bit on the small side for a restaurant but for a coffee shop...it's perfect. They have a back room where they've set up a place for kids to play and possibly host small group events. You can call to make reservations and see if they can accommodate you.

What Types of Food Do They Offer?

They offer a variety of hot and cold drinks including hot chocolate, steamers, smoothies, and Italian Sodas for kids. Their menu includes what they call Lite Bites. Examples include Waffles, Avocado Toast, French Toast, Yogurt Parfaits and more. Two types of Flatbreads and a Panini were recently added to the menu, and I can speak to the Flatbreads. They are delicious.

They are very accommodating to ensure you get what you want the way you want. When you first walk in, one of the wall decorations says, "Pahrump is Our Place" and it made me think... Our Place is excellent for Pahrump. Give it a try and I believe you'll agree with me.



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

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

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 – 8pm
Sun.: 9 am – 5 pm

The Venue
Nevada Treasure RV Resort
301 W. Leslie St.
775-770-6640
Thu. – Mon.: 11 am – 8 pm

\$5 \$10 \$15 Restaurant
Stagestop Casino
100 W. Stagestop Rd.
775-727-7300
Mon. - Sun.: 10:30 am - 8 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

Chipotle Mexican Grill
540 S. Hwy. 160
775-505-2418
10:30 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



OLD WEST MARKET

Call
775-419-6114

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



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







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



Excellent Service - Exceptional Value

Sandwiches ★ Burgers ★ Melts ★ Wraps ★ Soups ★ Salads

Coffee ★ Smoothies ★ Frappes

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

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

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

10% off
4pm - 6pm Mon-Fri

Corner of Hwy 160 & Mesquite Avenue

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

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



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

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

El Jefe's, #2

921 S. Hwy. 160, #101

775-537-6034

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

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

Rubalcaba's Mexican Restaurant

1500 Red Butte St.

775-727-4225

Wed. - Mon.: 7 am – 9 pm

Taco Fiesta

Horizon Market

4060 N. Blagg Rd.

Mon. - Wed., Fri.- Sat.: 9 am- 5 pm

Thu.: 9 am – 4 pm

The Tamale Place

3640 S. Hwy. 160, #104

(775) 727-7530

Mon. - Fri.: 11 am – 7 pm

Sat.: 11 am – 5 pm

Tina's Tamales

361 Frontage Rd., #5

775-253-2634

Tues. - Sat.: 9 am – 6 pm

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 - 8:30pm

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

Bldv.

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

Tower Pizza

3561 E. Kellogg Rd.

775-537-2211

Sun.: 11 am – 8 pm

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

Wed. - Thu.: 4 pm - 9 pm

Fri. - Sat.: 4 pm - 10 pm

Sun.: 4 pm - 9 pm

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

PAHRUMP
 true NEVADA

833-272-3785
 VisitPahrump.com

Johnny Boys

TOPSOIL

- Rock • Organic Soil • Mulch
- Playground Sand • Gravel

NO RECYCLED SEWAGE OR LANDFILL WASTE USED HERE!

775-751-0109
 2911 Bell Vista at Barney

Pahrump FOOD PANTRIES

Thank you to Nathan Adelson Hospice.

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

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.

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.

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



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Escrow Officer
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achildress@ortc.com



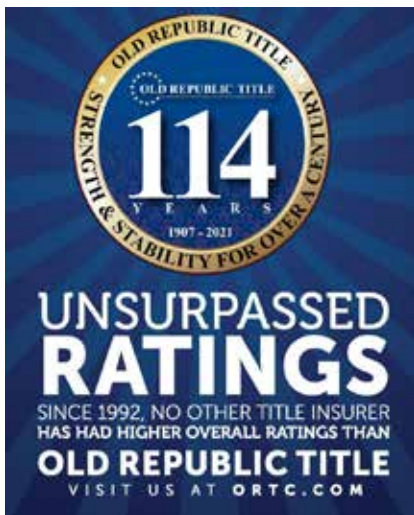
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Since 1907, Old Republic Title has weathered challenging economic times, meeting obligations to policyholders no matter the conditions.

With underwriting expertise, exceptional products and services, and a commitment to doing business with integrity,

Old Republic Title is a name you can trust.

Strength and Stability for Over a Century.

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89048
702.804.7710

OLDREPUBLICTITLE.COM/NEVADA



OLD REPUBLIC INSURANCE GROUP



Moving Checklist

It's time to start your moving calendar.

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

Now you're ready to greet your Big Day!

Useful Phone Numbers



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



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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
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Pahrump Valley Chamber of Commerce . . 775-727-5800
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Pahrump Life Magazine

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
May/June	March 29	April 5	April 15
July/August	May 31	June 5	June 17
September/October	July 31	August 5	August 15
November/December	September 28	October 4	October 15

Pahrump Life Magazine publishes every two months. The Fraziers published the first issue in November of 2010. The Butlers took over in December of 2022. All materials and questions concerning ads should be directed to Jim Butler at Jim@PahrumpLifeMag.com or call 520-444-7007. 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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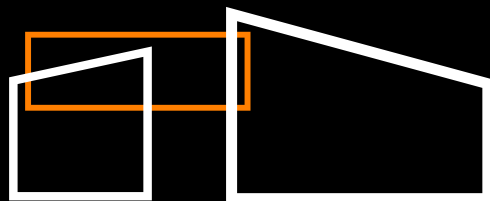


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