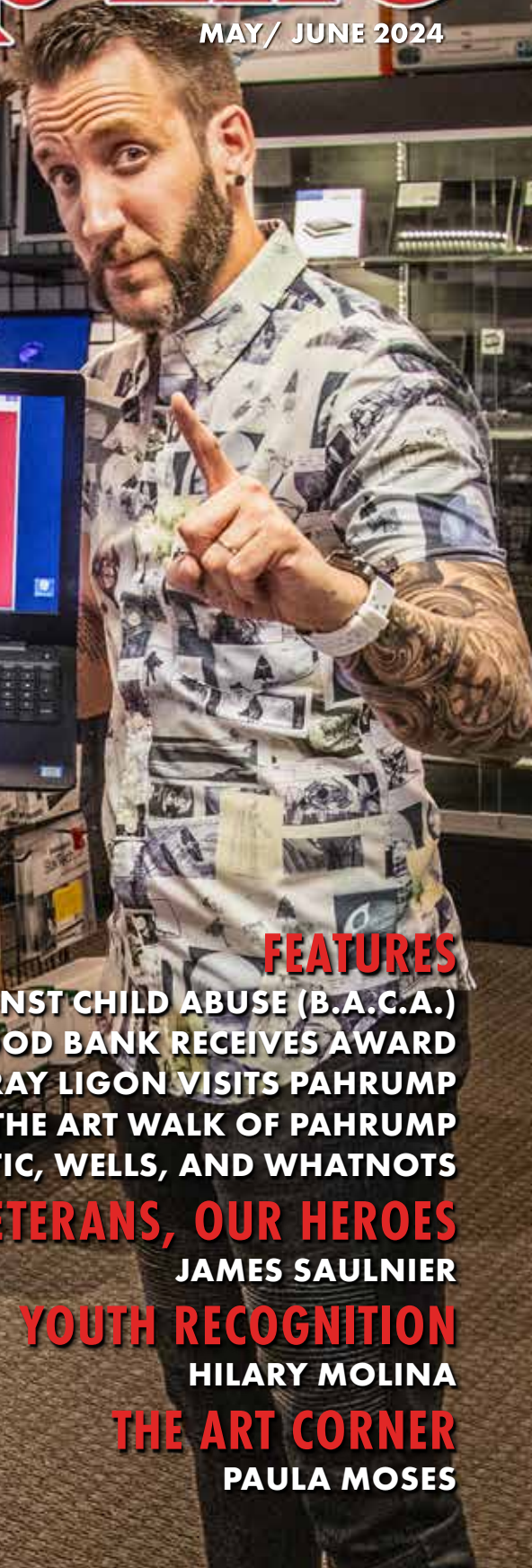


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MAY/ JUNE 2024

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Notes from the Publishers

Welcome to Pahrump Life Magazine. We're doing something a little different in this issue. Because it's a growing problem throughout the world, we've done a major section on how not to get scammed on the internet. Josh Osborne, owner of Great Computer Deals, continues having customers who ask for help after they've been hacked. Fortunately, he can sometimes help them recover some of their loss, but most of the time, it's too late. What Josh can do is teach them how to avoid getting scammed again. He can teach them what to look for and what/who not to trust. These crooks are sly and continue discovering new ways to take other people's money. Hopefully, these articles will help raise awareness and also help protect people from these scams.

We're highlighting some key people in our community, such as Hilary Molina, the subject of our youth recognition article who deserves attention for all that she has done for our town. Pastor Isaiah Hill from the New Hope Fellowship Church provided us with the Focus on Family segment. We congratulate Path of Hope Food Distribution, run by the New Hope Fellowship Church, for receiving the 2023 Agency Partner of the Year award.

We continue with our newer series, Education Editorial by Dr. Christopher Salute of Great Basin College, and Medical Advice by Dr. David Lewis of MedSpine. Jan Nast also continues with her perspective on "Life After 18."

Although Bikers Against Child Abuse (B.A.C.A.) is listed on the cover for this issue...best laid plans and all that...the cover was printed before we got final approval to publish it from the powers that be in this international organization. Hopefully by the next issue, they will give us the needed permission. Stay tuned!

Dr. Waters presents James Saulnier as the subject of the Our Veterans, Our Heroes segment. He had quite a career in the military, and we thank him for his service. Big Bend of the Colorado is the state park we cover, and you can learn more about the art activity in town.

We hope you enjoy all of the articles in this issue. We encourage you to let us know if there is something you want to learn about or to share. Thank you to all of our contributors, advertisers, subscribers, and our readers. This is your magazine, and our goal is to provide valued information.

Jim and Christine



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How to Avoid Becoming Another Internet Victim

CALL CENTERS LIKE THIS LOOTED OVER \$10 BILLION IN 2023

Introduction by Christine Butler

The internet's popularity and enormous expansion and use have not come without severe issues and concerns. Josh Osborne has agreed to give us all a lesson on what to watch out for and avoid. Scam artists are extremely creative and can make their attack on you look completely legitimate. Please take the time to read the following articles to learn more about the red flags you should be aware of. We need to question everything and take precautions, so we're not caught off guard.

Josh owns the Great Computer Deals store in Pahrump, located at 1190 East Highway 372 #16, Pahrump, NV 89048. He's been in the business for 25 years and has grown up with the internet. He's seen the positive things it can do but has also witnessed the extreme damage scammers can cause in people's lives. The data shows that these predators stole over \$10 billion in the United States in

2023 alone. At Josh's store, they've seen scam damages cost their own customers anywhere from \$3,000 up to one individual losing his entire life savings. Unfortunately, this caused him to take his own life.

The main message that Josh wishes to portray is to contact Josh and his team if you have already been impacted by a scam or are confused by some things that are going on with your computer and/or data. People need to know that:

- 1. **You are not the only one** to fall for a computer trap.*
- 2. **Watch for signs** described in this article and as soon as you are the least bit suspicious or are not sure if it's a scam or not, you should reach out for help immediately.*
- 3. **If you have already been attacked**, let Josh know, and he and his team will do everything they can to help you recover.*
- 4. **You need not face this challenge alone.***

It's very important when people are scammed (or almost scammed) to not be ashamed and quiet about their experience. When they keep quiet, they are missing a big opportunity to warn other people in their lives about this epidemic. Many are embarrassed so they never mention anything to others due to the shame. We'd like to encourage our readers that have already been scammed to speak up and tell everyone they can (especially seniors) whether it be at church, the local Moose Lodge, their quilters club, posting something on social media, or sending e-mails to friends and family.

The following pages include a description of Josh's background and extensive experience in the cyberspace world as well as some background on his qualifications as a computer and internet guru. Josh's description and additional information to help educate computer users and keep them safe will hopefully save fellow Pahrumpians from the pain and agony of being scammed. He's seen it all, well, at least a great deal of it, and hopefully, he can help prevent others from becoming victims.

If you asked the average person, they'd tell you that the biggest threats to computer users are hackers, software viruses, trojans and malware. Back in the 90s and 2000s you'd often hear in the news about threats like the ILOVEYOU virus that would infect your computer and send copies to everyone in your e-mail address book, or the infamous malware attack called CryptoLocker which would encrypt all the files on your computer and would hold them ransom until you paid a certain sum of money. Although these types of cyberattacks still exist, the worst situation you can find yourself in this day and age is to be a victim of an online scam. After 13 years of owning a computer repair center and over 30 years of using technology in general, this is by far the biggest problem we've seen and had to deal with. It's especially bad for our senior customers.

It's very hard to warn people about the numerous threats facing them because these scammers disguise themselves in so many unassuming ways. But before we get into a detailed list about the most common methods and schemes for you to look out for, it's important to know a few things first. We need to differentiate between a "hacker" and a "scammer."



What is a Hacker?

A hacker is a person who is extremely experienced with computers and uses their skill set to gain access to information and make changes in places that they're not supposed to access. Their motivation is typically not monetary gain but instead the challenge and notoriety that comes from breaking into

"It's very hard to warn people about the numerous threats facing them because these scammers disguise themselves in so many unassuming ways."

a major company or government's databases such as Sony Corporation, the Pentagon, or most recently, the system at the MGM Hotel and Casino in Las Vegas. Average Joes like you and I are very rarely a victim of a hacker because there is no challenge in gaining access to our computers. It doesn't matter if we have top-of-the-line security software and firewalls in place. If our machines are connected to the internet, it's a guarantee an experienced person would have no problems getting access to our data. Again, this is extremely rare, and I honestly can't even remember a time in my 13 years of owning Great Computer Deals when we found hard evidence that a customer's computer was truly hacked. When a customer comes into our store claiming to have been "hacked," we realize that in reality, they're using this wording after watching too many movies and television shows. Our team finds out quickly that they have, in fact, been a victim of an online scam. This brings us to number two.



What is a Scammer?

An online scammer is typically a foreigner (most commonly a person from India) whose primary goal is to take money from you, either by stealing money from you via pre-paid cash/gift card, credit card, or your bank account or by convincing you to pay for computer services to "fix" problems that have been made up and are completely unnecessary. Unlike hackers,

these scammers typically are novices with computers, and are only effective because of their silver tongue or convincing script that they read over the phone in the hopes of taking advantage of your lack of computer knowledge and overall naivety.

Now that we know the details of the threats facing today's computer users, let's talk about what you can do to protect yourself and not become yet another victim.



Protecting Yourself From Hackers

Since the threats of hacking are pretty much non-existent for the casual computer user, this will be quite simple. Here are the best ways to avoid getting hacked:

1. Run a good antivirus and security software that has a solid firewall. This monitoring program will constantly be running in the background and will notify you of any hackers or software applications trying to get access to your computer without your knowledge. Avoid the overpriced, bloated, and sales-pitchy antivirus offerings like Norton and McAfee, regardless of their well-known name. Instead go with a better option like MalwareBytes. This program is affordable, does not bog down your PC, and is not a constant nuisance, double checking every single thing you do on your computer, and trying



to get you to purchase more of their services. It lets you know when an update is available or when it actually finds a legitimate threat. Other than that, it leaves you alone. We do offer low priced subscriptions for this fantastic program through our store.

2. Be careful where you go online. Especially adult websites, illegal music and movie download services, and Facebook, as they provide untrusted links to scam websites and fake retailers selling counterfeit products. Stick to the well-known and trusted websites like Google, Amazon, eBay, Reddit, Weather Channel, etc. When you start frequenting the dark alleys of the Internet is where you run into the most trouble.
3. Avoid downloading junk software like useless PC cleaner programs, free screensavers, browser toolbars, weather widgets, etc. These types of programs are free because they usually come bundled with other trash applications to give access to your computer to advertisers.

Protecting Yourself From Online Scams

Before we give you a list of the kinds of scams out there and what you can do to stop them, there is one keyword that is very important to remember when keeping yourself safe from online scams. That keyword is MISDIRECTION. Scammers don't attack you like a normal hacker or software virus. They use misdirection to present themselves as the "good guys." They'll never come out and immediately steal from you. They will instead tell you that they're "on your side" and are just trying to help "protect you from the dangers of the Internet," or "fraudulent purchases made using your identity." Doing this all while stealing from you behind your back with their unassuming, tricky and devious methods. You'll also notice a few other common signs from these sad excuses for human beings such as:

1. These scammers will lie and claim to be from a well-known or professional sounding company such as Microsoft, Amazon, McAfee, the IRS etc. They're hoping to gain your trust immediately with a recognizable name.

2. They'll use professional looking, recognizable company logos from companies you know in their fake emails and bogus website pop-ups to give them validity.
3. These swindlers will claim the situation to be dire, try to force you to make a quick, uneducated decision, and try to talk you out of consulting with a family member, friend, or local computer resource. According to their lies, the sky is falling, and you need to act immediately.
4. As sad as it is to say, every victim that has come into our store has mentioned that the scammer had an Indian accent. That's not to say anyone on the phone with an Indian accent is a scammer as there are legitimate tech-support agents from this country who are just trying to make a living like everyone else, but it is a well-known fact that these schemes originate primarily from India.

Now that we know some of the red flags to look for, here are some of the specific schemes we're seeing here at the store and the steps of the process they use to steal from you. Read carefully.



Most Common Scams in Use Today

The Tech Support Scam

This online scam typically involves fraudsters posing as legitimate technical support representatives from well-known companies such as Microsoft, Apple, or antivirus software providers. Here's how the scam typically unfolds:

Initial Contact: Scammers often reach out to potential victims through



unsolicited phone calls, emails, or pop-up messages on websites. These messages typically claim that the victim's computer has been infected with viruses, malware, or other security threats.

Creating a Sense of Urgency or Fear: Scammers use various tactics to instill fear or urgency in the victim, such as claiming that their computer will be disabled, their personal data is at risk, or they may face legal consequences if the issue is not resolved immediately.

Remote Access: To «fix» the purported problem, scammers may request remote access to the victim's computer. They typically guide the victim through a series of steps to grant them access, or they may ask the victim to download and install remote desktop software.

Fake Diagnosis and Charges: Once they have access to the victim's computer, scammers may run fake diagnostic scans or display fabricated error messages to convince the victim that their system is infected or compromised. They then offer to resolve the issues for a fee, often claiming to provide a subscription for ongoing support services.

Payment and Data Theft: Victims are instructed to provide payment information, such as credit card details, to cover the supposed repair costs. In some cases, scammers may also steal sensitive personal or financial information stored on the victim's computer while they have remote access.

Failure to Resolve Issues: Even after payment is made, scammers may fail to resolve any actual issues with the victim's computer. In some cases, they may install malware or backdoors on the system, allowing them to continue exploiting the victim or their personal data in the future.



Fake Antivirus Scam

Also known as scareware, this scam involves deceptive tactics to trick users into downloading and purchasing fake antivirus or security software. Here's how the scam typically works:

Deceptive Advertising: Scammers often use various tactics, such as pop-

up ads, fake security alerts, or misleading websites, to promote their fake antivirus software. These ads may appear while browsing the web or even as notifications within legitimate websites.

False Security Warnings: Once a user encounters the scam advertisement or notification, they are presented with alarming messages claiming that their computer is infected with viruses, malware, or other security threats. These warnings are often designed to create a sense of urgency and fear, prompting users to take immediate action.

Download and Installation: To address the imaginary security threats, users are prompted to download and install the fake antivirus software. The software may appear legitimate, complete with convincing branding and user interfaces that mimic well-known antivirus programs.

Fake Scans and Results: After installation, the fake antivirus software may perform a simulated scan of the user's computer. Regardless of the actual state of the system, the scan results will typically indicate the presence of numerous infections or security issues. These results are entirely fabricated to further scare the user into believing their computer is compromised.

Demands for Payment: To «fix» the detected threats, users are prompted to purchase a full version of the fake antivirus software. Scammers often employ aggressive tactics, such as constant pop-up alerts or browser hijacking, to pressure users into making a payment. They may also offer subscription plans for ongoing protection services.

No Actual Protection: Despite paying for the fake antivirus software, users receive no genuine protection or security benefits. The software may not provide any meaningful functionality, and in some cases, it may even install additional malware or spyware on the user's computer.

Financial and Data Theft: In addition to the initial payment for the fake

antivirus software, scammers may also steal sensitive personal or financial information entered during the purchase process. This information can be used for identity theft, fraud, or further exploitation of the victim.



Phishing Scam

An online phishing scam is a type of cybercrime that involves fraudulent attempts to obtain sensitive information, such as usernames, passwords, credit card numbers, or other personal details, by masquerading as a trustworthy entity. Here's how a typical phishing scam works:

Email or Message: Phishing scams often begin with the perpetrator send-

ing out mass emails or messages to a large number of recipients. These messages are designed to appear as though they are from a legitimate organization or individual, such as a bank, social media platform, or government agency.

False Pretense: The phishing email or message typically contains a pretext or story intended to convince the recipient to take action. This may include claims of account security breaches, urgent requests for account verification, or offers of prizes or rewards.

Links or Attachments: The phishing message usually contains links to fake websites or malicious attachments. These links may direct the recipient to a counterfeit login page designed to steal their credentials, or they may install malware on the recipient's device when clicked.

Spoofed Websites: In many phishing scams, the fraudulent websites linked in the email are designed to

closely mimic the appearance of legitimate websites. This includes copying logos, layouts, and other design elements to trick users into entering their sensitive information.

Data Collection: If the recipient falls for the scam and enters their information on the fake website, the perpetrator collects the data provided. This may include usernames, passwords, credit card numbers, social security numbers, or other personal details.

Identity Theft or Fraud: With the stolen information, the perpetrator can commit identity theft, gain unauthorized access to the victim's accounts, make fraudulent purchases, or engage in other criminal activities. The victim may suffer financial losses, damage to their reputation, or other negative consequences as a result of the phishing scam.

To protect yourself from online phishing scams, it's essential to remain vigilant and exercise caution when receiving unsolicited emails, messages, or physical mail, especially those requesting sensitive information or urging immediate action. Here are some tips to avoid falling victim to phishing scams:

- Verify the legitimacy of emails and messages by checking the sender's email address or contacting the organization directly through official channels.
- Avoid clicking on links or downloading attachments from suspicious or unfamiliar sources.
- Be wary of urgent or alarming requests for personal information, especially if they claim consequences for not complying.
- Use security measures such as spam filters, antivirus software, and two-factor authentication to enhance your online safety.
- Educate yourself and others about common phishing tactics and how to recognize and avoid them.

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Closing Thoughts

As good as it is to be aware of all the details involved in these modern-day cons, one thing that's important to remember above all is that the victims of these various scams are not being taken advantage of due to their lack of computer knowledge; they're being scammed due to their lack of common sense. There are so many red flags during the process that should be spotted but are brushed off and ignored because they are disguised behind the veil of technological lingo. Always stay alert while using your computer. You're never the exception and you'll inevita-

bly face one of the situations. It's just a matter of time. Be prepared. We've seen people lose anywhere from a few hundred dollars all the way up to their entire life savings, and in one extreme case, a local Pahrump man took his own life, even after his wife pleaded for him to come talk to us about the problem and allow us to help. Question everything, period. If you're unsure, speak to someone at Great Computer Deals or a trusted, knowledgeable resource. Your computer's health or, more extremely, your financial safety may be at risk.

“...scammers will lie and claim to be from... Microsoft, Amazon, McAfee, the IRS, etc. ... to gain your trust immediately with a recognizable name.”



Why Ask Josh Osborne About Computer Scams?

If you've lived in Pahrump for a while, you may have heard the name Josh Osborne on local KPVM TV or in magazine articles like Pahrump Life Magazine's bi-monthly feature "Tech Tips with Josh." He's known for offering advice to Pahrump residents on the best ways to use technology, as well as owning Great Computer Deals, which offers low-priced computer sales and repairs. You might wonder, "Who is this guy?" and "Why should I listen to him over anyone else on the Internet?" These are valid questions. It may surprise you to learn that Josh has been a resident of Pahrump Valley since 2005 and is deeply rooted in our community. His story and interest in computers date back to his teenage years in the mid-1990s.

Josh was homeschooled starting in 1986, at a time when homeschooling was unheard of and often looked down upon. "I couldn't even go to a grocery store without someone asking why I wasn't in school because home education was not widely accepted like it is now," says Josh. By the time he reached high school, his passion lay not in traditional sciences like biology or chemistry but in computer sci-

ence. Blessed with open-minded and forward-thinking parents, Josh began studying for his future career in technology while still in high school, rather than waiting for a college education. Upon graduating high school in 1999, he dove straight into entrepreneurship. "While most of my friends had no idea what they wanted to do for a career, I was already discovering my passions and jumping headfirst into business," said Josh. Through self-education, he honed his skills in graphic design, software programming, website design, and e-commerce. At 21, he founded a web development and hosting company called Media-One, which built and maintained websites for numerous businesses. Collaborating with his parents Chris and Theresa, Josh also created several software programs tailored for homeschoolers, including an Internet safety web browser to protect children online, a lesson planner for homeschooling mothers, and a computerized placement test program to help parents determine their children's grade levels in various subjects. Josh and his folks traveled across the country, showcasing his software creations at homeschool conventions anywhere from Orlando, Florida, all the way to

"Trust is not given, it's earned...After 14 years of supporting Pahrump... I think we've earned our good reputation."

Anaheim, California. They also conducted seminars to educate homeschooling parents and children on the best and safest ways to incorporate computer technology and the Internet into their home education.

Fast forward to 2005, Josh is now married to his wife Kristie and has two young daughters named Kaylee and Lily and has just settled in Pahrump. "We really wanted a place where we could create a nest egg for our growing family and business. An affordable spot where our money would go the farthest and would give us a large piece of land for our home, offices, and storage warehouses for the products we sold. Pahrump was the perfect place," said Osborne. Around this same time, Josh began to introduce computer sales into their convention business. Instead of only selling educational software, he could also offer them affordable Dell, HP, or Apple desktops or laptops for their family. The addition was a great success with his convention customer base and allowed Josh to expand his technology experience even further.

One day, Josh was talking with one of





his local friends about selling computers on the road at conventions. The suggestion came up in their conversation about selling some of these computer systems locally in Pahrump instead of strictly at homeschool conferences. His friend even mentioned a new indoor swap meet that had opened in the old Skate Zone building on Calvada and Pahrump Valley Blvd and how easy it would be to “test the waters” of computer sales in town. At first, Josh shot down the idea as he already spent 5-6 months on the road selling computers and enjoyed the downtime that came with being back home. Nonetheless, he decided with his family to give it a go.

The first full weekend of having a booth at the local swap meet yielded only one single computer sale. Bummer. Josh decided to keep trying, and the next week he sold 3 computers. The following week, he sold 7 systems, and that trajectory continued until

he was selling around 12 computers a weekend during the holiday season. “The real surprise came after Christmas when our January computer sales continued to climb, when normally the retail market takes a steep drop off after the holidays,” said Josh. It was at this point he realized that Pahrump was truly ready for a full-blown computer retail location and not just a booth in a mini mall. Great Computer Deals was thus born and is currently getting ready to celebrate its 14th year in business. Josh prides himself on not only selling affordable and quality name-brand computers that will outlast and outperform the standard “Wal-Mart quality computers,” but he is also proud that his store and staff offer a friendly, fast, and affordable environment where people of all ages and levels of technological experience can find their home and be treated like family and not just dollar signs. “In a world of faceless cor-

porations and terrible customer service, it’s not too hard to stand out these days. Just love your customers, explain technology in a way that makes sense to their generation, and they’ll love you back,” said Osborne.

Josh and his team are so happy to offer a service that is extremely needed in this day and age and gives them an opportunity to make a living while also offering dependable products, fast repair service, and a friendly environment. “Trust is not given, it’s earned,” says Josh. “After 14 years of supporting Pahrump with solid customer service, I think we’ve earned our good reputation.” Josh was very happy for the opportunity to have his story told in the Pahrump Life magazine but even more excited for the chance to warn our reader base about what he calls “the biggest threat to computer owners since he opened his store 14 years ago”.





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Focus on Family



The Purpose of Families



Pastor Isaiah Hill

*By Pastor Isaiah Hill
New Hope Fellowship Church*

In order to understand the purpose of families and learn the importance of it, we must first understand the origin of the family. What we as humans sometimes fail to realize is that some things don't originate from our thoughts, will, or intents. The family is a structure and unit that came from the thoughts, will, and intent of God, so that would mean there must be a clear purpose. When we study the Bible, we see the most basic purpose of the family was to accomplish a task given to Adam and Eve, which was to take dominion or stewardship over the earth (Genesis 1:28). With such a monumental task, how was this to be accomplished? The answer is in the words "*Be fruitful and multiply*" because one man could not possibly complete that job alone, and thus, the oldest institution is formed, a family. In the beginning,

God said, "*Let us make man in our image*" [Genesis 1:26]; an image mirrors something. God intended for the man and woman, by extension, to be mirror copies of Himself by way of thinking, morals, and character. In so doing create families; individuals who learned from their parents and shared the same ideals and purpose handed or passed down to them. Families are meant to share a love, devotion, and care for one another as well as the community around them.

Then, we come to the needs and reasoning of the family. If you think about it, families are the lowest common denominator of a society. Multiple families make a community, and multiple communities make up a country. If they are working properly, then this spreads God's ideals, morals, and purpose for humankind. The family is the first and most basic form of society, and a nation can always benefit from healthy and harmonious families. God created the family to have a structure,

the man following God, the woman supporting or bolstering the man, and both together guiding and passing on the tasks, morals, and character traits to their children. When this is done correctly, God's intention was to have the family be the cure and heal all of society's problems, whether they be psychological, emotional, or spiritual. This is done by whole families following God, which leads to communities following God and, therefore, a nation or country following God.

When we think about societal problems, nearly all of them can be traced back to the source, which is the lowest common denominator...the family. If the individual families are in disarray and broken, then by trickledown effect the whole nation that the families make up will start to break down. What one needs to understand is The Purpose of Families.

"God intended for the man and woman...to be mirror copies of Himself by way of thinking, morals, and character. Families are meant to share a love, devotion, and care for one another as well as the community around them."

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Path of Hope Receives Special Award

*New Hope Fellowship is located
at 781 West St. in Pahrump*

By Christine Butler

New Hope Fellowship is a local church located at 781 West St. in Pahrump, and they manage the Path of Hope Food Distribution Program, located on the church's property. They offer food and clothing every Wednesday from 9:00 am to 12:30 pm, free to anyone in need. On Mondays, they deliver food to seniors and shut-ins who are unable to get food on their own. The food donations come from an organization called Three Square, which is a distribution site supplied by The Emergency Food Assistance Program (TEFAP). Per their website, this Federal program "helps supplement the diets of people with low income by providing them with emergency food assistance at no cost. USDA provides 100% American-grown USDA Foods and administration funds to states to operate TEFAP."

Local resident Darlene Miller is the

volunteer Administrator of the Path of Hope Program. She's been performing this task for the last five plus years and thoroughly enjoys every minute of it. She has an outstanding team of volunteers who help her distribute goods every week. They receive a truckload of food every two weeks and store it in their large, refrigerated storage units in preparation for their weekly donations.

New Hope Fellowship Receives 2023 Agency Partner of the Year Award

Out of 160 agencies being considered for this award, on February 23, 2024, New Hope Fellowship Pastor Isaiah Hill and Path of Hope Administrator Darlene Miller accepted the 2023 Agency Partner of the Year Award for their program. Three Square Food Bank presented it at the 2024 Agency Appreciation Breakfast, held to recognize their agency partners who play a crucial role in the program, supporting hunger relief efforts throughout



*Meet Darlene Miller, volunteer administrator
of the pantry program*

Southern Nevada. While accepting the award, Darlene said, "We thank all of our volunteers who have helped distribute the food. Without their dedication and hard work, it would be impossible to serve the 450 to 500 families each week." She went on to say, "New Hope Fellowship's goal, along with Three Square Food Bank and numerous other organizations, is to end food insecurity." The effort and dedication of the Pastor, Darlene, and all of the volunteers involved are making prog-

“We thank all of our volunteers...without their dedication and hard work, it would be impossible to serve the 450 to 500 families each week.”

ress toward that goal. Nye County Coalition and United Way are also involved in the effort through awarding grants to organizations with goals to eliminate food hunger.

In addition to the food provided by Three Square, donations are also accepted from the community. They will take any nonperishables that are not out of date. They especially love to have cereal, crackers, and cookies donated. These are very popular items. They also need “junk food snacks” as well. Monetary donations are always welcomed. Some of the money goes to keeping their forklift, freezers, and refrigerators in working condition. When donating to this program, be sure it is clearly earmarked for Path of Hope Food Distribution.



Darlene and Pastor Isaiah Hill at presentation ceremony.



Darlene with the 2023 Agency Partner of the Year Award

The Process is Very Well Organized and a Blessing to the Community

There are 20-25 consistent volunteers who work every week. You do not have to be associated with the Church to participate. Anyone can get food and anyone who wishes to may volunteer on Wednesdays and/or Mondays for food delivery.

They also have an emergency pantry for people who miss the Wednesday food distribution. They have about 100 people they deliver to every week.

These recipients are people who have no transportation to get to the pantry themselves. Nine volunteer drivers regularly help with this task. The pantry is only closed if Christmas lands on a Wednesday. However, they will continue to deliver during that week. Weather doesn't stop them; they are here to serve the community.



The Award was presented on February 23, 2024.



Three Square delivers a truck load of food every two weeks



They have several large storage units to keep the food fresh

How Did the Pantry Get Started, and Where Do They Go From Here?

Acme Feed Owner Sandy Tucker was instrumental in getting this program started in about 2006. She did it on her own before Three Square became involved in April 2020. In addition to being involved with this church, Three Square also delivers to other pantries in town.

They are working on a plan to include feeding people experiencing homelessness in the area. Many of these people have no means to cook, so only non-perishable or ready-to-eat

food is involved.

The Path of Hope program has become so popular in the community that it's necessary for the Sheriff Auxiliary to help direct traffic into the food pantry on Wednesdays. People start lining up around 6:00 or 6:30 am. Parking is next to the church.

Not only does the New Hope Fellowship Church host the pantry on its property, but it also funds the structures that house the organization, the power to keep the freezers and refrigerators going, and the cost of fixing things when needed.

It's a wonderful organization run by some extraordinary and caring people.

The size of the team of volunteers who are concerned about their town and fellow Pahrumpians is impressive. We at Pahrump Life Magazine extend our congratulations to the Path of Hope Team, who perform a wonderful and appreciated job and contribute their time and effort to the community. It is a much-needed program, and we thank you for your hard work and commitment to a great cause. This award is well deserved.

If you want to become involved or donate, call New Hope Fellowship at 775-751-1867 and press 0 to leave a message.



Some of the many volunteers giving their support to the program.



A forklift is critical to maneuver the boxes of food donations



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

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

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

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

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



MASTER GARDENER OPPORTUNITIES IN PAHRUMP

By Kelly Briggs

When I moved to Manhattan, Kansas in 2011, I had a yard with the possibility of a garden for the first time. I stumbled around, unsure of what to grow where or when, but I put plants in the ground, in containers, and even created a couple of raised beds. Not trusting myself to start from seeds (how was I to know what I had planted and what was growing on its own?), I bought starters from the big box stores – I didn't even know where our local nurseries were.

The result? Mostly good. I was in Kansas after all where the soil is fertile and conditions are good for growing. I occasionally watered the beds, but most often forgot. And still things grew. How spoiled is that?

Fast forward to 2022 and my move to Pahrump. I didn't know where to start, but I knew I wanted to learn. I had two raised beds already in my yard and I was determined I was going to have a vegetable garden. Late March, I planted my spring garden. Memorial Day

weekend I planted my summer garden. Yep. You read that right – late March and then late May. Obviously, my timing was a bit off! But you don't know what you don't know. What I did know was that I needed help.

The desert environment presents unique challenges for gardeners. Temperature extremes, water scarcity, and infertile soils create one of the harshest growing climates in the world. Not a good place for a novice gardener with little to no knowledge of horticulture.

Enter the Pahrump Master Gardeners of Southern Nye County. I had driven by the University of Nevada, Reno, Extension, Southern Nye County building at 1651 E. Calvada Boulevard (at the corner with Dandelion), and seen the Master Gardener sign, but I didn't know what it was. Then I went shopping at the Pahrump Farmer's Market and talked to a volunteer at the Master Gardener booth. She was so friendly and so helpful, I knew I needed to learn more.

The Master Gardener Program is a nationwide volunteer program spon-

sored by the land-grant university Extensions in each state. The program was initiated in Washington state in 1973 to meet rapidly growing interest in horticulture. In Pahrump, the Master Gardener program grew out of the Extension program in Las Vegas, and the Demonstration Garden was established in 1997.

The Master Gardeners of Southern Nevada are volunteers who are committed to both learning and sharing their knowledge of proper plant selection and care, disease and pest management, and water conservation. The goal of the Southern Nevada Master Gardener Program is to teach the public how to garden successfully in a harsh desert environment with a focus on volunteering and sharing gardening knowledge with the community. Becoming a Master Gardener is a three-step process.

1) Complete the two-level training.

The Home Horticulture Certificate Program is an 11 chapter introduction to horticulture topics. Through readings, recorded lectures and live Q&A sessions, participants learn the funda-



Barbara Carter and Shalene Smith in weeping mulberry.

mentals of gardening in Nevada. This certificate program is followed by a 9 chapter Master Gardener Training. In addition to the online readings, lectures, and Q&A sessions, students also attend in person tours and activities to get some hands-on experience.



The Home Horticulture Certificate course begins in August while the Master Gardener Training runs from October to December. Each week I engaged in deepening my knowledge of soils, composting, propagation, and much, much more! I learned SO much during the program.

2) Complete first year Master Gardener Internship hours. Interns are expected to volunteer a minimum of 35 project hours and complete 15 hours of continuing education.

- Possible projects in Pahrump include:
- Adopt a Highway 372 Mile
- Discovery Park Pollinator Garden
- Fall Festival Food & Horticulture Fair
- Information Table at Farmer's Market
- Hosting Extension-generated classes
- Hummingbird Conservation
- Pahrump Demonstration Garden
- Site-based gardens in the community

3) Maintain active Master Gardener status. Each year Master Gardeners are expected to volunteer a minimum of 20 hours and participate in at least 10 hours of continuing education – although most contribute much more than that.

Reach out to us with any questions – or better yet, sign up for the Home Horticulture Certificate Program and join us! Don't feel like you qualify as a 'Master' Gardener? Don't worry – you aren't alone. You will have a plethora of resources at your disposal, and an amazing group of dedicated and knowledgeable people to continue learning with and from.

Learn more at <https://extension.unr.edu/master-gardeners/default.aspx>

Home Gardening Help Line

Tuesday/Wednesday/Friday

Text (775) 990-8322

Phone (775) 727-5532

Master Gardeners Help Email – to send questions and photos of plants or trees: ExtensionSNyeMG@unr.edu



Enjoying the Country Life



Singer Ray Ligon Visits Pahrump

By Christine Butler

Country singer/songwriter Ray Ligon has lived in Nashville for the last few years but decided to take a break. He came to Pahrump to visit some friends and family who had just moved here. While here, he's been writing music and taking a break for a while just to relax and enjoy life. He's also been participating in some of the local events. For example, he played a role in the silent auction and performed for the "Sleep in Heavenly Peace" Banquet. He was auctioned off for a home concert and helped raise money for the cause. He also sang the National Anthem at the recent Junior High and High School rodeo and performed at Rhinestones.

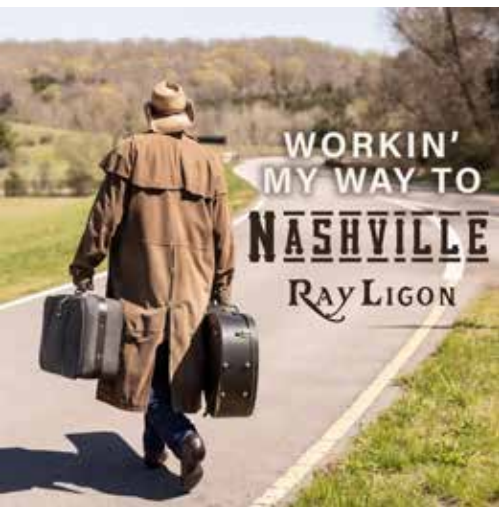
He released a new single last June, "Workin' My Way to Nashville," which was co-written with Pahrump residents John Michael Ferrari and Pepper Jay. Pepper Jay produced the single, which is available on all streaming platforms. In October of last year, the song was awarded "Outstanding Country Single."

Ray calls the people of Pahrump good folks and enjoys spending time meeting them. He's also looking for various places around town to share his music. He sings and writes mostly country songs but throws in some classics, blues, and American folk music periodically. In addition to performing on stage, he enjoys performing home concerts and encourages the families to sing along. There's a concert at his house every night.

Music is Ray's Life

His dad bought him his first guitar at age 13. As a child, he sang in church and taught himself to play. In 1995, he began to focus on Country music. He entered a few singing competitions, such as Colgate Showdown. He learned early on to sing with his heart rather than just sing. He likes to touch the hearts of his audience. He performs sad and happy songs that bring back special memories, encourage people, and drive them forward.

He participated in his first talent show in his sophomore year in high school and won while playing his guitar with a broken pinky finger on his left hand. When he walked out on stage, the audience laughed once they saw his hand, but he walked away with the first-place award.



For 11 years, Ray participated in the “Lions Clubs/WPSD Local 6 Telethon of Stars”. Telethon donations help provide services for children and adults with disabilities by benefiting Easter Seals West Kentucky, Coleman Tri-County Services, and the University of Tennessee at Martin’s Infant Stimulation Program. One year, he co-headlined with Diamond Rio.



Pahrump residents John Michael Ferrari and Pepper Jay co-wrote Ray's newest single.



He Served in the Military for Six Years

In 1976, he joined the Army and was stationed at Ft. Knox, Kentucky, for basic and Advanced Individual Training (AIT). From 1977-1978, he was stationed at Fort Lewis, Washington State. In 1979, he spent a year at Camp Casey in South Korea. The motto they had in that unit was “No Slack...Drive On!”

A number of years later, he wrote the encouraging song, “Drive On!” His veteran brother, Gregg Adamson, whom

he got back in touch with years later, was stationed with him in Fort Lewis. He sent him the CD with “Drive On” on it after they had re-established contact. A few days later, Gregg called and told him that “Drive On” saved his life. Gregg had been suffering from PTSD as well as TBI (Traumatic Brain Injury).

Ray continues to be amazed at how songs can lift someone up and encourage them. He claims, “They make you keep on keeping on...you can’t let the world stop.”

While he was in Korea, then President Jimmy Carter visited South Korea in July 1979. A few months later, on October 26th, South Korean President Park Chung Hee was assassinated. While his unit was on Defcon 3 alert status, Ray’s battalion commander asked Ray to perform every night in the Enlisted Men’s Club to entertain the troops following the horrendous event.

He left the service for a short time, and then in 1980, he was back at Fort Bliss, TX, where he was an instructor at PNCO/CA (Primary Noncommissioned Course, Combat Arms). Ray left the Army in 1983.

Ray is a Full-Time Composer, Entertainer, and Guitar Builder

After six years of serving his country, he settled in Kentucky, where he continued his music career. In closing the door on one journey and beginning a new one, Ray has written a few songs along the way.

Ray is a 20-plus-year member of the Lions Club. He has written several



songs for folks getting married and has performed them at their weddings. He has also sung at a number of funerals as well. He has performed with many big-name entertainers, including opening for Loretta Lynn and a couple of times for John Berry, who happens to be his cousin. He's a member of the Kentucky Country Music Association (KCMA) and sits on its board.

He's Received Many Awards Across the Entertainment World

Ray was incredibly successful in October 2023 at the KCMA or Kentucky Country Music Association State Competition. In his category of Male, 50+, and New Country, Ray won "Entertainer of the Year," "Male Vocalist of the Year," and "Songwriter of the Year" for the co-written song "Workin' My Way to Nashville."

This afforded him the opportunity to compete in the 2024 "North American Country Music Associations, International" or "NACMAI" competition that took place in March 2024. This competition includes the US and Canada. From there, he took home "Male Vocalist of the Year," "Most Promising Entertainer of the Year," and

Co-Writer of the Year" in his category. He has won several awards in both KCMA and NACMAI over the years.

Ray Does More than Sing, Write Songs, and Entertain

In addition to his singing and songwriting credentials, Ray is an accomplished guitar designer and builder. He also repairs and sets up guitars. He's been a wood worker for a long time, so it was a natural progression for him to start building guitars. From October 2020 to June 2021, he attended the "Musicians Institute, Guitar Craft Academy" in Nashville, TN.

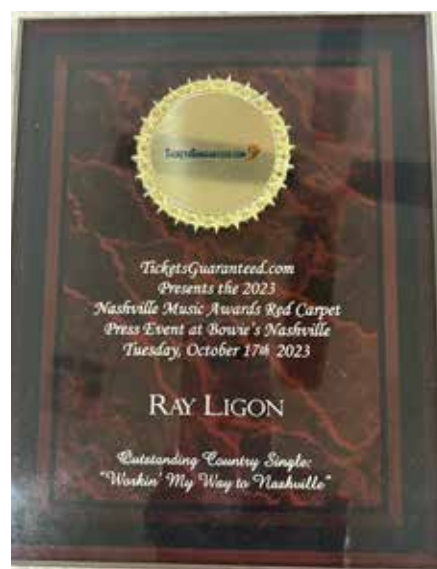
In March 2021, he finished building the first electric guitar he had designed. In June 2021, he finished building his first acoustic guitar. Both guitars were built while attending the Guitar Craft Academy. He has since built two electric guitars for clients who are extremely pleased with their "Ray Ligon Custom Guitars."

His guitars are entirely handmade, with no CNC (Computer Numerical Control) machinery. They have hand-carved



necks, hand-wound pickups on the electrics, and other custom features that seem to resonate with those who have either played or purchased his guitars.

He performs with his “homemade” guitars and intends to continue building them when he settles down and no longer performs. However, he doesn’t see that happening any time soon. He recently finished recording an album in Nashville, and it should be coming out soon. Check out his website, www.raylignonmusic.com, for updates in his musical journey and also when his next album will be available. (It should be in May or June 2024.)



OUR VETERANS OUR HEROES

James (Jim) Saulnier, MM1 (E-4), US Navy

By Jim Saulnier

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

I meet many veterans and families of veterans all the time so this meeting is nothing new, except for the way it happened. I was visiting the Pahrump Senior Center when Anne Harris mentioned that the wife of a Korean War Veteran would like me to write her husband's story in the Pahrump Life Magazine. I learned later that her name is Jeanette Saulnier (pronounced with a French accent) and her husband is Jim.

I went to visit them and discussed the idea of having his story in the "Our Veterans, Our Heroes" section of the Pahrump Life Magazine. I learned that he served during the Korean War and was in the US Navy as a Machinist's Mate

First Class Petty Officer (MM1). I listened to his story and knew that all of you would like to hear it too. So, here it is as he related it to me.

Who Am I and Why Am I Telling You My Story?

I am James (Jim) Saulnier and I have a story, just like yours, but it's about me, what I have done, and the fact that my past career choices and adventures have made me who I am today. Okay, here goes

My Humble Beginnings

Raised Where? High School. I was born and raised in Massachusetts but decided that school was not for me. So, I quit high school in the 10th grade and decided to "work for a living." Since I was part of a dysfunctional family I had many jobs before I left home. I tried a lot of different jobs but I quit. I had jobs such as cutting grass, mink ranching, working on estates, etc. In fact, I changed jobs every three



James Saulnier

months or so (whether I needed to or not) and I always felt that I was very poor.

When I was in the 10th grade, I was "mentally" not able to finally continue on with the process of school, the social action of the school, and the sophomore hop was coming up and I didn't have any money, so I did not go back to school.

I had some close friends who were also looking to "do something" with



our lives so three of us (guys) took a car trip planning to go to Florida but, at a gas station in New York, we were advised that we'd end up on a Chain Gang so we changed course and went to California (Napa Valley) instead. It wasn't a lot of work there except picking fruit and we did the best we could for a while. Then we decided to go back to Massachusetts because we had no money. The Korean War had just started and I said that sounds like a place for me. That was one of my better decisions in life. In August of 1950, I decided to join the Navy.

It was tough for me to get in because I was totally underweight. I also had high blood pressure. They needed people so they did everything they could to keep me in. I ate about ten pounds of bananas to gain some weight. (NOTE: To this day, I don't like bananas) It worked out well and I passed the physical.

I decided to take my best buddy with me to the Navy. When I made my decision to go into the Navy I went looking for him and I couldn't find him. So I went to Lovers Lane and found him with his girlfriend. I found him in his car with the windows all fogged up. I knocked on the window and said, "Bob

are you in there?" And he said, yes. I told him that I would be going to join the Navy and asked him if he wanted to go with me. Again, he said, yes. So, we left for Boston to join the US Navy.

We went to "boot camp" together in Great Lakes Naval Training in Illinois. And when we graduated after Basic Training, they chose me to go to Machinist Mate School. He went to the fleet and I never saw him again. He died in a car accident after drinking; I still have his obituary here in my drawer.

Let me interject here how I met my wife Jeanette. Her brother was on the same ship I was assigned to. He invited me to accompany him when he went home. I allowed him to spend time with his family while I ventured out by myself. I didn't meet his sister at that time. Later, when I visited them again I met her mother. According to Jeanette, her mother contacted her and let her know that a sailor was visiting with her brother and she should meet him. So, we met. And, after we met, we were engaged twenty days later and then I shipped out for Korea and the war.

My wife and I have been married for nearly seventy (70) years and will celebrate our anniversary on July 3, 2024.

"My job in the Navy was Marine Engineering... That one school made my life's career."

The 4th of July is always very memorable for us. We're not sure how we will celebrate the 70th since it's only the two of us since all the children are grown.

Military Life, Assignments, and Promotions

Since I quit school in the 10th grade, I needed to complete High School so, after getting married, I got my GED while in the Navy.

I went to the Navy and was reasonably successful. I made first class really fast and it's difficult to do that in today's Navy "time-wise." Now, there's time between rate increases so it's difficult to make first class that fast. In fact, you cannot make first class in one hitch anymore.

My job in the Navy was Marine Engineering. Right out of the boot camp, I went to Great Lakes school for 3 months. That one school made my life's career.

During the entire Korean War, we were on the ship. We traveled the straits of Formosa off the coast of Vada Volstaf. We would rescue downed pilots and protect planes going into Korea. We also went to Hong Kong many times.

My Active Duty – I was on a Destroyer DD684 for 3 years (Fletcher Class Destroyer). As strange as it sounds, I became friends with the chief engineer, Jim Stewart, on the Destroyer. We remained friends even after the Navy. My entire Active Duty was Three years, 9 months, and 27 days in the Navy.

Life After the Military

To repeat, my job in the Navy was Marine Engineering. Three months of school at Great Lakes. Then, right out of the boot camp, I went to another school for seven (7) months. That one school gave me direction for my life's career. I was in the Power Industry after that. I looked for work in this field after I left the Navy and ended up in the energy field. I was working with pumps and turbines and things like that. I took the exam and got extra points for military service. I passed the test and got the job. It was with the North American aircraft plants and it was a miserable job but I did the best I could. I worked at that for about a year. Then, I got a job at \$324 a month at the Harbor Generating Station. They were building a new steam plant in Sun Valley, California. I was still working at the Harbor Generating Station Plant and everybody was complaining. One day a guy came in and I was told that he was the supervisor of the new steam plant in Sun Valley, California. I made a beeline to him and told him that I applied for a job there but had not heard anything. Three days later, I got a job there. That was in 1955. I stayed there until 1962 when I got a promotion and went to Sue Beach/Seal Beach. I worked there for quite a while and the children were born while we were there. My job was in operations and maintenance. I took an exam and there was a protest because my score was very high. A young engineer named Buchanan helped me get the promotion. I worked there for quite awhile until I quit a job at UCA Intermountain Power Project, which is a huge coal burner. I think they were going to get rid of that soon.

Jeanette and I were RVers and we had plenty of RVs and all of our children had motorcycles. We had a travel trailer and we did a lot of traveling.

One of our trips back east was to a high school reunion. The Graduating Class of 1949 would have been my graduating class had I not dropped out of school in the 10th grade. We had a great time. I wanted to ensure that they



had a 50th class reunion because I had missed all of that and I wanted to be there. They did schedule it, we went, and we had a great time.

I retired and got involved with the Elks. I was "installed" in Huntington Beach in the 1960s and served in several key positions. I was the Exalted Ruler in California. I was a member of the Elks for over 60 years.

We had many reunions of the ship's personnel and Jeanette and I, along with the chief engineer, would attend those. There was a reunion every 18 months. I was selected to be president of the ship's association to contact the members and arrange the reunions. There were approximately 3200 people who had served on the ship.

The Navy had a tour of the ship while under renovation in Baton Rouge. Because we had been part of the ship's crew, we were allowed to look into the ship during the renovation. We actually scheduled the reunions in different parts of the country so everybody could attend. As president of the ship's association, Jeanette and I would attend all of the reunions.

Why Pahrump?? How We Got to Pahrump

We had 10 acres of land up North with two ponds. There were deer and

"I'm proud to have served my country and proud to be a United States Military Veteran."

other animals on the property. I retired from my job in California in 1985 at age 55.

Our children bought a house in Pahrump and we would come to visit. The children built an apartment onto their house for us to be able to stay. Jim had a serious operation and it has taken time for him to fully recover. First, we went into the retirement home but we were still too young for a retirement home. So, we sold our home in California and moved to the apartment in Pahrump. We left the apartment and now we live in Pahrump near the Senior Center. The Navy is still in my system and while we are in Pahrump now I realize that I can't smell the sea water or hear the fog horns. Jeanette and I have now lived in Pahrump for about 5 years.

In summary, in light of the life experience, technical/other opportunities, career opportunities, educational opportunities, education benefits, and other Veteran benefits of the US Navy and the other services, I'd do it again. I'm proud to have Served My Country and proud to be a United States Military Veteran. To each veteran, I say, "Be safe and be proud!"

Well, you've heard from Jim Saulnier and, if you are a Veteran, your story could be in a future issue of the Pahrump Life Magazine. If you're interested, please contact Tom Waters or Christine Butler (owner and editor) to get your story printed.



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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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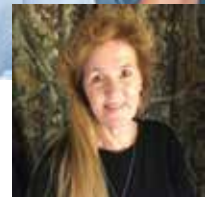
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LIFE after 18



Setting Up for Success With Roommates



Janet M. Nast

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

Graduation is coming up and I'll bet a lot of seniors are thinking about gaining some independence by moving out on their own. Great idea.

Another great idea is to think about how you can save some money on rent when you do decide to fly the coop. This goes for those of you who've been on your own for a while, as well as for kids who are new to the whole idea.

One of the best ways to do that is to consider sharing your home with friends, aka "roommates." That way you can split the rent by the number of tenants and save a ton of money. Seriously, splitting \$1500 three ways is a whole lot better than paying \$1500 by yourself.

First, the number one, most important thing you should do when you find two or three friends you want to live with:

Make sure everyone's names and signatures are included on the apartment (or house) lease or rental agreement.

This ensures that all parties involved have made the commitment to be responsible for the rent as well as any terms included in the agreement. (Things like late payments and the condition of the home when you all decide to move out.)

Now here're a few other things that are not talked about in a lease or rental agreement. You should get answers for all these questions before you decide to move in with anybody:

- **Who will sleep where?**
- **What do everyone's work, school, and sleep schedules look like?** This will help everyone to be aware of when quiet time is needed.
- **What will the rules be regarding visitors?** This discussion might include when friends can come over based on everyone's schedules as mentioned above. Which means you should be talking about evenings, weekends



and overnight stays. And while it should be understood that each person is responsible for the behavior of their visitors, it's worth mentioning before it becomes a problem.

- **How will housework be split up?**

This might include discussions about keeping the common areas of the house clean such as the living room, bathroom, and kitchen. In regards to the kitchen, you should discuss meal preparation as well as subsequent clean up.

- **How will you handle grocery shopping?**

Will you share things such as milk, eggs, and cereal? This discussion might also include where each persons' groceries are to be stored.

- **How do you all feel about**

sharing personal items such as dishes, glasses, towels, silverware, pots and pans, toilet paper, soap, shampoo, laundry detergent, clothes, etc.?



These are just a few topics you should discuss with potential roommates. You may also want to consider a "Relationship Agreement" or a "Room Mate Agreement" so you don't end up all kinds of pissed off at each other and losing good friends.

One of the best ways to learn more about the whole roommate experience is to talk with your parents or other friends who have already gone through it.

Another option is to visit my site "LifeAfter18.com" where you can take a few adulting classes or order the e-book on which they were based, *Shifting to the Business of Life*.

No matter what you decide, always remember to have these critical conversations with your potential roommates before the ink is dried on the contract.





Dr. Christopher Salute

Put Your Phone Down: The Learning Happens Up Here

*By Dr. Christopher Salute
Director, Great Basin College, Pahrump*

In 2015, I had the honor of defending my dissertation as my final step toward becoming a pretentious PhD. My hypothesis? That there was a correlation between how you grew up, your level of skill with technology, and how you liked to learn. See, I thought that those who grew up with technology in their hands would favor digital learning, specifically gamified learning.

The Result? Failure.

What I found was that no matter who you are, no matter what technology you favored, an engaging faculty member was all you needed to teach or train you. It's likely time to re-release portions of that study, or honestly, redo it. The time to chop it up as relevant research has likely passed.

But, nearly 10 years later, I am forced to look at that study and remind myself that, while the future seems to be pointed at with a computer cursor, it

should be pointed to with an old fashioned ruler... and maybe some chalk.

In the age of digital transformation, online education has gained prominence. However, as we navigate the evolving landscape of higher education, it becomes glaringly evident that the future should not be confined to virtual classrooms. Hybrid classes and in person education are the key to our success as a country.

As evidenced from the 2020 education debacle during our pandemic, online education has faced challenges ranging from limited personal interaction to technological barriers. The lack of a physical presence and face-to-face engagement can hinder the development of a vibrant learning community. This has been mimicked in our workforce and has greatly challenged how we look at technology, while also adding to our mental health issues as a society. Additionally, issues such as disengagement and the digital divide have become significant concerns in the realm of virtual learning. This is at all levels, from age 5 to age 55, Pre-K to Postsecondary.

What Happens When Students are Not Held Accountable?

They don't learn. It's no secret that formal learning is a habit, and habits are formed over time. While humans are naturally inquisitive, we don't sit



down to learn as much as we organically just pull in data. It's nobody's fault. But most mental processes in young people haven't fully developed until their early to mid-twenties. This is mirrored by the development of a few parts of the brain, as well.

As for non-traditional students? Say... 30 and up. Sure, they have the capacity to focus and build habits. But will they, given a lack of structure? Likely not, as their lives have already been regimented and calendared. It's much easier to pair the unfamiliar with the familiar. And nothing about logging onto a discussion board is familiar or feels engaging. Let's be real.

Faculty members need that structure, as well. Do you know how challenging it is to re-train someone to log into a classroom every day, versus show up at their class? The entire education model has evolved from small group teaching... to large lecture halls... BACK to small groups. So, guess what? What worked for Aristotle... works for us. It was never meant to happen without engagement. We are social beings.

The amount of information that we can disseminate in a 3 hour lecture (or 5 one hour sessions at the high school level) is much more productive than answering 32 assignments, explaining the same thing over and over because it wasn't clear in the video we hoped would cover that topic. There's nothing wrong with one-on-one education to make an impact. But it's impossible to do this at scale, digitally, where tone and context are lost.

What is the result? These are quotes from actual students and parents, modified and combined for privacy reasons:

"My child cannot read and I can't help them."

"Tests are showing I do math at a 4th grade level, I am entering High School."

"I've never received less than an A in my life, how can you deduct points for poor grammar or formatting?"

"The lack of physical presence and face-to-face engagement can hinder the development of a vibrant learning community."

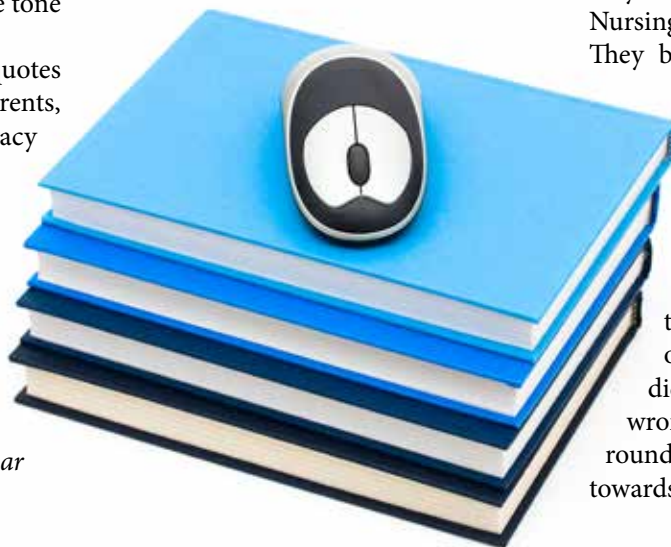
"Are you a new faculty member? This course is extremely confusing."

"Your job is to teach us... not discuss on a discussion board."

As an alternative to the online model, small satellite campuses are emerging as catalysts for change. These campuses offer a more intimate and community-driven learning environment. Students benefit from personalized interactions with educators and peers, fostering a sense of belonging that is often missing in the online realm.

To reiterate, there is nothing wrong with online learning. But it must have some structure:

- **Synchronous class times** (meaning you log in at a certain time to interact with your faculty and classmates, real time)
- **Lab Aids and Tutors** near you to help reiterate theory



- **Applied learning** (not videos) reinforcing theory
 - Picture learning something in a Biology lecture and dissecting a fake frog sent to your home
 - Or, learning about Mining and then being sent a piece of a mineral to hold in your hands

Aside

Asynchronous learning is a student-centered teaching method widely used in online learning. Its basic premise is that learning can occur in different times and spaces particular to each learner

Synchronous learning refers to all types of learning in which the learner(s) and instructor(s) are in the same place, at the same time (digitally), in order for learning to take place.

(These definitions come from <https://www.brynmawr.edu/news/asynchronous-vs-synchronous-learning-quick-overview>)

Vocational and Trade Schools

The future of education also points towards the growing importance of trade schools and vocational training. This was something I could have (and did) predict in my mid-twenties. Again, nobody's fault. But our (millennials') parents were trades-people: they were electricians and plumbers, Nursing Assistants and Bookkeepers. They begged us not to slack off in school. So, we didn't. They begged us to earn trophies, so we did. They asked us to join after school programs and get into good colleges. So... we did all of this, including avoiding every vocation that involved working with our hands and backs. And they didn't mean to be... but they were wrong. Because, by 25, I was surrounded by Master's Degrees heading towards Doctorates; not a single one

of us knowing how to fix a sink. I have looked at home repair bills and gotten sick to my stomach. The idea was that we'd all be genius-masters-of-the-universe, which the age of information (the 80s and 90s) would dictate. What we didn't predict is that when everyone has access to that information and puts it on the internet, it is no longer valuable. What became valuable was building the things we had information about.

Now, institutions focus on providing practical skills aligned with industry needs. Students receive hands-on training, preparing them for real-world challenges. Success stories from individuals who have thrived in their careers after attending trade schools underscore the effectiveness of this educational approach. Most of this cannot be done solely online.

I'm fortunate enough to have taught at several online Universities. And, I now run a campus of a Community

College, which also does their fair share of internet education. What I have seen is that teaching LIVE classes to folks around the state is very possible and a much better way to disseminate information. Pairing online courses (even those which do not have synchronous/live components) with applied skills is an EXCELLENT way to instruct our youth... And it's working!

Hybrid Learning

Rather than a complete departure from online education, the future will witness the rise of hybrid models: Blending traditional small campuses or trade schools with online components. This model accommodates diverse learning preferences, catering to the needs of students who value both face-to-face interactions and the flexibility of virtual learning.

Higher ed is shaped by a combination of factors, including technological

advancements, evolving industry demands, and changing student expectations. The traditional four-year degree may no longer be the sole path to success. Instead, a diversified landscape that includes small satellite campuses, trade schools, and hybrid models responds more effectively to the varied needs of learners in the 21st century. This is another topic I hope to discuss.

Education is poised to extend beyond the confines of online learning. Small satellite campuses and trade schools offer tangible solutions to the challenges posed by virtual education, providing students with personalized experiences and practical skills. As we navigate this educational shift, embracing a diversified approach that incorporates the best of both physical and virtual realms may hold the key to unlocking the full potential of future generations.





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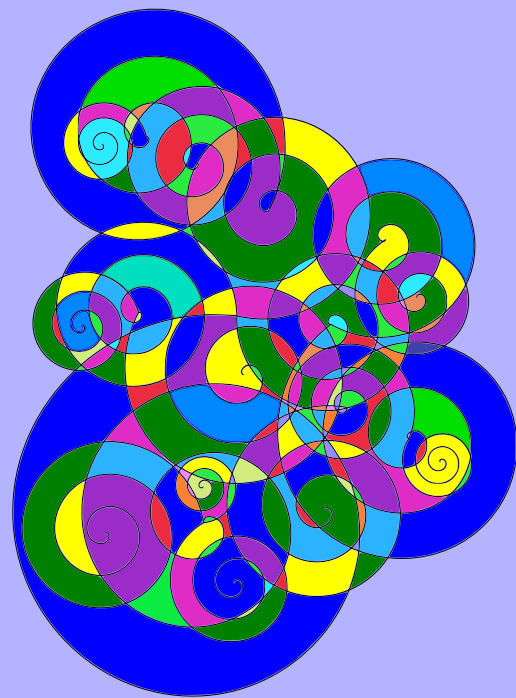
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SPANISH

the Art Walk of Pahrump



*By Tiffany WhiteCloud
Founder and President, Art Walk of
Pahrump*

The Art Walk of Pahrump was established to unite our community and cultivate a vibrant hub for creativity. Our vision is to offer a nurturing environment for youth to thrive under the guidance of experienced mentors across various art disciplines. Additionally, we seek to implement sponsorship programs that enable children in our community to access art supplies, various equipment, and diverse lessons. We will also introduce GypZ QueenZ PantomimeZ to the community as another creative way to connect as another feature of our event. Given the limited recreational outlets available to our local youth, our initiative aims to provide productive and engaging activities. Looking ahead, our goal is to establish a permanent space that fosters even more opportunities—a crucial need often underestimated within our community.

The Art Walk of Pahrump presents a wealth of opportunities for participants. These community events will

be offered quarterly. Vendors crafting items for sale can exhibit their creations, offering them for purchase to event attendees. Artists showcasing their artwork have the chance to display their pieces to the public and make them available for sale. Various contests and competitions, such as writing, drawing, LEGO building, and potentially more in the works, provide avenues for engagement. Musicians, including students from our local schools, can perform live for the audience's enjoyment. Theatre groups have a platform to showcase plays, monologues, skits, and other performances. As we continue to evolve, we are actively generating new ideas and expanding our offerings.

A primary objective is to provide a nurturing environment for youth to develop positive and productive lifestyles. During my upbringing, we resided in a rural area until I turned twelve, at which point we relocated to the city. With conscientious parents who restricted our urban exploration, my sister and I often found ourselves at a loss for activities during the summer months while they were at work. This idle time can sometimes lead children astray. The Art Walk of Pahrump aims

to empower our youth by fostering creative skills. Through our quarterly events, youngsters will have the opportunity to focus on preparing for future showcases. Moreover, we aspire to educate them on transforming negative experiences into positive outcomes.

Mentorship programs possess the power to create lasting impacts. Reflecting on my childhood, I recall individuals who ignited my passion for music. Given the chance to receive guidance and nurture my talents during those formative years, my life's trajectory could have been altered significantly. Our aim is to offer such mentorship programs to our youth, establishing these invaluable connections during their most vulnerable stages for optimal development. Providing positive guidance and inspiration can not only steer them in the right direction but also empower them to envision greater possibilities for themselves, ultimately reshaping their worldview.

Our sponsorship programs are designed to offer transformative experiences that can change lives. Through collaborations with local shop owners and businesses, we are dedicated to supporting our local economy and providing children with access to art

supplies, equipment, and a variety of lessons. From private vocal coaching, dance classes, and guitar lessons to potential instruction in other instruments, our offerings aim to be diverse and enriching. Additionally, we aspire to incorporate disciplines such as culinary arts, martial arts, ceramics, painting, and acting into our sponsorship opportunities. This represents just a glimpse of the comprehensive range of activities we hope to provide. As part of the program, sponsored children will be expected to attend the upcoming event to showcase how the sponsorships have impacted them and the advancements they have achieved.

GypZ QueenZ PantomimeZ is one of the many different types of moving parts contributing to the betterment of the community from young to old. Providing a way to connect with others in the community through mentoring, participating in the creation of sets, wardrobe, makeup, hair, writing articles, or even trying their hand at writing their own story to perform; and learning the skills to interact with people of diverse interests. Pantomime is comparable to a silent movie. There are no words spoken by the actors. The only sound will be the voice of the narrator.

Pahrump currently offers limited

opportunities for our youth to explore and nurture their creativity, especially if you're unsure where to begin your search. This is precisely why we aim to consolidate these resources into a single accessible hub. Our vision includes establishing a permanent home for the Art Walk of Pahrump, uniting various creative endeavors under one roof. One of our primary objectives is to secure a versatile space equipped with a performance stage, a culinary arts kitchen, and ample room for diverse art forms to be both taught and created with sufficient capacity to host our seasonal festivals four times a year. While this ambitious goal won't materialize overnight, we are committed to diligently working towards its realization.

Annually, the Art Walk of Pahrump kicks off by presenting the Pahrump Film Festival. This signature event always takes place on the last Friday, Saturday, and Sunday of April, offering a platform for enhanced creativity. While there is a submission fee for adults, individuals under the age of seventeen can submit their films for free with parental or guardian consent. Our event on June 22, 2024, along with those scheduled for September and December, will be one-day affairs, consistently falling on Saturdays. Each event will feature a unique theme, with our June gathering focusing on patriotism and our commitment to supporting veterans and local children. We have partnered with our local radio station 97.7 FM KPFF, which stands for Pahrump Film Festival, to bring these events to our community. We are actively seeking sponsors and offer sponsor packages for each event, providing opportunities for radio promotion and on-site recognition. For more details, interested individuals can visit our website at www.artwalkofpahrump.com or connect with us on Facebook at Art Walk of Pahrump, where they can access event updates, view photos from past events, and stay informed about our sponsorship progress.



Youth Recognition



Hilary Molina, Teen Volunteer Extraordinaire

By Christine Butler

Hilary Molina, a kind, unassuming, shy introvert who loves children and prefers small groups of people, has volunteered countless hours in our community. Mainly serving behind the scenes, she doesn't like to draw attention to herself. At nineteen years old, she is mature beyond her years. Upon meeting her, you immediately see her humble spirit shining through.

Raised in Pahrump, she currently attends Great Basin College, working towards a degree in early childhood education. Her love of children began at two and a half years of age when her little sister was born. She helped feed and care for her as much as a two-and-a-half-year-old can. She carried her little sister everywhere. In fact, her mother worried that Hilary would drop her. From that point on, Hilary's mother knew that her daughter had a passion for children. In 2021, Hilary was hired to care for two children. The two girls

were five years old and two years old. She was informed that the oldest was developmentally delayed and would need to be encouraged to increase her vocabulary. Never having been around anyone with these challenges, Hilary said, "It was hard, but I persevered." The experience cemented her compassion for working with children.

When asked what prompted her to volunteer for so many events in Pahrump, she said it all started when she was a freshman in high school. A friend talked her into joining Key Club. She joined the after-school club but confessed she didn't know what it was all about.

The Origin of Key Clubs

The first Key Clubs were organized by two high school administrators in Sacramento, California, in 1925. They presented their idea of starting a club for high school boys to their local Kiwanis organization. The club would be a vocational guidance program for



"key" boys in the school. Their "pitch" was successful, and the first Key Club was born.

What started as a club to guide high school boys soon expanded into a service organization for the whole school. It wasn't until 1977 that Key



Clubs were opened to include girls. It took ten more years before adult women were permitted to join Kiwanis International. Key Club is the world's oldest and largest service program for high school students.

According to <https://www.Keyclub.org>,

"Key Club, an international student-led organization, collaborates closely with its local Kiwanis clubs. Together, they empower high school students to serve their communities, build character, and develop leadership skills through service and volunteerism."

Hilary Begins Her Volunteer Venture

Hilary's journey of learning about ways to serve our community began under the leadership of Key Club Advisors Reva Braun and Mr.

Dave Harris. She stayed in Key Club throughout high school and learned its core values of leadership, character building, caring, and inclusiveness. Her involvement in the club connected her with other kids and many people in our community.

Her first volunteer experience was at a J.G. Johnson Elementary School dance. She helped decorate the gymnasium, set up tables, set up the flowers, and managed the snack table. When asked what organizations she has volunteered for, she had a hard time remembering them all.

Here are just a few of the Pahrump events that Hilary has donated her time to since her freshman year of high school: Silver State Chili Cook-Off, Taco Fest, MLK Luncheon, events at the Moose and Elks Lodges, Easter events, Pahrump Disability Outreach Program, Fall Festival, Relay for Life,



Hilary receives service award from Reva Braun.

Republican Women's Tea Party, the first Prom for students with disabilities, and children's ministry at her church. In case you weren't counting, that's thirteen different organizations Hilary has served. And those are the ones she can remember! You will also see Hilary at the Pahrump Community service organization meetings. With the help of Reva Braun, she became an official member of Kiwanis in 2023.

Beyond Volunteering

When she isn't studying or volunteering, Hilary loves to be active outside. She has hiked several trails in various locations, including Red Rock Canyon, China Date Ranch, Death Valley, Mount Charleston, Lamoille Canyon near Elko, and Zion National Park. The beauty of nature refreshes her soul.

When asked what advice she would give people of all ages, she humbly said, "I'd encourage people to serve in their community." She would like to see more people volunteering to improve Pahrump instead of complaining about what Pahrump doesn't have to offer. Even though she knows it's not the highest-paying job, Hilary would like to see more people pursuing teaching careers. "It's about our children. Develop a love for children and teaching. They are our future. See the beauty in serving. You never know what can happen! And above all, Soli Deo gloria. Glory to God alone."





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Big Bend of the Colorado State Recreation Area



State Parks of NEVADA

By Carol Champney

For the past 13,000 years, people have lived in southeastern Nevada. The Mohave tribe were the earliest inhabitants of the Colorado River Valley, and their name means “people who live along the water.” They lived in dwellings above the floodplain and farmed near the river. The valley and the recreation area are home to numerous historical petroglyphs. As early as 1540, European explorers reached out to the native people of the area. Melchor Diaz, a Spanish explorer, was among the first to travel to the region. Later, in 1776, Francisco Garcés, another explorer, journeyed to the area in search of a path to the Pacific Coast. Four Mohave guides helped them safely cross the river into present-day Nevada.

Big Bend Becomes a State Park

The Big Bend of the Colorado State Recreation Area was established in 1960 due to the Fort Mohave Land Act. This act facilitated the transfer of 15,000 acres of federal land in the Laughlin Big Bend area to the Colorado River Commission of Nevada. In 1991, 2,100 acres were reserved for the Big Bend of the Colorado State Recreation Area. The official opening was held in 1996.

The park's main attraction is the Colorado River, located just downstream of Davis Dam. The river has clear and cool water throughout the year. While the park has roughly two miles of shoreline, other near-shore water areas can be found in the canyons and washes. The region also has an abundance of stunning rock formations and scenic viewpoints.

Cops and Bobbers

Every year, Nevada State Parks and the Nevada Department of Wildlife sponsor the Cops & Bobbers fishing event at Big Bend of the Colorado State Recreation Area. This is an excellent opportunity for youth to enjoy fishing and build relationships with officers from the Las Vegas Metro Police Department, Nevada Department of Wildlife wardens, and Nevada State Park Rangers. Unfortunately, the 2024 event has already taken place, as it was held in March. However, it is such a popular sport that you'll want to mark your calendars for next year so you can participate in the fun! Be sure to bring your children or grandchildren! Visit <https://parks.nv.gov/events/cops-bobbers-2024> for more information.



History of Laughlin, Nevada

To fully appreciate the beauty and significance of Big Bend on the Colorado River, it is interesting to delve into the rich history of the nearby town of Laughlin. Donald Joseph Laughlin was born on May 4, 1931, on a dairy farm outside Owatonna, Minnesota. His parents, Raymond and Olive (Benalleck) Laughlin ran the farm. His father was also a part-time trucker.

Donald was a daring individual from a young age. During his teenage years, he caught mink and muskrat and used

the earnings to purchase slot machines through mail-order. He installed these machines himself in nearby pubs, and they quickly became popular. Eventually, young Laughlin made \$500 a week, equivalent to almost \$7,000 in today's money.

However, the principal of the one-room schoolhouse he attended disapproved of his gambling activities. He gave Donald an ultimatum: "Get out of the gambling business or get out of high school." But Donald, earning three times more than his principal, abandoned his studies and continued his business.



Park Details

Hours

Campground is always open. Park hours vary by season.

January & February: 7 a.m. - 5 p.m.

March, April & May: 7 a.m. - 6 p.m.

June, July & August: 7 a.m. - 7 p.m.

September & October: 7 a.m.

- 6 p.m.

November & December: 7 a.m.

- 5 p.m.

Admission

Day Use Entrance Fee: \$10.00 per vehicle (Non-NV Vehicles \$15)

Boat Launch: \$20 (Non-NV Vehicles, \$25)

Camping: \$20 per vehicle, per night (Non-NV Vehicles, \$25 per vehicle, per night) + \$10 for sites with utility hook-ups

Camp and Boat: \$20 per night (Non-NV Vehicles, \$25 per night) + \$10 for sites with utility hook-ups

Bike in: \$2 per bike

Minnesota to Nevada

Don moved to Las Vegas in 1953 with his young wife, taking advantage of Nevada's legal slot machines. He worked in Las Vegas for one year, saving as much money as possible. An entrepreneur at heart, Laughlin became restless. He began looking for an alternative to Las Vegas and discovered an ideal location on the southern tip of Nevada. The place was a combination of mountains, desert, and river, where the state borders of Arizona, Nevada, and California merge.

Despite finding a bankrupt bar and motel on an unpaved road by the Colorado River, his vision of creating a gambling oasis prompted him to invest his money to purchase the land and reopen the defunct motel. Don's vision came to fruition, and the resort was later rebranded as the Riverside

Resort. Don and his family lived on-site, and he spent much of his time in the casino, which helped create a warm and welcoming atmosphere.

The Naming of Laughlin

However, the motel's success was nearly derailed when a postal inspector informed Mr. Laughlin that the town needed a name for him to receive mail. The quick-thinking inspector suggested the name Laughlin, which became the town's official name.

Don recognized that not everyone who wanted to gamble wanted to pay for a hotel room in Las Vegas, so he made accommodations for RV-ers. It turned out to be the key to his growing resort.

Despite being a high school dropout, Mr. Laughlin became a billionaire by presiding over his resort complex, which eventually included 1,350 rooms, a bowling center, and a movie theater. By 1988, Laughlin's resort destination had become the nation's fourth-largest gambling destination. Today, Laughlin is a thriving community that owes its origins to the vision and hard work of Mr. Don Laughlin.

Don, who worked 14-hour days into his 80s, passed away at 92 on Oct. 22, 2023, leaving behind a legacy as a beloved figure among his employees and customers at what is now known as Don Laughlin's Riverside Resort Hotel and Casino.

Amenities at Big Bend of the Colorado

Laughlin's RV Resort is among many in the surrounding towns. The Big Bend of the Colorado has many sites with full RV hook-ups, camping, and picnic areas. Boating and other water sports are among the available activities, as are plenty of hiking opportunities.

According to <http://parks.nv.gov/parks/big-bend-of-the-colorado>, there are some things to consider when planning to visit the park.

NOTE: Big Bend's popularity can



make it difficult to enter the Day-Use area during its peak summertime visitation. On weekends, during the busy months of June, July & August, the parking lots are often full from 11 a.m. to 4 p.m. When the park has reached capacity, walk-ins and drop-offs are not allowed. It is recommended that large groups arrive early and ride to-

gether. Carpooling enables the park to accommodate more people during peak visitation.

Whether you are picnicking, or staying for more days of recreation, be sure to take a short drive to Laughlin to enjoy the town's rich history. You are sure to enjoy both!



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It is Within Human Nature to Be Creative

By Paula Moses

What gives human beings the desire to create? I have spoken with many people who think they are not artistic because they cannot draw a stick figure. Some of us like to express our creativity with a pencil or brush, while others create in the kitchen, workshop, or within an organization. In my opinion, it is within human nature to be creative. I saw this very early in my life. When I was in the 5th grade, I drew a grasshopper from a tiny illustration from an encyclopedia. Remember those? I recognized a God-given talent within me and discovered that you really had to study an object to illustrate it. Since then, I just kept on drawing! I loved how it would cause me to slow down and admire what I was seeing.

My name is Paula Moses and I have lived in Pahrump since the summer of 2019. I spent my first 21 years growing up in West Virginia. In high school, I dove into art headlong, taking as many art classes as I could. My art teacher's strength was in photo realism, so I honed my skills in that di-



rection. Our senior year project was to paint an oil portrait. Since I did not expect my first attempt to turn out that great, I started on a used canvas! I surprised myself that year and created one of my most treasured paintings of my Great Grandmother. I tried to double major in youth ministry and art at Huntington University in Indiana but could not fit all the classes into four years. Sharing the love of God with teenagers was my first calling. In Columbus, Ohio, I worked in youth ministry for 8 years and then in the healthcare field for another 8. I would do portraits for co-workers, which was very fulfilling. I loved seeing the joy on their face (or the tears) as they gazed at



their loved one. There was something more personal about the human element expressed in a hand created portrait. I was able to take photography and computer art classes for free at the Ohio State University while working at the James Cancer Center full time. I discovered another avenue to use my artistic creativity to serve others and bring joy into their life. I started helping people preserve their most precious memories and tell their stories with Creative Memories and I now do this through Forever. I love the ability to express my creativity from the ease of my computer screen in the comfort of the air-conditioning!

I moved to Pahrump with my hus-



band Jay and son KJ when my husband accepted a position at the Spring Mountain Motor Resort and Country Club as a driving instructor. Why Pahrump? Jay's parents, Zolin and Wilhelmina Moses, have lived here since we got married in 2003. They were very excited for our arrival since we have their only grandchild!

Just prior to moving to Pahrump, I found out I had breast cancer. I had surgery in Ohio and did radiation treatment in Las Vegas. As my treatment ended, the 2020 pandemic began! What an interesting time that was indeed. Since becoming a home-schooling parent, I did not have too much time to concentrate on human portraits. The pandemic afforded me the time to produce a few more. My



Mother-in-law, Wilhelmina, has been involved in the art community here for years. As a portrait painter, I did not have any inventory to do art shows. I discovered a new art form that was very different from the photo realism I was accustomed to. I began experimenting with liquid acrylic pouring art. It was fast and fascinating! I used various mediums to liquify the acrylic paint, pour it onto a surface then use different methods like tilting, spinning, and blowing on the paint to get an abstract result. Recently, I have painted realistic animals and birds on top of abstract backgrounds. I am a part of the Artisans Guild, NV and have been in several shows over the last couple of years. I was able to put my computer illustration skills to good use when turning my paintings into prints, so I can share my work with a broader audience.

In 2023, I discovered I could still pull off colored pencil portraits of animals amid the many interruptions of schooling at home. In March of 2024, I learned that my breast cancer had returned. I will be fighting yet another battle with a promising prognosis, thank God! Because of surgery recovery, I will not be participating in any art shows until I am fully healed.

What does the future hold? I do not know, but I do know the One who holds the future in the palm of His hands, and I know He's got me! Lord willing, I will continue to help people

“Our senior year project was to paint an oil portrait. I surprised myself...and created one of my most treasured paintings of my Great Grandmother.”

preserve their memories with Forever, and bless people with portraits of their furry friends until Jesus leads me to express my creativity in another way.

To view my online gallery, simply create a login to my account using this web address or you can scan the code on my business card. Contact me by email, and I will send you the link to my online gallery. In it, you will find prints of various sizes and an album of my original work still available in my inventory. If you would make a purchase of a print, simply add it to your cart, confirm your email address and you can get \$20 off your first purchase from any of the prints available online! If you would like to contact me about a pet-portrait or a piece of my work that is currently in stock at my home or hanging in a business in town, feel free to contact me by email at loveon-people@gmail.com.

Paula Moses, (614)571-7175





Healthy Living

9 Nutritional Deficiencies Linked to Mental Disorders

By Crystal Atwood

Shose suffering from mental disorders often exhibit deficiencies of important vitamins, minerals, and other nutrients. These nutrients play key roles in various processes that regulate your moods and brain function.

Unfortunately, nutrition is still not yet the focus of training in the field of mental health. When it comes to treating mental health disorders, choosing foods that boost your mood is a largely ignored strategy.

However, most health professionals would agree that fixing nutritional deficiencies, removing the toxic elements in your diet (and environment too), and providing a well-planned, clean, and nutrient-dense diet can go a long

way in producing positive changes in mental health.

1. B Vitamins

B vitamins—such as vitamins B6, B12, and B9 (folate)—are especially important when it comes to anxiety and depression. These vitamins help produce and control brain chemicals that influence mood and other neurological processes.

B12 deficiencies, for example, are a root cause of neurological, psychiatric, and cognitive issues, and have been shown to be associated with depression. B12 deficiency can trigger symptoms in the nervous system and red blood cells and can impact your neurotransmitter pathways.

Researchers have also found that vitamin B12 reduces homocysteine levels. Homocysteine is an inflammatory

compound that, if elevated, can contribute to the disruption of the blood-brain barrier (BBB).

While some research shows that many people have trouble absorbing vitamin B12 from foods, vitamin B12 in supplements is highly absorbable. Many people can benefit from vitamin B12 supplementation.

2. Vitamin D

Vitamin D plays an optimal role in brain development and is a key ingredient in the production of the neurotransmitter dopamine, which is associated with motivation, reward-seeking, and pleasure. When dopamine levels are low, you don't have the drive to do anything that will lead to a future reward.

Low levels of vitamin D have an association with a number of psychiatric conditions, including depression, and supplementation has produced some positive effects. This is because Vitamin D, which your body synthesizes from UV rays, supports the production and

release of serotonin.

In general, exposure to sunlight on the hands, face, and arms for 5-15 minutes per day, 2-3 times per week should provide adequate amounts of vitamin D. Very few foods contain significant amounts of vitamin D. Mushrooms provide a reasonably healthy source. Many everyday foods are also fortified with vitamin D such as orange juice and plant-based milks, depending on the brands.

People who are at risk of vitamin D deficiency—such as dark-skinned and veiled women (particularly in pregnancy), their infants, and older persons in residential care, along with anyone for whom regular sun exposure is unattainable—should consider supplementation.

3. Iron

Iron is necessary for the nerves and brain. In infancy, a severe iron deficiency can cause irreversible cognitive damage that can lead to delayed development. Iron deficiency can cause and exacerbate many kinds of psychiatric symptoms such as anxiety, depression, irritability, and poor concentration. It has a much higher prevalence among children with ADHA (attention deficit disorder).

On the other hand, too much iron—especially heme iron from animal foods—can also be a problem. Research has shown that high amounts of heme iron found in red meat can become problematic if the body's binding capacity of iron is exceeded. This is because heme iron can accumulate in the brain, triggering the production of harmful free radicals, increasing oxidative stress, inflammation and even caus-

ing the development or progression of diabetes and Alzheimer's disease.

4. Chromium

Chromium is another nutrient where deficiency has been associated with depression. This is largely because chromium can regulate unbalanced, key neurotransmitters in mental health disorders. Studies have shown that supplementation has positive effects on depressive symptoms

5. Selenium

A low intake of selenium is also associated with low moods and depression. Interventional studies have shown that adequate selenium may diminish anxiety, however, research is still underway.

6. Zinc

Zinc is an essential mineral with multiple functions in the central nervous system including the modulation of certain neurotransmitters such as GABA (your calming neurotransmitter) and the secretory signaling of certain neurons in the brain. Zinc deficiency has been associated with depression as well as with neurodegeneration and cognitive decline disorders.

The main plant-based food sources of zinc include amaranth seeds, pepitas, cashew nuts, lentils, beans, chickpeas, red rice, peanuts, quinoa, soy milk, sunflower seeds, and chia seeds.

7. Amino Acids

Amino acids are the building blocks of protein. Deficiencies in neurotransmitters, such as serotonin, dopamine, noradrenaline, and γ -aminobutyric acid (GABA), are often associated with depression. Researchers have found



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

that supplementation with the appropriate amounts of the amino acids 5-hydroxytryptophan, also known as 5HTP (which is the precursor for serotonin) and l-tyrosine (which helps nerve cells communicate) may be a safe and effective treatment for depression.

8. Magnesium

Magnesium is an essential mineral for the human brain. Magnesium enhances GABA synthesis by inhibiting the activity of glutamate (an excitatory neurotransmitter). It also plays a role in mitochondrial function, increasing ATP (adenosine triphosphate) synthesis whilst also lowering oxidative stress.

Studies have shown that supplementing with magnesium in magnesium deficient patients is comparable to those using tricyclic antidepressants.

Magnesium deficiency is very com-



“...most health professionals would agree that fixing nutritional deficiencies...can go a long way in producing positive changes in mental health.”

mon due to poor soil quality, poor diet, low bioavailability, and medication use. The main food sources of magnesium include dark chocolate, seeds (especially pumpkin, flax, and chia seeds), avocados, leafy greens (especially kale and spinach), nuts (especially almonds, cashews, and Brazil nuts), legumes (including lentils, beans, chickpeas, peas, and soybeans), tofu, bananas, quinoa, and buckwheat.

Many factors can also affect the magnesium economy in the body, making supplementation a key clinical consideration.

9. Omega-3s

Not getting enough omega-3s in your diet (and the consumption of foods that contain high amounts of omega 6s) can increase the production of inflammatory chemicals in your body and affect neurological function.

The omega-3 fatty acids EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) in particular, are critical for normal brain function and development through all stages of life. They are abundant in the cell membranes of brain cells and help to facilitate communication between neurons. They also assist in the synthesis and function of neurotransmitters, support brain blood flow, and aid in the growth of brain tissue.

Adequate omega-3 fatty acid intake helps to reduce neuroinflammation and oxidative damage as well as the

production of beta-amyloid plaques in the brain, the hallmark features of Alzheimer's disease. Omega-3s also increase levels of BDNF (brain derived neurotrophic factor) and improve insulin signaling.

To increase your omega-3 fatty acid intake on a plant-based diet, consume nori (seaweed) or kelp (e.g. kombu or wakame), and include sufficient, reliable sources of ALA (alpha-linolenic acid, a third type of omega-3 fatty acid) in your daily diet, such as chia seeds, flaxseeds, hemp seeds, and walnuts.

Also, make sure you are consuming a healthful, whole-food, plant-based diet. By consuming sufficient protein, vitamins, and minerals, you will maximize your body's ability to convert ALA to EPA and DHA.

You could also consider taking a plant-based omega-3 supplement derived from microalgae and seaweed.

Filling The Nutrient Gaps

There are so many science-backed strategies you can do to care for your mental health, from journaling to practicing gratitude to meditating. Even music and vibration have been shown to help uplift one's mood.

However, an often forgotten and ignored strategy is looking for nutritional deficiencies in your body. Knowing what you may be lacking and how to fill these gaps can help you to eventually think clearer or even feel happier

than you did before. Remember: Every small step counts. And as always, don't hesitate to work with a professional to identify these nutrient deficiencies and come up with a plan tailor-fitted to your needs.

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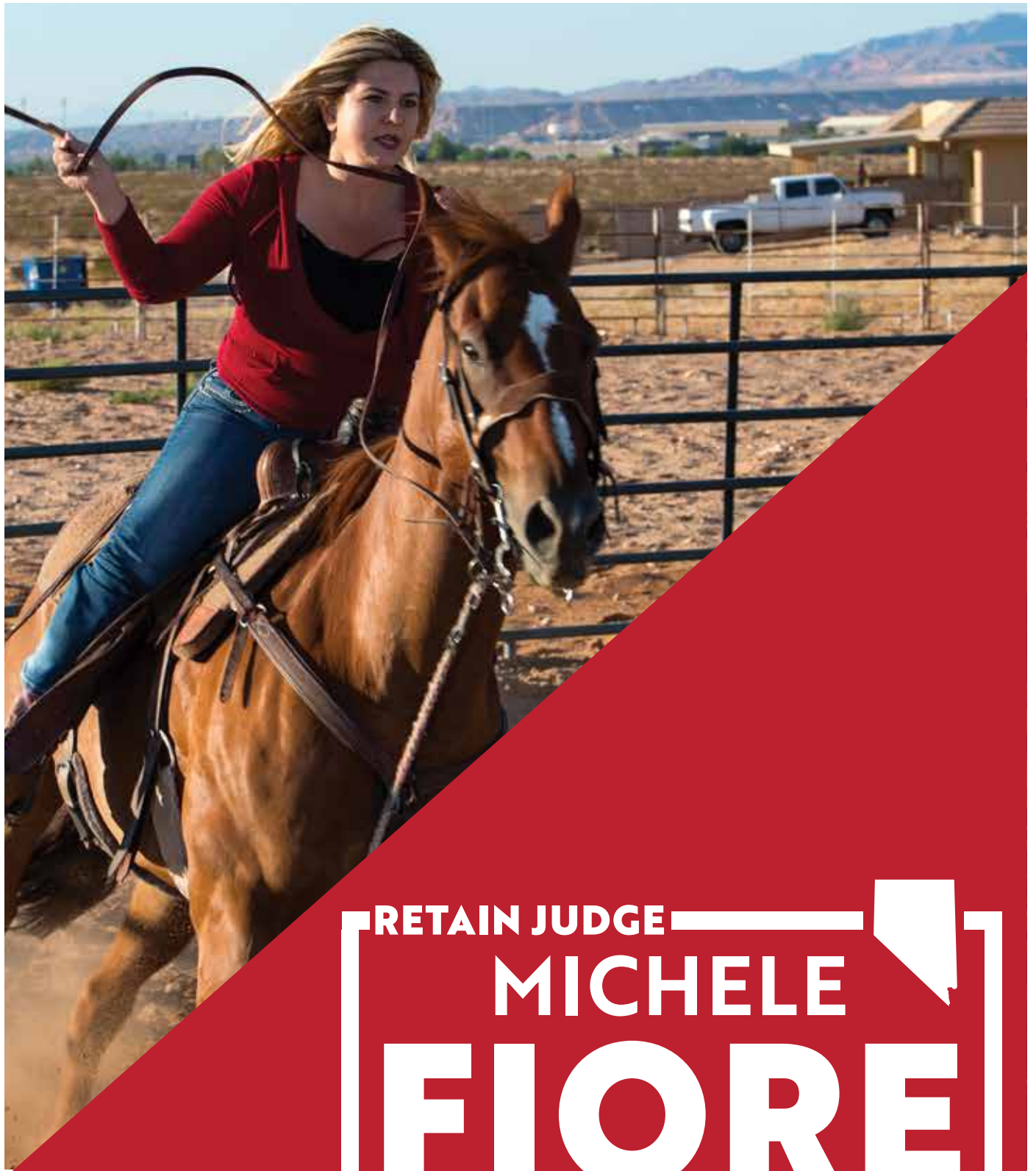
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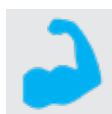
The Role of Fitness in Supporting Mental Health and Addiction Recovery

Exercise Enhances Physical, Psychological and Social Healing

By Shelley Poerio with Casey Jones

I've written before about the importance of combining exercise and healthy eating in recovery as a physical foundation to support the psychological and spiritual elements required to stay stopped. This article will focus on exercise, and the benefits that go far beyond getting our bodies more "fit". To understand this, it helped me identify the main aspects required for starting and sticking with a regimen, and the physical, psychological and social benefits that can result from any exercise program.

Benefits of Exercise

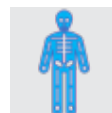


Physical

When we hear the word "physical", most of us immediately reflect on the "look" benefits of exercise: weight loss, toned muscles, slimmer figure or more muscular build. But other physical changes derived from exercise include brain repair and non-addiction-related disease management by improving muscular-skeletal, lung, and cardiovascular systems.



The brain also benefits by new brain cell growth that enhances the connectivity of brain circuitry. The brain "on exercise" actually reduces drug or alcohol cravings by increasing concentrations of "feel good" neurotransmitters.



Bone density, muscular strength and joint flexibility are all other side-benefits of exercise. These three combine to help prevent weak and brittle bones, or the development of osteopenia or osteoporosis.



The pulmonary system is another benefactor of a regular exercise program. To keep lungs healthy necessitates deep breathing to clear them of phlegm, mucus and contaminants. The breathing required to sustain aerobic exercise keeps lungs flexible and improves the exchange of oxygen and carbon dioxide.



Exercise strengthens the heart, which leads to better circulation, lower blood pressure and lower cholesterol. It does all this by improving the

function and tone of the heart muscles, which improves oxygenation to all organs (including the brain). This helps decrease the the risk of heart disease and heart attack.

The physical benefits of exercise go far beyond those listed above, and extend to disease prevention, or symptom improvement. Obesity, Type II Diabetes, and immune system disorders can all be alleviated or minimized. Also Alzheimers, Parkinson's and multiple sclerosis can be staved off or at least their symptoms diminished. Overall mental health and mood disorders including depression, bipolar disorder and anxiety can all be helped through the practice of regular physical exercise.

Psychological



Regular exercise has a significant positive affect on the psychological health of recovering addicts. It stimulates brain activity and decreases anxiety and depression. Physical exercise relieves stress and is a mood enhancer, improving the ability to focus, think, remember and to even process information. These are all benefits that especially serve those in recovery, as these abilities are frequently lost while abusing drugs or alcohol.



A side-benefit is improved psychological health is increased self-esteem and self-confidence. These go a long way to helping stabilize people in recovery and reinforcing the benefits of staying stopped. With a better self image comes along increased open-mindedness, or the ability to hear, think about, and even accept different ideas about how the word works, or different opinions in general. This acceptance of self and others enables you to relax, be less reactive, and truly enjoy life's experiences.

Social



Exercise can be a solitary endeavor, but it can also be done with like-minded peo-

ple who strive to achieve similar goals of getting or staying fit and healthy. The psychological benefits noted before open the exerciser to engage with other people – through exercise or other activities – and to enjoy new friendships based on common interests, ideas, or solely on personal compatibility. We are social animals, and need others to enrich our lives.

With newfound confidence and self-esteem, the recovering addict begins to sense greater self-worth which often leads to the desire to help others. "I have something to offer" is a feeling and attitude that serves to reinforce sobriety. One way to exercise this and strengthen the feeling is by volunteering to help others less fortunate.

Announcing the Living Free Gym!

Since I last wrote about fitness in recovery, Living Free Health has opened the Living Free Gym conveniently located at 301 Oxbow Avenue in Pahrump. The gym is fully equipped and provides people seeking to start or to maintain a healthy lifestyle to work together on fitness goals for straight-

forward memberships with no other ancillary fees or contracts. The gym is open Monday through Friday from 4:30am to 8:00pm, and on weekends from 7:00am to 6:00pm.

If you have questions about this topic, ideas for groups that engage in healthy fitness activities – hiking, walking, biking, or group gym events - please let me know. Also, if you have comments or ideas for next articles, please contact me at shelley@livingfreehealth.org.

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

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





Medical Advice

Understanding the Impact of Sleep Posture on Health



Dr. David Lewis,
DC, QME

By David Lewis, DC, QME

This question is one of the least considered causes of spinal conditions. However, the impact of sleep posture on your health is profound. Look at it from this perspective, the average person sleeps anywhere from 6 - 8 hours/night. That is roughly 25 - 33% of your day spent in one position.

We are going to discuss the most common positions for sleep which have impact on your sleep posture. The first one is "sleeping on the stomach." As a child you may get away with this because the body is more flexible, and bones have not fully ossified/hardened until approximately age 25. Sleeping on the stomach is particularly bad due to the neck being in a twisted position for an extended period of time. The vertebral arteries are at the top of the neck. There is a total of two (2), one on each side of the upper neck which converge into a single artery called the basilar artery prior to entering the cranium. Sleeping on the stomach can cause torsion of the vertebral arteries which can cause a host of problems such as: vision, hearing, balance, blood pressure, and tinnitus (ringing in the ears).

Another position can be sleeping on the right or left side while elevating one knee to towards the chest. This position although comfortable is also not advised since it alters the position of the

sacroiliac joints. This can cause a whole host of issues from feet problems such as bunions, hip socket grinding, and knee pain. Further up the spine, you can have a zigzag of misalignments going all the way up the spine to the neck.

Sleeping on the back is most commonly thought of as the best position to sleep in. However, this may not be the case if the foundation/mattress you're sleeping on is sinking and is too old. Another factor to consider when sleeping on your back is the pillow. The neck has a lordotic curve to it when it is in a natural position. If you do not sleep on any pillow at all it's even worse because you're flattening the neck. This will cause premature arthritis. Generally, mattresses no longer hold their original supporting position after 1.5 years. When choosing a mattress, you should be adequately fitted for it as with a pair of shoes. Watching the video on our site (MedSpine.com) will demonstrate the proper ways to sleep.

Ideally, sleeping on your back with a support that provides a lordotic curve support for your neck is the best. Do not allow yourself to flip one leg over the other as this will alter the sacroiliac joint positions and cause trouble for the entire spine. If you prefer to sleep on your side, make sure to have a full-length body pillow that goes between your legs from the groin down to the ankle. This will provide support to the sacroiliac joints. Also, try to keep

"When choosing a mattress, you should be adequately fitted for it as with a pair of shoes."

the legs mostly extended to avoid the hamstrings from being contracted overnight. Sleeping with the knee/hips bent too much can lead to a stiff back the following morning because the hip flexor and hamstring muscles shorten while sleeping. The shortened muscles will pull on the back when you awaken the following morning, and you will feel very stiff.

We are often asked which is the best pillow. Pillows often change form over time leaving a depression in the center. Your neck will emulate whatever you sleep on so if the pillow flattens, so will your neck causing you to lose the lordotic curve in your neck increasing pressure to the discs in the spine. This will cause pre-mature arthritis. The right pillow is the one that provides support sufficient for your neck to maintain the same level even with the spine when laying on your side and which also provides support for your necks natural curve when laying flat on your back.

Choosing Your Sleep Position



**Side Sleeping
(Provocative)**

Associated with back pain and poor sleep



**Side Sleeping
(Fetal)**

Legs supported and spine aligned



**Stomach Sleeping
(Prone)**

Increased risk of neck and back pain



**Back Sleeping
(Supine)**

Can help relieve lower back pain

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financial focus

with Jeffrey R. Dye

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What Should You Know About Long-Term Care?

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 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, 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.

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Wills & Trusts

How Much Assets Should You Have Before You Consider a Last Will? *The Answer May Surprise You.*

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

40% of US adults who don't have a Last Will cite "lack of assets" as the reason they haven't done their planning, according to *Caring.com's* 2024 Wills Survey. This is an alarming increase of 14% over the 2023 survey, meaning that this problem continues to grow throughout the US, including Nevada.

Often, when we meet with families after a loved one has passed, they are surprised to learn that even with a Last Will, the deceased person's assets are subject to probate.

The truth of the matter is that in

Nevada, if you have any assets without a named beneficiary, whether or not you have a valid Last Will, they can be subject to probate court upon your death. This includes real property (homes, lots), vehicles, manufactured homes, jewelry, coins, and guns. When assets in a deceased person's name do not have a named beneficiary, there are two options available: if the deceased person has a valid Last Will, the probate court relies on the Last Will to determine how the assets should be distributed. If the deceased person does not have a valid Last Will, the probate court relies on state law to determine how assets should be distributed.

Recently, we met with a client in our

Pahrump office, who told us they had been struggling with the death of a loved one who had resided in Pahrump prior to the person's passing. This person had their estate planning done by a Pahrump law firm who does a little bit of everything. When the person went to the law firm to arrange their final affairs, they were told, according to our client, that they did not need a trust because they did not have enough assets, and that a Last Will would suffice. Relying on the attorney's advice, the person signed their Last Will, assured that all would be fine. Following the person's death, the family was stuck in probate court for months on end, because a Last Will does not prevent

probate. Many people fail to realize that even if you have only jewelry, furniture, or keepsakes, if they are over about \$25,000.00 in net value, there will need to be a case opened with the probate court. If your remaining assets are worth less than \$25,000.00 in net value, you may be able to use an Affidavit (sworn statement), which is not filed with the probate court, but there are other considerations to be made under those circumstances, such as debts, creditors, and heirs.

The client was very upset that their loved one had been, in their opinion, misled by this attorney, who had assured their loved one that everything would be fine when they passed. Instead, the family was forced to go to court, struggle with attorney fees and court costs, with much of the assets left by the deceased person being spent in the process, and little left to distribute as their loved one's legacy.

By contrast, on the same exact day, we met with one of our clients in our Pahrump office who had also recently lost a loved one. Because their loved one had turned to our law firm, that only practices estate planning, asset protection and probate, their estate planning had been done correctly, taking into consideration the value of their assets and their wishes for their loved ones after they passed. Their assets were able to pass seamlessly to those they loved, without needing to petition the Court, or incur additional burdensome expenses at such a difficult time.

While these experiences are night

and day, the reality is that unless you are sure your planning is done correctly, you can't be certain of what will happen when you pass. By making sure that your estate plan is properly drafted in light of your individual circumstances, you can make sure that your estate is not a burden to your family, but that your family can instead use the time following your passing to grieve and remember, instead of trudging to court and stressing about costs.

Often times, the court system gets a bad reputation for being cumbersome and expensive. But you should realize that very few of the costs associated with probate court are actually fees paid to the court itself. Most of these fees are paid to the attorneys who take the clients through court, which gives you a good indication of why an attorney wouldn't be more willing to share how to avoid the court process.

Attorneys have an ethical duty to provide their clients with competent representation, including helping them understand the pros and cons of all of their options when they are considering estate planning. And the good news is, you can fix your estate planning now. Rely on a firm that practices only in estate planning, asset protection and probate to review the documentation you have already had prepared, or to help you learn more about your options given your individual goals and assets. This way you can be sure that as you're deciding what to do about your estate planning, that you have all of the necessary information to make the best



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!

decision for you and your loved ones.

Part of this consideration should be how a trust works, the pros and cons of utilizing a trust as part of your estate plan, and what benefits are available in different types of estate planning.

The Caring.com study found that while 64% of Americans say having a will is important, less than 32% of Americans actually have one. While we can't be sure, we would be surprised to guess that anyone who passes without a will doesn't wish they would have saved their families the turmoil of court and costs by properly planning their estate.

The bottom line is this- everyone over the age of 18 should have an estate plan of some kind. The extent, expense, and details of those plans will vary based on an individual client's assets, goals, and financial situation. Take the time to learn this information for yourself, so you can decide what is best for you and your loved ones. You'll be glad you did.

Do you need a will?

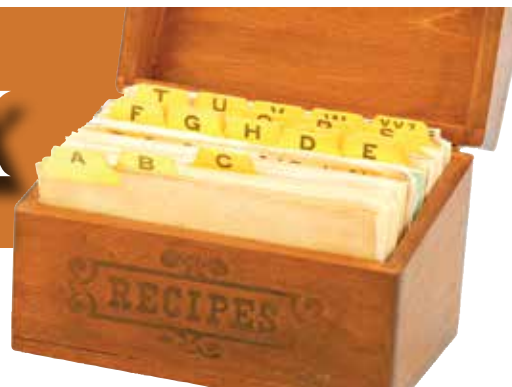
Yes



No



Recipe Box



HUMMUS PASTA

By Crystal Atwood

<https://naturalvibes-healthandwellness.com>

4 Servings

15 Minutes

Ingredients

8 ozs Chickpea Pasta (dry)
3/4 cup Frozen Edamame
1 tsp Extra Virgin Olive Oil
3/4 cup Cherry Tomatoes (halved)
2 1/2 cups Arugula
1 tbsp Lemon Juice
2/3 cup Hummus
2 tbsp Everything Bagel Seasoning
Sea Salt & Black Pepper (to taste)

Directions

1. Bring a large pot of salted water to a boil and cook the chickpea pasta according to package directions. During the last two minutes, add the frozen edamame and reserve some of the pasta water. Drain and rinse with cold water. Set aside.

2. In the same pot over medium heat, add the oil followed by the tomatoes, arugula and lemon juice and heat through. Add the pasta and edamame into the pot and stir in the hummus. Add the pasta water one small splash at a time and stir until your desired consistency is reached. Divide onto plates and top with everything bagel seasoning, salt, and pepper. Enjoy!



Notes

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

Serving Size. One serving is approximately one cup of pasta.

Additional Toppings. Top with chopped parsley and a drizzle of olive oil.

Nutrition (per serving)

Calories 340	Cholesterol 0mg
Fat 14g	Sodium 341mg
Carbs 42g	Vitamin A 626IU
Fiber 12g	Vitamin C 9mg
Sugar 7g	Calcium 100mg
Protein 21g	Iron 7mg

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Top 10 Things for Seniors to Learn About Computers

In today's digital age, mastering computer skills is becoming increasingly essential for people of all ages. Seniors, in particular, can benefit greatly from learning how to navigate the digital realm. Whether it's staying connected with loved ones, managing finances, or exploring new hobbies, the possibilities are endless. Since there are so many different things that one might learn online and it can become extremely overwhelming to many, here are some top things for seniors to learn on their computers:

1. Email and Communication

Tools: Learning how to use email and communication tools like Skype or Zoom can help seniors stay connected with family and friends, especially those who may live far away. Being able to see and hear family members in real time is so important when loved ones are living states away from each other. Not to mention that these



services and apps are free as long as you both have Internet access. Email allows for easy and instant communication, while video calling platforms enable face-to-face interactions, fostering a sense of closeness despite physical distance. We recommend using a free service like Gmail or Outlook but remember, these options are free and will offer little to no tech support. Don't forget your passwords because if their provided recovery options don't work, you're completely out of luck.

2. Internet Browsing: Navigating the internet opens up a world of information and resources. Seniors can learn how to browse the web to access news, research topics of interest, and find answers to their questions. They can also explore online forums and communities to connect with others who share their hobbies or concerns. The best place to start is learning how to use a web browser like Google



Chrome, Mozilla Firefox, or Microsoft Edge. These programs are built to help you find your way through various websites in an easy to use and organized way.

3. Online Banking and Bill

Pay: Managing finances online offers convenience and efficiency. Seniors can learn how to use online banking services to check account balances, transfer funds, and pay bills securely from the comfort of their homes. Understanding these digital tools can help them stay organized and in control of their money. The good news is that the security of your finances is not up to you and how secure your own computer is. Your bank or financial establishment will encrypt and secure everything on their side of things.



4. Social Media: While social media platforms like Facebook, Twitter, and Instagram may seem daunting at first, they provide



opportunities for seniors to connect with a broader network of people and stay informed about current events and trends. Learning how to use social media can also be a fun way to share photos, memories, and updates with family and friends.

- 5. Digital Photography:** Many seniors enjoy photography as a hobby, and learning how to use a digital camera or smartphone to capture and edit photos can enhance their creative expression. They can learn basic photography techniques, such as framing, composition, and lighting, as well as how to use photo editing software to enhance and retouch their images.



- 6. Online Shopping:** Embracing e-commerce allows seniors to shop for groceries, clothing, and other essentials without leaving home. Learning how to navigate online shopping websites, compare prices, read reviews, and make secure transactions can empower seniors to take advantage of the convenience and variety of products available online.



7. Health and Wellness

Apps: Seniors can use their computers and smartphones to access a wide range of health and wellness apps that promote physical and mental well-being. From tracking fitness goals and monitoring vital signs to practicing meditation and managing medications, these apps can support seniors in maintaining a healthy lifestyle.



- 8. Online Courses and Learning Platforms:** Lifelong learning is important for mental stimulation and personal growth. Seniors can explore online courses and learning platforms to acquire new skills, pursue interests, and expand their knowledge on a variety of subjects, from history and literature to technology and crafts. One of our most favorite and free options is YouTube.com. A free video sharing site with hundreds of thousands of hours of free training on every subject from fixing your sink to learning how to use the Windows operating system.



- 9. Cybersecurity Awareness:** Understanding the basics of cybersecurity is essential for staying safe online. Seniors should learn how to create strong passwords, recognize and avoid online scams and phishing attempts, and protect their personal information when using the internet.



- 10. Digital Entertainment:** Finally, seniors can explore the world of digital entertainment, from streaming movies and TV shows to listening to music and audiobooks. Online platforms offer a wealth of entertainment options that can provide relaxation, enjoyment, and cultural enrichment.



In conclusion, learning how to use a computer opens up a world of possibilities for seniors, allowing them to stay connected, informed, and engaged in today's digital society. By mastering these essential skills and exploring new digital avenues, seniors can enhance their quality of life and continue to thrive in the digital age.

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

Have A Good Topic or Question for Josh's Tech Tips Article? E-Mail: sales@greatcompdeals.com

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About Josh Osborne

Josh has over 25 years in the tech industry. After many years of selling computers, software and offering seminars to educators around the country, he and his family opened a local retail and repair center in 2010 called Great Computer Deals. The store's steady growth is due to Josh and his staff's ability to communicate computer technology in a way that's friendly, affordable, and easy to understand. Josh is a 19 year resident of Pahrump Valley with his wife Kristie and daughters Kaylee and Lily. Josh loves live music and sports, weight trains at a local Pahrump gym, is a certified SCUBA diver and is obsessed with all things Mixed Martial Arts.

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Just Passing Through: Septic, Wells & WhatNots



By Jacky Walker

Like much of rural America, many homes in the Pahrump Valley pump fresh water from individual private wells and use septic systems for their wastewater management. For some, having a domestic well and septic tank seems primitive. Yet they form an efficient and remarkably ecological cycle that has served humankind for generations. With some knowledge, it is possible to keep a healthy balance between your kitchen/bath/laundry and your private well and septic system.

Recent educational programs during monthly Private Well Owners

Association (PWOA) meetings have featured septic system and well maintenance tips and how low-flow toilets save water. We talked with Matt Burg, Chair of the PWOA, to pass along some of the most important lessons learned in these sessions.

Thanks for talking with us Matt. First, let's understand how wells and septic work together to keep fresh water and wastewater flowing?

Wells pump unfiltered water up through pipes drilled to the groundwater table. You use this water for cooking, bathing, cleaning, and laundering, plus flushing the toilet. Your wastewater flows into pipes attached to your septic system and into a holding tank. The tank has beneficial bacteria for decomposing/dissolving the solids. From there the liquid waste (effluent) drains into a leach field that carries wastewater out through several underground perforated pipes. This wastewater percolates out of the holes, is further broken down by microbes, and filters through multiple layers of rock that purify it. Eventually it seeps back into the groundwater table that serves the well.

That sounds very environmentally friendly.

Yes, septic systems follow the natural biological process of breaking down waste and recycling it back into the soil and water table. On the other hand, sewage from city sewers is collected, treated chemically, and recycled. So, if you think about it, septic systems are possibly the least wasteful and the most ecologically responsible of the two methods of waste management. That is, if you don't put the wrong things down it.

Can't well water become tainted with septic bacteria?

Well and septic locations need to be certain distances from one another for safety. Most contaminants found in well water are from many naturally occurring minerals. However, wells should be tested every year for toxins. PWOA members get their well tested every year for free.

In your PWOA meeting presentation on low-flow toilets, what were the key messages?

There are many kinds of flushing toilets: gravity fed, pressure assisted,



“...septic systems are possibly the least wasteful and the most ecologically responsible of the two methods of waste management.”

dual flush, double cyclone, and water-less, which incinerates waste. Some are super-efficient and use only 1.1 gallons of water per flush (GPF). Toilets made before 1950 used a whopping 7 gallons per flush, and those made 1950 to 1980 used 5 GPF. To check how old your toilet is, look for a manufacture date in, on, or under the tank or tank lid.

The Nye County Water District Governing Board has a toilet retrofit rebate program to reimburse folks who replace older toilets. How does that fit PWOA's water conservation goals?

Any program for reducing water use is excellent. In addition to sharing information about private water well operations, our association is about conserving water and protecting our water rights. Toilet water usage accounts for about 30% of a home's over-

all water consumption. A family of 4 can use over 130 gallons a day just for flushing. Replacing an outdated toilet that uses 5 GPF with a low-flow toilet will send two-thirds less water into your septic system.

Another recent PWOA presentation discussed septic system maintenance. What were the key takeaways?

Just like maintaining your well, keeping a septic system maintained is important. Among the To Dos are pumping out the sludge every 3-5 years, checking for leaks and clogs, marking the location of your leach field, properly disposing of wastes, keeping good records, and being careful about using too much water all at once. A septic tank can back up and fail if flooded with more wastewater than it can manage.

Let's talk about the What Not To Do's of septic systems. What is the worst possible thing to go down a drain?

Grease is the number one problem for plumbing in the home. This includes butter, cheese, fats, heavy cream, oils, and wax. Grease can clog up your pipes and drainfield. The best prevention is to wipe down all dishes and cooking pots with a paper towel before washing them. Pour any greasy water outside on a plant, not down your drain.



Illustration of a typical septic system in relation to a well location, courtesy EPA. For more details visit www.epa.gov/septic/septic-systems-and-drinking-water.

Is there anything else in the kitchen that shouldn't be washed down the drain?

Coffee grounds and garbage shouldn't go down the sink. A fine mesh strainer can help trap bits of food to put in the trash or compost bin. Garbage disposals are not great as they can overload the septic system with too many slow-dissolving solids. These create the scum and sludge that need to be pumped periodically.

How about the worst thing to flush?

Cleansing wipes! I had the horrible experience of learning the hard way that those "flushables" are not truly biodegradable and don't dissolve. They may work in a big city sewer system, but in a septic system, they can cause



DAY 1 TEST. Common bathroom items after 1 day in water. From left: toilet tissue; Center: cotton ball, cotton swab, dental floss; Right: cleansing wipe.



DAY 7 TEST. Common bathroom items after 7 days in water with minor agitation. From left: toilet tissue; Center: cotton ball, cotton swab, dental floss; Right: cleansing wipe. Only the septic safe toilet tissue is breaking down.

an expensive clog in the leach field and potentially cause costly pumping or repairs.

What are some other common bathroom items to avoid flushing?

Don't flush dental floss, cotton balls, cotton swabs, tissues, paper towels, feminine hygiene products, diapers, or hair. Your toilet paper should have "septic safe" printed on the label. And please do not flush any unused medicines! In Pahrump, old medicines can be disposed of at CVS, Intermountain Healthcare, Walgreens, and Walmart Pharmacy.

What about the laundry?

Stagger your laundry loads. Limit using bleach that may kill the beneficial bacteria in the septic tank. If you have a utility sink, no cigarette butts, cat litter or pesticides should go down. Likewise with any paints or paint thinners. Latex paint residue can clog your pipes and leach field.

What kind of cleaning products are best?

Septic is an organic process, so look for "septic safe" or biodegradable cleaners. I've heard "magic erasers" work great for cleaning sinks and showers. Swishing the toilet bowl with a good brush every few days can help minimize rings and stains. Also limit drain cleaners and other strong household chemicals.

I've read that septic systems don't really need additives. Is that true?

The current theory from experts is to leave the system alone and not add any



Coffee grounds should not be rinsed down the sink. Keep food particles out of the drain by using a fine drain strainer.

"Think of your home's wastewater system like your own digestive system. Don't put anything into it that you will regret."

of the special enzyme additives that are available. The theory is that there is enough natural bacteria and enzymes to decompose any solids. Still, some people buy green additive products, and some add a teaspoon of natural yeast every few months to keep their system healthy.

Lastly, Matt, what's a simple rule of thumb to remember to protect your septic system?

Think of your home's wastewater system like your own digestive system.

Don't put anything into it that you will regret. Experts caution against putting anything other than water, pee and poop down the toilet or drain. Remember that proper installation, regular maintenance, and knowledgeable use are essential for longevity of your septic system and the health of your well.

The Private Well Owners Association meets at 10 a.m. on the first Wednesday of every month at the Pahrump Valley Museum, 401 E. Basin Avenue, Pahrump NV. Meetings are free and open to the public. For more information, visit the PWOA website www.privatewellowners.com or view their Facebook page.



SEPTIC SAFE

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Not all toilet tissues are septic safe. Look for the "Septic Safe" label on toilet tissue packaging.

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

Las Vegas Office

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

Pahrump Office

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

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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



Circus – “Lions & Tigers – Oh My!”

Saturday & Sunday, May 4th & 5th

Times to be Determined

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.

FitLife Bungee LLC

The Grand Pre-Opening of FitLife Bungee LLC is an opportunity to discover what this new fitness gym offers. Their bungee fitness classes are perfect for anyone looking for a low-impact cardio workout. By defying gravity and incorporating motion, bungee fitness is the ultimate anti-gravity exercise. Located at 301 Oxbow Avenue #5, Pahrump, NV



Young Eagles Rally

Saturday, May 11, 8 am-Noon

**Calvada Meadows Airport
900 E. Jenny Circle, off Hwy 160
Pahrump NV**

Weather permitting, EAA Chapter 1160 of Pahrump will host a Young Eagles Rally. Children ages 8 through 17 will receive free airplane rides to introduce them to private aviation. The rides are about 20 minutes long. Complimentary water and free aviation magazines will be available for the Young Eagles. For more information or to register for this rally, visit <https://yeday.org> or call Larry at 702-499-8229.



Republican Women's Tea

Saturday, May 11th, 12:30 pm

**Preferred RV Resort's Clubhouse
1801 Crawford Way, Pahrump**

The Pahrump Valley Republican Women are holding their 2nd Annual Conservative Tea fundraiser on Saturday, May 11th. The funds will be used to award four \$1000 scholarships to local graduating seniors accepted into a college or university. This is not a political event. Grandmothers, mothers, daughters, granddaughters, and nieces are all welcome. There will be a silent auction and door prizes.

Tickets for the Tea are \$35 each and must be purchased in advance. There will

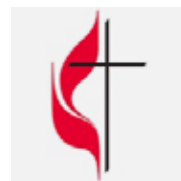


be no ticket sales at the door. If you want to buy tickets, donate, or advertise, contact Stephani Hashimura at 909-229-2693 or Vicki Gladsjo at 425-306-1030.

Pahrump Valley United Methodist Church's 40th Anniversary

**Sunday, May 19, 1 - 3 pm
1300 E. NV-372, Pahrump**

Everyone is welcome to enjoy cake and ice cream and participate in the gala event. There will be tours of the church and 100 Bibles will be given away. Come and help them celebrate 40 years. For more information, the Church contact number is 775-727-6767.



Taco Fest

Saturday, June 1st, 10 am – 4 pm

**Calvada Eye
2100 Walt Williams Drive, Pahrump**

Join in on the Tasty Taco Competition. Music, entertainment, and family fun. Vendors, sign sponsors, and taco cooks apply now! Pick up an application at Westfield Jewelers, 1360 Matthew Lane. Drop off your payment and completed applications at Westfield Jewelers. Beneficiaries of this event will be Pahrump, Inter-Tribal Social Powwow, and Pahrump Valley High School. For more information, contact Salli Kerr at 775-209-3992.



Soroptimists Fashion Show

Saturday, June 1st, Times Below

Artesian Cellars

1731 NV-160, Pahrump

Soroptimists International Pahrump Valley is hosting its annual fashion fundraiser on Saturday, June 1st. Sunflower Fashions will present the fashions. This year's theme is "Fashions for Your Travel Needs." Doors open at 11:00, lunch will be served at Noon, and the Fashion Show begins at 12:30. For Reservations and more information, contact Marcia Newyear at 661-406-8925 or dist46glt@mail.com.



Helen Keller Association of the Blind

Saturday, June 22nd, 11 am – 3 pm

Great Basin College

551 E. Calvada, Pahrump

The Pahrump Chapter of the Association of the Blind is hosting its 2nd Annual fundraiser. There will be a speaker, fashion show, lunch, music, auction, raffle, and door prizes. For more information, call Delores Joyner at 775-513-0954 or email dfarjoy12@gmail.com.



RECURRING EVENTS

"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 of the month from 3pm-8pm for an enriching afternoon packed with arts & crafts, music, dancing, food, and local vendors to shop from and network with! The Wild West Weekends will be working in tandem with the college. Entry is free, and the event is open to the community, so bring friends and family members as you'd like. For more information, call (702) 528-6797 or email christopher.salute@gbcnv.edu.



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 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.



SOUL TOWN

Saturday, June 1st

THE MUSIC OF MOTOWN. This high-energy concert-style band plays music by Motown Legends. Although their forte is soul and R&B, they play hits from early Doo-wop and Motown, as well as light rock and country music from the 1960s to the present!



ROBBIE HOWARD

Saturday, June 8th

Singer, impressionist, comedian, and emcee Robbie has been headlining acts in Las Vegas for over 10 years. He always offers a refreshing alternative to the colored lights and fleeting fads that come and go.



KELLY VOHN

Saturday, June 15th

Las Vegas entertainer Kelly Vohnn has also sung across the country. She sings a variety of genres of music. For this performance, she will sing the songs of Dolly Parton, Patsy Cline, and Shania Twain.



LAURA WRIGHT

Saturday, June 22nd

Described on Classic FM as Britain's most exciting new soprano, she has many achievements in her tender years. She completed a UK tour with acclaimed tenor Alfie Boe, opened the iTunes Festival for Andrea Bocelli, and performed Faure's Requiem at the Royal Opera House for the Royal Ballet.



Readers in Training Program Spread the Word Nevada

1065 American Pacific Dr., Suite #160
Henderson, NV 89074, (702) 564-7809

Readers in Training is a program that provides books and early literacy resources to parents/guardians and their children from birth up to age 5 with books and early literacy resources. Spread the Word Nevada seeks families to participate in the Readers in Training program. For more specific information and an application, visit <https://spreadthewordnevada.org/readersintraining>.



Pahrump Community Library

10 am – 6 pm, Monday – Thursday
10 am – 4 pm Friday and Saturday
701 East Street, Pahrump, NV 89048

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



Over the Hump Offroad Club

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



Nye County Dirt & Desert Riders

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

Pahrump Farmer's Market

Saturday Mornings

May through Sept. 7:30 am-11 am

October through April 8:30 am-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 am-11:00 am May through September and 8:30 am-Noon October through April. Support local vendors, farmers, and gardeners while enjoying home-grown food.



Pahrump Valley Chess Club

Every Saturday Afternoon

Noon – 4 pm

Holiday Inn Breakfast Lounge
860 NV Hwy 160, Pahrump, NV

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

See Days & Times Below

Rubalcaba Mexican Restaurant
1500 Red Butte St., Pahrump, NV

Kiwanis Club of Pahrump meets the first three Thursdays of every month, 6 pm 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 pm

The Salvation Army
240 S. Dahlia St., Pahrump, NV

Are you curious about what activities and events Pahrump's service organizations are doing? This is the place to find out! Representatives from local service organizations come together to spread the news about the events their group is hosting. If you want to discover what's happening or are interested in participating in these volunteer-led community service chapters, please join us! For more information, you can call Reva at 845-659-3814.



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Volunteer Connection

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

Ambassadors of Pahrump

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



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

Clean up Pahrump®

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



MLK Foundation of Pahrump

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



Nevada Outreach Training Organization

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



We offer a variety of support services and prevention programs to the community in the way of parenting

classes, anger management classes, women's support groups and domestic violence classes, advocacy services for victims of domestic violence and abuse, and referrals for community needs assistance.

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

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

Never Forgotten Animal Society

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



The NyE Communities Coalition

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



Nye County School District

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



The Nye County Sheriff's Office Auxiliary Unit

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



Pahrump Valley Lions Club

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



Rocky Mountain Elk Foundation

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



RSVP Needs Drivers

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



The Salvation Army Pahrump Service Center

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



Silver State Chili Cook-off

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



Sleep in Heavenly Peace

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



Southern Nye County Search and Rescue

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



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

Tails of Nye County

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



West Star Ranch

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



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



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Great Computer Deals • Groover Realty • Harvey's Barber Shop
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

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

Oscar's Place To Go

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

The Venue

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

\$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

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



OLD WEST MARKET

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



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

Call
775-419-6114







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

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

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

Tina's Tamales

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

Johnny Boys



TOPSOIL

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

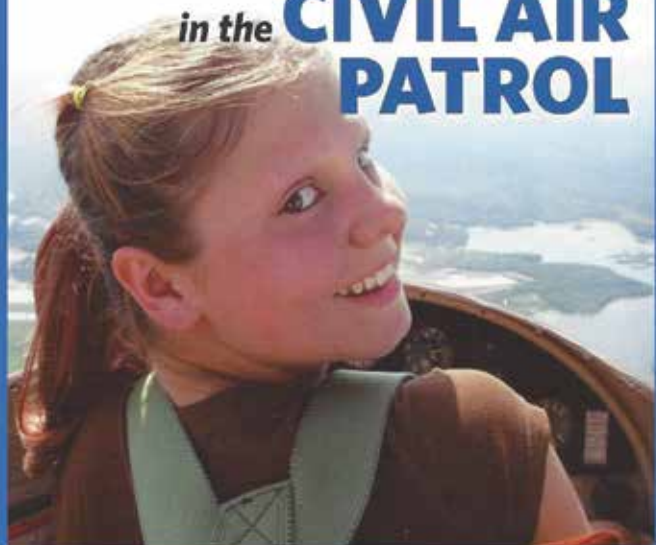
NO RECYCLED SEWAGE OR
LANDFILL WASTE USED HERE!

775-751-0109

2911 Bell Vista at Barney

LEARN, LEAD, & SERVE

as a **CADET**
in the **CIVIL AIR
PATROL**



GoCivilAirPatrol.com



Living FREE café

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.



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

Blvd.

775-727-7952

Sun. - Thu.: 10 am - 10 pm

Fri. - Sat.: 10 am- 11 pm

Tarantino's Pizza

Horizon Market

961 S. Linda at Hwy. 372

775-727-4992

Mon. - Sat.: 11 am - 8 pm

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



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. sharp!

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

Great Basin College

551 E. Calvada Blvd. 775-327-5210

Monday - Friday, 8 a.m. - 5 p.m.

New Hope Fellowship

781 West St. 775-751-1867

Wednesday 9 a.m. - 2 p.m.

TEFAP and Commodities distributed during regular pantry hours.

Joy Divine Community Church

1161 So. Loop Rd. 775 -419-5266

Seniors: First Friday, 10-11:30 a.m.

Public: Every Friday, 10-11:30 a.m.

Lunch and pre-filled pantry food bags are served at the door.

Oasis Outreach

1061 E. Second St. 775-727-7227

Sunday, Tuesday, Thursday, Friday, 6:15-7:15 a.m.

Please remain in your vehicle, we wave you up when boxes are ready.

Pahrump Community Church

1061 E. Wilson St. 775-727-5384

Monday, Thursday, Friday, 9:30-11:30 a.m.

Identification is required.

The Salvation Army

240 S. Dahlia St. 775-751-6171

Tuesday and Friday, 9 a.m. - 2 p.m.

Golden Groceries: Tuesday & Friday, 9 a.m. - 2 p.m.

All are welcome, ID and check-in required. Pantry lists limited to ONE visit per month for all programs.

United Methodist Church

1300 E. Highway 372 775-727-6767

Monday, 9-11 a.m.; Tuesday, 4-6 pm

VFW Food Bank

4651 Homestead Rd. 775-727-6072

1st & 3rd Wednesday, 10 a.m. - 12 p.m. (Last name A-L)

2nd & 4th Wednesday, 10 a.m. - 12 p.m. (Last name M-Z)

Veterans only, Military ID and proof of Pahrump residency required.



We'll Keep You Rolling!

Come See Us for ALL Your Tire Needs!

**New & Retread Tires
Truck Alignments
RV & Trailers
Oil Changes, Rotations & More!**

***Call &
Visit Us!***



(775) 727-8473



371 Oxbow Avenue,
Pahrump, NV 89048



Mon-Fri: 7:30AM - 5:30PM
Sat: 8:00AM - 3:00PM



purcelltire.com

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.

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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.
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BAKED ZITI

STUFFED FULL OF RICOTTA & MOZZARELLA.

MEATS

PARMIGIANA

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AVAILABLE WITH EGGPLANT, CHICKEN OR VEAL

MARSALA

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AVAILABLE WITH CHICKEN OR VEAL

PICATA

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AVAILABLE WITH CHICKEN OR VEAL

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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.



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

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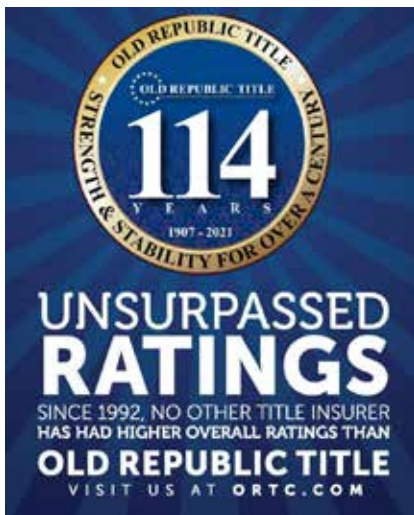
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Moving Checklist

It's time to start your moving calendar.

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

Now you're ready to greet your Big Day!

Useful Phone Numbers



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



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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
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AT&T 800-288-2020



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800 E Hwy 372
Rise Broadband 844-411-7473



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HOSPITAL

Desert View Hospital 775-751-7500
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Dept. of Motor Vehicle (DMV) 775-727-4141
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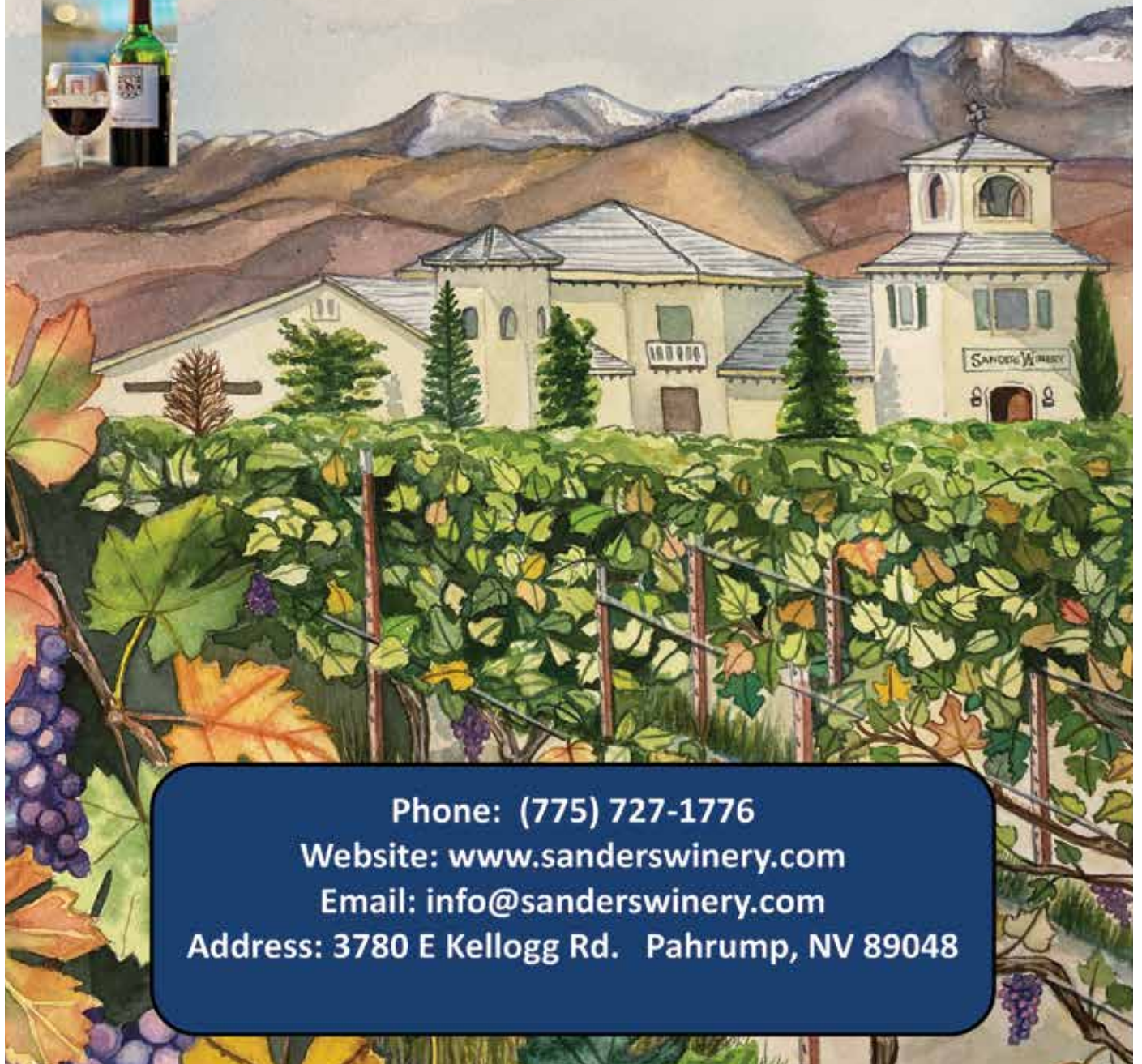
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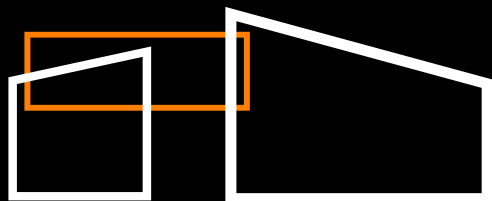


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