

Pahrump Life

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JULY/ AUGUST 2024

4-H Robotics Team Brings Home a Trophy

*Coaches
Jennifer
& Jason
Riendeau*



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Notes from the Publishers

Welcome to the July/August issue of Pahrump Life
Magazine. Glad you could join us.

First off, I'd like to make a public apology. In the last
issue (May/June) we mistakenly attributed the Youth
Recognition article on Hilary Molina to Christine Butler. It
was actually written by one of our regular writers, Carol Champney. We apologize
for the error and want to give Carol the deserved credit. It was a great article on
Hilary's accomplishments. Well done, Carol. Sorry for the mistake.

In this month's issue, we have an interesting assortment of subjects. The cover
story celebrates the excellent work the Awkward Silence Robotic Team is doing.
It is a 4-H club that meets after school twice a week to learn all about Robotics,
computers, programming, teamwork, and a lot more in the technical and business
worlds. You'll want to read about their latest trophies, and if you have kids, it might
be something they would be interested in.

The Elks Club held a much deserved day of honor to say thank you to all of the
first responders in our town and the surrounding area. It was a wonderful celebration
for all who serve in that capacity, and by all reports, it was well received.

We will now see the Old West Weekends beginning the first Friday through
Sunday of each month. They will be filled with art, food, and lots of fun. Dr.
Salute describes it as a shopper's paradise. There will be something new each day.

Our Busy Living Segment in this issue highlights a resident in our community
who is responsible for bringing more support to the visibly challenged helping them
discover new ways to improve their lives and to help them get out of the house and
become part of the community. Thanks so much to Delores Joyner and her team for
establishing the Southern Nye County Chapter of The National Federation of the
Blind. It is giving a new outlook to our friends and neighbors who have difficulties
with their sight.

There's lots more inside. And don't forget, if you have an idea for an article,
give us a shout. We love covering things in which you are interested.

Also, if you have an idea for an article or wish to place an ad, our contact
information is on the next page.

- Jim and Christine



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Pahrump's 4-H Robotics Team...

Brings Home a Trophy!

Back row: Kevin, Kage, Dylan, Bryan, Jason, Sebastian. Front row: Jennifer, Roselily, Sam, Eva, and Jaxon.

By Christine Butler

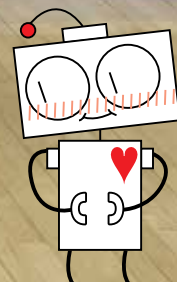
We've heard about robots and androids for years. Some early TV shows and movies such as Star Trek, Star Trek Next Generation, Star Wars, Jetsons, and many more, had them. According to *collider.com*, "robots of one form or another have existed almost as long as mythology and storytelling itself." Another source, *roboticsacademy.com.au*, states, "The first digitally operated and programmable robot was invented by George Devol in 1954 and was ultimately called the Unimate. This later laid the foundations of the

modern robotics industry."

If you haven't already, I'm sure most of us will own and/or operate one or more at some point in our lives. For example, as I write this, I'm running my Eufy RoboVac, which has developed a map of our floor plan and knows how to reach all the corners while vacuuming our floor. It probably does a better job than I do!

For the last seven years, Pahrump students from preschool (Kindergarten) through seniors in high school have had the opportunity to get hands-on experience designing and building a robot through the lo-

cal 4-H program. Adam Lightfoot, a middle school teacher, helped establish the Pahrump FIRST Tech Challenge Robotics Team, and he and Ashley Hall were the Coaches for the first year. Jennifer and Jason Riendeau took over coaching for the last six years. FIRST is an acronym that means "For Inspiration and Recognition in Science and Technology." The Riendeaus got involved when their son Dylan joined the group. In the beginning, Jennifer was a team mom. Then, she and her husband were so impressed with the organization that they became the group's coaches. Their daughter Megan and youngest son Jaxon joined the pro-





Awkward Bee the Robot

“FIRST is an acronym that means ‘For Inspiration and Recognition in Science and Technology.’”

gram several years later.

They use a kit to build the Chassis and get most of the basic metal pieces from a company called GoBilda. They add 3D-printed parts for special pieces to make it their own. Coach Jason focuses on engineering and mechanics, while Jennifer works with the students on speaking, planning, program coding, and other areas. The Team designs the robots and uses 3D printers to bring them to life.

The Pahump 4-H robotic team's name is Awkward Silence. They are part of FIRST, a worldwide organization that is the “World's Leading Youth-Serving Nonprofit Advancing STEM Education.” STEM represents four related areas of study,

including Science, Technology, Engineering, and Mathematics. These four study areas are similar in theory and practice. This is the seventh season that Awkward Silence has participated in the Challenge. The FIRST Challenge has been active in Nevada since 2005.

You must be an active student to participate in the FIRST Tech Challenge. All but one of the Awkward



Awqwerty the Mascot

Silence team members are home-schooled. They are considered a community team. The local high school sponsors another FIRST Challenge team in town. You cannot belong to both teams; otherwise, you'd end up competing against yourself.

The Awkward Silence Team has a Mascot

Awkward Silence named their mascot Awqwerty, and it is basically a robot on a box. Someone gets inside of it and walks around. (You've got to start somewhere.) What does qwerty mean? Qwerty is the name given for the standard layout of English keyboards. If



Group meeting at their 4-H workplace



The team giving a demonstration at a town event

you look at the first six keys from left to right on these standard keyboards, it spells qwerty.

Natural Step From FLL to FIRST Tech Challenge

Many students in this group started by initially joining FLL, which stands for First Lego League. By the time they move to the First Tech Challenge organization, they are diving into the fields of Engineering, Programming, Design, and Inspiring Innovation. This helps the students gain self-confidence, learn how to work within a team and develop sportsmanship skills. They also learn about various fields as they finish their schooling and start looking for a career. This experience will open many doors for them in the business and technology world. It is a natural progression for FLL students to move to FIRST Tech Challenge Robotic Teams to fill vacancies left by those graduating and moving on.

Students Experience Real World Opportunities

The students design, build, and run the program. They do everything from manning tables and creating booths for fundraising events to creating 3D modeling and everything in between. All of these activities prepare them for

“All of these activities prepare [the students] for entering the real world. They are eligible for scholarships if they compete in as little as one season...”

entering the real world. They are eligible for scholarships if they compete in as little as one season, and based on time and participation, they could receive larger scholarships.

There are 6 League Meets (regular competitions), plus 1 League Championship and 1 State Championship held in Nevada. Our State Championship tournament alternates between Reno and Las Vegas every year. The upcoming season (2024/2025) will be held in Las Vegas. The Winning Alliance Captain and the Inspire Award (most prestigious award) advance to the World Championships held in Houston, TX. Some states have more advancement spots available based on the number of registered teams in their state.

Applying to Join the Awkward Silence FIRST Challenge Team is Similar to a Job Interview

The candidates attend a meet-and-greet event and mingle with as many current members as possible. They are also required to fill out an application, and they are asked to give some details on things such as “How comfortable are you speaking in groups?” “Describe a time you had to speak in a large group. How do you feel you did?” “Explain a time you had to work in a group to accomplish a goal. What struggles did you run into, and how did you overcome the obstacles?” Then, they are asked to go to FIRSTInspires.org and tell members one thing that interests them most about the program. There are always more applicants than they have spots for. They’ve varied the group size and have zeroed in on a maximum of six team members each year to be the correct number. The candidates each give a team presentation on why it’s important to them, what they hope to gain, and what they, as individuals, can contribute to the group.



Everyone has their job



They learn how to work as a team and on their own



The students learn some amazing and useful skills

Student Benefits from Participating in the FIRST Challenge Program

According to FIRST, more than two million STEM-related jobs are available in the United States alone. A student participating in a program like FIRST Challenge has a head start by developing the skills needed for these technical job opportunities. In fact, many companies are looking for new hires who have participated in the First Challenge. They estimate that about 83,000 high school students participated in the FIRST Robotics Competition between 2022 and 2023 and anticipate that the number will grow to 86,700 in 2024, which is approximately 3,500 teams. An estimated 300 of those students will be new competitors.

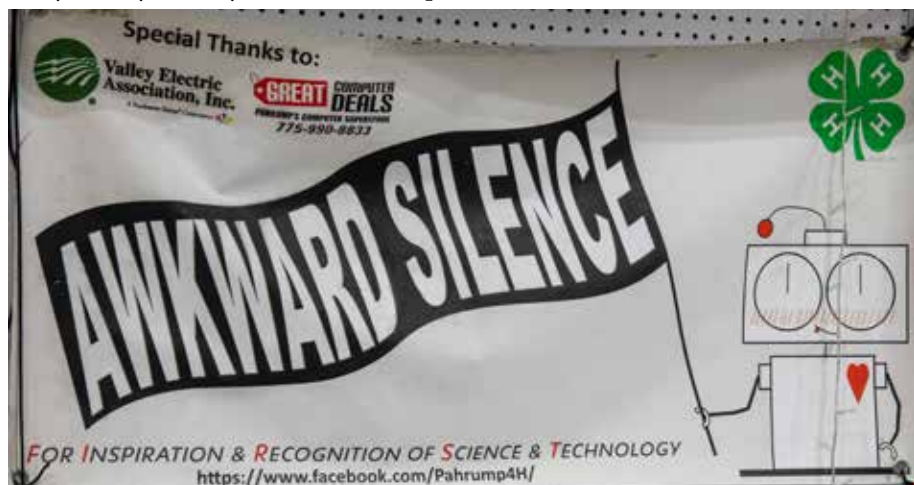
Want to See for Yourself?

If you are interested in seeing what kinds of maneuvers the competing robots must do, Google [youtubeFTCCenterstage](https://www.youtube.com/watch?v=FTCCenterstage) for an animated illustration of last year's competition game. It changes every year. The 2024/2025 First Tech Challenge season is called "Into The Deep," presented by RTX. They won 1st place winning Robot during the 2020/2021 Game Ultimate Goal; however, due to COVID-19, the World Championship in Houston, TX, was canceled that season.

Awkward Silence just found out that they will be hosting a competition in Pahump on January 11, 2025. The specific location is yet to be determined. These events are open to the public. This Team has come in fifth place twice; every other year, they've been in the top

four. In the most recent competition, they won the Promote Award. The description of this award states, "The Promote Award is given to the Team that is most successful in creating a compelling video message for the public designed to change our culture and celebrate science, technology, engineering, and math. Teams must submit a one-minute long public service announcement (PSA) video based on the PSA subject for the season. A Team may win the Promote Award only once at a Championship level and only once at a qualifying level event."

Many of the parents are heavily involved with the program. It is a big commitment for the kids. They meet two evenings a week for two and a half hours, but after personally witnessing one of their gatherings, it does not appear to burden the kids. In fact, they looked very happy to be there.



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In Home Care for Nuclear or Uranium Industry Workers



By Jason Stowell

Trusted Ally Home Care provides superior home healthcare services with Skilled Nursing for nuclear and uranium workers covered under the EEOICPA and RECA programs. We are a family-owned and operated agency, dedicated to providing former nuclear and uranium workers with the benefits and superior home healthcare they deserve.

We are the only home healthcare agency owned and operated by the great-granddaughter of a former nuclear worker. While most agencies are owned by large investment groups, we remain family-owned and operated with Skilled Nurses who are Trusted Ally employees, not contractors.

So, for us, it's personal.

"We started Trusted Ally to carry on the legacy of my great-grandfather Johnney by helping other former workers like him. Trusted Ally is more than a business to us, providing outstanding care is personal." - Candace Honeywell, CEO & Co-Founder

Fighting for the rights of himself and his fellow workers, Johnney was among the first to file a class-action lawsuit against the Department of Energy, leading to the creation of the EEOICPA program. Johnney was a nuclear and iron worker, stationed at three nuclear sites over his long career: The Nevada Test Site, Portsmouth Gaseous Diffusion Plant in Ohio and the Hanford Site in Washington.

After witnessing the positive impact that personalized in-home healthcare

had on his quality of life, Trusted Ally was founded in 2011 on the mission to enrich the lives of all former energy site workers by ensuring they receive the proper care and benefits they are entitled to by law.

Did you know that Nevada actually has 6 covered locations?

- **The Nevada Site Office in Las Vegas**
- **The Nevada Test Site**
- **Project Faultless near Hot Creek Valley**
- **Project Shoal near Fallon**
- **The Tonopah Test Range**
- **The Yucca Mountain Site**

So, if you or a loved one worked in the nuclear or uranium industries at one of these sites and became sick, you may be entitled to compensation of up

“While most agencies are owned by large investment groups, we remain family-owned and operated with Skilled Nurses who are Trusted Ally employees, not contractors.”

to \$400,000 plus free medical care in the comfort of your own home.

Nevada also has 6 designated Downwind Areas meaning certain counties downwind from the Nevada Test Site are covered under the RECA program. These counties are Eureka, Lander, Lincoln, Nye, White Pine, and a portion of Clark County that consists of townships 13 through 16 at ranges 63 through 71.

As you know, the government doesn't make these programs easy to navigate and due to the complexity of the EEOICPA and RECA programs, we recommend contacting our Community Outreach Executive in Nevada who will help you determine eligibility. Please call (702) 271-6731.

Join us for breakfast! Trusted Ally is proud to serve Nevada with an office in Pahrump and Las Vegas and we have a free breakfast each month. We invite you to join us and learn how we can serve you or a loved one. On the first Tuesday of the month, we meet in Las Vegas at the Blueberry Hill Restaurant



Our inspiration!

& Bakery at 9:00 AM and on the last Tuesday of the month, we meet in Pahrump at El Jefe Restaurant at 9:00 AM. We would love to see you there!

With so many agencies owned by large investment groups, there are clear advantages of choosing to work with a principled, family-owned agency:

- We specialize in assisting former nuclear and mining workers along with their families.
- We ensure our patients receive the maximum benefits and the healthcare they deserve.
- We enrich the lives of the former nuclear worker community through personalized, thoughtful in-home care.
- We educate the community on Energy Employees Occupational Illness Compensation Program (EEOICPA) and related benefits.
- We educate the community on The Radiation Exposure Compensation Act (RECA) and related benefits.
- We provide RN and LPN nurses, up to 24/7 with needs and home maintenance from our Home Health Aides service.

At Trusted Ally, we take pride in providing personalized and reliable services for our clients and family members. Our team is dedicated to offering a comprehensive range of home healthcare services tailored to meet your specific needs.

Skilled Nursing: Our team of highly skilled nurses collaborates closely with treating physicians to develop a Plan of Care to meet specific needs and address covered conditions within the program.

Home Health Aides: Our team of Certified Nursing Assistants and Home



Atomic Museum History Walk

Health Aides are carefully selected through a rigorous interview process and trained through a comprehensive program by our clinical staff.

Family Health Aides: Do you already provide care for your loved one on a regular basis? Our Family Health Aides program allows family members to be trained by our clinical staff and then get paid for providing care!

Case Management: Our Case Managers serve as the primary contact for the EEOICPA and RECA programs. They ensure the program's benefits are utilized effectively and in accordance with the personalized plan of care.

Our Mission and Vision: It is the mission of Trusted Ally Home Care to respectfully and compassionately meet the needs of our clients and their families, by listening, planning, educating, and delivering the highest quality of personalized home healthcare.

Our vision is to create and sustain a superior home healthcare agency that supports individuals to live as independently as possible in the comfort of their own homes. We personalize our services to meet your situation respectfully, efficiently and compassionately by fostering independence, preserving dignity, and improving quality of life.

Trusted Ally keeps former nuclear workers happy, healthy, and in their homes.

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By Robin Olson

The Pahrump Springs Chapter of the Daughters of the American Revolution is here and active in Nye County, NV.

The National Society of the Daughters of the American Revolution (DAR) was founded on October 11, 1890 in Washington, D.C. It was created after the Sons of the American Revolution founded their organization on April 30, 1889. This was a period of time when patriotism was experiencing a renewal in the interest of the beginnings of the United States of America. The original objectives laid out at the founding of the organization remain true today: **Historical** (perpetuate the memory and spirit of the men and women who achieved American

Independence), **Educational** (in Washington's farewell address to the American people: "to promote as an object of primary importance, institutions for the general diffusion of knowledge, thus developing an enlightened public opinion") and **Patriotic** (to cherish, maintain, and extend the institutions of American freedom, to foster true patriotism and love of country, and to aid in securing for mankind all the blessings of liberty).

The DAR is a non-profit organization with our number one focus donating and helping out those in our community. The DAR is open to any woman age 18 and over, who can prove direct lineage to an American patriot who served or supported the cause of the American Revolution.

The Pahrump Springs Chapter was founded on December 6, 2003, by Organizing Regent, Jerri Smythe, with

12 founding members. The chapter remains strong today with 36 members and growing. Being the only chapter in Nye County, NV, we have recently changed our focus to concentrate on our neighbors here in Nye County.

Our primary project is the Amargosa Valley School. We "adopted" the school in September 2022. Initially, we helped establish a food bank and a clothing closet for the students. Next, we aided the school in helping to re-establish their sports programs. And our final project of the first year was to build a library on campus. Since classroom space was not available, we got inventive and created a student "library in a tent". We purchased a green party tent, rounded up used book cases and received donations of stuffed animals, jungle printed sheets for the back walls, a zebra rug, treasure chests to hold games, a cloud light and a palm



DAR and Amargosa School reps thank Home Depot for donations of appliances

tree light. Named “Judy’s Jungle of Reading”, it is a ‘take-a-book, leave-a-book library. Students are free to take the books home and keep them or bring them back and exchange them for other books. Students have brought books home to teach adult family members to read in English and they have formed book clubs to share the information they are receiving from reading. This effort was truly a community endeavor. We received donated books from the Bookworm Haven of Pahrump, the Pahrump Community Library, Valley Electric, and concerned citizens of Pahrump. Monetary donations from the Pahrump Valley United Methodist Church and former Pastor (and DAR member) Judy Stallons allow us to continue our efforts at the school. The library grand opening was held on May 5, 2023. Of the 40 individuals who attended, we hosted students, teachers, parents, Nye County School Administration, members of the Pahrump Community Library board, local Nye County politicians, Valley Electric employees, Pahrump Valley United Methodist Church leaders, and members of our Pahrump Springs DAR Chapter.

Summer of 2023 saw the DAR ladies collect donations to satisfy the

“Teacher’s Wish List”. Early September saw the arrival of Big Joe Chairs, teaching aids, and school supplies for the classrooms. Next on the agenda for the school was to create a homemaking room on campus. Hoping to get a discount on some “cosmetically damaged” appliances, we returned from Home Depot with the gracious offer of a grant for the school. Chapter member and Pahrump Valley Museum Director, Marilyn Davis, worked closely with Home Depot store assistant manager, Cliff Carlson, on this project. On December 21, 2023, a stove, refrigerator/freezer, and a microwave were delivered to the school by Home Depot. Meanwhile, our community classroom

chair, Barbara Blitz, spent her time collecting 9 donated sewing machines for the room. Generous donations of yarn, fabric and cooking utensils have also come in from the community for the homemaking room.

Our chapter continues to supply the students, school, family members of the students and the community with needed items throughout the year. We have received tremendous support from chapter members, the Desert Greens retirement community, and the Lord’s Treasure at the Pahrump Valley United Methodist Church, as well as, concerned community members.

Wreaths Across America

The chapter has 3 primary Veteran’s projects that we work on throughout the year. The Wreaths Across America project is our primary fundraiser. Live wreaths are purchased from the Wreaths Across America organization in Maine and placed on veteran’s graves at the Southern Nevada Veteran’s Memorial Cemetery. Wreaths may be placed on a specific grave or placed on another veteran’s grave in honor of your loved one.

Homebound Veterans of Pahrump

Next, we are supporting the Homebound Veterans of Pahrump. As a chapter, we supply needed food supplies for those veterans needing a little extra help to get through each month. The food is delivered to them through home visits.



Library Tent at Amargosa School

Honor Flight

And, twice a year, Honor Flight flies out of Las Vegas to take veterans back to Washington, D.C., to visit the war memorials and then return to Nevada for a 'welcome home'. Our chapter writes personal cards and words of thank you to the veterans. The veterans then receive a large pouch of mail on their flight back. This is similar to the "mail call" they received while in the service. Collectively, our chapter submitted 311 cards to the 23 veterans on the most recent April 2024 flight. We will be submitting thank you for your service cards again for the next flight in October.

Historically, we support the Pahrump Valley Museum with donations and monetary contributions.

In 2025, we have scheduled the DAR traveling exhibit honoring America 250 to visit the Pahrump Valley Museum.

The Pahrump Springs Chapter meets the 2nd Wednesday of months



DAR Ladies welcoming Honor Flight Veterans at Harry Reid International Airport

September through May, 10:00 AM, at the Pahrump Valley Museum. All

are welcome. For inquiries, contact pahrumpspringsdar@gmail.com.



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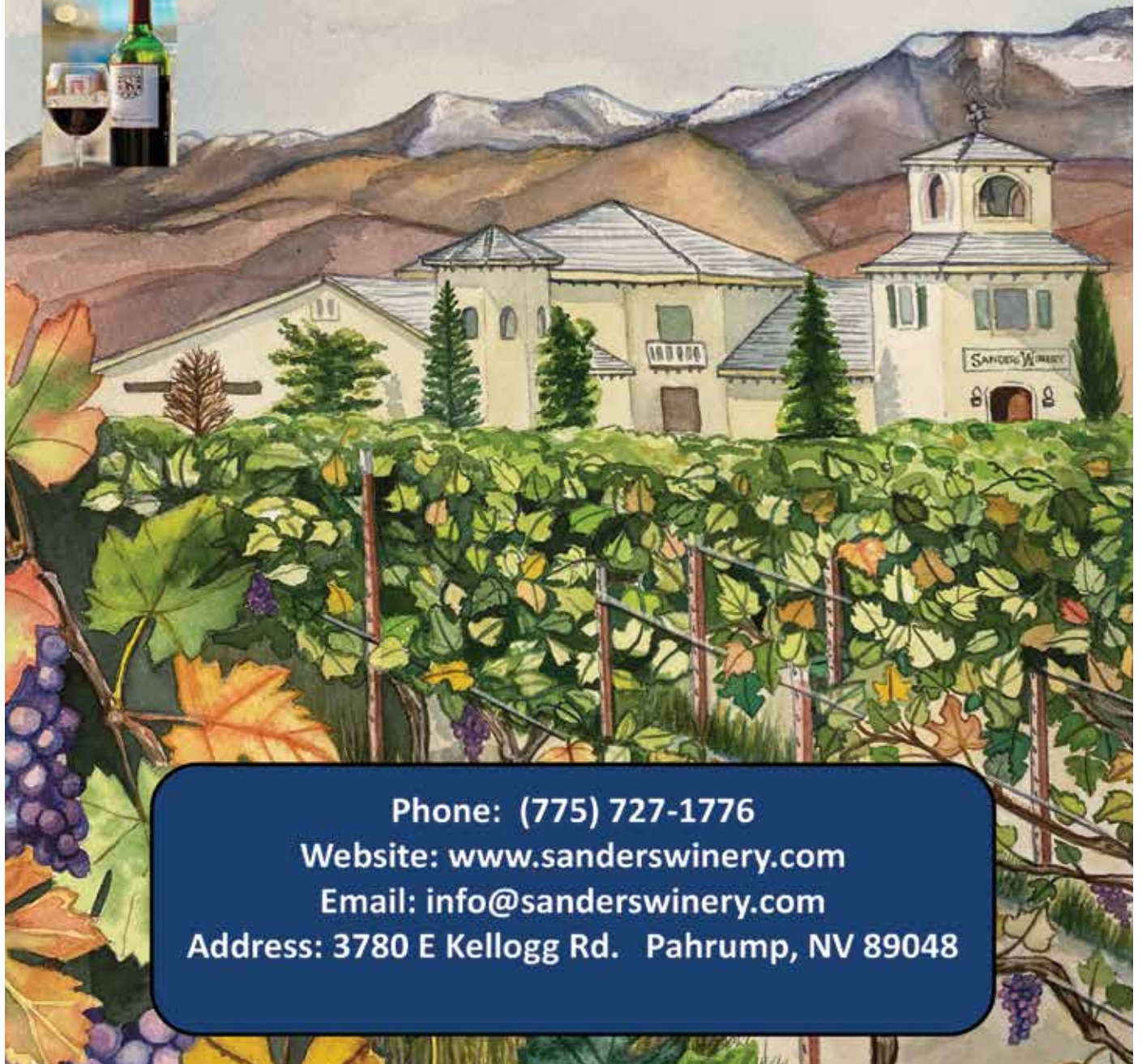
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busy living

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

*- Morgan Freeman
in “The Shawshank
Redemption”*

Delores Joyner, Founder of Southern Nye County Chapter of The National Federation of the Blind

By Christine Butler

Delores Joyner has been legally blind for 34 years. When she was 40 years old, she was told she would eventually lose her sight. She experienced damage to her optic nerve as a result of an accident. She suffered through eight eye surgeries, but unfortunately the optic nerve cannot be fixed. According to the National Institutes of Health this is due to the fact that “the optic nerve cells are not capable of regenerating nor re-establishing neuronal wiring from the eye to the brain. Additionally, there are no FDA-approved drugs or surgeries that prevent death of the cells that make the optic nerve, block nerve degeneration, and/or stimulate nerve regeneration.” Research continues in the area of optic nerve regeneration, and although they have not solved the problem, they are making some progress.

What is the Difference Between Being Blind and Being Visually Impaired?

According to the Industries For the Blind and Visually Impaired (ibvi) “In the U.S. there are four terms used to describe the different levels of vision impairment and blindness – partially sighted, low vision, legally blind, and totally blind.” They define them as follows: “Partially sighted means a person has partial vision, either in one or both eyes. Low vision refers to a severe visual impairment in which visual acuity is 20/70 or poorer in the better-seeing eye and cannot improve with glasses or contacts. Legally blind means a person has a corrected vision of 20/200 in their best-seeing eye. If visual aids such as glasses can correct a person’s vision to 20/20, they are not considered legally blind. Totally blind refers to a complete loss of sight.”

In today’s world of constant improvements in vision technology, there



Delores Joyner at Helen Keller Days

are opportunities for people with sight issues to live a normal life. They adjust to their particular situation and learn how to use the tools available to them to improve their lives.



Notice object on Delores's Glasses. This device, the OrCamMyEye, reads for her.

Delores Sticks Up for the Visually Impaired in Pahrump

Delores has been involved with the American Council of the Blind, Vegas Chapter, for some time. She was concerned that all of the money raised would always stay in Clark County rather than being shared with rural areas such as Nye County. She took on the challenge and was successful. She and her friend, Susan Moore, decided to create opportunities for the visually challenged in Pahrump and the rest of Southern Nye County. Their goal was

to help people become more involved in town activities and become more independent, therefore leading to a more fulfilling life. Delores says, "Life doesn't end with blindness!"

In 2019, Delores and Susan started an organization called R.E.A.D LLC, which stands for Recreation, Education, Activities, and Skill Development. They held a fund raiser for the new organization at Sander's Winery to get the program started. It was a nonprofit created specifically to help improve the opportunities in Pahrump. Eventually they contacted the National Federation of the Blind, Nevada to become part of that organization. They changed their name from R.E.A.D. to the Southern Nye County Chapter of the National Federation of the Blind. In addition to Pahrump, they also support Amargosa and Beatty.

Who is the National Federation of the Blind?

This is a 75 year old organization that helps the blind. People don't have to be visually impaired to belong, but they can't have more sighted members than blind. The National Federation OF



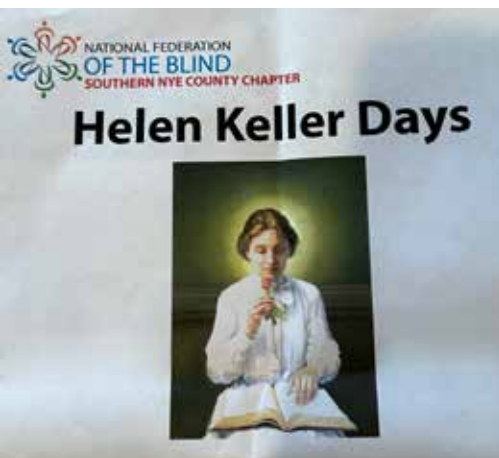
the Blind means the members run the organization. If the title was National Federation FOR the blind, it means someone else is in charge and helping the members. In this second case the majority of the membership must be sighted rather than blind.

This organization supports all classes of blind members from visually impaired to the totally blind. They work with different phases of blind including those who are color blind, or cannot distinguish colors, those who only have one eye, people who have only some peripheral vision, which is Delores's situation, and others. Lots of things can take all or parts of a person's sight.

When the Southern Nye County Chapter of the National Federation of the Blind was established, Delores was the first President. Now she is the Director of fund raising programs and events. The Board meets at the Senior Center from 12:30 to 1:30 on the second Tuesday of the month. Anyone is welcome to attend. The Board members include Jim Kvoool - President, John Taylor - Vice President, Darlene Hildebrand - Secretary, Carmen Taylor - Treasurer, Susan Moore, Ronnie Hildebrand, and Delores Joyner - Directors. Robert Moore is the Membership Coordinator. The Membership meetings are the second Wednesday of the month from 12:30 - 1:30 at Great Basin College. Again, anyone can attend.

What are Some of the Projects They are Working On?

One of the big tasks they have is to get visually challenged people back into society. They work with the Senior Center for transportation for trips to town and events. They assist in what-



Helen Keller Days is usually held in June

ever they can to help these folks get out of their house to interact with others. Many times, depression moves in when their sight changes and they spend all of their time alone and in the house rather than mingling with others.

They also work to introduce the visually challenged people to new technology that is designed specifically for these sight challenges to give them more freedom. Through some of these inventions and specific training, these people are able to go back to work. For examples there are blind chefs who have learned how to cook. They've worked with hotels to teach people how to clean rooms and other jobs they are capable of doing even with limited sight.

They hold resource forums to inform them which new devices are covered by insurance. Holding fund raisers is common to help support many of these programs. They just recently held

their second annual Helen Keller Days at Sanders Family winery where they offered a box meal, entertainment, fashion show, raffle and 50/50 drawing. There is another fund raiser scheduled for November 1, 2024, at Artesian Cellars. In 2023, the Silver Tappers put on a Christmas program for them and raised \$5,000. The Pahrump Valley Times also donated money to them last year.

It is a continuing effort on their part to let people know they exist and need support and they are grateful for the support they do get. They've donated to libraries in Amargosa, Beatty, and Pahrump. They were given a magnifying machine by the Veterans. Home Depot donated a BBQ grill for them to auction. Local restaurants are sponsors and have donated food including Port of Subs, Pizza Hut, and Dominos. The Town has been extremely supportive.

They Could Use Your Help on a Few Items

This organization is trying to locate visually impaired young people in the area. They have access to scholarships and other resources to help them improve their lives. There are summer camps available as well as summer school. They have a lending library which offers new useful devices to these children and their parents. They want to help the families and these children live full lives and become active members of the community.

They are also looking for someone to help them with grants to have a FaceBook page and Website built for them. If you want to offer some help, contact Susan Moore at 775-751-9728 or Delores at 775-513-0954.

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SPOTLIGHT ON SERVICE

Pahrump Elks Club Honors First Responders



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

By Christine Butler

On April 16, 2024, the Pahrump Elks Club set aside the day to recognize and show appreciation for our town, county, and state first responders. It has become a tradition they do twice a year. The second date for 2024 has yet to be decided but will be held sometime in November. During the appreciation event, they honor the men and women who serve in the Nye County Sheriff's Office, Southern Nye County Search and Rescue, Pahrump Valley Fire and Rescue, Air Ambulances, Emergency Medical Services, and all of those who work with these organizations. They've been doing this recognition event for several years and plan to continue the tradition.

The appreciation event is the Lodge's way to thank the first responders for all they do for the Community in a relaxing environment. It gives them a chance to laugh, chat with, and get to know some of the people of Pahrump in a fun and informal setting.



Wayne Jackson, Pahrump Elks Lodge Exalted Ruler 2024-25 in front of the Elk statue at the Lodge.

It's a club-wide event where many of the Elk's members take part in whatever they can do to help. The event started at 7:00 am by serving a breakfast of eggs cooked to order with bacon, ham, pancakes, potatoes, toast, coffee, and juice. It continued through

the day with lunch and dinner, offering hamburgers, hotdogs, and fries. Club members do all of the cooking, serving, clean up, and everything in between. This year, they served over sixty individuals throughout the day.

The appreciation event is the Lodge's way to thank the first responders for all they do for the Community in a relaxing environment. It gives them a chance to laugh, chat with, and get to know some of the people of Pahrump in a fun and informal setting.

Most of the guests come dressed in their uniform as they may be called away from the event to respond to an emergency. If possible, the Elks members try to send to-go bags of food with them as they leave to respond to an emergency.

There are Many Other Ways the Elks Serve Our Community

In addition to honoring the First Responders, the Elks have many other events where they serve the community and those who help support it. They



Phyllis Howell and Edward (Sonny) Sonnenschein, Jr. cooking up breakfast for the First Responders.

have close ties with the Veterans within our town and serve them in many ways. They raise money for them throughout the year. Recently, the Lodge held a fundraiser event and donated 100% of the proceeds to the VETrans. Many of the Elk members are Veterans themselves. The Elks also serve food to Veterans on Veterans Day and donate food, clothing, and blankets to homeless Veterans. Flag Day and July 4 are also special days for celebration.

The Elks have also worked on many other projects. During the holiday season, they host a breakfast for "Shop with a Cop" where Santa makes a surprise visit. After serving breakfast to the attending foster children and the officers, the kids are loaded into patrol cars and taken to the store for shopping with lights flashing and sirens going. Each child is given \$150 to spend. Another Elks' Christmas event involves the distribution of Holiday baskets for Community members in need. They obtain a list of those in need from the county and VA and hold fundraisers to help fill these special baskets with Holiday food and other needed

"Part of the Elks Creed is 'to contribute to the Community and help those less fortunate.'"

items. Approximately 400 bags of food and toiletries were distributed to those in need last year, which was funded by the Elk's Grand Lodge.

Their shoe program for schoolchildren in need is highly successful. They work with the individual grade schools to obtain a list of children, their sizes, and their needs. Recently, they spent about \$5000 on shoes for the kids. Another annual event they sponsor is

providing new dictionaries to all third graders. The students are very excited to have their very own dictionary, and many of them immediately put their names in them.

Supporting Sleep in Heavenly Peace is another successful project in which they are involved. The members help build beds, and this year, they also donated \$7,500 to the cause.

Why are the Elks Members so Involved in the Community?

Part of the Elks Creed is "to contribute to the Community and help those less fortunate." The members take their creed very seriously, and in doing so, the town of Pahrump benefits from their support.



Sheriff Joe McGill, Supervising Sheriff Administrator Tammy Engel, Captain Harry Means, and Lieutenant Thomas Klenczar enjoy breakfast



Emergency Services Director and Fire Chief Scott Lewis and members of his staff.



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OLD WEST WEEKENDS

SAME VALUES, NEW TRADITIONS

By Dr. Christopher Salute

Pahrump, Nevada: A New Monthly Tradition is Taking Place

Starting this year, Pahrump, Nevada, will host an exciting new monthly event: Old West Weekends. Held on the first Friday, Saturday, and Sunday of every month, this vibrant celebration is set to become a staple in the community, bringing together locals and visitors alike for a unique blend of art, culture, and entertainment. Sponsored by the Main Street Initiative, the Arts Collective of Nye County, and Great Basin College, Old West Weekends promises to be a memorable experience for all ages.

Old West Weekends began as a movement from several small business owners in the community, who wanted to create an atmosphere of fun, art, and food for folks in attendance. We have great big festivals here in Pahrump, but nothing that's very consistent. The movement began as Wild West Weekends and took place every

Second Saturday of the month. With some changes in the initiative and leadership, we have moved the events to the first Friday - Sunday.

A Celebration of Art and Craft

At the heart of Old West Weekends is a commitment to the arts. The Arts Collective of Nye County has curated a diverse selection of art festivals and craft fairs, showcasing the talents of local artists and artisans. Visitors can browse and purchase unique hand-made items, from intricate jewelry to stunning paintings. The craft fairs offer a chance to see artisans at work, providing insight into their creative processes and the opportunity to take home one-of-a-kind pieces.

Shopping and Entertainment

Old West Weekends isn't just about art; we plan for it to be a shopper's paradise. The event features a variety of vendors offering everything from vintage treasures to modern goods. And, we want to hear from you! If you would like to join the movement and host something unique at your loca-

tion, please let us know.

This can include live music, theatrical performances, and street entertainers. Each day brings a new lineup of acts, ensuring there's always something fresh and entertaining to enjoy. So, let us know how you'd like to participate. Pahrump is known for its wineries, and Old West Weekends are the perfect time to explore them, as well.

The first Old West Weekend took place in March, and the excitement is building. This initiative aims to celebrate the rich culture and community spirit of Pahrump. Whether you're a local resident or a visitor, there's something for everyone at Old West Weekends.

Don't miss out on this new and exciting tradition. Mark your calendar for the first Friday, Saturday, and Sunday of each month and join us in Pahrump for a weekend of art, crafts, shopping, entertainment, and wine. For more information, visit www.oldwestweekends.com and to join in on the fun, please email csalute@pvpac.org.

Come and be a part of Old West Weekends in Pahrump – where the old west meets the new west, and the community comes alive.

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Cathedral Gorge State Park Spring Valley State Park

By Carol Champney

Cathedral Gorge

Cathedral Gorge State Park in southeastern Nevada is appropriately named as it sits in a long, narrow valley. Explosive volcanic activity and erosion carved unique patterns in the soft bentonite clay. Cave-like formations and cathedral-like spires abound, providing hikers with dramatic formations to explore. The park offers stunning scenic canyon views, which photographers will enjoy.

Cathedral Gorge Becomes a State Park

In 1924, Governor James Scrugham set aside nearly 2,000 acres of land once home to the Fremont, Anasazi, and Southern Paiutes. The area was preserved for visitors to experience

and enjoy the gorge. In 1935, Cathedral Gorge became one of Nevada's first four state parks.

Natural Resources and Climate

Gravel, sand, and clay create soil favored by narrow-leaf yucca, juniper trees, barberry sagebrush, greasewood, white sage, shadscale, and four-winged saltbush. Rabbitbrush grows in areas along the roadsides and walkways.

The dark, bumpy patches around rocks and other plants are Cryptobiotic soil. This desert glue is alive with lichens, mosses, algae, microfungi, and bacteria. Cryptobiotic soil crusts help stabilize the soil by reducing wind and water erosion. These microcosms are fragile, easily damaged if disturbed, and can take 100 years to recover from damage.

At 4,800 feet, the area is typically arid, with hot summers and cold winters. Summer temperatures range from 95°F at midday to 55°F at night, and rainfall is variable.



State Parks of NEVADA

A Birdwatcher's Paradise

Birds are plentiful, and it is common to see ravens, kestrels, robins, sapsuckers, flycatchers, and sparrows around the park. Fewer seen birds are the red-tailed hawk and golden eagle. You may even glimpse Nevada's state bird, the Mountain Bluebird.

Animals with more nocturnal habits, like skunks, kit foxes, coyotes, and mule deer, may be seen in the evening or early





Park Details

Hours

Always Open

Contact

775-728-8101

gsp@parks.nv.gov

P.O. Box 176, Panaca, NV 89042

morning. Still, their tracks may be discovered in the sand later. Several non-poisonous lizards and snakes are abundant from spring through fall. Some park visitors have also spotted a rattlesnake. Visitors should also look for black-tailed jackrabbits, cottontails, packrats, kangaroo rats, mice, and gophers.

Amenities

Camping: All 22 campground sites have a table, grill, and shade ramada. Electric hookups are also available. Water and flush restrooms with showers are open year-round. Facilities adjacent to the campground offer large shade ramadas, grills, picnic tables, and water. Two handicapped-accessible campsites in the group area also have restrooms with flush toilets and showers. Camping is limited to 14 days in a 30-day period.

Day-Use: The day-use picnic area has a large shade ramada with picnic



tables. It is located next to the boat launch at the reservoir. It includes eight picnic sites, each with a table and grill, a restroom, and a fish cleaning station. The original picnic facilities built by the Civilian Conservation Corps in the 1930s are still used today. The stone water tower and restroom facility are

no longer in use.

Group Area: Day and overnight groups are accommodated at the reservoir's south end. Reservations should be made in advance.

Hiking: The remote portions of the park are accessible via a four-mile loop trail. Another one-mile trail connects the Miller Point overlook to the picnic area.



Spring Valley State Park

History

The region surrounding Spring Valley State Park is steeped in history. It is believed to have been inhabited as far back as 5,500 B.C.E. Archaeologists have unearthed evidence that the valley's center has a large rock outcrop that these early settlers possibly used as a lookout. In 1864, Mormon pioneers settled in the region, and their homes and ranches still stand today as a testament to their resilience and ingenuity.

Eagle Valley Dam was built in 1965 to support agriculture, which has remained an essential factor in Lincoln County's economy. The reservoir, positioned at the southern end of Spring Valley, was named for Eagle Valley, where the town of Ursine is located, according to the Pioche Chamber of Commerce. The state park was established in 1969.

Wildlife

Despite being part of the Colorado River watershed, the park's environment is similar to the Great Basin Desert and riparian life zones. The reservoir attracts a diverse range of waterfowl and shore birds. The park's common animals include coyotes, jackrabbits, squirrels, deer, skunks, cottontails, and the occasional bobcat. Several species



of lizards and snakes make their home in the area.

Vegetation

The vegetation in the park varies depending on factors such as elevation, precipitation, soil, and slope. Pinyon pine, Utah juniper, and big sagebrush are the most common trees and plants. Rabbitbrush, big sagebrush, and several grasses thrive in the floodplains. In contrast, springs, streams, cattails, sedges, and grasses are typical in the meadows. The park's geology is also remarkable, with volcanic tuff and sediment found along the hillsides upstream from the reservoir, giving it its dramatic backdrop. There is also evidence of older lakebeds suggesting that Spring Valley was once submerged,

when the climate may have been much wetter than it is today.

Activities

Spring Valley State Park, a tranquil setting for outdoor enthusiasts, showcases a volcanic tuff and sediment landscape that bathes the park in a serene palette of light gray, pink, and white. Here, visitors can fully immerse themselves in various activities, from picnicking and camping to swimming and boating. Exploring the historical ranches dating back to the late 1800s is an education in and of itself. The Stone Cabin is a must-see, a magnificent example of the pioneers' artistry and workmanship. The park also preserves several ranch buildings from the late 19th century, such as those of the Rice Ranch and Millet Ranch, offering a fascinating glimpse into the past.

The park's 59-acre Eagle Valley Reservoir is a trout fisherman's dream. Rainbow, tiger, and German brown





trout are fish stocked in the reservoir. The park's diverse wildlife, including waterfowl, shorebirds, eagles, hawks, ravens, and songbirds, further enhances the park's tranquil ambiance.

Boat Launch: A boat launch is located on the south shore of the reservoir, adjacent to the day use picnic areas. A ramp, dock, and temporary docking slips are available.

Day-Use: The day-use picnic area near the boat launch has eight sites, each with a table and a grill. There is also a restroom and a fish cleaning station.

Camping: Spring Valley has a wealth of campsites. Horsethief Gulch Campground, the main campground within the park, is located west of the Eagle Valley Reservoir. It has 37 established campsites, (24 with power hookups) each with a table, grill, and shade ramada. There are also three restrooms, two

with showers.

Ranch Campground is two miles north of the main campground. This area remains first come, first served. The campground has seven campsites with tables and grills. Water and primitive restrooms are available. Reservations for campsites can be made in advance, but they are not required. The camping limit is seven days in a 30-day period. Pioche and Panaca, Nevada, are only 11 miles apart, and Caliente is only 15 miles south of Panaca. Between the three towns, there are plenty of areas to explore, camp, hike, picnic, and fish. It would be a fun way to give your kids a history lesson without the books!

Park Details

Hours

Always Open

Contact

775-962-5102

svsp@parks.nv.gov

HC 74 Box 201, Pioche, NV 89043

Nevada State Park Fees

These are the same for all NV State Parks

Day Use Entrance Fee: \$5.00 per vehicle (Non-NV Vehicles \$10.00 per vehicle)

Boat Launch: \$10.00 (Non-NV Vehicles: \$15.00)

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

Camp and Boat: \$20.00 per night (Non-NV Vehicles: \$25.00 per night)

Bike in: \$2 per bike

Programs: Information about program scheduling may be obtained from either park staff or kiosks. Upon request, special presentations can be arranged for groups.



MELANOMA: WHAT YOU SHOULD KNOW



Michael Roos, PA-C

By Michael Roos, PA-C



Melanoma is an aggressive-skin cancer that can progress into an invasive cancer and spread into the body and throughout your organ systems (metastasis), causing it to be very concerning and even deadly if left untreated. It is a common misnomer that Melanoma Cancers develop “out of nowhere” but more accurately they can develop from common pigmented moles that have often been present on your body all your life. Because these lesions are often present in early childhood and as young adults, beginning as medium to dark brown flat, freckle-like, growths, and persisting throughout their lives, patients often have little to no worry when subtle changes in shape, color or size begin because they are not associated with any symptoms (e.g. itching, bleeding, scabbing, etc.). The pigmentation associated with these lesions is produced by the primary cell involved, the melanocyte

(melano - meaning “black, dark-colored; cyte – meaning “cell”). The melanocyte is a melanin producing cell that resides at the base of the outer layer of the skin, the epidermis, and can be altered or damaged to grow abnormally by Ultraviolet Radiation (UV), leading to the abnormal changes that create melanoma skin cancers. These lesions typically are ignored until they become 1) very unusual in appearance, 2) become symptomatic (itching, bleeding scabbing, etc.) or 3) until a friend or medical provider notice and recommend exam, biopsy and treatment.

Numerous key changes in the lesions are used to help patients identify atypical changes in their new and existing pigmented moles. These changes are referred to the ABCDE of Melanoma. Each letter stands for some aspect of change: A) Asymmetry – most benign lesions are symmetrical in appearance, the presence of uneven growth

“It is important that melanomas are diagnosed early so that treatment can be rendered to remove the lesion(s) before they are advanced and invasive...”

throughout the mole may indicate an abnormal growth / lesion; B) Border changes – most benign lesions are round or oval shaped with smooth outer margins. Irregular shaped margins indicate possible abnormality in the mole; C) Color – the lesion should have a single brown to dark brown color throughout the entire lesion. When

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multicolored lesions are noted that can also indicate abnormal changes in the cells within the mole; D) Diameter changes – measurement of the width of a lesion. Benign moles are generally smaller than 6mm (pencil eraser sized), whereas atypically growing moles may be well over the 6mm size; and E) Evolution – this term references the idea that the mole existed and then, over time, changed in size, shape, color or diameter, again often without any other symptoms, due to recurrent and prolonged UV damage. The more of the changes present (A,B,C,D,E) indicates a higher risk that the mole may be abnormal or cancerous.

Melanoma skin cancers are not as uncommon as typically thought. Lifetime risk of getting melanoma is 3% (1 in 33) for White People, 0.1% (1 in 1000) for Black people and 0.5% (1 in 200) for Hispanic people. These rates can vary depending on UV exposure, location and family history.

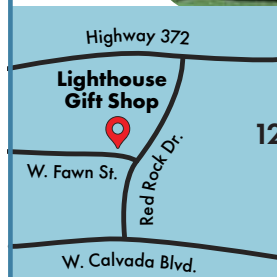
It is important that melanomas are diagnosed early so that treatment can be rendered to remove the lesion(s) before they are advanced and invasive, as many people with advanced lesions or late-stage disease are at higher risk of death or disability.

If you or any of your friends or family are concerned about the development of Melanoma, we welcome you to schedule a consultation with Dr. Jal Daulat, Michael Roos PA-C or Nicholas Benites PA-C at Mohave Dermatology, located in Pahrump, Las Vegas, or Mesquite to discuss how best to treat your condition and restore your skin health.



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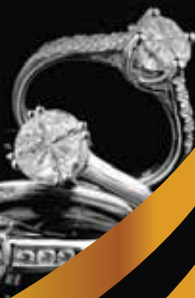
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OUR VETERANS OUR HEROES

Daniel (Dan) Peterson - CWO-5, US Army (Retired) - Aviator

By Jim Saulnier

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

Some of you will recognize the name, Dan Peterson, but many will not. So, let me remind you why the name, Dan Peterson, should be recognizable to everyone in Pahrump and also to everyone in Nye County. Is he from Pahrump? NO. Does he live in Nye County? Again, the answer is NO. Then, why are we placing his story in the Pahrump Life Magazine? I'm glad you asked.

When you enter Nye County from any direction, you see a sign designating Nye County as a Purple Heart County. And, when you enter Pahrump, you see a sign designating Pahrump as a Purple Heart Town. Without Dan Peterson's generosity as the Commander of Chapter 730 of the Military Order of the Purple

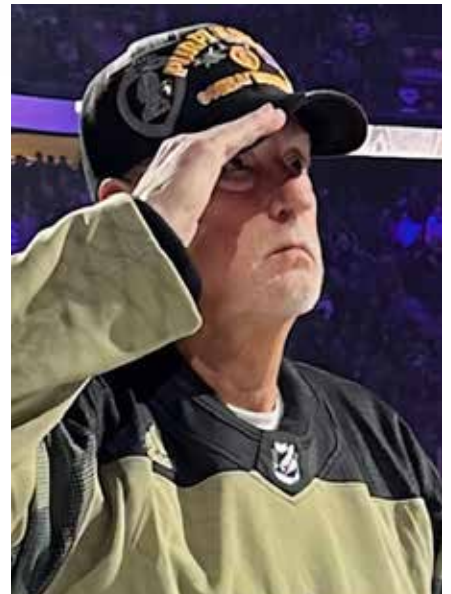
Heart (MOPH), you would NOT see those signs. There is no MOPH Chapter in Nye County, and he allowed his Chapter to represent the County of Nye and the Town of Pahrump. Please plan to attend the Purple Heart Ceremony on August 7th each year at the Veterans' Memorial inside the Chief Tecopa Cemetery in Pahrump. Why August 7th? Because August was selected, and later designated, by General George Washington on August 7, 1782, it is recognized as Purple Heart Day throughout the United States of America.

Nevada has several Purple Heart entities, including Cities, Counties, and ONE Town. They are:

Cities: Boulder City, Carson City, Henderson, Las Vegas, Mesquite, and North Las Vegas.

Town: Pahrump

County: 1) Nye County and 2) Clark County



Daniel Peterson

It's now time to read another life story about someone who served in the United States Army, and I believe that you (whether you served in combat or not) will find his life's story extremely interesting. Let's listen to Chief Warrant Officer -5 (CWO-5) Daniel Peterson and his contributions to the US Army and to our nation.



My Early Years and My Early Decisions

I was born and raised in the town of Bay City, Michigan. I was the middle of three children, older brother David and younger sister Ilene. My father was born in Chicago, Illinois, and my mother was born in Burgaw, North Carolina; with a family of nine girls and three boys. My parents met in Detroit, Michigan. My father was a pharmacist and my mother worked in a munitions plant during the war. She used to go to the Drug Store where my father worked, and the rest is history.

I grew up like most young boys playing baseball, basketball, and speed skating. I actually speed skated with a friend, Terry McDermott, who was the only Gold Medal recipient in speed skating in the Winter Olympics in Innsbruck, Austria, in 1964.

I went to Bay City High School graduating in 1966. After that, I attended a Business College majoring in accounting. That was short-lived because I was drafted into the Army in late 1967.

Life in the US Army and Service in Vietnam

I attended basic training at Fort Knox, Kentucky. For some unknown reason, unlike 99% of my class that was going to Fort Polk, Louisiana, to

Infantry School, I was selected to attend Army Flight School at Fort Walters, Texas. This was a twelve-month program, split between Fort Walters and Fort Rucker, Alabama.

After graduating in 1969, as a W-01, I was off to Vietnam, where I served as a UH-1 (Huey) pilot with the 190th Assault Helicopter Company, 145th Combat Aviation Battalion, at Bien Hoa, three CORP, Vietnam. We support, (too many to mention), any units in Three CORP. On August 12, 1970, while flying a low-level recon-

naissance mission, my helicopter was hit with small arms fire and RPG's. I was hit in my right upper and lower arm and my chest. Our aircraft caught on fire, and we crashed. We sought cover until my wing-man was able to extract us and take us to an aid station, and then later on to the 3rd Field Hospital in Saigon.

After Vietnam, and being cleared to fly again, I was assigned to Fort Rucker, Alabama as a UH-1 (Huey) instruction pilot. First, I was training Army fixed-wing pilots to fly helicopters. Later, I was assigned to the Allied training program, teaching Korean, European, and Thai pilots to fly the UH-1. Finally, I was selected to re-train Army Aviator Prisoners of War (POWs), a very rewarding honor.

After Fort Rucker, in July of 1975, I was assigned to the United States Army Security Agency Field Station Korea as a UH-1 Instructor Pilot and Instrument Flight Examiner. The Field Station was made up of approximately 90% Navy and Army Korean Linguists. The Aviation Unit's mission was to re-supply the five listening stations along the Korean/North Korean Border and one on Ganghwado Island.

After Korea, in September 1976 I was assigned to the 197th Infantry Brigade Aviation Unit, Fort Benning, Georgia,



as a UH-1, OH-58, Instruction Pilot, Instrument Flight Examiner, and Maintenance Officer/Test Pilot.

After Fort Benning, in June 1981, I was assigned to the 3rd Cavalry Squadron, Schofield Barracks, Hawaii, as a UH-1 and OH-58 Instructor Pilot and Instrument Flight Examiner. In January 1983 I was re-assigned to the 25th Aviation Brigade as the Standardization Officer and Instrument Flight Examiner in the Division Aviation Office, S-3. During that time, I was responsible for the evaluation of the Aviators in the Division, Cavalry, and Hawaii National Guard. During that time, I also was responsible for hosting ten Aviators from Thai Army Aviation, Thailand. We taught the Nap of the Earth (NOE) flight techniques for three months and I then took a mobile training to Thailand to set up a NOE program. We were later presented the Thai Master Aviator Wings and were the first Americans to receive this award.

In December 1984 I was enroute to Fort Bragg, North Carolina. I went to Fort Rucker, Alabama, to attend multi-engine fixed-wing training. After completion, I was assigned to III CORPS, as a fixed-wing aviator flying the Beach Queen and King Air, supporting the General Staff and Brigade Commanders.

In September 1987, I returned to Fort Rucker, Alabama to the 2/229th Aviation Battalion. At this time, I also attended the AH-64 Apache Qualification Course. In 1988 the Battalion went to Fort Hood, Texas, to transition to become the 2/229th Attack Helicopter Battalion, 18th Airborne CORP Fort Bragg, North Carolina. Though we were assigned to the CORP, I remained at Fort Rucker and various agencies worked on the Apache Doctrinal Training. In August 1990, our Battalion, as part of the rapid deployment force of the 18th Airborne CORP, we were deployed to Saudi as part of Desert Shield. In October 1990 the 18th Airborne CORP attached us to the 101st Airmobile Division to be

the second Apache Battalion in preparation for Desert Storm. Prior to deployment, I was promoted to a Master Warrant Officer. After the end of Desert Storm I returned to Fort Rucker, to attend the Master Warrant Office Career Course, this nine-month program was to develop the Chief Warrant Officer Five. The course I was in was the first class to promote the first of the Army's CW5s.

Life After the Army and Finding Henderson and Pahrump, Nevada

I am a retired U.S. Army Aviator, having served 25 years, with combat tours in Viet Nam and Desert Storm.

I am currently the Commander, and have been for eight years, of the Military Order of the Purple Heart Chapter 730 in Henderson, Nevada. The chapter is comprised of over 130 Combat Wounded Veterans including several veterans in Pahrump and Nye County.

Until April 2024 I was the Chairman of the Nevada Veterans Assistant League (NVAL), the non-profit arm of the Veterans Home in Boulder City. I gave up those duties because I accepted a nomination from the Governor to be part of the Southern Nevada Veterans Cemetery Advisory Committee.

I am the newly elected Chair of the Henderson Veterans Forum hosted by

Mayor Michelle Romero. The forum was designed to enhance awareness among veterans about city events and activities that are relevant to them. In addition, we encourage veterans' collaboration/partnership in city events.

I also oversee the Henderson Veterans Service Office (Veterans Helping Veterans). The two offices are comprised of six advocates who are certified by the Nevada Department of Veteran Services as Advocates. We help Veterans and family members (at no cost to them), via counseling and assistance in processing necessary paperwork for the Veterans Administration.

I hold an Associate's Degree from Troy State University, Alabama, in Aviation Operations Management, and a Bachelor of Science Degree from Troy State University, Alabama. My education allowed me to secure employment as a Medical Administrator. For over 20 years, I was overseeing Primary Care, Pediatrics, OB/GYN, and a High-Risk Pregnancy Center.

My awards include the: Legion of Merit, Distinguished Flying Cross for Heroism, Bronze Star, Purple Heart, Meritorious Service Medal w/3 OLC, Air Medal -27th Award, Air Medal With "V" (Valor), Army Commendation Medal w/2 OLC, Southwest Asia Service Medal w/3 Bronze Stars, Army Good Conduct Medal, National Defense Service Medal with 1 Bronze Star, Vietnam





Service Ribbon w/3 Campaign Service Stars, Vietnamese Air Service Medal, Republic of Vietnam Campaign Medal, Kuwait Liberation Medal, Korean Defense Service Medal, Kuwait Liberation Medal-Saudi Arabia, and the Master Aviator Badge.

I was honored to sponsor the Town of Pahrump and the County of Nye

to become Purple Heart entities on October 19, 2017. Nye County became Nevada's FIRST Purple Heart County and Pahrump became Nevada's FIRST Purple Heart Town. The Nye County Commissioners adopted a proclamation recognizing both town and county after MOPH Commander Dan Peterson and Pahrump resident and Air Force Purple Heart recipient, Dr. Tom Waters, presented the idea to Commissioner John Koenig, who supported the effort. It could not have happened without total support from the community.

I want to explain WHY we (MOPH Chapter 730) selected Pahrump as a candidate for designation as a Purple



Heart Town. We have Chapter members from places other than Henderson and several Purple Heart recipients are from Pahrump. During our State Meeting, years ago, we decided to honor each city, town, and county that had Purple Heart members as part of our membership. The Town of Pahrump (and therefore the County of Nye) is more than qualified for this honor.

(Dr. Tom Waters) - Well, you've heard from Dan Peterson 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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the Education Editorial



Dr. Christopher Salute

Reassessing Unpaid Internships

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

For decades, unpaid internships were perceived as steppingstones to future employment, offering college students valuable experience and exposure to their chosen fields. However, a paradigm shift is underway as society reevaluates the exploitation of labor, the lack of skill acquisition, and the diminishing returns on the once-golden ticket that internships have created.

I love my experience as the Director of Great Basin College's Pahrump Valley Center. It's been a fun mixture of academics, career development, community involvement, etc. I wouldn't give it up for anything. I get to interact with so many great people, including business owners. And one thing that they always ask me is "Hey... I have this thing I need help with. Do you have any students who want to gain experience? We could use a free intern!"

Believe me when I tell you - I love the idea of providing internships to students. I think there is a lot of value. I believe I had taken advantage of four or five internships by the time I gradu-

ated college. They were all unpaid. And I love the idea of giving some folks the experience they need.

Also, I can see why the higher education system is moving away from the unpaid internship system.

One of the primary reasons for reconsidering the use of unpaid interns is the ethical dilemma surrounding the exploitation of labor. In many cases, interns are expected to perform tasks that contribute significantly to the organization, yet they receive no compensation for their efforts. This raises questions about the fairness and sustainability of a system that relies on the unpaid contributions of eager, inexperienced students.

Now, this was never a big deal before let's say.... 2010? 2014? But, you have to follow the slow degradation of work experience for college students to understand that unpaid internships may not be helpful.

In the 1980s... college education was really hard to acquire. So, just having a degree meant you could find a pretty great job. As accessibility became more prevalent (and we love that it did, through scholarships, grants, and other foundational support), students needed to find ways to differentiate them-

selves. Running or starting a campus organization, creating an art portfolio, volunteering, or having an internship really set students apart. Until... it didn't. The extra-curricular activities and internship economies boomed with nonprofit organizations looking for more volunteers and for profit organizations looking for more interns. And new crops of students really enjoyed being busy - we call those students... Generation X and Millennials, today! (I believe the phrase is... LOL) Everyone was collecting trophies and stacking their resumes.

So, at the end of the day, was an internship going to make a difference? It wasn't. Skill acquisition is what we needed.

Contrary to the initial promise of internships as valuable learning experiences, a growing number of unpaid positions fail to provide interns with the skills necessary for their future careers. Instead of meaningful tasks and mentorship, interns often find themselves relegated to menial work that adds little to their skill set- making copies, getting coffee, etc. This was great on paper... but no longer so. Students might make better use of their time getting a certificate or, getting paid - especially



our Community College students, who want to maximize their time and money.

The assumption that internships and volunteer work automatically translate into increased employability is fading. Many students find themselves in a competitive pool where having internships on their resumes is no longer a distinguishing factor. This oversaturation of internships and volunteer experiences reduces their efficacy in helping students stand out in a crowded job market.

Society is reevaluating the traditional understanding of internships as a rite of passage. Advocates for fair labor practices argue that internships should be a mutually beneficial arrangement where students gain valuable skills in exchange for their contributions. In order for that to happen, there needs to be significant mentorship or skill building. And interns cannot replace current employees. Meaning, we cannot simply terminate our employees and hire unpaid interns.

Unpaid internships, in their current form, are being scrutinized for perpetuating inequality and limiting access to opportunities for students who cannot afford to work without compensation.

In response to the drawbacks of traditional unpaid internships, alternative models are gaining traction. This includes paid internship programs, providing stipends to ensure that interns are fairly compensated for their work and my personal favorite: experiential learning opportunities. I've been preaching about experiential education since I got into education. I don't believe reading a book will help you understand how to do something. Nowadays, AI can bring us all of the knowledge we need. We need to train our youth for jobs that cannot be replaced. Those jobs require hands.

There are great non-profit organizations around the country who can help sponsor interns by paying them, or provide your organization with skilled and unskilled workers, very inexpensively or free. We have a wonderful Nye Communities Coalition here in Nye, where I tap into our youth mentees and students. It requires a lot of my time and energy, but not my money. Let's consider avenues like that!

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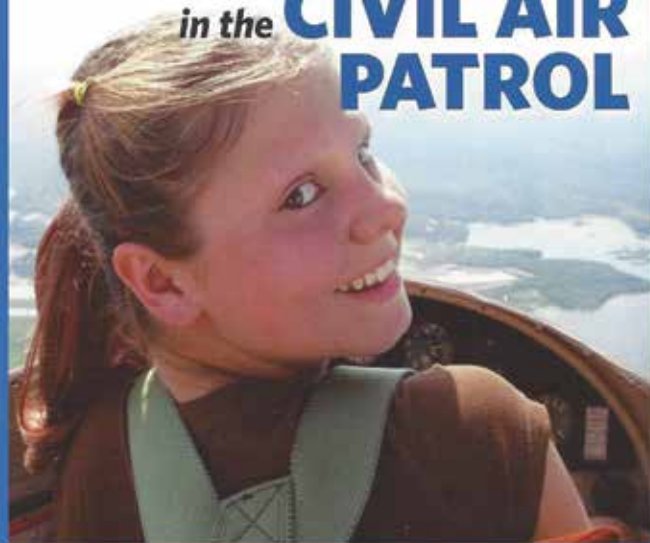


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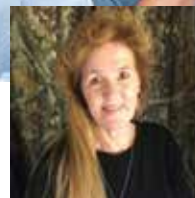


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Are You Too Young to Start Saving for Retirement



Janet M. Nast

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

My brother, a long haul truck driver, dropped in a while back accompanied by his co-driver, Jeremiah Johnson (Yes, that's his real name for those of you who remember that movie.) During good meals and good conversations, we came around to the topic of retirement. Jeremiah had this to say about that:

"I don't understand. People work their whole lives and make good money. Why do so many of them struggle financially when they retire? Where do things go wrong?"

Two days later I shared this conversation with my son, who then told me he had just encountered an elderly homeless couple when he stopped in a parking lot to make a phone call. He said,

"Mom, it was so sad especially because they were your age. I can't imagine you being in this situation...how does this happen?"

Good question.

But honestly, it didn't take me long to come up with five very solid answers. See if one or two of these don't resonate with you.

1. Most people don't really understand what it means to "retire" so they don't know how to plan for it.

This is what it means to retire:

You quit your job. Voluntarily.

So, what's that look like on paper? Remember that 50 or 60k a year you were earning? Yeah, well, that goes away and now you make zero dollars. So, no more automatic payroll deposits into your bank account and no more raises (aka, "fixed income").

But guess what doesn't drop to zero: Your financial obligations, aka, your debt. You know, things like your rent or mortgage payments, car payment, utilities, cell phone bill, credit card debt, and any insurance you have.

With that in mind, how do you think you're going to continue to pay those bills with no income?

2. People make 50k a year, but spend like they're making 100k.

We all do it especially as easy as it is to get caught up in the more recent trend (due to massive marketing) of using credit cards for every darn thing.

3. YOLO: You Only Live Once.

This isn't an uncommon attitude at all. Most people under the ages of 35 or 40 do this and it's not meant as an insult. I mean, I don't know about you but when I was in my 20's I really didn't give retirement a single thought, let alone a second thought. If there was any saving to be done at all it might've been to save for a vacation or Black Friday shopping.

4. Job Loss/Layoffs

Some companies have a nasty habit of either going out of business, shutting down various locations (General Motors) or laying people off/firing them/ forcing an involuntary retirement a few years short of government retirement age. (That would be 59.5 for any 401k or Roth IRA accounts, and 62 for Social Security.)



In my experience this seems to happen when a long-term employee has been working for a big company for 20+ years. While it's illegal as hell to practice age discrimination, big corporations will find a way to work that option if they want to save money by hiring younger, lower paid workers.

AT & T for instance, laid off my husband (after 35 years) when he got hurt on the job and needed major surgery. Tom was 57. My brother's hours were cut to 16 per week at the plastics company in Flint, MI when he was in his mid-50's so he could no longer pay his bills. Thank God I was still working full time and my brother's wife was too, but boy did we all have to make some serious adjustments!

5. Debilitating Illness

This could include, but not by any means be limited to Cancer, Heart Disease, Diabetes, etc.

“People work their whole lives and make good money. Why do so many of them struggle financially when they retire? Where do things go wrong?”

So How Can You Avoid Becoming Homeless When You're a Senior Citizen?

Denying the fact that you will become a senior citizen will only get you into trouble... and possibly homeless. (Hey, with some good living, good luck and a few prayers, we will all eventually become senior citizens.) The only way to ensure a good lifestyle in your later years is to make a plan.

You're Never Too Young to Start Planning

I strongly suggest you think about doing this when you get your first job. No, that's not too young; ***there's no such thing as too young to plan for retirement.*** Just like it's never too late either. Heck, I didn't start till I was 40!

Make a plan: Five Steps to Retirement

Here are five basic steps you can take that will help to ensure you will be somewhat comfortable in your retirement years:

1. Buy a house if, or as soon as, you can.
2. Avoid debt and/or pay off as much of your serious debt as soon as possible.
3. Calculate how much you think

you'll need to save/ live on in your retirement years.

4. Determine the age at which you want to quit working/retire.
5. Start saving ASAP: Saving's account, 401k, 401k Roth IRA

Let's Take a Closer Look

1. Buy a house if, or as soon as, you can.

I know that not everyone is in a position to do this. I mean, for those who have jobs that require them to relocate every six months or every two years, such as the military, this just isn't going to happen 'till you change jobs or retire.

Then there are those who just don't want to be “tied down,” or “put down roots” because they have a wandering soul. And that's fine. But keep in mind, with that type of lifestyle, you will have zero control over the cost of your housing as time passes and you grow older.

That said, I would say that after buying a car, this is one of the most important financial goals you can set for the simple reason that it's the best rent control you can ever have.

Look at it this way: Once you have a 30-yr mortgage, your “rent” won't go up for the next 30 years! No more \$50 - \$100 rent increases every six months. Then, in 30 years when that debt is



paid off and you retire, you get to live rent free forever! Yes, you will still have homeowner's insurance and property taxes, but that will always be a small fraction of what you would pay in rent or a mortgage. Either way, SWEET!

2. Avoid debt/pay off some of the serious debt.

"Serious" debt would include a house, a car or major credit card purchases of say, over \$1,000.

Seriously, paying everything off is actually doable when you start with considering a 30-year mortgage. Yes, it will take 30 years to pay it off which seems like a long time. But look at this way: If you buy a house when you're 30 it'll be paid off by the time you're 60. All you have to do is buy the right one the first time and keep it. Just avoid the temptation to up-size because everyone else is, or because you just got a raise.

Then think about buying a car. Five-year car loans really are paid off in 5 years. Again, keep the same car, do the required routine maintenance, and most vehicles will last 15-20 years.

Ok, I know some of us start out with a hand-me-down junker so this might seem a little more challenging. I get it. *(My first car at 16 was my family's 1963 Rambler; my last was this used 2013 Dodge Ram truck. BTW, you save a TON of money when you buy used.)*

And I know it's easy to have a need for a larger vehicle when your family grows, and then when all the kids move out you have a desire to down-size. So yeah, you may just go through a few cars by the time you're 50 or so, but still, if you buy your last one at that age, just be serious about its maintenance and you won't have another car payment for the rest of your life.

Also, limit your credit card usage. There's no doubt when they offer incentives such as 15% discount and zero interest when using their store credit card, it's a great idea. But still try to be good and just charge what you can pay off in a couple of months. Otherwise, this kind of debt can follow you right



into your grave!

3. Calculate how much you think you'll need to save/ live on in your retirement years.

How much do you think you'll need to save/ live on for those retirement years? Look at your current lifestyle: house, car pmt, credit cards. Keep in mind that if you're paying rent rather than a mortgage, that dollar amount will continue to rise (to who knows what) after you retire, along with the cost of your utilities, gas, and food. We can't possibly predict what all those dollar amounts will be so let's just look at your current total monthly payments.

For example, we'll say if you're making \$50k per year, 10% goes to taxes and 10% goes to other payroll deductions (Medicare, Social Security, etc), and the remaining 30k goes out to bills, gas and groceries.

That means that you need a minimum of 30k per year to live on. Take that 30k a year and multiply it by however many more years you think you might live after you retire.

To figure that out, let's say you want to retire at 62 so you can collect Social Security and draw on your 401k. And you're in reasonably good health so you believe you'll live another 25 years after retirement bringing you to 87 years of age. Hey, it could happen! And even

if you don't, I'd suggest planning for it just in case you surprise yourself. Ha!

Either way, that would be 25 years x \$30k per year = \$750,000 Yikes!!!

Yes, ideally you should save three quarters of a million dollars. Yikes again!!! When someone told me that years ago, I freaked! There's no way I could save that! But wait!

Before you freak out, let's re-calculate how much you need to live on each month when some of that "serious" debt is gone. I doubt you'll need that much...I sure didn't.

Let's start with the house: In 30 years your house will be paid off, remember? So, imagine your house payment is \$1500 per month. But part of that is taxes and insurance (say \$250), so maybe you'll no longer have \$1,250 a month in mortgage payments. That's \$15,000 per year taken off that \$30k per year you thought you'd need. Now you only need \$15,000 per year to live on. Multiplied again by those 25 years of retirement life. Now we're looking at \$375,000 you need to save. That feels a little more doable, don't you think? And if you get your car paid off before retirement, that's even better, yay!!!

To see what you need to save annually, then monthly, let's do a bit more math.

Take that 375k and divide it by the number of years you'll be working. This is where you look at how old you are when you start saving and decide

"If you buy a house when you're 30 it'll be paid off by the time you're 60. All you have to do is buy the right one the first time and keep it."

how long you should work, aka, how many years before you want to retire. Let's say, you're 25 now, and want to retire at 62...so that's 37 years. At that rate, you should save \$10,135 per year or \$845 per month.

Yes, it sounds like a lot, but there are a few other things to factor in, such as compounded interest which means your money grows faster depending on how it's invested while sitting in that 401k account. If you have payroll deductions for Social Security, that will also supplement your retirement income. So please, don't panic and give up. Something set aside, is wayyyy better than nothing and it may be just the right amount to keep you from being homeless in your senior / retirement years.

4. Determine the age at which you want to quit working / retire.

You must ask yourself at what age do you want to quit your job and rely on whatever you have in savings to live out the rest of your years. This is probably the most important factor in planning for a comfortable retirement.

But before you decide, you need to be very clear on the government's guidelines on what "retirement age" actually is.

First, if you plan on drawing Social Security, currently the youngest age you can do so is 62.

Second, the youngest age you can draw from your 401k or 401kRoth – without paying hefty penalties – is 59 ½.

Also keep in mind that when you retire, your income, whatever it is, will now be lower than it was when you were working, and it's also considered a "fixed income" meaning you will no longer be getting raises on a regular basis: it is what it is probably for the rest of your life. The good news is that you'll be in a lower income tax bracket, therefore you pay a lot less in income taxes.

Now let's get back to when you want to retire.

In the previous example (question 3) we had you retiring at 62. When you look at how much you should save in an ideal world, you may want to work a bit longer. Of course, if you find yourself in a position where you can save more, or your money grows in your 401k faster than anticipated, you could retire sooner. Only you can do the math and make this decision based on your circumstances. Everyone's situation is different and there are no hard rules.

That said, keep in mind that you may have some other retirement income options. I've included an overview of a four of them in the following pages.

5. Start saving ASAP!

As I said earlier, there is no such thing as "too young" to save for retirement.

Seriously, set up a 401k as soon as your employer offers the option. Even if you don't think you can save as much as you calculated, it's better to save something rather than nothing. I mean, I didn't start my 401k until I was 40 because someone finally showed me the math and believe me, as a single mom with two kids, I didn't save all that much. But I'm sure happy for what I did save. Again, it's better than nothing.

In part two of this lovely topic of retirement, I'll describe four common retirement income options to which most everyone has access. No matter which kind of retirement/savings account you choose to use, most of them will grow in interest over time, which means you will end up with a lot more money than what you actually put in. The reason for this is something called

"compounded interest." Rather than inserting a techy definition for it, let me explain with the following simple example.

Compounded Interest Simply Put

Let's say you put \$20 in your savings account this month. You now have \$20 saved at the end of the month. And let's say it earns 1% interest that month, which is 2 cents for a total of \$20.02.

Next month you deposit another \$20 for a total of \$40.02. You will then earn 1% interest on that total combined amount of \$40.02, which is .4002, or .04 cents. Now you have \$40.06.

The next month you put in another \$20, added to the \$40.06 for a total of \$60.06. The 1% interest is now being calculated on \$60.06...which gets you .6 cents in interest for a total of \$60.12.

Basically, the interest is always being calculated on the new total balance, not just on the extra \$20 you put in each month.

This is a very simplified example, but it illustrates the point that if you start doing this even with a simple interest account, you could have a lot of money saved over the course of your 35-40 years of saving. If you invest the money in your 401k account, it could be a lot more because most times people will put that 401k money into stocks or money market accounts that pay a lot more than 1% interest.

You are Never too Young to Start Saving for your Retirement

I'll close by sharing something my parents always told me: the only two things you can count on in life is taxes and death. Some feel that getting older is a crap shoot, but why not hedge your bets by planning for it? That and, I realized a long time ago, that there is no guarantee that anyone else will take care of me if I don't do it myself: The same could be said for you.

I hope this helps you to decide to start saving now no matter how old you are.

Black Cow Coffee House

A photograph of the interior of the Black Cow Coffee House. The room has dark blue walls adorned with several framed artworks, including a large portrait of a man with a beard. In the foreground, there is a bright green tufted sofa, a small round wooden table with a lit lamp, and a modern grey armchair. The background shows a dining area with round wooden tables and black chairs. The overall atmosphere is cozy and artistic.

Where Coffee Meets Positivity and Good Vibes

By Tamara Meringolo

Black Cow Coffee is Pahrump's newest coffee house, located at 1266 E. Calvada, on the corner of Calvada & Pahrump Valley Blvd. This place is a fusion mix of an artsy vibe, immersing you in an array of musical genres while blending in the warmth of our small-town community. Their coffee mojo gets aficionados grooving throughout their day by offering a variety of coffee creations featuring their signature drink (The Black Cow) a chocolatey delight, aromatic espressos, European styled pour over coffees, a specialty coffee called the Cow Whip made with honey, and other decadently sweet, whipped treats. The Black Cow keeps customers' senses engaged with specialty ingredients like Madagascar vanilla and freshly infused citrus

flavors. If a simple tasty cup of joe is your preference, they have that too! Not a coffee drinker? Not a problem because they serve up hot & cold teas and a variety of lemonades. Try my favorite, which is the London Fog. It's a fine Earl Gray tea with vanilla and cream. If you desire a delightful nosh to accompany your brew, they sell pastries, pies, cakes and muffins. In collaboration with O' Happy Bread, they are looking forward to expanding their menu with sandwiches and quiches.

Business owners Dennis and Quinton (Q) share their love of helping others and coffee with Pahrump. They ship in the best roasted beans produced by 8 & Roast Coffee Co. of Tennessee. Dennis and Q fell in love with their coffee while hanging out with a mutual friend at the 8th & Roast Coffee House. The Black Cow concept was then inspired. Prior to the Black Cow Coffee House concept, Q worked in the

Hospitality Industry for many years as he managed hotel properties including a Wyndham, IHG and a Hampton by Hilton. As an undergraduate, Q trained in his field of study by working in a correctional facility. After earning a bachelor's degree in Sociology at Mississippi Valley State University, Q was offered a position that aligned with his passion of helping individuals in need of treatment at a youth level. He moved to Atlanta, Georgia and began working at a residential treatment facility for children with Intellectual or Developmental Disabilities (also known as IDD). From there he worked with adults with IDD. When COVID 19 shut down the facility, Q returned to hospitality management. Dennis was originally from the Los Angeles area, but lived 25 years in Atlanta, Georgia. He is a successful property owner and has had two hair salons (Takai Atlanta Hair Salon & Takai Atlanta



Co-Owners Quinton (Q) Jeffrey

Hair Studio). Dennis is a talented Hair Stylist with over 31 years' experience. He worked on television and film productions. Working side by side with other talented Hair Artists on an Amazon production, they earned their department an Emmy nomination for the film *The Underground*, directed by Oscar Winner Barry Jenkins. Dennis then worked on other productions including Disney's *Marvel Franchise*, *Black Panther I and II*. Dennis cared for his mother when she had pancreatic cancer. The fight against cancer is a cause close to his heart, as he continues donating time and money towards helping to find a cure. Dennis and Q relocated to Nevada to be closer to Dennis' family and eventually moved to Pahrump Valley for the peace and



Co-Owners Dennis Clay

tranquility. Now both Dennis and Q enjoy their golden careers serving up delicious coffee with a kind word and a smile. Everyone who works at Black Cow Coffee works hard to share a passion for coffee while helping others and it shows.

The Black Cow Coffee House is also a hub of activity and creativity. From hosting local craft vendors for holiday Sip & Shops and monthly Paint & Sips, to offering space for meetings, birthday celebrations, and tea parties, it's always a welcoming spot to meet up with friends or to strike up conversations and find new ones. During the week the Black Cow facilitates an extensive community event calendar. On Movie Mondays they show free movies at dusk which have been big name, more recent releases from Hollywood. Tuesday evenings kick off with the lively Ms. Sherry Boots offering complimentary line dancing lessons, followed by Karaoke 2.0. Wednesday evenings are Vibe Open Mic nights where singers, musicians, poets, slam word artists, comedians, writers and actors can sign up and creatively express themselves. Open Mics are opportunities for all ages to explore artistic passions, share talents, nurture confidence and perfect skills as performers. Thursday evenings are Date Nights featuring different eras and genres of music. Bring a loved one and enjoy carefully curated



Co-Owners Dennis Clay, Quinton Jeffrey and Barista Jada Carrington

music with a cup of joe. Fridays and Saturdays feature live performances. So far, several local bands have come out to entertain. Please come out to support and enjoy their performances. Sunday afternoons provide a safe space for all to relax and just be themselves. The Black Cow also offers a place to display art to our community. If you have art to share with the world, please talk to Dennis or Q.

Black Cow Coffee House is a hidden gem in Pahrump. It's a relaxing, cozy space with friendly faces and excellent service. It is well air conditioned so come in from the heat and enjoy all its perks like the free WIFI. For many of us in Pahrump who want a smoke-free space to hang out as an alternative to a casino or bar, this is the place to enjoy morning, afternoon or evening. Check out The Black Cow Coffee House's 5 Star Google reviews and you can follow them on these Social Media platforms: Instagram, Facebook, Tic Tok, and Next Door.



Specialty drink, the Cow Whip

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*Staying in recovery
for life*



Shelley Poerio

Embracing Change to Support Our Internal Narrative

Embracing and Leveraging the Gray Zone of Uncertainty

By Shelley Poerio with Casey Jones

We are now entering the season that many of us dread, with days long and hot, and the sun so bright in the desert that from time to time a heat mirage appears. This effect of viewing images through heated air – and having them appear to shimmer – can be disconcerting. But I'd like to draw an analogy to this with the lost feelings most of us have experienced when we go through a change in life and can't clearly predict how the next chapter will be. We just can't see it through the haze, and it can be uncomfortable.

Retirement or other changes including jobs, relationships, location moves – or even seasons – can bring on this type of disorientation. But as we add years of life experience, shouldn't we

all start to understand that change is the norm, and reflect on the fact that somehow, we manage to reach the other side even if we go through a patch of gray?

People in recovery have often allowed their addiction to deprive them of the growth that comes from observing, dealing with, and then finally embracing change. But even those not in recovery from addiction but adjusting to a new life situation or grieving over a lost loved one can benefit from learning how to accept and adjust to change and building the resilience necessary to make the best of the next stage of development in life.

Routine vs. Rut

When considering change, I think it's important to be clear that I'm not suggesting severely altering a good

routine. Routines form a framework to keep a life stable and healthy. Fitness, healthy eating, and a disciplined approach to a balanced lifestyle are essential for most to live a satisfying and rewarding life. To those in recovery, such routines are essential. By introducing "change" I mean that within a healthy lifestyle, adjustments can allow for broader experiences. Changing exercises, cooking, or trying new cuisines, adding, or trying (even failing at) new hobbies can fit within a routine yet at the same time expand horizons and perspectives. There is a distinct difference between "routine" and "rut."

Embracing – Even Inviting – Change

One way many people develop the "change muscle" is to actively seek out change. Healthy people try new things

and add new challenges to their routines to push themselves to see how they can change. Taking this approach to life also prepares us to better adapt to changes that we may not invite or welcome.

Inviting change helps condition us to be more adventurous and accepting of things that are different. As children, most of us had no control over what we studied or our daily routines – this was typically dictated by adults in charge – parents, teachers, or coaches. But as we aged, we became the ones in charge and just the act of developing into an adult required change: jobs, studies, relationships, and numerous other adaptations to survive and be happy. But once these things stabilize, there's a tendency for many of us to fall into a rut. Routines are essential to staying healthy and being stable. But inserting changes within the routine structure can go a long way toward making us more elastic and flexible mentally and psychologically.

A Final Analogy

And here's my final analogy: when we walk on uneven ground such as gravel, the body needs to stabilize to keep balance. This in and of itself develops muscles and improves balance

and physical stability. Change can be challenging, but it strengthens us to approach the next life trial with more confidence and stamina. And there will always be more change!

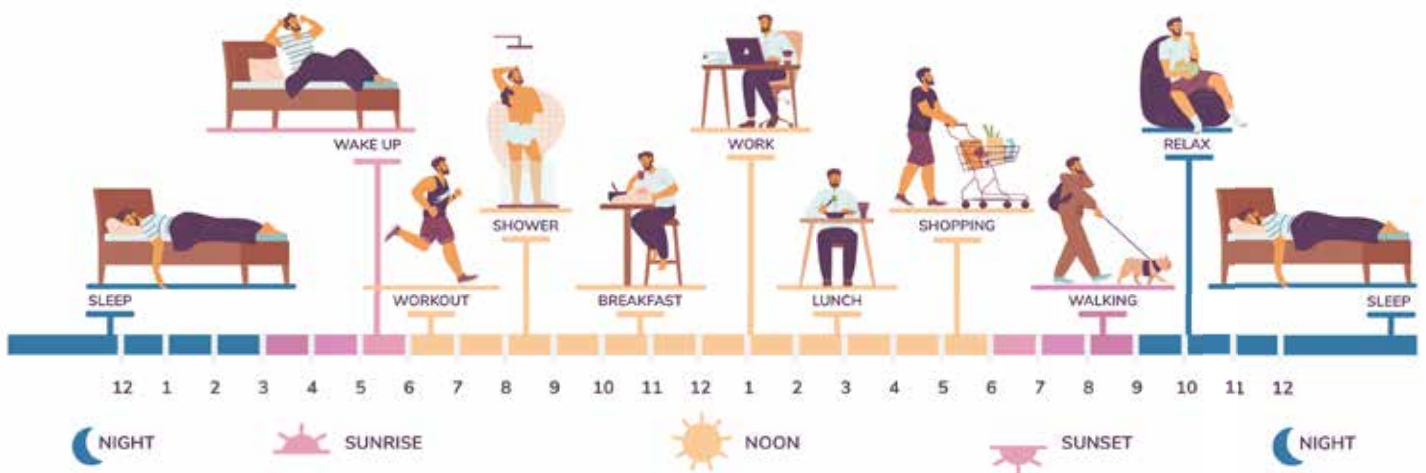
If you have comments, or ideas for future articles, please contact me at shelley@livingfreehealth.org.



**KEEP
CALM
AND
EMBRACE
CHANGE**

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

Pay Attention to What You're NOT Paying Attention to Avoid Unnecessary Hip Replacement!



*Dr. David Lewis,
DC, QME*

By Dr. David Lewis, DC, QME

It is well known that when you have a problem distributing your body weight evenly to your feet from your upper body that you can have pain in your lower back and sacroiliac joints. What people are not paying attention to is what they do not feel.

When you have been told that your sacroiliac joints are not functioning properly because they are not moving, but they don't hurt, this does not mean you are in the clear. It's what you're not paying attention to that can get you in a load of trouble.

When you watch people walk you will notice that their feet may not be facing forward but pointing outward to the side or even on the inside. Maybe you thought this was normal and went about your life without thinking too much about it. However, you should pay attention to what you're NOT paying attention to. Take a look at yourself and see which direction your feet are pointing when you walk.

Your sacroiliac joints in your lower back not only control how you distribute your body weight from above to below. They also control which direction your feet are pointing as well. You might say to yourself, okay so what? If I don't feel anything, meaning pain, I must be alright, right? No, unfortunately this is far from the truth. When

your sacroiliac joints are facing the wrong direction, the first thing you will notice is your feet may be facing outward or more inward from center. This can be further influenced by improper muscle balance in the pelvis as well.

When your feet have been facing the wrong direction for a long time, the femoral head, meaning the top of your leg that connects to your acetabulum, which is the socket where your leg attaches to your sacroiliac joint will start to wear unevenly and cause cartilage loss. Cartilage is the cushion on the inside of the socket where your leg attaches.

However, if you are of the mindset that if I don't feel any pain, I must be fine. You will have a day of reckoning. All the while, when you're not feeling any pain, the cartilage continues to wear thin due to the imbalance of body weight caused by your sacroiliac joint facing the wrong direction. At some point, the cartilage will wear straight thru to the inside of the socket and there won't be any more cushion. When that happens, you will start to feel constant aching in your hip socket(s). At this point, even if we were to re-align your sacroiliac joints, it would then be too late. You would be referred for a hip replacement surgery.

So, now you're worried and aware that you should be paying attention to what you're NOT paying attention to. Now what should you do? The very

first thing you should do if you're concerned is to make an appointment to have your gait assessed with us. Dr. Lewis will take a close look at how your sacroiliac joints are functioning. We will give you guidance to avoid improper ergonomics which make this problem worse. We will then check to make sure your sacroiliacs are facing the right direction to avoid uneven wearing of the sockets. This is done by taking an x-ray of the lumbosacral region to visualize the sockets for uneven wear to see how much spacing is left in your socket before it wears thin and requires replacement. If you are already having pain in your sockets, make an appointment right away to determine if surgery is necessary.

Bad ergonomics such as a bad sleeping position with one leg crossing over the other when sleeping can cause torsion of the pelvis perpetuating imbalance. Driving long distances with the right leg turned to the outside can cause muscle spasm of the piriformis muscle which can cause the sacroiliac to rotate causing this issue as well. Even riding a motorcycle for long distances can cause this on both side due to the leg placement. Improper exercise when performing squats or other exercises can also create this problem. If you are concerned you may be doing something that is making your pelvis worse, please call us to discuss your individual concerns.

Below you will see examples of what your sacroiliac joints can look like when they're in the wrong position. Take a close look at the sacroiliac joint in the image below where the hip replacement was done. Compare it to the other side. Do you see how it appears larger than the one on the opposite side? This is because it is facing internally to the outside putting excessive pressure on the socket where the hip replacement was performed as well as the inferior sacrum. The inferior sacrum has a white chalky appearance when there is too much pressure on the bone. Ironically, this is likely the same position the sacroiliac was in which caused the arthritis which resulted in the need for the hip replacement in the first place. Unfortunately, the socket on the other side is also degenerated and will likely need to be replaced in the future due to the improper weight distribution which remains uncorrected.

All that is needed is to have your chiropractor or this office assess your gait and to x-ray your lumbosacral region to see if your sacroiliac joints are facing the right direction to see if your hip sockets have been adversely affected. You will also be able to see how much cartilage you have lost as well. If cartilage has been lost, you will not be able to replace it, however, by re-aligning your pelvis properly you can significantly extend the life of your sockets to avoid hip replacement.

Proper adjusting of the sacroiliacs is also important. Just simply moving the joint and hearing/feeling a sound is not helpful if it's not being moved in the right direction. Excessive rotation of the joint by twisting can cause the joint to become hypermobile which is also not beneficial. The sacroiliac joints can move anterior/posterior (forward/backward), or internally/externally. This information should be reviewed with the chiropractor or osteopath of your choice, or you can have us manage this for you. Dr. Lewis has developed a tried and proven technique for dealing with these issues as it is done at MedSpine on a daily basis.

Take a look at the image below. Look closely at the sockets on both sides. You will see a healthy space on each side. Now look at the sacroiliac joints and you will notice that one side still appears larger than the other, specifically what appears on the right side of the image. This one looks slightly larger. This patient may not have any pain at all and may still have future cartilage

loss resulting from improper distribution of weight caused the slight rotation of the sacroiliac over time. This is why you should be paying attention to what you're not paying attention to so you can avoid an unnecessary hip replacement down the road. If you still have questions, please call our office for an appointment at 702-530-2225 or send us an email at drdaviddc@yahoo.com.



You can avoid this happening to you by making sure your sacroiliac joints are facing the right direction. Often times, when your sacroiliac joints are facing the wrong direction, you will have no pain at all. The only indication of dysfunction may be that your feet are facing in a direction that is not straight ahead.





financial focus

with Jeffrey R. Dye

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC



Financial Tips for Widows and Widowers

Losing a spouse is one of the most painful experiences anyone can have. Unfortunately, widows and widowers have to deal with more than just the emotional trauma — they also must consider a range of financial issues. If you've recently been widowed, what financial moves should you consider?

For starters, don't rush into any major decisions. If you're still in the grieving process, you are unlikely to be in the best shape to make significant choices affecting your finances and your life.

But once you feel ready to look at your situation objectively and make appropriate choices, consider the following steps:

- **Review your finances.** Look at your entire financial picture — your assets, investments, debts and income. If you and your spouse had communicated well about your finances, and you shared decisions, you hopefully

“...keep in mind that you don't have to go it alone during this difficult time.”

won't encounter any big surprises. But if your spouse was the partner who mostly handled financial matters, you may need to get up to speed quickly on what you have and what you owe. And if your spouse had provided a large amount of your household income, you will also need to determine what changes you may need to make to your lifestyle.

- **Address insurance issues.** If you will receive a death benefit from your spouse's insurance policy, what will you do with the money?



It may prove helpful in funding your own retirement or meeting other financial goals. But you'll also want to be clear about what other beneficiaries, such as your children, might receive. And while you're looking at insurance, you also might want to look at your own policies — do you need to change beneficiaries?

- **Review your Social Security options.** If you are at least 60 and you were married at least nine months, you may be entitled to Social Security survivor benefits. (If you remarry before age 60, you typically cannot receive survivor benefits, but you can reinstate them if this subsequent marriage ends.) The amount of

your survivor's benefits depends on your age and the age of your deceased spouse. You can't claim your deceased spouse's benefits along with your own retirement benefits, so if you qualify for survivor and retirement benefits, you'll receive the larger amount. Depending on your situation, you might come out ahead by delaying your retirement benefits, giving them the chance to grow, while you accept survivor benefits. For more details on receiving Social Security benefits, visit the Social Security Administration's website at www.ssa.gov.

- **Review your estate plans.** The death of a spouse can certainly affect your family's estate plans. So, it's a good idea to review these plans to see what changes, if any, need to be made. When conducting this review, you'll benefit from working with an estate-planning professional.

Finally, keep in mind that you don't have to go it alone during this difficult time. If you're already working with a financial professional, they can help. If you aren't currently working with one, now might be the time to start. By looking at your finances and your family situation holistically, a financial professional can provide guidance that can help ease the stress you are naturally feeling.

Few events are as sad as losing a spouse. But when you feel ready, start taking the steps necessary to continue forward on your life's journey.

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

To learn more about why Edward Jones makes sense for you, call my office today.





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

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Wills & Trusts

Everyone Needs to Be in Control Instead of Being Controlled by the Government

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

Here's a shocking statistic for you: approximately 1 in every 3 reports of vulnerable adult abuse are substantiated. This means that for every three reports filed, one is verified as true. Vulnerable adult abuse takes many forms: exploitation, abuse, self-neglect, abandonment, isolation, and neglect.

In Nye County last year, according to an Adult Protective Services Report, 231 individuals were abused, with over ninety percent (90%) of those being over the age of sixty (60). 71% of those abused individuals were abused in their own residence or the residence of a relative or caregiver. 79% of people

age 70 and older have a potentially disabling chronic condition.

What do these sobering statistics mean for you? If nearly 4 out of 5 people over the age of 70 have a disabling condition and the majority of people over the age of 60 who are being abused face such abuse in their own homes, it's time that you take action to protect yourself while you are still able to do so.

The best way to do this is with a guardianship nomination. A guardianship nomination names who you trust to take care of you, financially and medically, when you are unable to take care of yourself. The person you want to serve may not be a son or daughter, or even a spouse. The good news is that when you properly make

a guardianship nomination, the person that you are nominating has control over anyone else who may step in and try to make decisions for you. Even if you have a family you trust, you still may have a preference as to who in your family would be best suited to act on your behalf when you are at your most vulnerable. That's why making a guardianship nomination is so important- it makes sure your wishes are respected and followed when you are unable to advocate for yourself.

A few years ago, an important change came about in Nevada Guardianship law. It used to be that you had to have a co-guardian who was a resident of the State of Nevada. In other words, if you had a non-resident serve as your guardian, they had to serve as a

co-guardian with someone who was a Nevada resident. This caused obvious problems, because the Nevada resident had equal access to many of the important decisions a guardian makes, and with out-of-state family members and friends relying on Nevada residents they didn't know well, fraud and abuse was bound to happen.

Thankfully, now Nevada residents can nominate out-of-state family members or friends to serve as Guardians by themselves. This allows Nevada residents to utilize the help of only those they trust, without having to rely on someone in-state who they may not know as well.

However, guardianship nominations are only valid when properly made and executed. It's important to make sure this information is up to date, because unfortunately, incapacity can strike us at any time, and the potential risk of incapacity only increases as we age. When we add in the factors in the Adult Protective Services report of how many individuals are abused in their own homes, we quickly realize we need to make guardianship nomination a priority.

So what is the best way to nominate a guardian? The Secretary of State has a program where you can go online, fill out a form, have it signed and notarized, and then submit it to the Secretary of State for safekeeping. This seems like a good solution, right? Who better to maintain our private information than the State government?



The issue is that in order to access that information, a potential guardian has to go through the District Court. This means that when you become incapacitated, the person you name must open a guardianship case with the District Court, proving your incapacity and requesting to serve before the District Court is able to access the Secretary of State records to see who you nominated to serve as a guardian. This presents more roadblocks than resolutions. First, it can take several weeks to get a hearing with the District Court. Second, filing the appropriate paperwork to even get a hearing with the Court requires legal expertise, filing fees and court costs. Third, how can we be sure the person we trust will know to go to this trouble to figure out if we nominated them? Last, and most importantly, what happens to us as incapacitated individuals during this scramble to determine who should care for us? There's simply too much at stake to leave this to the government (& something tells me you weren't satisfied doing that anyway!).

The best thing you can do is to make a guardianship nomination with a trusted law firm who practices only estate planning, asset protection and probate. Why? This way you can be sure that the information you are being given is reliable, time-tested, and trustworthy. If or when you become incapacitated, your loved ones can turn to the law firm for your nomination, which will save time, money, and heartache at an already challenging time. However, you need to use a firm you can trust—it's too important to leave to a paralegal or jack-of-all-trades attorney.

As you think about who has the authority to give you medications, take care of your personal hygiene, handle your finances, and manage your meals when you are unable to do so yourself, think about who you would trust with this information— it is too important to leave to chance or the government.

Thankfully, the ability to make a guardianship nomination is affordable and accessible to all! Schedule a cost-



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!

free meeting with David Bindrup Law Firm at our Pahrump office so that we can walk you through the steps of securing your future when you are the most susceptible to fraud. Learn the steps to protecting your future self through planning today. The best part is, because it's a free meeting, you can take the information you learn and apply it in your life with no obligation, but if you decide to proceed, it's only \$99.

We look forward to helping you learn more about guardianship nomination, so that you can make sure the future you've worked your whole life to protect stays intact, no matter your ability to manage your own affairs.

DAVID BINDRUP LAW FIRM can be reached at 702-465-0888 and has three offices where attorneys meet with clients for cost-free consultations, including the Pahrump office located at 1321 S. Hwy 160, Suite 8A.

1. State Fiscal Year 2023 Statistics, Adult Protective Services
2. Pew Research Center



Jellyfish Jewelry

By Susie Greenwald Hertz

Susie Greenwald Hertz's original love of jewelry came from her paternal grandmother, originally a small farm girl from Hungary. As a successful woman, she always wore gold jewelry and earrings, and more, and this made an impression on Susie at a very young age. Variety and constant input of the new and different was Susie's fuel. She had visited over half the U.S. states by age 16. Off the mainland to Jamaica at 17, as a Certified Scuba diver. She was raised by the beach; she's a true beach girl. She would go on to be well travelled throughout Europe as a young adult, often travelling alone. And then on to adventures in Southeast Asia including Thailand, Singapore, Hong Kong, Bali, Java, Lombok in Indonesia, and Malaysia. Susie photo safaried through Tanzania and Kenya, where she acquired Tanzanite gems directly from the mines, as well as Tsavorite from Kenya, and collected purple Cowrie shells on the beaches of Zanzibar, used in her jewelry. Susie's travels also included stops in Aruba, Venezuela, Colombia (for emeralds), and Panama.

Susie has always loved jewelry and

has always had an appreciation for the different styles and customs of jewelry worn around the world. It is from her travels and her love of the beach, that she has developed the repertoire of her jewelry collection known as Jellyfish Jewelry.

Susie has made it her mission to explore the new and different and beautiful and fun of the gemstone, pearl, shell, and fossil universe as she explores these in her travels. Consequently, she creates beautiful and fun pieces using those materials, set in sterling silver and gold. And since she doesn't like to repeat herself much, most of Susie's pieces are one-of-a-kind.

Jellyfish Jewelry specializes in vibrant gemstones, well-matched pairs and sparkly cuts along with the unique and fun. Susie has sourced many of her gems as rough material, then had them faceted into such eye-catching pieces. She also supports the art and economic success of women from places like Bali and the Masai Mara of Tanzania by using such things as their hand-painted or hand-beaded beads.

It was her friend, a master goldsmith, who originally encouraged Susie to follow her passion, when she was middle-aged. She began Jellyfish Jewelry as a



small brick and mortar location in La Jolla, CA. She also participated in many art shows, trunk shows and street fairs over the years, all over the San Diego region, and gained her following. Then came her move with husband, Don, to Pahrump, to "retire."

Susie loves sparkles. She has the largest selection of Drusy jewelry in the Southwest. Most Drusy is formed of quartz. The crystals can be larger, or tiny. Other Drusy forms in Chalcedony. Susie has some show-stopper examples in her collection. She has also discovered an amazing manifestation of quartz Drusy on fossilized seashells. They are awesome sparkly shells which are a thrill to wear.

Although Susie is supposed to be "retired," she continues her journeys, both for her personal excitement and enjoyment and to find the unique and



enticing gemstones, pearls, fossils, shells, and other natural materials to turn into unique, desirable, and beautiful jewelry for her own and her clientele's thrills and delight. With 20 years of experience now, Jellyfish Jewelry and its owner, Susie Greenwald Hertz, continue to feed her appetite for the new and different – and sparkles. It's a contagious, great love that Susie so enjoys sharing with the world.

Susie works from a private home studio and exhibits as a member of The Artistic Divas and Dudes at their events, as well as other top quality events in the Pahrump and Nye County regions, including Goldfield Days, Spring Jamboree/Southern Nevada Gem & Mineral Show in Boulder City, and many others.

Keep up with Susie and Jellyfish Jewelry on Jellyfish Jewelry's Facebook page. You can also reach Susie by email at jellyfishjewelry@yahoo.com, or call or text: 619-992-5456.



Focus on Family

Our Family: God's Gift of Life and Love

By Deacon Rick Minch
Our Lady of the Valley Roman Catholic Church

“Among all who are included under the title of neighbor, there are none who deserve it more, in one sense, than those of our own household. They are nearest to all of us, living under the same roof and eating the same bread. Therefore they ought to be one of the principal objects of our love, and we should practice in regard to them all the acts of true charity, which ought to be founded not upon flesh and blood, or upon their good qualities, but altogether upon God.”

- St. Francis de Sales

Our families - our family life - are a gift of life and love from God.

God alone is the creator and author of life. He created each one of us in His glorious and Triune image and likeness as Father, Son and Holy Spirit. He gives us everything because He loves us so much. Three of His most special gifts: **life, faith, free will**. These gifts are so visible in our families:

Life: God has created a suitable partner for each one of us, calling us to be fertile and multiply. Husband and wife, by their mutual love of one

another, participate in God's plan through the pro-creation of children. We must value and embrace God's precious gift of human life, from the moment of conception to the moment of our last natural breath. In imitation of the love of our Creator.

Faith: God loves us unconditionally, and asks us to love Him back unconditionally. He gives each of us faith in Him that we are called to nurture through prayer and trust. Not always easy, but made possible with God's own help. Spouses are called to nurture and support each other with God's love. Children are precious gifts of life and love from God - Parents and children - the family unit - are called to love each other unconditionally, mirroring God's love for us. Parents teach and share the gift of faith with their children, who do the same with their children, etc. We read in the Old Testament book of Deuteronomy: “Hear, O Israel! The Lord is our God, the Lord alone! Therefore, you shall love the Lord, your God, with all your heart, and with all your soul, and with all your strength. Take to heart these words which I enjoin on you today. Drill them into your children. Speak of them at home and abroad, whether you are busy or at rest.”

Free Will: Our Father God loves us

so much that He creates us to be His children. But He didn't stop there. In His providence He gives us free will: the choice to accept or reject the unconditional love He gives us. Families are called to embrace and nurture God's love together. Parents are the guardians, the decision makers, the educators, the teachers of faith and givers of love. The strength of their love for each other keeps the family together. They are asked to be open to God's will for their children. Children are called to obedience of their parents, but also to the same unconditional love their parents have for them. All in imitation of the Holy Family of Nazareth: Jesus, Mary and Joseph, who loved and served each other and their loving Father God.

Sadly, our world today tells us that traditional values are no good. Human life is disposable. One doesn't have to be responsible for one's own actions. It's all about YOU. Only worry about YOU. God and religion have no place in a world that revolves around YOU and YOUR wishes and desires. This is fueled by the prohibition of prayer and religious symbols in public places, by the false love depicted in pornography, by the “I” phone, by the lack of human interaction and lack of personal responsibility of social media. Satan is



Holy Family Prayer

Holy Family, we consecrate ourselves and our family to you. May we be completely united in a love that is lasting, faithful, and open to the gift of new life. Help us to grow in virtue, to forgive one another from our hearts, and to live in peace all our days. Keep us strong in faith, persevering in prayer, diligent in our work and generous toward those in need. May our home, O Holy Family, truly become a domestic church where we reflect your example in our daily life. Amen.

hard at work, as St. Peter writes: “Stay sober and alert. Your opponent the devil is prowling like a roaring lion looking for someone to devour. Resist him, solid in your faith.” Families: stay strong in God’s love.

The film *Nefarious** is a fantastic description of how Satan operates. The dramatization centers on a man possessed by a demon named Nefarious. The demon relates that lack of baptism allows Satan/evil to gain a foothold in a child prior to the age of reason (7-8 years old). Seemingly innocent gifts like a “cute” action figure of a devil “character” or a ouija board further Satan’s plan. PLEASE DON’T WAIT. Baptize your child in a main-line Christian faith. Present your child in the temple as Mary and Joseph did for Jesus.

Nefarious goes on to inform us that Satan/evil has infiltrated our media: newspapers, magazines, movies, radio, TV, on-line; evil has infiltrated the political process/politicians. Families are called to pay attention to, and be aware of, what and how much media they use, and to separate truth from fiction. St. John the apostle writes: “Many deceivers have gone out into the world, those who do not acknowledge Jesus Christ as coming in the flesh; such is the deceitful one and the antichrist. Anyone who is so ‘progressive’ as not to remain in the teaching of the Christ does not have God; whoever remains

in the teaching has the Father and the Son. If anyone comes to you and does not bring this doctrine, do not receive him in your house or even greet him; for whoever greets him shares in his evil works.”

If you are a parent, please pay attention:

- to what your children are being taught in school; speak up if you don’t agree
- to what your children are doing with their phone/computer, social media; to who their friends are; you are the decision-makers
- to all your child’s activities; As they grow to teenage years, it may seem like they don’t want you around anymore. A friend once told me that she became pregnant at age 16. She said: “My parents should have been paying more attention to what I was doing.” When children seem to be pushing you away is when they need you the most.
- to being together as a family. Resist the temptation to work an extra hour in order to buy more. Children don’t need more “stuff”. Children need you.

Children, please:

- be obedient
- be respectful
- be open to learning
- be loving

As a family, never let anyone or anything come between you and your relationship with God. Religious education, gaining a moral compass, is equal in importance to math, science, geography. It all begins in your home, the domestic church. Have symbols of faith visible in your home. Pray together as a family. Spend quality time together as a family. Communicate together as a family. Forgive one another as a family. Love each other as a family. After Jesus washed the feet of his disciples, the master washing the feet of His followers, He gave us a new commandment: “...love one another. As I have loved you, so you should also love one another.”

For over 500 years, the Roman Empire was the biggest and most powerful government entity in human history. Its downfall began and was exacerbated by the degradation of the family, of family life. This is happening in our nation and our world today, before our very eyes. We must overcome this. We can - with the help of God.

We ask God our Father that our families may remain strong in faith, persevering in prayer, united in love. Amen.

**Nefarious is available on DVD and most streaming platforms.*



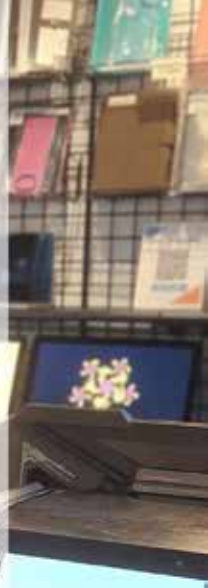
tech tips

By: Josh

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Josh's Top 10 Ways to Keep Your Kids (and Grandkids) Safe Online

In today's digital world, children are exposed to the internet on smartphones, tablets and computers at an early age, making online safety a crucial concern for parents, grandparents and guardians. From social media to online gaming, there are various platforms where children interact and engage, making it essential to establish guidelines and practices to ensure their safety. Here are my top ten ways to keep your child safe online:

- 1. Open Communication:** Start by having open and honest conversations with your child about internet safety. Discuss the potential risks they may encounter online, such as cyberbullying, inappropriate content, and privacy concerns. Create a safe and supportive environment where your child feels comfortable discussing their online experiences and seeking help if they encounter any problems or concerns.
- 2. Keep Their Internet Connected Electronics in the Open:** Kids get into trouble mostly when they are in their bedrooms, at a friend's house or away from their

parents or adults. Keep their tablets, smartphones, laptops, desktops and video game consoles in a public room where they can't hide their activity. This rule alone eliminates a huge percentage of potential issues.

- 3. Set Clear Rules:** Establish clear rules and guidelines for your child's online activities. This includes setting limits on screen time, specifying which websites and apps they can access, and outlining acceptable online behavior. Take advantage of parental control features available on devices and internet browsers.

These tools allow you to block inappropriate content, monitor your child's online activity, and set time limits for internet usage.

- 4. Educate About Privacy:** Teach your child about the importance of protecting their personal information online. Encourage them to use strong, unique passwords for their accounts and avoid sharing sensitive information with strangers.
- 5. Monitor Social Media:** If your child uses social media platforms, regularly monitor their accounts to ensure they are engaging safely and responsibly. Discuss the



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potential risks of sharing personal information and interacting with unknown individuals online.

6. **Teach Critical Thinking:** Help your child develop critical thinking skills to identify and avoid online scams, phishing attempts, and fake news. Encourage them to question the credibility of information they encounter online and verify sources before sharing or believing content.
7. **Encourage Safe Online Relationships:** Emphasize the importance of maintaining positive and respectful online relationships. Teach your child to block and report any individuals who engage in bullying, harassment, or inappropriate behavior online.
8. **Stay Informed:** Keep up to date about the latest trends and challenges related to online safety

for children. Follow reputable sources for news and updates on cybersecurity issues affecting young internet users.

9. **Lead by Example:** Be a positive role model for your child by demonstrating responsible online behavior. Show them how to use technology safely, respect others' privacy, and navigate online challenges effectively.
10. **Create a Safe Environment:** Provide a safe space where your child feels comfortable discussing their online experiences and seeking help if they encounter any problems or concerns.
 By implementing these strategies, you can help protect your child from the potential risks of the online world while fostering a healthy and positive relationship with technology.

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

Still Needing Some Help?

For assistance here in Pahrump, visit our store and repair center for fast, friendly, and affordable service and shopping. We're located at 1190 East Highway 372 (across the street from Pizza Hut) and are available via phone at: **775-990-8833**. We're open Monday thru Friday from 9am-3pm.

About Josh Osborne

Josh has over 25 years in the tech industry. After many years of selling computers, software and offering seminars to educators around the country, he and his family opened a local retail and repair center in 2010 called Great Computer Deals. The store's steady growth is due to Josh and his staff's ability to communicate computer technology in a way that's friendly, affordable, and easy to understand. Josh is a 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.

Humorous Observations



By Tyler Ryan

Just a thought...

but in this day and age when too many people seem to want to ban certain books skewed towards children in schools and libraries, I think that we as a society should also consider possibly banning certain nursery rhymes for questionable content.

Most of us have learned about nursery rhymes from our parents, grandparents and teachers.

As a child in elementary school, my friends and I would often sing them on the playground during recess time, but we never really put much thought into what we were singing because they were just fun to sing.

Decades later, as an adult and great grandparent, I actually paid attention to the words.

Simply said, those words and descriptions in the popular tales were quite alarming and disturbing, in my opinion, for a three, five, and eight-year-old child especially after doing a little research on the origins of nursery rhymes.

Take for example, *“Rock-a-Bye Baby in the treetop, when the wind blows, the cradle will rock. When the bough breaks, the cradle will fall, and down will come baby, cradle and all.”*

Many mothers probably wonder

to this day why they are singing their child to sleep with a song about a baby who is severely injured in an accident.

Personally, it sounds like child neglect to me.

Here’s another one that most parents sang to the kids called *“Three Blind Mice.”*

Please, sing along with me.

“Three blind mice, three blind mice,

See how they run, see how they run,

They all ran after the farmer’s wife,

Who cut off their tails with a carving knife,

Did you ever see such a thing in your life,

As the three blind mice.”

The criminal charge for that senseless, intentional act should be one count of alleged felony, animal cruelty.

How about the all-time favorite, *“Ring-Around the Rosie, a pocket full of posies Ashes, Ashes, we all fall down.”*

Regarding that little ditty, I learned that children singing it on the playground fall down laughing at the end of this rhyme, as they were reenacting the Great Plague of 1665, in which a quarter of London’s population, roughly 100,000 people, actually fell down dead.

The Rosie refers to the rash caused by bubonic plague, while the pocket full of posies, are the sachets that Londoners carried with them to mask the ever-present smell of death at the time.

There’s also, *“London Bridge is fall-*



ing down, falling down, falling down, London Bridge is falling down, my fair lady.”

In my meticulous research, I found out that versions of this rhyme go all the way back to the Middle Ages. The bridge across the Thames River has indeed needed lots of repairs over the centuries, but the most compelling theory about this particular song dates to a bloody Viking raid on the city in the year 1000.

Possible sabotage? Who’s to say?

Finally, here’s the popular story of Jack and Jill who went up the hill to fetch a pail of water, when Jack fell



down and broke his crown, and Jill came tumbling after.

Some scholars think this is just an innocent bit of nonsense, but some historians believe Jack and Jill were a couple of 17th-century teens who went up the hill to have sex. If so, it didn't end well as Jack runs away and abandons Jill, who is left pregnant.

Typical of some men, eh?

My question is, was Jill pushed?

Beats me.

Lastly, may I introduce you to Humpty Dumpty who sat on a wall and had a great fall, where *"All the king's horses and all the king's men couldn't put Humpty Dumpty back together again."*

This little children's rhyme I learned

is either about death or drunkenness.

Both theories have their supporters as "Humpty Dumpty" was known as a popular 17th-century drink made of brandy and ale, which might make you fall off a wall.

Could it be that Humpty Dumpty suffered the same fate as Jill?

Who's to say what actually happened to the Egg man?

Interestingly going back to certain books, I know there's one very popular book that depicts among other things, that all first born male babies be killed, but no one is clamoring about banning it.

Can you guess the title of it?
just a thought...



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Healthy Living

What You Need to Know About Serotonin and Weight Loss

By Crystal Atwood

Do you diet and exercise, but stay the same size? A serotonin imbalance could be the reason that you find it difficult to lose weight.

Serotonin may be best known as a neurotransmitter that fights anxiety and depression. However, *it also plays a major role in digestive health.* In fact, most of the serotonin in your body is in your gut, rather than in your brain.

Put this natural appetite suppressant to work for you. Learn more about how serotonin affects weight loss and lifestyle choices you can make that will help it to do its job.

How Serotonin Affects Weight Loss

- 1. Curb your appetite.** Serotonin affects your brain's melanocortin system, which is partly responsible for controlling body weight. It activates some neurons that decrease appetite and blocks others that increase appetite.
- 2. Resist cravings.** Do you yearn for chips and cookies in the late afternoon and evening? *Serotonin can be especially helpful in reducing carbohydrate cravings.* Keep in mind that your body still needs some healthy carbohydrate calories, typically about 40% of your daily intake.

- 3. Burn more calories.** *Low serotonin levels may also cause your body to store more fat.* Correcting any imbalance can help you lose weight around your midsection, which is very beneficial for your overall health.
- 4. Reduce emotional eating.** Do you reach for comfort food when you're sad or frustrated? You may find yourself eating less as serotonin helps stabilize your moods.

How to Boost Serotonin

- 1. Work out.** Physical exercise increases serotonin. Aim for at least 150 minutes a week of moderate-intensity activity. Focus

on cardio activities and strength training if you're trying to lose weight.

Adjust your diet. A nutritious diet rich in whole foods supports serotonin production. For a bigger boost, consume probiotics and foods high in tryptophan, like salmon and chia seeds.

2. **Manage stress.** On the other hand, cortisol and other stress hormones suppress serotonin. *Develop a daily practice of taking time to relax.*
3. **Consider supplements.** Some adults report positive results using serotonin supplements. You can also find formulas with related substances like 5-HTP and vitamin D.
4. **Don't Guess, Test.** At Natural Vibes we offer the Zyto Scan which offers a comprehensive overview. It is like having your very own road map to health, allowing you to become aware of what areas are out of balance and what supplements your body will respond well to.

Other Natural Appetite Suppressants

1. **Eat more fiber.** Along with serotonin and exercise, there are many more natural and safe ways to regulate hunger. *One of the most effective is focusing on foods high in fiber that will fill you up with fewer calories.*
2. **Drink water.** Beverages with little or no calories can quench your thirst and make food easier to resist. Sip water or tea throughout the day.
3. **Slow down.** Your brain needs about 20 minutes to register that it's full. Sit down and savor your food. Talk with your family or dinner companions. You'll make mealtimes less fattening and more fun.
4. **Add spices.** Certain seasonings can put the brakes on your appetite. Flavor your dishes with ginger, black pepper, and cinnamon.
5. **Distract yourself.** Remember there's a difference between true hunger and appetite. You may be



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

eating for psychological reasons if you only want something specific, like ice cream or pizza. Entertain yourself with activities other than food and give your cravings time to pass.

When your serotonin levels are balanced, you'll have more energy and feel full while eating less food. Along with losing weight, you may also enjoy greater happiness, sounder sleep, and significant relief from headaches and many other common conditions.

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Recipe Box



Spaghetti Squash Chow Mein

By Crystal Atwood

<https://naturalvibes-healthandwellness.com>

4 Servings

1 Hour, 30 Minutes

Ingredients

1 Spaghetti Squash
2 tbsps Sesame Oil
1 Yellow Onion (medium, diced) 4 stalks
Celery (sliced diagonally) 4 cups
Coleslaw Mix
3 Garlic (cloves, minced)
1 tbsp Ginger (peeled and grated) 1 1/2
tsp Coconut Oil
1 lb Extra Lean Ground Chicken 1/4 cup
Coconut Aminos

Directions

1. Preheat oven to 350° F (177°C) and slice the spaghetti squash in half. Place cut-side down on a baking sheet and bake in the oven for about 60 minutes or until it can be easily pierced with a fork. When done, remove from oven. Turn over and let cool slightly.

2. While the spaghetti squash is cooling, heat the sesame oil over medium heat in a large skillet or wok. Add the onion, celery, coleslaw mix, garlic and ginger, stirring to combine. Cover and cook for about 10 minutes, stirring occasionally.

3. In a separate pan, melt the coconut oil and brown the ground chicken.

4. Carefully scoop the flesh out of the spaghetti squash. Add the spaghetti squash and the chicken to the pan with the sauteed veggies. Pour the coconut aminos over everything and mix well. Divide between bowls. Enjoy!

Notes

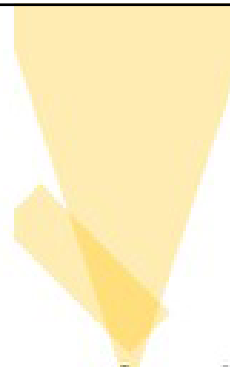
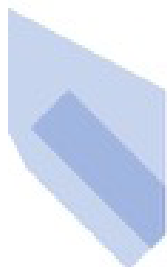
No Coconut Aminos. Use tamari instead.

Vegan and Vegetarian. Replace the ground chicken with scrambled eggs or tofu.

Likes it Spicy. Serve with hot sauce

Leftovers. Refrigerate up to 3 days.





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20 Practical Ways to Be Water Wise



By Jacky Walker

Access to sustainable clean water isn't as urgent when winter rains flood our streets, however, as triple digit temperatures bear down on the Pahrump Valley this summer, we begin to understand even more clearly how water is our lifeblood in this community.

It also becomes clear that water conservation is paramount to our continued existence in this high desert area. Those of us who've moved here from other drought-ridden regions understand all too well what mandatory water restrictions mean – water cops trying to enforce compliance, neighborhoods full of crispy dry lawns, and water conservation literature seemingly everywhere.

In Pahrump, we haven't reached those extremes just yet. To help stave off such a world here, the Private Well Owners Association shares information about water-related issues affecting our whole community, not just well owners, including how to conserve this precious natural resource.

We've collected 20 water wisdoms for how to be more water conscious and become your own water conserving champion for the greater good:

Leaks Are Bad

1. **Fix Leaks as soon as you see them.** Leaks account for over a trillion wasted gallons of water a year in the United States, according to the Environmental Protection Agency. It's a good idea to set an appointment with yourself once a month to inspect your sinks, toilets, pipes, hoses, faucets and couplings. Also check your water meter (if you have one) for any water use when the system is dormant. While you're at it, consider wrapping pipes with pre-split insulation to make hot water delivery faster.

75% Of Household Water Is Used In The Bathroom

2. **Install 1.6 gallon low-flow toilets.** A family of 4 can use over 130 gallons a day just for flushing. If your toilet is older than 30 years you may be using up to 7 gallons a flush! You can check the date in, on, or under the tank or tank lid. Nye County's Water District Governing Board is currently offering rebate reimbursements for retrofit toilets.
3. **Try displacing water in the toilet tank.** Some folks who don't want to change out their older toilets

use sand-and-water filled bottles inside their toilet tank to displace water volume and thus conserve water. Those larger older tanks will likely need at least 3 gallons in the tank to flush properly.

4. **Skip flushes.** Overnight visits to the bathroom really don't need a flush till morning. Refrain from using the toilet as a trash can... no cigarette butts, tissues, cotton swabs, feminine hygiene, or wet wipe products...as these can waste extra gallons and mess up your septic system if you have one.
5. **Shorten shower times.** Set your cell phone alarm for four minutes and see how much lathering and rinsing you can get done! If that isn't practical, try turning off the shower to soap up then back on to rinse. Installing low-flow



Showerheads with on/off buttons allow you to get wet, turn off the water, lather up, then turn back on to rinse. Canva photo.



Make it a point to check for water leaks inside and outside the house. EPA photo.

showerheads that use less than 2.0 gpm (gallons per minute) and have an on/off button are popular and easy to install. Note: a typical 5-minute shower can use around 50 gallons!

Manage Laundry & Kitchen Use

- 6. Wash full loads in the washing machine.** A partial or small load typically uses almost the same water volume as a full load. It's also easier on a septic system if you have one. Try spacing your loads throughout the week.
- 7. Use the dishwasher.** Believe it or not, hand washing uses a lot more water than a water and energy efficient dishwasher, which can save up to 5,000 gallons per year, according to the EPA.
- 8. Buy appliances that use water efficiently.** We're not suggesting you go out and buy all new appliances, but as they age and replacements are needed, consider high efficiency models that promote wise water use. Also consider energy efficient models.

Make Some Changes

- 9. Recycle collected water.** Use a bucket to save water while waiting for the shower to warm up, and then use it to water plants around the house, or even to flush. Also, re-use cooled pasta water for watering your plants.
- 10. Install aerators on faucets.** A low-flow aerator on both the kitchen and bathroom faucets can save hundreds of gallons of water. Look for 1.6 gpm (gallons per minute) rating instead of 2.5 gpm to get the lowest rating and save the most water.



Look for 1.6 gpm faucet aerators that provide more air and less water volume. Canva photo.



Take Water Conservation Outside Too

- 11. Use drip irrigation.** In hot, dry climates, landscape plants and trees as well as vegetable gardens can benefit from a steady schedule of watering that a drip irrigation system provides. Early mornings are best for watering to prevent evaporation and reduce any overnight water on plants that may cause fungus. Also, keep an eye on the connectors for clogs every few months.
- 12. Reduce landscaping.** Removing water thirsty trees and plants can help conserve water outside. Many native and drought-resistant plants thrive in our desert conditions. Some folks even go the "all gravel, aka Pahrump grass" route instead of turf or seeded grass for low maintenance xeriscaping and dust abatement. The remaining plants, grouped according to their similar water needs, can be watered by drip system in the early morning when evaporation is less.
- 13. Start a Compost Pile.** Garbage disposals use a lot of water and don't help the health of septic tanks, so compost piles are great ways of disposing food waste and generating soil amendments for a garden.
- 14. Sweep it Up.** Using a stiff broom instead of a spray nozzle is a great way to get a bit of exercise and for cleaning decks, driveways, and sidewalks.

“Those of us who’ve moved here from other drought-ridden regions understand all too well what mandatory water restrictions mean...”

15. Plant Shade Trees. Trees are our friends in the desert and can help protect us from the grueling afternoon sun. If you have the room, planting some shade trees can keep other plants and lawns cooler and needing less water, as well as keeping your home cooler.

16. Use a Small Empty Tuna Can. When it comes to lawn watering and how long to leave the sprinklers on, place an empty small tuna can on the grass. When it becomes filled with water from the sprinklers, you’ve probably watered enough. Most lawns need about 1” per week.

17. Be Water Smart When Washing the Car. A bucket of soapy water and a quick hose rinse with a spray nozzle can save 100 gallons



Install drip irrigation on plants and don't overwater. Jacky Walker photo.

and remember to keep the nozzle closed while sudsing up. Also consider using commercial car washes that recycle their water and waterless car washing kits.

18. Use a Swimming Pool Cover. Evaporation in the desert heat can cause inches of water to disappear from your swimming pool. Also, the wind and lack of humidity influence how fast it evaporates.

19. Think Moist for Your Vegetable Garden. Watering enough to keep vegetables and fruit trees moist is a key part of managing water use in the desert garden. Consider using a soil moisture gauge to

help know when plants need watering. Adding compost and 2-4” of mulch will help stave off dehydration. And keeping those pesky weeds pulled will help your veggies win the competition for water.

Be Mindful Of Your Actions

20. Change your old habits. Do you turn off the water while brushing your teeth? Or rinse your razor in a few inches of water in the basin? How about not letting water run while you peel vegetables? Or letting water run and not saving it while you wait for it to get cool or warm? Also, keeping a bottle or pitcher of cold water in the refrigerator goes a long way to helping conserve water.

To learn more about water conservation tips in this article, visit the websites for the U.S. Environmental Protection Agency (EPA), eartheasy.com, Nevada Department of Conservation and Natural Resources, or the Nevada Division of Water Resources.

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.



SVBC

South Valley Baptist Church

Pastor Doug Landers

Upcoming Events:

June 17-21 VBS

5:30pm meal

6:00pm to 8:00pm VBS

(Register each child online)

June 23 6:00pm VBS Parent Night

Check our Website for Times, Sermons & More

www.SVBCPahrump.com 775-513-3444

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

[fb.com/SVBCPahrump](https://www.facebook.com/SVBCPahrump) [@SVBCPahrump](https://www.youtube.com/channel/UC...) [@SVBCPahrump](https://www.instagram.com/SVBCPahrump)

Sunday Morning Worship Services

8:15 & 10:30am

Children's Church 10:30am

Sunday School 9:30am

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

Tuesday
3:00pm Ladies Bible Study

Wednesday
6:30pm Children's Missions & Youth Group
7:00pm Wed. Night Service

Thursday
6:00pm Adult Bible Study

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John 3:16

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SPANISH

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

4th of July Parade & Family Fun Event

Parade starts @ 10 am
Calvada Eye - 2101 Walt Williams Drive

Pahrump Holiday Task Force and Pahrump Disability Outreach Program (PDOP) present a free Family Celebration on the 4th of July. Bring the family for hamburgers, hotdogs, snow cones, cotton candy, and kettle corn after the parade. We will have lots of fun things to do like carnival games for prizes, face painting, corn hole, football toss, and much more! We will still have our favorite activities like the Watermelon Eating Contest for Adults & Kids, the Gunfighters Show, and the Balloon fight with the kids vs. the Nye County Sheriffs Dept. But this year we have added a new contest! A Beard Growing Contest! Please go online and check it out! It is a lot of fun! It is only \$5 to enter and chances for prizes, And even one for our Veterans. Visit <https://www.pdop.info> and click on Events. For more information, call 702-516-0847 or email sponsors@pdop.info.

Amargosa 4th of July Event

Thursday, July 4th, 4 - 10 pm
Amargosa Park, 1638 E. Amargosa Farm Rd.

Celebrate Independence Day in Amargosa! Activities for the entire family include a bounce house, slip-and-slide, water guns and balloons, kickball, and indoor volleyball. There will also be raffles, a watermelon eating contest, DJ music, and fireworks! For more information, call Jennifer Lindsey at 775-513-5817.



Story Café Week Pahrump 4-H

July 8-12, 10 am - 2 pm
1651 E. Calvada Blvd

Story Café Week is open to youth ages 13-19. It is a week filled with games, activities, and exploration of writing types. The environment will be fun and supportive. For more information, contact Jamie at jdomina@unr.edu, or sign up online at <https://forms.office.com/r/3H4B6kZbJ>.

Southwestern Wilds Inc. Shooting Tournament

Thur., August 1 - Sat., August 10
Mon-Sat 10 am-6 pm, Sun 10 am-5 pm
2nd Amendment Guns
1360 E. Basin Ave.

Southwestern Wilds Inc is holding a Shooting Tournament August 1st thru 10th at 2nd Amendment Guns at 1360 E Basin Ave, Pahrump. August 1-8th will be the



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 premier concert venue in Nye County, Sanders Family Winery presents a variety of top-rated shows in the Betsie Sanders Theater for The Performing Arts. Reservations are required to secure your table. Get your group together and make reservations by calling (775) 727-1776. Your table will be reserved for you and your guests. There is always complimentary wine tasting; you can bring your own food. Sunshine Eats & Treats food truck will also be available.



Ryan Maloney, August 3rd

Ryan Whyte Maloney is a powerhouse and a seasoned performer mixing Alt/Country/Classic Rock/R&B and Hip Hop! Ryan began playing the guitar, violin, cello, and drums at age nine and eventually sharpened his skills to write songs and formed the nationally accomplished band, "Indulge." In 2014, Ryan starred on NBC's The Voice, and with his blind audition song, "Lights" by Journey, he received a four-chair turnaround! On Team Blake, he made it to the Top 5 Finalists. He recorded four hit singles while on The Voice at UMG Records, including "Lights," Tina Turner's "What's Love Got To Do With It," "Easy" by Rascal Flatts, and "Second Change" by Shinedown.



The Carpenter's Legacy, August 10th

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.



Seth Turner and Chris Heers Duo, August 17th

Old country, new country, original country.



Déjà Vu, July 13th

Come enjoy the Las Vegas-style Déjà Vu Band. You will hear oldies, disco, rock n roll, and country music with two dynamic lead singers and five talented musicians. Their performances feature hits from iconic artists like Elvis, Donna Summer, Pat Benatar, and Johnny Cash. Whether you are a fan of classic tunes or want to groove to the latest beats, Déjà Vu has something for everyone.



In-A-Fect, July 20th

Consecutively voted Best R&B Band in Las Vegas, In-A-Fect sounds like Bruno Mars, Earth, Wind & Fire, classic & current R&B, Motown, top 40, & a touch of class yacht rock.



Donny Ray-Nat King Cole Tribute, July 27

With a beautiful bass-baritone voice, Donny Ray charms audiences worldwide with his solo show, a tribute to Nat King Cole. His accolades include Two times Las Vegas Variety Entertainer of the Year, two world tours with the Buck Ram Platters, Broadway performances, television appearances, performances with the New Zealand Philharmonic Orchestra, a headliner from Casinos, Corporate Events, nightclubs, and Five-Star International Cruise Lines. Donny's warm personality, embracing bass-baritone voice, and commanding stage presence capture the very essence of Mr. Cole. Unforgettable, Mona Lisa, Rambling Rose, Too Young, and Route 66 are just a taste of this show's Nat King Cole hits.

Qualifying rounds. People will then be assigned to 1 of 3 categories: Marksman, Sharpshooter and Expert. August 9th is the Semi-Finals and August 10th is the Finals. A winner in each category will win a 2nd Amendment Guns 1 year Membership!! Tickets are \$40 and are available at 2nd Amendment Guns. Funds raised will benefit Southwestern Wilds Inc to help us save our beautiful Wild Mustangs! For more information contact Bill McCarty, 585-500-9442



Brian's Passion
Summer Heart & Soul Bazaar
August 30th, Friday, Noon – 8 pm
August 31st, Saturday, 10 am – 6 pm
Bob Ruud Community Center
150 Hwy 160

Brian's Passion is a local non-profit organization that helps those in assisted living by providing items for their everyday needs. In addition, they give holiday gifts to make them feel special and not forgotten. This Bazaar is their summer fundraiser. Many local vendors and crafters will be there for your shopping pleasure. For more information, call Christine at 775-537-9639.

RECURRING EVENTS



Pahrump Community Choir
Every Wednesday, 6:30 - 8 pm
301 Oxbow Rd. Suite 14
www.Pvpac.org

Come sing your heart out! The rehearsal time is fun; you don't need choral singing experience. Many of our members haven't sung since high school, and some have

never sung in choirs. We have enough members with expertise to help those who need more experience. For more information, visit www.pvpac.org or their Facebook page, Pahrump Arts Council.

Cocktails & Canvas

2nd Saturday of each month, 1 – 4 pm
Bob Ruud Community Center
150 Hwy 160, Pahrump, NV 89060
Thursday before the 2nd Saturday of each month, 4 – 7 pm
Nevada Treasures RV Resort
301 W. Leslie St.

Laurie McCaslin calls her monthly classes 'Fun Art' instead of 'Fine Art,' Each month, she teaches a different acrylic painting. Guided instructions are easy to follow, and traceables or templates are provided. Youth are welcome with an adult. Bring your own food and beverage to the Bob Ruud Community Center. At Nevada Treasures, food and drink are available for purchase at The Venue. Classes are \$25. For more information or to schedule your own painting party, call or text Laurie McCaslin at 775-209-6200.

Artesian Cellars Winery & Vineyard

Monday – Wednesday, 11 am – 8 pm
Thursdays, 11 am – 9 pm
Fridays & Saturdays, 11 am – 10 pm
Sundays, Noon – 5 pm
1731 S. Hwy 160,

Artesian Cellars offers diverse musical entertainment. Listen to music by local artists while you taste the delicious wines personally crafted by owner Tim Burke. The staff at the winery are welcoming, creating a warm home-town feel. There is indoor and outdoor seating. A special menu includes Charcuterie boards, flatbreads, personal-size pizzas, desserts, and more. In addition to music, classes are offered, such as wine pairing, wine and paint night, Funtastic Saturdays benefitting a local charity, and special wine events for Wine Club members. For an event listing, visit their website, www.artesiancellars.com, or their Facebook page, Artesian Cellars.



Old West Weekends
July 5th - 7th, 2-6 pm
August 2nd - 4th, 2-6 pm
Great Basin College
551 E. Calvada Blvd
(702) 528-6797

Fun for the whole family! Enriching activities include arts & crafts, music, dancing, book sales, food, and local vendors to shop from and network with. Entry is free, and the event is open to the community. For more information, call (702) 528-6797 or email christopher.salute@gbcnv.edu.

Biweekly Children's Choir
Every other Friday, 6 – 7:30 pm
Pahrump SDA Church
477 North Blagg Road

Open to all children ages 4 – 17. Learn basic music theory skills, new songs, and meet new friends. You do NOT have to be a church member and can join anytime. For more information, contact Shannon Sagert at 407-758-3254.

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**

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, including children's reading programs, a Teen Escape Room, a Teen Library Club, Adult Summer Book Bingo, a Favorite Author Book Club, an 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 - September 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 to 11 am May through September and 8:30 am to noon October through April. Support local vendors, farmers, and gardeners while enjoying home-grown food.



Pahrump Valley Chess Club

Every Saturday Afternoon

Noon – 3 pm

Holiday Inn Breakfast Lounge

860 NV Hwy 160

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



Kiwanis Club

See Days & Times Below

Rubalcaba Mexican Restaurant
1500 Red Butte St.

Kiwanis Club of Pahrump meets the first three Thursdays of every month at 6 pm at Rubalcaba Mexican Restaurant. Come find out what plans are in the works 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.

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, call Reva at 845-659-3814.

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 775-287-1436.



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

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

Redeeming Grace Church

741 Fehrs Way (775) 513-6009
www.RedeemingGracePahrump.church
 Pastor D. Joe Aja

Rock Vineyard Church

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

Safe Haven Fellowship

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

Saved By Grace Lutheran Church ELCA

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

Second Missionary Baptist

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

Shepard of the Valley Lutheran Church

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

Soka Gakkai International (Buddhist)

(775) 990-4132
 John Field

South Valley Baptist Church

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

St. Martin's in the Desert

Episcopal Church

631 W. Irene St (775) 419-9204
www.StMartinsInTheDesert.org
 Reverend John McClatchy
 Reverend Lola Culbreath
 Reverend Kathy Funk

Trinity Assembly of God

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

Yakin B'racha Jewish Messianic Fellowship

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



Pahrump Life

Pahrump's Largest Circulation Publication

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

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Escapes RV Park • Furniture Warehouse • Goody Creations Thrift and More
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
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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

Black Cow Coffee House

1266 E. Calvada Blvd #4,
775-419-6592
Mon. - Fri.: 7 am - 8 pm
Sat - Sun: 7 am - 5 pm

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

Call
775-419-6114

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



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







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

MOONSHINERS

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

STARTERS

- Fried Chicken Fingers \$10.99
Plain or Buffalo Red Hot, with ranch. Add fries for \$1.99
- Chicken Wings (8) \$12.99
Pit-smoked, then flash-fried, sealing in the flavor. Served with ranch, or try one of our sauces from the BBQ sauce bar.
- Moonshiner Minis (3) \$11.99
Three small BBQ sandwiches. Choice of chopped brisket or pulled pork. Add fries for \$1.99
- Fried Mac & Cheese Bites \$9.99
Our house-made mac & cheese, battered and fried.
- Onion Rings *Choice of dipping sauce* \$7.99
- Road House Quesadilla \$9.99
Grilled tortilla, jack & cheddar, with pico de gallo, sour cream and guacamole. Add chicken, pork or brisket for \$2.99
- BBQ Potato \$10.99
Stuffed with your choice of BBQ pork, BBQ beef, BBQ chicken, or chili. Topped with cheddar and green onions.
- Chili Cheese Fries with onions \$10.99



SHRIMP
COCKTAIL
\$1.99

SALADS

- BBQ Salad \$13.99
Fresh greens with your choice of BBQ chicken, BBQ beef, or BBQ pork, with cheddar and Parmesan cheeses. Topped with tomatoes, croutons, and red onions.
- Classic Caesar \$9.99
Fresh romaine tossed in a creamy Caesar dressing, topped with Parmesan cheese and croutons. Add pulled chicken or pulled pork for \$2.99.
- Oriental Salad \$10.99
Fresh cabbage, mandarin oranges, onions, fried noodles, with sesame seed dressing. Add pulled chicken or pulled pork for \$2.99.
- Chili Cup \$5.99
Our hearty, homemade chili with beef.



PIT SMOKED BARBECUE

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



- Pulled Pork \$13.99
Smoked low & slow for 16-18 hours, then pulled, dusted and sauced. Choice of two sides.
- BBQ Brisket \$15.99
Smoked low & slow for 16-18 hours, then sliced, dusted and sauced. Choice of two sides.
- Half Chicken \$14.99
Smoked low & slow for 3.5-4 hours, then dusted and sauced and finished on the grill. Choice of two sides.
- Turkey Breast \$12.99
Slice turkey breast topped with our house-made gravy. Served with mashed potatoes, an additional side and a cranberry garnish.
- St. Louis Style Ribs Dinner \$21.99
Dusted with our Shiner Dust, then slowly smoked in our pit for 4-6 hours over post oak wood, locking in the flavor. Choice of two sides.
- Two Meat Plate \$18.99
Choice of any two of our pit-smoked meats. (Ribs once only.) Choice of two sides.
- Three Meat Plate \$19.99
Choice of any three of our pit-smoked meats. (Ribs once only.) Choice of two sides.

PIT SMOKING ADDS A ROSEY CAST TO OUR SUCCULENT MEATS

SANDWICHES

SERVED WITH YOUR CHOICE OF ONE SIDE.

- Pulled Pork \$10.99
Smoked low & slow with Texas post oak, topped with slaw, barbecue sauce and Shiner Dust.
- Chopped Brisket \$14.99
Smoked low & slow with Texas post oak. Served on Texas garlic toast, topped with slaw, barbecue sauce and Shiner Dust.
- Smoked Turkey Club \$11.99
Smoked turkey, bacon, lettuce, tomato, American & Swiss cheese, mayo, choice of bread.
- Grilled Cheese \$8.99
Parmesan-crusted Texas toast, with cheddar, Swiss, American cheese.
- BLT Served with one side \$9.99



SIDES

- Moonshiner Fries \$5.99
Homemade with fresh cut potatoes, deep-fried and dusted with our Shiner Dust
- Cole Slaw (vinegar base) \$3.99
- Potato Salad \$3.99
- Mac & Cheese \$3.99
- Green Beans with Bacon \$3.99
- Corn on the Cob (seasonal) \$3.99
- Baked Beans \$3.99
- Mashed Red Potato with Gravy \$3.99
- Onion Rings Upgrade (with meal) \$3.99

BURGERS

1/2-POUND ANGUS BEEF BURGER. SERVED WITH YOUR CHOICE OF ONE SIDE.

- Grilled Cheeseburger \$11.99
Flame-broiled with choice of cheese, lettuce, tomato, onion, and pickle.
- Smashed Cheeseburger \$12.99
Smashed on the grill, sealing in the flavor. Choice of cheese, lettuce, tomato, onion, and pickle.
- BBQ Burger \$14.99
Choice of cheese, bacon, onion straws, BBQ sauce, lettuce, tomato, onion, and pickle.
- Chili Burger \$14.99
Grilled burger with choice of cheese and onions.
- Patty Melt With grilled onions & Swiss cheese \$13.99



DINNER PLATES

CLASSIC DISHES FOR ANY TASTE.

- Salmon GRILLED OR BLACKENED Served with two sides \$17.99
- Catfish \$14.99
Farm-raised catfish fillet fried to a golden brown, served with two sides, tartar sauce & lemon.
- Baked Ziti \$12.99
Ziti pasta with marinara & mozzarella, baked topped with ricotta, served with garlic toast.
- Chicken Fried Steak \$15.99
Battered chicken fried steak in home-style gravy, with mashed potatoes and additional side.
- Porterhouse Steak \$19.99
Grilled to your liking, with our house-made steak seasoning and two sides.
- Fish & Chips \$14.99
Served with cole slaw, tartar sauce, and lemons.
- Liver & Onions \$13.99
A Southern classic served with bacon, mashed potatoes and additional side.

BREAKFAST

SERVED 6AM - 11AM

DEUCES WILD

Two Eggs Any Style
Two Pancakes or Two French Toast
Two Strips of Bacon or Two Sausage Patties
\$7.99



FROM THE GRIDDLE

Pancakes Stack (3) **\$7.99**
Choice of bacon or sausage patties.

Belgian Waffle **\$7.99**
Add strawberries and whipped cream for \$1.99

French Toast **\$7.99**
Thick-sliced toast dipped in cinnamon vanilla batter and fried to a golden brown. Choice of bacon or sausage patties.

Chicken Fried Steak **\$12.99**
Served with two eggs any style, hash browns, and choice of toast.



Road House Classic **\$8.99**

Two eggs any style, with hash browns. Choice of bacon or sausage patties, choice of toast.

Moonshiner Omelet (build your own) **\$10.99**

Choice of 3: bacon, sausage, ham, green pepper, onion, tomato, American, Swiss, provolone, cheddar, pepper jack, jalapenos. Choice of toast. Each additional item \$.75

Steak & Eggs **\$13.99**

New York steak, two eggs any style, with hash browns and choice of toast.

Ham & Eggs **\$10.99**

8oz bone-in ham steak, two eggs any style, with hash browns and choice of toast.

Breakfast Burrito **\$10.99**

Scrambled eggs, choice of meat, cheese, pico de gallo, hash browns.

Country Platter **\$11.99**

Biscuit & gravy, hash browns, two eggs any style, choice of bacon or sausage patties, and choice of toast.

Biscuits & Gravy **\$7.99**

Handmade buttermilk biscuits smothered in country gravy.

Cold Cereal **\$3.99**

Assorted flavors

Oatmeal / Cream of Wheat **\$3.99**



BREAKFAST SIDES

One Egg **\$1.49**

Toast (white, wheat, sourdough, rye) **\$1.99**

English Muffin **\$1.99**

Hash Browns **\$1.99**

Bacon **\$2.99**

Sausage Patties **\$2.99**

Biscuit & Gravy **\$3.99**

Sliced Tomatoes **\$2.99**

Substitute Egg Beaters **\$1.99**

DESSERT

OUR SCRUMPTIOUS DESSERTS ADD A SWEET FINISH TO ANY MEAL

Bread Pudding **\$7.99**

Cobbler **\$6.99**

Brownie Sundae **\$6.99**



BEVERAGES

Soft Drinks, Iced Tea, Raspberry Iced Tea **\$2.49**

Coffee, Hot Tea, Hot Chocolate **\$2.49**

Milk, Chocolate Milk **\$2.49**

Juice (Orange, Apple, Tomato) **\$2.99**

FOR THE KIDS

FOR OUR PATRONS 12 AND YOUNGER

Hot Dog with Fries **\$6.99**

Ziti Pasta **\$7.99**

Topped with marinara and served with garlic toast.

Chicken Fingers with Fries **\$8.99**

A child-size portion of our mouthwatering chicken strips, served with a side of fries.



CONSUMPTION OF UNDERCOOKED MEAT, POULTRY, EGGS OR SEAFOOD MAY INCREASE RISK OF FOOD-BORNE ILLNESSES. PLEASE ALERT YOUR SERVER IF YOU HAVE SPECIAL DIETARY REQUIREMENTS.



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
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775-751-3030

Sun.-Thu.: 10:30 am – 12 am

Fri. – Sat.: 10:30 am – 1 am

Farinata's Pizza

775-877-9400

1360 Hwy. 372, #3

Wed. - Sat.: 11:30 am - 8:30 pm

Sun.: Noon - 8 pm

K-7 Pizza

6050 Thousandaire Blvd.

775-727-9070

Wed. - Sun.: 4 pm - 8:30 pm

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

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775-537-2211

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Tue. - Sat.: 11 am - 9 pm

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775-600-7144

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Thu.: 11 am - 9 pm

Sat.: 11 am - 10 pm

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Mon. - Fri.: 2 pm - 9 pm

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775-751-6500

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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)

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in every society, in every family.

For Additional information Contact

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

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

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*****

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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.

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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.

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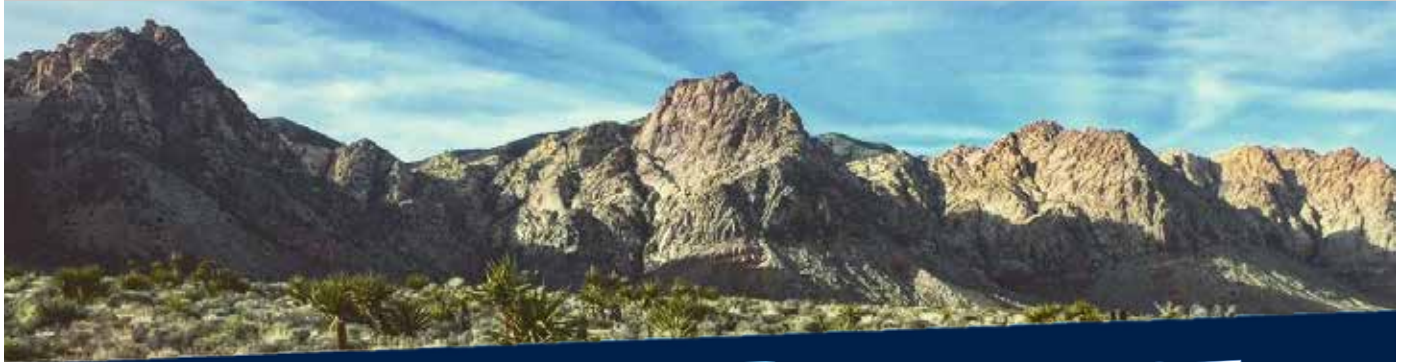
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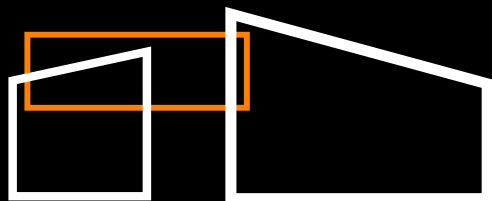
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Pahrump Life Magazine

2024 Media Calendar

Issue Date	Space Deadline	Copy/Article Deadline	Print Date
January/February	November 30	December 5	December 15
March/April	January 31	February 5	February 16
May/June	March 29	April 5	April 15
July/August	May 31	June 5	June 17
September/October	July 31	August 5	August 15
November/December	September 28	October 4	October 15

Pahrump Life Magazine publishes every two months. The Fraziers published the first issue in November of 2010. The Butlers took over in December of 2022. All materials and questions concerning ads should be directed to Jim Butler at Jim@PahrumpLifeMag.com or call 520-444-7007. Questions and issues relating to content should be directed to Christine Butler at Christine@PahrumpLifeMag.com or call 520-403-8600.

OUR MISSION STATEMENT

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

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

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

a d v e r t i s e r i n d e x

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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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