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Pahrump's 25th Annual Social Powwow

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Notes from the Publishers

Welcome to the September/October issue of Pahrump Life Magazine. This issue features some exciting and informative articles. We start with important information on the early voting schedule for the upcoming general election. We hope everyone takes the opportunity to vote.

Our cover article is about the 25th annual Pahrump Social Powwow on Nov. 22-24 in Petrack Park. If you've never been to one, we highly recommend you go. It's an extraordinary event. Not everyone has the opportunity to attend one of these Intertribal ceremonies, let alone participate in it. So, treat yourself to a unique experience. Carol Champney enlightens us about two more Nevada State Parks. Our service organization article is about our local Salvation Army operation, which does a wonderful job of helping fellow Pahrumpians in need of food.

In the last issue, Janet M. Nast presented part one of a two-part series on the importance of youth saving money for retirement. This issue presents part two of that series. In this piece, she covers retirement accounts and the need to think ahead when it comes to one's financial future.

In addition to our regular coverage of our veterans, we also highlight the August 7th Purple Heart Ceremony, which honored the local recipients of the Purple Heart Medal. We also discuss solar energy and offer additional advice on wise water use.

Be sure to read about the return of the popular Grape Stomp to Sanders Winery and the tribute to Betsie Sanders.

Along with the Art Corner, which highlights Darlene Hatfield's work, we discuss the 2024 Pahrump Fall Festival Arts and Crafts/Food and Horticulture Show. We also have our other regular topics, such as Tech Tips, Wills and Trusts, Focus on Family, Financial Focus, and Humorous Observations. Once again, Dr. Lewis offers medical advice, and Dr. Salute presents the Education Editorial. And don't miss the list of upcoming events and entertainment.

We hope you enjoy reading our magazine about your town. If you have ideas for articles, just let us know. Our contact info is at the bottom of this page.

- Jim and Christine



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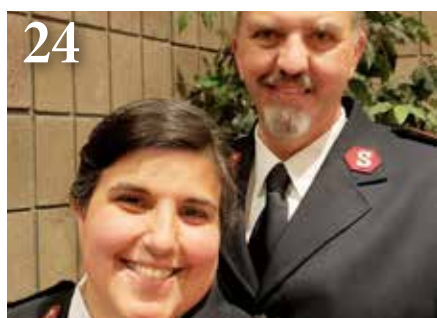
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Table of Contents

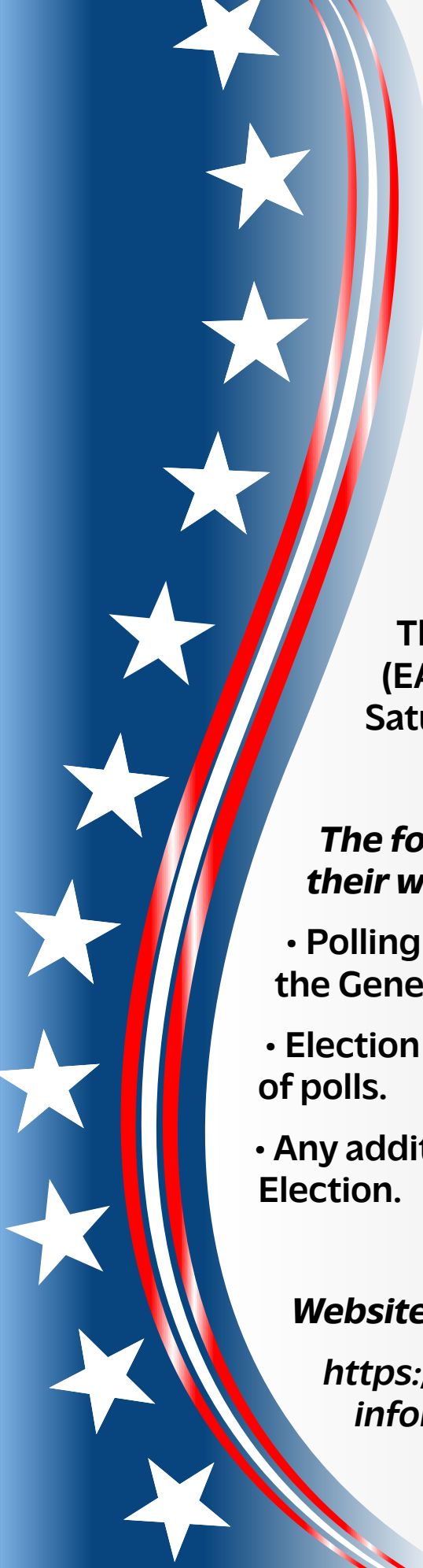


Feature Stories

- 8 Celebrating Pahrump's 25th Annual Social Powwow
- 14 Arts, Crafts, Food, and Horticulture at the Fall Festival
- 40 Grape Stomp Coming to Sanders Family Winery
- 42 Tribute to Betsie V. Sanders
- 44 A Bright Future for Energy Independence
- 52 All Water in Pahrump Valley Comes from One Source
- 68 Nye County and Pahrump Honors Purple Heart Recipients

In This Issue

- 4 A Word from Our Publisher
- 18 State Parks of Nevada. *Fort Churchill and Buckland Station*
- 24 Spotlight on Service. *The Salvation Army*
- 26 The Education Editorial. *How Education Can Serve Our Planet and Our Country*
- 30 Life After 18. *The Best Retirement Account is the One Your Start Now*
- 36 Our Veterans, Our Heroes. *John Michael Ferrari, SPEC-4, US Army*
- 48 Stay Stopped. *Introspection to Support Mental, Physical and Emotional Well Being*
- 50 Focus on Family. *My Personal Story*
- 56 The Art Corner. *Pumpkinberry Designs*
- 60 Wills & Trusts. *How Can I Transfer My House to my Loved Ones When I Pass?*
- 62 Financial Focus. *Retirees Must Identify and Manage Income Sources*
- 64 Medical Advice. *Trochanteric Bursitis*
- 66 Tech Tips by Josh. *Why Using a Paid Email Service is Better Than a Free One*
- 72 Humorous Observations. *Tornadoes, Hurricanes, and Blizzards*
- 74 Healthy Living. *How to Free Yourself from Anxiety*
- 76-80 Events & Entertainment. *Upcoming and Recurring Activities*
- 81 Recipe Box. *No Bake Dark Chocolate Coconut Cookies*
- 82 Volunteer Connection
- 84 Places of Worship in Pahrump
- 86-89 Dining Life. *List of Pahrump Restaurants*
- 88 Mystery Diner. *Mia Ava East Coast Pizza*
- 87 Pahrump Food Pantries
- 100 Business & Service Directory
- 105 Advertiser Index



GENERAL ELECTION INFORMATION

Overview

The 2024 **GENERAL ELECTION** will be held on Tuesday, November 5, 2024.

EARLY VOTING begins on Saturday, October 19 and runs through Friday, November 1.

The Effective Absentee System for Elections (EASE) will be available to use no later than Saturday, September 21.

The following information will be posted on their website:

- Polling locations will be posted when available for the General Election.
- Election results will also be posted after the close of polls.
- Any additional information related to the General Election.

Website

<https://www.nvsos.gov/sos/elections/election-information/2024-election-information>



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Celebrating Pahrump's 25th Annual Social Powwow

By Christine Butler

The town and people of Pahrump have played a significant role in the Nye County Powwow celebration for many years. In fact, this year is Pahrump's 25th Annual Social Powwow. If you are new to the area and don't know what a Powwow is, according to Britannica, "a powwow is a celebration of American Indian culture in which people from diverse indigenous nations gather for the purpose of dancing, singing, and honoring the traditions of their ancestors. The term powwow, which derives from a curing ritual, originated in one of the Algonquian nations of the Northeast Indians." (Be aware that the casual use of the term powwow for a gathering not related to Indigenous Americans or their culture is considered offensive.)

Some History of the Pahrump Social Powwows

Pahrump resident, Paula Elefante, moved here in 2000 and within a couple of weeks she learned there was to be a powwow in Petrack Park. She knew a few of the dancers from California powwows. She attended and soon found herself very much involved in the local organization.

In 1998 and 1999, the powwows were organized by Laura Rainey and her sister Delaine Spilsbury who are members of the Shoshone Tribe. In 2000, the local Chamber of Commerce organized the powwow but decided not to do it in 2001. In 2002, Kathy Stetler, Sandy Stark, and Paula Elefante pooled their knowledge and ideas together and organized a powwow in two months. It still amazes her how they got it done in such a short amount of time.

This event is extremely popular lo-

cally, and many people come from all around the country to participate. These three women wanted to see the event continue and to grow, so in 2003, they started laying the groundwork to ensure this celebration continued through the years. In 2004 they applied to the IRS to become a 501 (c). They received approval on Oct 13, 2004. They also filed Articles of Incorporation with the State of Nevada to become a Domestic Nonprofit.

Their mission statement reads:

"We create a Cultural and Educational Experience for all people through Indigenous Music, Dance, Crafts, Storytelling, and Food."



Joe and Charlotte in 2008. Joe was in WW2 as a Navajo Code Talker

Who are the Participants in the Powwow Events?

The dancers and drums who participate in the Pahrump Powwow represent many different tribes throughout the country. Many of the dancers in our powwow are from Nevada, California, and Arizona. Unfortunately, there haven't been dancers from Pahrump for several years.

The number of participants in the powwow varies each year. Natives participate in the dances and drums. The Master of Ceremonies (MC) and Arena Director are also Natives. There are approximately 100 people from many different tribes who are engaged in the event. In addition to those participants, there are 48 Indigenous vendors. These vendors come from Arizona, California, New Mexico, Nevada, El Paso, Texas, Pine Ridge Reservation S. Dakota, Utah, Oregon, Washington, and Oklahoma.

Who Funds the Powwow?

Support for the powwow comes from several sources. Many local businesses and community members help through contributions, donations, and sponsorships. Fundraisers are also held during the year to raise money for the event. Without the generous support from our community, it would be



Pete Whitehorse and Paula Elefonte, Pete has been involved since 2004

impossible to continue with this very popular and educational tradition.

What is the Historical Purpose of the Powwow Throughout History and Today?

Powwows are Native American gatherings that include singing, dancing, food, crafts, and reconnecting



with family and old friends. They are held for special occasions and gatherings and offer the opportunity to learn more about and celebrate the Native American Culture. They also provide the opportunity to pass on traditions, dances, and knowledge to the Native American Communities as well as others.

Each powwow has its own theme and no two are the same. The 2024 theme is "Honoring the Past and Celebrating the Future." There are no age restrictions to those participating in the event. Mothers carry their babies in their arms while the toddlers walk by their side as they participate in the activities. Dances include people of





Robert Silenthunder, Cherokee



Debbie Crum Wiechki, Northern Traditional Dancer from the Montauk

all ages including youth, teens, adults, and elders. The MC may invite non-indigenous people from the audience to participate in some of the dances. The Aztec dancers are known for encouraging the members of the audience to enter the circle and participate in the celebration.

Where Do the Clothes the Participants Wear Come From?

The clothes worn by the indigenous participants are not referred to as costumes but rather regalia. They reflect a strong means of self-expression blending modern with the more traditional dress. Many of the outfits are homemade and take considerable amount of time and effort to make. They are often gifted from a very close family friend while others are passed down from generation to generation. They are worn with pride and dignity and reflect the lives and interests of those

wearing them as well as their families before them.

Don't pass on the opportunity to attend and participate in the Pahrump Social Powwow

Being part of a powwow is an opportunity many people around the country will never have. It's a way to learn more about the indigenous people of our country, their history, traditions, and beliefs.

There are different types of powwows. Some are private while others are public. They can be held inside or outside. Some have competitive events awarding prizes while others do not. The lengths of the events differ from days to weeks. The word powwow comes from the word powwaw, a Narragansett word which means spiritual leader. There are other derivatives of the word as well.

The people of Pahrump are fortunate to have the opportunity to experience first-hand a true powwow. For those

of us who live here, it's just a matter of attending the event at Petrack Park, without the necessity of a long drive. But many others drive a long way to either participate in or just observe this unique and special event. We encourage you to attend and learn more about the indigenous people's history, traditions, and beliefs.

Schedule Notes

There are no drums or dancing on Friday, Nov. 22nd but it's a great time to start your holiday shopping. There will be recorded native music. Saturday the 23rd the drums begin at 11:00 am for the Gourd dancers. The Gourd Society is made up of Native American Veterans. Grand Entry is at Noon, followed by the presentation of colors and special presentations, and then the dancing begins. Sunday the 24th, Grand Entry will be at Noon followed by dancing.



Adolfo Arteaga, Aztec Dancer



Aztec feathers

Additional Info

For more info about Pahrump's Social Powwow, email Paula Elefante at pahrumppowwow@yahoo.com.

Or go to: <https://calendar.powwow.com/events/Pahrump-social-powwow>

For more information on powwows in general go to:

- powwows.com/main/native-american-information-students-teachers
- powwows.com/pow-wow-etiquette2/
- powwows.com
- powwows.com/how-powwows-are-organized
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Pahrump Fall Festival Arts, Crafts, Food & Horticulture

2024 Theme: Medieval

By Joyce Higginbotham

This popular division of the Fall Festival offers over 360 categories in 19 sections for a vast array of Arts & Crafts, such as art, photography and creative writing, handcrafts, beadwork, clay, gems, paper craft, dolls, woodworking, machine sewing, quilting, knitting/crocheting and needlecraft; as well as confections/baking, preserves, vegetables/fruits, and ornamental plants.

We so look forward to seeing all the creativity in Pahrump, which delights and amazes us every year. If you haven't entered before, it's fun and easy. This event is for amateurs making under \$2,500 per year selling their items. Just bring your original entries that haven't

been entered before to intake between 10am and 6pm on Mon-Tues, Sep 16-17 for Arts and Crafts, and Tues-Wed, Sep 17-18 for Food and Horticulture.

Entry packets include the schedule, rules and categories, so please pickup or download copies and complete them prior to entry. The forms are available on the Town of Pahrump website Fall Festival page <https://www.pahrumpnv.gov/302/Pahrump-Fall-Festival>. We hate to turn away entries from this truly community event because they are not prepared correctly, so please read the rules, especially photography and artwork for the proper wiring that enables us to hang them.

We always look forward to seeing each year's entries, as Pahrumpians vie for ribbons, or just enter for display. We look for qualified judges for each

section. In addition to 1st, 2nd, and 3rd place ribbons in each category, there are 1st and 2nd Place Lot Champion and Grand Champion ribbons, plus special ribbons for Best Use of Theme and Committee Choice in each of the 3 rooms: Art & Photography, Food & Horticulture, as well as Crafts in the main room.

Members of the Shadow Mountain Quilters, Master Gardeners, and local artists host this event for you and it's a lot of work. We love Pahrump and this is one of our ways to give back.

All age groups are invited to participate, from our little Tadpoles (0-4 years), Peewees (5-8), Youth (9-12), Teens (13-17), and of course, Adults (18 and over). An entry fee of \$1 is charged for all those over the age of 13 and our youth can enter for free. So get



those creative juices flowing and come join the fun.

Whether you enter or not, the exhibits will be on display in the air-conditioned Bob Ruud Community Center: Fri through Sun, Sep 20-22, and admission is free. No food or drink may be brought into the building during the Fall Festival, to protect the entries.

Following the festival, bring your entry receipts on Sun, Sep 22 between 4:15 and 5:15 to retrieve your entries.

For further information, please contact Joyce Higginbotham at 775-253-4885 or by email at joyceinpahrump@gmail.com.



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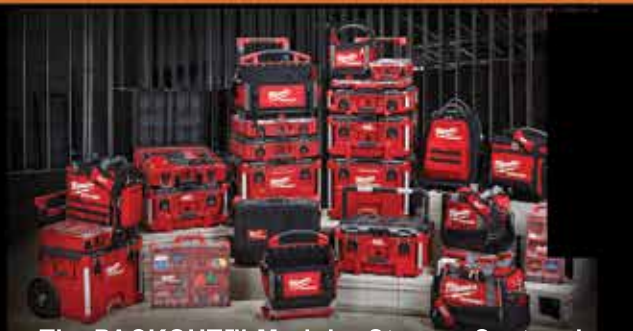
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Fort Churchill and Buckland Station Historic State Parks



State Parks of NEVADA

By Carol Champney

Two State Historic Parks Intertwined

Fort Churchill's history is closely linked to nearby Buckland Station. The origins of these two historic state parks are intertwined, so one must be discussed with the other.

Fort Churchill's History

Nevada's primary and largest military base, Fort Churchill, located 48 miles southeast of Reno, played a crucial role in the history of the American West. The fort was active from July 1860 to its abandonment in the fall of 1869. During this time, the fort helped the government take control of a fast-growing and resource-rich area in Nevada. The soldiers protected people traveling to California, safeguarded the Pony Express and telegraph lines,

helped the people who lived there, intervened in miner's disputes, and stopped any fighting caused by the Civil War.

During the 1850s, there were spo-

radic incidents of Native American assaults on small bands of travelers and remote ranches in the vicinity. However, the significant 1860 occurrences were the catalyst for the cre-





ation of Fort Churchill, located on the northern shore of the Carson River, 25 miles east of the Virginia City mining sites from the Comstock Era.

On May 8, 1860, a tragic incident unfolded at William's Trading Post. James Williams, one of the station keepers, returned to find the station in ruins and his two brothers and one helper dead. This attack believed to be in retaliation for the kidnapping of several Paiute women, occurred near the future site of Fort Churchill, about ten miles northeast of the Carson River.

Upon coming across the scene, James Williams brought the news to the nearby Buckland Station. Pony Express riders then spread the story to settlements farther west, embellishing it as they passed it on. The attack at William's Station caused great excitement, fear, and a strong desire for retribution. This desire for revenge led 105 volunteers from Carson City, Virginia City, Genoa, and Silver City to take matters into their own hands to avenge the men's deaths at William's Station. Major William Ormsby of Carson City led the untrained vigilantes into battle at Pyramid Lake.

Pyramid Lake Wars

The outnumbered volunteers took a significant setback in the First Pyramid Lake War, losing two-thirds of their original crew, including Major Ormsby. As a result, communities began asking for more protection and retaliation.

Colonel John Hays, one of the earliest residents of Oakland, California, was on a business trip to Virginia City when he heard of the Pyramid Lake

defeat. The remaining volunteers urgently called for more help, and even though Colonel Hays was no longer in the armed services, he agreed to assist the men in the next battle.

At the same time, the Federal government dispatched a contingent of U.S. Army troops from California. Captain Joseph Stewart, then commander of Fort Alcatraz, brought 200 regular army soldiers to Pyramid Lake. Under Hays and Stewart's leadership, the troops went up against the Native American forces in early June 1860. The outnumbered Native Americans were forced to retreat. The Second Pyramid Lake War is recorded as the most significant clash between Native Americans and settlers in Nevada's history.

Commander Joseph Stewart

The volunteers disbanded after the war, but Captain Stewart and his troops remained. Stewart had been responsible for building Fort Alcatraz



into the most powerful defense post on the West Coast. Alcatraz also took on the role of a prison during Stewart's tenure as commander. Unsurprisingly, Captain Stewart was ordered to establish a permanent army post close to the Carson River before returning to Fort Alcatraz. Construction commenced in July 1860 and was completed in 1861. Stewart became the post's first commander.

Fort Churchill was named after Sylvester Churchill, a distant relative of Winston Churchill, as suggested by Commander Joseph Stewart. Churchill served as the Inspector General of the U.S. Army for twenty years, from 1841 to 1861. In 1961, 100 years later, Fort Churchill was designated a National Historic Landmark.

Samuel Buckland

Samuel Buckland journeyed west from Ohio in 1850 to join the California Gold Rush. In 1859, he bought a piece of land near the Carson River in an area known as Pleasant Grove. In 1860, he married Eliza Prentis. The couple had eight children and operated a family business selling fresh produce, barley, hay, and cattle to western emigrants and Fort Churchill staff during the 1860s.

Their ranch quickly became a vi-



tal stop for the Overland Stage Line, a crucial stagecoach and wagon road in the West. Buckland later secured a contract with the Pony Express, further solidifying the station's historical significance as a critical point of transit in the region.

The Pony Express

In 1854, business partners William Russell, Alexander Majors, and William Waddell established a freight and staging firm headquartered in Leavenworth, Kansas. Russell, Majors, and Waddell became the most promi-

nent freight company in the mid-1800s, supplying significant military and civilian freight to the western and southwestern states. However, the company ran into financial trouble in 1860.

Despite that fact, Russell still wanted to monopolize the freight industry, and proposed another business venture to his partners. According to the Encyclopedia of the Great Plains, "Russell convinced his partners to support the establishment of the Pony Express."

The promise of their business was to deliver letters between St. Joseph, Missouri, and Sacramento, California in 10 days, which many said was impossible. Impossible for stagecoaches, but not for lightweight men riding 900-pound ponies. Hence the name the Pony Express.

Russell, Majors, and Waddell's business only operated from April 1860 to October 1861. Its failure was partly due to Russell's involvement in a financial scandal. However, their legacy goes down in history as the company that established the Pony Express.

Fort Churchill Deserted

According to Nevada State Park's website, "In 1869, the fort was deserted, a silent testament to the dedication of the soldiers who once inhabited it. The





adobe buildings were sold to a nearby rancher, Samuel Buckland for \$750. In 1884, the bodies of these valiant soldiers interred in the post cemetery were relocated to the Lone Mountain Cemetery in Carson City.”

When Buckland purchased the Fort Churchill buildings, he used the wood to build a house for his family. The “house” became much more than a home. He built it to include space for a boarding house. It had 19 rooms, including parlors, a ballroom, a school room, teacher’s quarters, and seven bedrooms.

Today, the ground floor of Buckland’s historic home is open to a self-guided tour. Additionally, a brief video offers an overview of the history of Buckland Station and Fort Churchill.

The Sale of the Buckland Property

Tragically, Eliza Buckland passed away in 1884 due to an infection from a cut on her foot. Samuel Buckland sold the property due to his failing health and moved to live with his son

George in Dayton. He passed away three months later.

Between 1884 and 1942, the property changed hands multiple times. In 1942, it became the Fort Churchill Shooting Club site, Nevada’s first game management operation, created by Norman Biltz and E.L. Cord. Later, in 1950, Mary and John Nash purchased it. Subsequently, Frank Ghiglia became the owner for 31 years.

Daughters of the American Revolution

The Daughters of the American Revolution’s Nevada Sagebrush Chapter showed interest in preserving Fort Churchill in the early 1930s. They successfully transferred 200 acres of land to the State of Nevada. With guidance from the National Park Service, the Civilian Conservation Corps dedicated two years to stabilizing the ruins



and creating a viable state park. The construction of camping and picnicking facilities, the current park museum, and the Visitor's Center were also completed during this time.

Two Nevada Historic State Parks

America's resources were heavily strained during World War II, leading to Fort Churchill's abandonment. During this time, the fort suffered from vandalism and weather effects. However, in the 1950s, there was a renewed interest in preserving the historic fort. As a result, in 1957, the fort became part of the Nevada State Park System.

In 1997, Nevada State Parks acquired the property encompassing Buckland Station, including the building. Renovation work commenced in 1999 through collaboration between the Nevada Department of Transportation and the Nevada Division of State Parks.

Although the fort no longer exudes its military past sights, sounds, and smells, the stories associated with this historic site will continue to be remem-

bered as an integral part of Nevada and the American West's history.

Outdoor Recreation

Picnicking/Day Use: Restrooms, picnic tables, and a charcoal grill are directly behind Buckland Station. Across the highway, visitors can find the Orchard Day Use Area, which offers extra picnic tables and charcoal grills.

Visitors can access the 2.2-mile (one-way) Nature Trail from the Orchard Day Use Area. The trail runs alongside the Carson River and links Buckland Station to Fort Churchill.

The Carson River offers canoeing, kayaking, fishing, and wildlife viewing opportunities. Hiking, biking, and horseback riding are popular activities in the area.

Samuel Buckland's Campground

The campground has 20 campsites, all suitable for RVs, trailers, and tents. No hookups are available. Each site has a table, grill, and fire ring. Remember to check for fire restrictions. Amenities include drinking water, vault toilets,

trash collection, and a dump station.

Scout Camp – Equestrian Friendly

This campground is adjacent to the Carson River and has large, dispersed camping and picnic areas. Amenities include vault toilets, picnic tables, fire rings, and grills. There is no water or electricity. Several horse corrals are available.

Scout Camp has facilities for group camping, including a covered pavilion with picnic tables, a sink and food preparation countertop, a large charcoal grill, and a fire ring. There is also an amphitheater-style seating area.

Special Note: Before visiting any of Nevada's State Parks, visit their website, <https://parks.nv.gov/parks>, for reservation requirements, possible closures, and fire restrictions. Five water bodies within the state parks have been placed under Harmful Algal Bacteria Watch. (HAB)





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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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SPOTLIGHT ON SERVICE

How Much Do You Know About The Salvation Army?



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

Pahrump is blessed to have a Salvation Army facility right in town. The local office is run by Service Center Coordinator Brenda Pinon who reports to Major Harold Laubach Jr., the Divisional Secretary for Clark County located in Las Vegas. I know most of you have heard about the Salvation Army for years, but do you really know what they are all about? We hope to shed some light on this subject.

A Bit of The Salvation Army's History

The Salvation Army was founded in 1865 in East London, England, by a Methodist minister named William Booth and his wife Catherine. They started it as The Christian Mission because some churches, at the time, wouldn't let certain people into their congregation, including many poor and working-class members. The people of the new Mission began working with the street people and others and invited them into the new congregation, which continued to grow.

England had no child labor laws at the time, so Catherine began working with women according to their ages. In

1878, Booth changed the organization's name from The Christian Mission, which he already viewed as a volunteer army, to The Salvation Army. It is structured in a "quasi-military" style.

Their mission statement reads: "Its mission is to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination." Their vision statement says, "We are an innovative partner, mobilized to share hope whenever there is hardship, building communities that are just and know the love of Jesus."

Structure and Programs of the Organization

The current head or General (sometimes referred to as Chief Executive Officer) of the international Salvation Army is Lyndon Buckingham. This position is usually held for 5 to 7 years when the High Council of The Salvation Army elects a new one. They are in 134 countries all over the world. Any country that allows Christians may participate in this worldwide effort. In our country, they operate in every zip code. Some of their offerings include social services, hospitals, schools, and orphanages, but no spiritual mandates or church requirements exist.

One of their highest success rates is

their drug and alcohol recovery program. Another of their major successes is their work helping with emergency disasters throughout the world. They are highly recognized for their work in that area. Their programs cover men and women and are free. They do not take any money from the government. They continually partner with law enforcement and first responders. They provide everything from meals to showers and clothing. They are bigger in the United States, but they help anywhere.

In addition to the work mentioned above, they have built hundreds of homes after tsunamis and offer mobile and canteen kitchens. During the 911 disaster recovery, they arrived within 45 minutes of the hit and left one year later.

Other Offerings

They conduct bottled water drives and have acquired hundreds of backpacks filled with school supplies for children. They serve veterans, helping them get resituated after serving their country, many of whom have experienced life-changing events. They offer emergency shelters as well as permanent housing through a special program. They provide education opportunities, including vocational training, 42



Majors Harold and Magaly Laubach

different job skills, truck driving, welding, forklift operations, and hospitality skills, and they help with resumé building and preparation for interviews.

The Salvation Army Southern Nevada Organization also offers emergency shelters, as well as human trafficking shelters. They provide safety for those with gender issues and serve the LGBTQ population without discrimination.

They have a Homeless Management Information System (HMIS) that is available in 30 states and growing. Caseworkers are available to work with homeless people, those with mental health challenges, and those suffering from trauma-related challenges.

Pahrump Location and Offerings

The Pahrump organization is located at 240 Dahlia St., right behind the Walmart store. The services they offer to the local folks are food distribution (which takes place every Tuesday and Friday from 9:00 am to 2:00 pm). They partner with Three Square, where they receive food and grocery products donated from manufacturers, retailers, corporations and the public. Donated funds are used for the purchase, transportation, warehousing and distribution of food. Product is delivered or Three Square sends drivers to pick up food and grocery items.



Service Center Coordinator Brenda Pinon

People must have IDs with proof of address, we don't turn anyone away. Tuesdays and Fridays are distribution days; individuals can only come once monthly for food. They do a roll call and record the names.

They also partner with the local Walmart and receive produce, meat, and dairy from them on Monday, Tuesday, and Wednesday. Sometimes, they receive non-food products such as toothpaste and toothbrushes, which they also distribute.

The Pahrump location serves an average of 600 households and 1500 individuals per month. Many homeless people come in for help. They don't have a place to cook, so they are interested in food packaged with pop tops. Some residents donate clothes, blankets, and other household needs. Although they don't have a thrift store anymore, they work with other food pantries and donation facilities in town to ensure all donations are put to good use.

The Community Works Together

All the town businesses support fieldwork well and refer people to the other businesses. If the Salvation Army doesn't offer something, they'll send folks in need to the Methodist Church, the Nye County Coalition, Nevada Outreach, and more. Many belong to the Community Partners who meet

monthly to discuss town needs. The Salvation Army donates the use of their facility for these meetings. They also offer the use of their building for the local theater group for their rehearsals and others. They are generous and do what they can to help anyone who needs help in Pahrump. Brenda mentioned that many people they work with don't know where their next meal is coming from. Some of these people cry from happiness after their kindness. Brenda and her team want to help people maintain their independence and dignity.

Bell Ringing

One of the projects the Salvation Army is known for is the Bell Ringing during the holiday season. Every dollar donated here stays here locally in Nye County. They get lots of help from the local Kiwanis club, which coordinates the ringers for the season. Some people who have been helped through the bell-ringing endeavor will return and help others by participating in the ringing.

To volunteer during bellringing or food pantry please contact (775) 751-6181.

Brenda loves her job and the people she interacts with. She has been working there for two years. She's lived in Pahrump her whole life and looks forward to helping the people of her town. She receives many letters thanking her and her team for their help when they needed it most. She feels it's an honor to help people get back on their feet.



Volunteers

the Education Editorial



Dr. Christopher Salute

How Education Can Save Our Planet and Our Country

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

It's so interesting hearing the dichotomous conversations between folks on various sides of the political spectrum.

"We need more this!"

"No... we need more of that!"

"Actually, we need less of this and more of this, that and the other"

But I think... if I know anything... we can all agree... This country needs some help. Yes?

Locally

- Drug Addiction
- Poverty
- Low Paying Jobs
- Rising Costs of Living
- Economic Development
- Crime
- Internet Access

Globally

- Conflict/War
- Cyber Attacks
- Global Sustainability
- Tolerance

- Diversity and Inclusion
- Love
- Family values
- Population Inflation
- Resource Distribution

You may think that each of these problems has their own unique solution. And you would be correct. Also... each of these rely on one woven solution: Education

Education creates less conflict, or at least turns hostile conflict into civil.

Education helps us understand emotions, values, diversity and inclusion.

Education creates pathways out of poverty and drug addiction. Etc. x 100

Education is the cornerstone of a thriving society, shaping the minds of individuals and, by extension, the trajectory of our collective future. In an era marked by unprecedented challenges—climate change, economic disparities, social injustices, and a general disconnect from the consequences of our actions—education can emerge as a potent tool for driving positive change.

And I don't just mean formal education in a classroom. Sure, educa-

tion about global politics and culture can help reduce conflict. Education on electrical certification can change someone's life.

But what about education in media? On billboards? In readings? Books? Articles? Discussions and debates that we can have collectively and civilly?

Education can help save our planet and our country by fostering equity and inclusiveness, promoting sustainability, enhancing economic stability, and cultivating a deeper understanding of our actions' repercussions.

Creating General Wealth for our Youth

One of the most powerful aspects of education is its ability to level the playing field. Access to quality education can break the cycle of poverty, providing individuals from diverse backgrounds with the skills and knowledge they need to succeed. By ensuring that marginalized groups—such as minorities, women, and people with disabilities—receive equitable educational opportunities, we can foster a more inclusive society.

And this change does not only apply to minority groups. We can apply these same lessons right here to Rural Nevada where we are in desperate need of economic growth and good paying jobs. Education is a key driver

in reducing social inequalities. When people from all walks of life have access to the same high-quality education, the gap between the rich and the poor narrows, creating a more just and equitable society.

And I don't mean formal education, only: trades, certifications, free online courses, summer academies... even roundtable discussions!

Think about this: Despite having a Plumbing Contractor for a father, I knew very little about construction, how to use tools, etc. He made it a moral point to not teach me, because back in the 1990s, he felt he was looked down upon for wearing work boots every day. My how things have changed, eh?

So how did I learn? I read books, I searched YouTube, I asked the person at Home Depot, selling me the tool, if this was the best one to use for the job. I ask people around me to come over and tell me what I am doing wrong. When my New York beach house was absolutely destroyed during Hurricane Sandy, dozens of people came over with tools and instructions. My ex-father in law said "Take this nail gun... try it out on this spare board... Okay, great... now nail those floor boards every 6 inches into the beams beneath it. When you're done, let's do another room."

It's that simple - sharing knowledge.

Our Planet

Education also plays a crucial role in promoting sustainability. By instilling a sense of environmental stewardship in anyone willing to learn. Much of what we think we know about our planet is funded by the very organizations who are destroying it. Look into the publishers. Understanding how to dig into these issues creates social awareness!

Not just awareness... but also educating ALL minds about sustainability can inspire them to develop green technologies and practices. From renewable energy sources to sustainable agriculture, educated individuals are at the forefront of creating solutions that can mitigate environmental degradation.

Who Is This Guy?

Okay, so halfway through this article, you're thinking, "This city guy from New York and Vegas is coming in bringing in ideas that only serve people like him..."

Well, let me explain to you who I am. I grew up in a very affluent area, very non-diverse. I grew up in Church on Sundays and in a conservative household. My first two degrees were from Catholic Colleges. I believe in God, Capitalism, the protection of this country, and the protection of my home by the means I see fit.

But I also believe in discussion... I believe that many of the values that we learn in our various versions of religious teachings are nearly identical. I believe that I have the same values as a young Hispanic man who grew up in the Bronx, because when I speak to him, I can hear his mother and my mother saying the same things as we grew up.

And I believe that as we learn more and more of these lessons, that we're all similar, through education. We educate ourselves. We educate one another. And, then we go out and educate others. And we learn that our differences exist not to create conflict or divide us... but to help us bring the best ideas to the table to fix this planet.

Economic Growth

Education is also a driving force behind economic growth and stability. By equipping individuals with the skills needed for the modern workforce, education can boost economic productivity and innovation. A well-educated population is essential for a competitive economy. As industries evolve, the demand for skilled labor increases. Education provides the training necessary for individuals to fill these roles, driving economic growth. It also fosters critical thinking and problem-solving skills, which are essential for entrepreneurship. By encouraging students to think creatively and take calculated risks, education can lead to the creation of new businesses and industries, further strengthening the economy.

*"We educate ourselves.
We educate one
another...And we learn
that our differences
exist not to create
conflict...but to help
us bring the best ideas
to the table to fix this
planet."*

Decision Making

At the end of the day, we need to be educated to understand that the world isn't ending tomorrow... and that our decisions will impact us, our children, and their children for hundreds and thousands of years. One of the most profound impacts of education is its ability to help individuals understand the consequences of their actions. This understanding is crucial for fostering responsible citizenship and ethical behavior.

Education teaches individuals to think critically about the information they receive and the decisions they make. This critical thinking helps people consider the long-term impacts of their actions on society and the environment. We can also cultivate a sense of moral responsibility in ourselves. This ethical foundation encourages individuals to make decisions that benefit the greater good, rather than seeking short-term personal gains.

Conclusion

Education is not just a means to an end; it is a transformative force that can shape a better future for our planet and our country. And it doesn't start... or end in the classroom. It begins at home, and it ends when we decide it does. I am a lifelong learner. I hope you'll be one too.



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LIFE after 18



The Best Retirement Account is the One You Start Now

Janet M. Nast

By Janet M. Nast
Life Skills Consultant, Speaker, Author
LifeAfter18.com

As I mentioned in the previous article (*July/August edition, Are You too Young to Start Saving for Retirement?*) everyone should start saving for retirement as soon as they get their first job. It doesn't matter if you're 16 or 26. Seriously, set up whichever retirement account you can just as soon as your employer offers the option. Even if you don't think you can save as much as you might calculate, it's better to save something rather than nothing.

Much to my regret, I didn't start my 401k until I was 40 because someone finally showed me the math (*shown in the table below under the "401k" heading*) and explained the concept of "compounded interest. 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. Even at that age, I was able to build up a good little account, which is way better than nothing.

Before we get into the various types of retirement accounts, I want to share

this short description of how compounded interest works. This is how your money grows much faster than you might think.

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. That is basically how "compounded interest" works.

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.

A Simplified Overview of the Four Most Common Retirement Accounts

I can't say that one type of account is better than another: All who chose to save do it differently based on their monthly bills and what they think they can afford. Everyone chooses different types of accounts whether it be putting "before-tax" dollars in a 401k account or investing "after-tax dollars" in stocks and bonds or a 401(k) Roth account. There's no right way to do this, just do what you feel is right for you and your situation.

Sadly, not everyone chooses to save even a dime. I would say that that's the only wrong choice because it's a major contributing factor to the issue of so

many struggling and homeless senior citizens. And yes, if you take care of yourself, you too will one day be a senior citizen.

Following are simple explanations for a few of the most common account options, the first two over which you don't have any or very little control. ***Be sure to consult with a professional tax accountant, financial planner, or banker so you can make the best decision for you and your situation.***

(The following section is an excerpt from my book, "Shifting to the Business of Life," available on Amazon.com)

Many employers offer the option of setting up and managing retirement accounts for you. ***If your employer doesn't offer these***, check to see if your bank or credit union does; many offer these services at no charge.

There are many kinds of retirement accounts, but I'm only going to describe the four most common: Social Security, Pensions, 401(k) and 40K(k) Roth (aka Roth IRA).

Social Security Accounts

This is the one your employer is required to set up by the federal government. Your Social Security account number is your Social Security number, which is why you need to give it to your employer. The payroll depart-

ment will automatically deduct a certain amount (outlined in a chart by the government) from each paycheck you get, and it will be deposited into your (government) Social Security account.

You cannot access this money until you turn 62, minimum. At age 62 you can apply (to the Social Security Administration) for it, but you will only get a percentage of it. In other words, at 62 you might get 60 percent of what you're entitled to, at 65 you might collect 75 percent and at 68 you might collect 100 percent. I say "might," because I really don't know the exact age and percentage brackets. ***A tax accountant or financial planner can provide the exact numbers.***

Pensions

This type of retirement account is set up and run by the company for which you work. Not many companies have pensions anymore because it costs them a lot of money. (Most offer 401(k) accounts, which are explained next.)

Here is basically how pensions work:

The employer deposits a certain amount of money into each employee's account each month for as long as the employee works for that company.

The employee can collect payments from his or her pension account after

"There's no right way to do this, just do what you feel is right for you and your situation."

he or she has worked for the company a certain number of years and has reached retirement age. The company determines what that number of years is and what that age is.

If the company did a good job of guessing how long you will live after you retire and what it will cost you to live and maintain your current lifestyle, you should be getting pension payments close to what your salary was, for the rest of your life. So, you can see why a pension would cost an employer a lot of money. That's why many companies no longer do this.

401(k) vs. 401(k) Roth

What's really sad is that I didn't learn the difference between the two of these until I was 56 years old! You should know this sooner in life so that you make the best choice when it can really make a difference. Both of these accounts can be set up and managed by your employer.

Here are some facts and differences between the two:

The 401(k) is money deducted from your paycheck before any federal and state income taxes, and Social Security are calculated and deducted. In the long run, that means that when you pull money out of your 401(k) account you have to pay taxes on it. This is referred to as "deferred" taxes. Surprisingly enough, this is not always a bad thing because when you retire, you no longer have that full-time, steady paycheck coming in, so your income is probably going to be a lot lower. Thus, you pay lower income taxes.

As far as I know, only an employer can set this up because only your em-



ployer can get a hold of your paycheck before taxes. But ask someone in your Human Resources (HR) department, a tax accountant, or a financial planner to be sure.

Money for a **401(k) Roth** account is deducted from your paycheck after all federal and state deductions are taken out of your paycheck. That means that when you retire and start taking money out of this account, you do not have to pay taxes on it. Most employers and most banks can set this up for you since you cash your check and make deposits after taxes.

While a 401(k) Roth account might sound like a regular savings account, it's not. But it is similar to a 401(k) in these ways:

- You should not take money out of either a 401(k) or 401(k) Roth account until you reach retirement age (59 ½ as of this writing).
- If you make a withdrawal and do not pay it back (vs. a loan against it that must be paid back with after-tax money plus interest), you will have to pay a 10 percent penalty on that money. And, in the case of the 401(k), you would also have to pay the deferred income taxes.
- You can also decide where you want the money in these accounts to be invested over the years. That can be good because you have the

potential of earning a lot more interest than just the 1 percent to 2 percent that savings accounts are currently paying.

The following table is an example of three scenarios using nice, rounded numbers. It uses \$50,000 per year as a salary, and 10 percent being deducted in taxes every year and what your take-home pay could look like each year depending upon how you choose to save for retirement.

You can see in the first column, if you put 5 percent into a 401(k), that would be 5 percent of your \$50,000 base salary, or \$2,500, going into that account. Now you still have to pay 10 percent in income taxes, but it's 10 percent of \$47,500, which is only \$4,750 instead of \$5,000.

The example in the next column shows what it looks like if you choose not to save anything for retirement.

The third column shows what your income and then retirement account looks like if you choose to put that 5 percent into a 401(k) Roth account.

On one hand, even though you'll have the same take home pay with a Roth 401(k), you aren't saving as much money. On the other hand, you are paying all your income taxes up front with the Roth 401(k) and you won't be taxed again later, like a regular 401(k).

While this is a simplified explanation of how these two accounts work, it gives you enough information to at least think about it and get started saving.

If you have questions about this and can't decide what you want to do, talk to your parents, and see what they've done for their retirement. If they've done nothing, then talk with an accountant or a financial planner. H & R Block might answer some basic questions for you for free. You can also look up terms such as "401(k)" and "401(k) Roth" on the internet.

Bottom Line

Whatever you decide, it's a smart idea to do something and to begin as young as you can – even if it's only one percent of each paycheck. Who knows what kind of money you'll have coming in as you grow older and when you hit 62? But with one or two of these options, you'll at least have something.

Generally speaking, this isn't something anyone gives a second thought until it's too late. That's why so many elderly retirees are struggling financially (or sadly, even homeless) even after they've worked so hard for so many years. Bottom line,

You are Never Too Young to Start Saving for Your Retirement

When I had this conversation with my son, he told me that out of all the classes he ever took in high school, math was the only one that will never change, was not open to debate, nor was it just a matter of opinion: It's fact. He said that the simple math (described here) is what convinced him to open his 401k account at the ripe old age of 19 when he was a Marine making a lot less than minimum wage.

I'll add to that by saying 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.

	401(K) Before Taxes	No Savings	401(K) Roth After Taxes	
Annual Salary	\$50,000	\$50,000	\$50,000	
5% Savings	\$2,500	\$0	\$2,250	This 5% is calculated after the \$5,000 is taken out in taxes.
Taxable Income Amount	\$47,500	\$50,000	\$50,000	
10% Tax Deduction	\$4,750	\$5,000	\$5,000	
Take-home Pay	\$42,750	\$45,000	\$42,750	



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OUR VETERANS OUR HEROES

John Michael Ferrari, SPEC-4, US Army

By John Michael Ferrari
Introduction by Dr. Tom Waters,
Lt. Col. USAF (Ret.)

There are several WWII, Korean, and Vietnam War Veterans in Pahrump and I know we'd like to hear about all of them. We also have several who served in Iraq and Afghanistan and we'd like to hear from them too. We need to recognize every one of these heroes who are among us today.

Another such Vietnam War Veteran who is also a Pahrump resident is SPEC-4 John Michael Ferrari. He enlisted into the US Army on December 16, 1965, from Nevada and went to Basic Training at Ft Ord, California. Here's his story.

Humble Beginnings

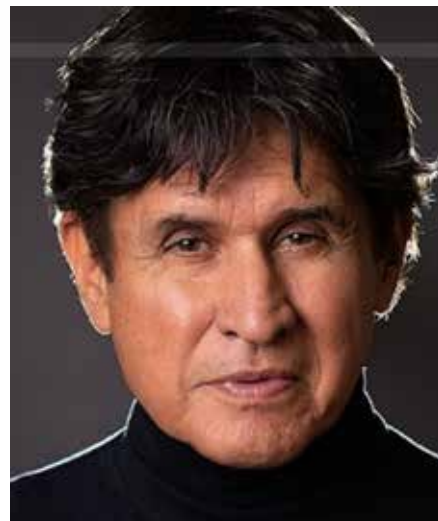
I was born in Los Angeles, California, and raised in San Francisco, California, and Reno, Carson City and Las Vegas, Nevada. My mother and stepfather owned small hotels where I was required to work as a child growing up.

My Early Years and My Early Decisions

I got into trouble as a teen, hanging around school, but not actually attending school. Eventually, a Judge told me that I was incorrigible. Not understanding what that meant, I said, "Thank you, Your Honor," and the Judge ordered me to two years in the Nevada Children's Home in Carson City; that was the first time I actually felt "safe".

Life Before the Army and Why the Army

In my senior year in high school, the school principal called me into his office and suggested that I should drop out of school and join the military service. Obviously, I was not a good student so I dropped out of school and, my friend Charlie Self and I went to the Carson City Selective Service office together and joined up, to be effective when we turned 18, a couple of months later. When I reported in after I turned 18, they put all the young men in a row and counted us off, "Army, Navy, Marine" and when they pointed at me they said "Army" and I responded, "I'd like the Navy" and the answer was "Army!"



John Michael Ferrari

Army Life, Assignments, Promotions, Etc.

Army life for me was a huge changing moment in my life. Until then, I had never traveled outside of California and Nevada. After basic training at Fort Ord, California, I went to my infantry training in Fort Gordon, Georgia, and then jump school in Fort Benning, Georgia. Before I knew it, I was flown to the Philippines and from there to Vietnam. Almost immediately, I was in a swamp or rice paddy during a firefight. It was a nightmare. Bullets

were flying everywhere and it was difficult to figure out where they were coming from. The swamp was full of snakes (the start of my very real dislike for snakes) and many of us were in a panic as our fellow soldiers were losing limbs and their lives. About half of the young men who flew over with me died that first day as I felt the heat of bullets passing by my head. War memories are never forgotten. Two things, in particular, left a lasting memory for me. First, the beautiful Vietnam sunsets interweaved with the ugliness of war. And, second, the helicopter, called the "Dustoff" with its red light and particular sound, with U.S. soldiers hanging out of the open door with their rifles, as they were trying to land to pick up the wounded and the dead. When I finally returned to base camp, I wrote the song "Dustoff" (1966) in honor of the Dustoff and its crew. An officer heard this novelty song about war and asked me to come to the Officers' Mess to play for them, which I did for a couple of weeks. But, then, I felt guilty for not going out on night missions with my fellow soldiers so I requested that I be allowed to return to my fighting unit. "Dustoff" is still recognized by the Dustoff Association and has appeared in a few independent films. I am pleased to share that I have received too many awards to mention, but "Dustoff" stands out as my first musical recognition.



Military trivia: When I was leading a group of U.S. Soldiers in Cambodia, one of the men had a radio and we heard President Lyndon Baines Johnson assure the American People that there were no U.S. Soldiers in Cambodia or Laos. When my tour was completed, I was offered a promotion to Sergeant but I declined. Later, even today, I would always believe it was a mistake for me not to remain in the Army.

Life After the Army

I was really lost after I was honorably discharged from the Army. Standing on a corner in Oakland, with no weap-

on, I felt naked. I had no idea what I was going to do. War prepared me for killing and survival but did not provide me with a useful civilian occupation. Plus, many Americans were not nice to American soldiers, which was completely different than when he was in combat. But, all I knew was music. So, I started to play in clubs and steak houses and I bettered my craft. During this time, I also felt lost because my girlfriend, of several years, left me to return to her parents in Houston. Thinking I might have turned an emotional corner, I was sitting atop a staircase looking out over Lake Tahoe and I wrote my songs "Brand New River", "Turning round and finding no one", "Touching Nothing but the Sky", "Make believing that I'm someone who can fly, who can fly."

Trivia: Both of his songs "Dustoff" and "Brand New River" were included on his mid-1990s album, "My Early Life", produced by Pepper Jay.

I humbly admit that my artistry finds its home on the stage, where I become a part of something larger than myself. With my unbreakable belief that "There is never a stranger in the audience," I forge a unique connection that transcends the confines of the stage. Always preparing for one performance



or another, I looked forward to being the headliner entertainer on June 15th, for the Ms. Golden Years Pageant here in Pahrump. All of my public performances are listed on my website www.JohnMichaelFerrari.com

"Soldiers Prayer" is the title song on the Extended Play (EP) Album of the same name. Also on the EP is "Bring Me Home" (a song about dying and getting ready to go to Heaven), and "The Son Don't Lie" (about God and, in the face of many evil temptations, we can count on Him). The EP also included a reprise of my song "Like a Rock n Roll Band" (a let's get together in peace and harmony song), which was named "Best Peace Song of the Year" by the Art 4 Peace Awards. The "Soldiers Prayer" EP was released in December 2023. Like all of my songs, it is available on all music platforms.

I am very proud when I read what other artists, managers, and the music-loving public, have to say about me, my songs, and my career. Here are just a few samples:

"Renowned for his ability to evoke emotions and skillfully blend an array

of musical genres, John Michael Ferrari stands as a remarkable songwriter whose work knows no bounds. Infused with sophistication and a hint of innocent awe, his compositions intricately narrate the multifaceted tapestry of human experiences." -Pepper Jay 2024

And, here are a few of the many reviews for the "Soldiers Prayer" EP:

"Soldiers Prayer" is a musical masterpiece that resonates with the timeless themes of love, sacrifice, and the unbreakable spirit of those who serve." -Lyrics & Threads 2024

"John Michael Ferrari is pure and authentic country." -Trends Nashville 2024

"In a world of increasingly processed and inauthentic music, John Michael Ferrari is a breath of fresh air. His newest EP, Soldiers Prayer is rooted in classic country songwriting and compelling narratives." -Crank It Magazine 2024

"Soldiers Prayer": The vocal climax of the song comes with a yearning belt from John Michael Ferrari as a soldier

cries for his wife to recognize him in some way. The power in his voice foreshadows the end of this beautiful song and also serves as the highlight." -The Muse Culture 2024

"John Michael Ferrari, a singer, songwriter, and entertainer recently released his new EP titled "Soldiers Prayer" containing a powerful ballad portraying love, loss, and patriotism. A US Army veteran himself, John Michael wrote the song "Soldiers Prayer" by portraying the life of a young soldier killed in action, writing a message of love to his wife and unborn baby that he left behind. An emotional rollercoaster, this song is a moving narrative told with the classic country storytelling sound. This heartfelt melody navigates the complexities of sacrifice, devotion, and the legacy of those who serve." -Indie Plus Magazine 2024

"The absolutely raw and emotional track is a modern song that harkens back to classic country telling a beautiful story – one that inspires and moves the listener." – Bright Star International 2024

"The yearning to blend emotions and melodies is exemplified in his latest work, "Soldiers Prayer". This cross-over country inspirational Gospel patriotic single weaves a tale of a teen soldier who died in combat leaving his new bride and unborn baby. He looks over her from above as she raises their child and a family without him. The soldier reminds us to "wave our flag with pride and grace". - The Mocha Shade Room 2024

John Michael Ferrari's new project shows a tremendous spirit as a gospel record. Each track shares a positive moral about the greater good, John Michael uses his music as a platform to preach what he has learned, and we should take heed." -CBWZINE 2024

"I've got to say, John's voice is phenomenal! He has a unique way of singing that's entirely his own, and when you listen to him, it feels like

you're being serenaded by the smoothest voice ever. I'm sure you'll be singing along in no time."
-Joe Joe Keys, Indie Music Plus

A lot of people died or have been injured to protect our American Freedoms. "Soldiers Prayer" also reminds us of our humanity: "I've seen the pain on a soldier's face. Bring us home both sides say." The song is derived from my Army, 25th Airborne Infantry Division experience during the Vietnam Conflict where I saw the destruction and extreme depravity of war close up and personal.

"I'm a proud soldier of the U.S.A., a sentiment that never leaves you." John Michael Ferrari.

Some of my songs, in and of themselves, are journeys. For example, I wrote, "Workin' My Way to Nashville" in 2016. At that time, I had driven through Nashville to visit my friend David Andersen (the "Music City Ambassador") but never visited as a singer or songwriter and this song was about my desire to do so. In 2020, Pepper Jay, who I had worked with since 1990, joined me as the co-writer of "Workin' My Way to Nashville" and later, when we thought a few lyrics were weak, we brought in a singer-songwriter that we knew from Nashville, Ray Ligon, as the artist and co-writer. As the music producer, Pepper Jay brought Ligon to the Larry Beaird Studio in Nashville to record it. In 2023, that song was named "Outstanding Country Single" by the Nashville Music Awards. Also in 2023, it was awarded "Songwriter of the Year" and "Best Country Single" by the Kentucky Country Music Association. And, it was also named "Co-Songwriter of the Year" and "New Country Single" in 2024 by the North American Country Music Association International.



Among the recent constellation of awards, casting light on my music, the Nashville Music Foundation recognized me as "Outstanding Male Singer-Songwriter," eZWay Golden Gala crowned me "Performer of the Year," a testament to my pleasure to captivate audiences, and my composition "Masquerading in the Night" earned the esteemed title of "Best Song Production" from the Museboat Live Channel.

A few other of my 2023 awards include the Nashville Music Awards, which named me "Outstanding Radio Artist of the Year" for all of the radio plays my songs got both in the USA and internationally. I was named Crossover Artist of the Year by the Independent Music Network and my music producer Pepper Jay (for Cappy Records) won Music Producer of the Year from that same organization. Also, in 2023, my song "Who's That Girl?" was voted "#3 Best Song of the Year" internationally by the Museboat Live Channel and #6 internationally by Trend City Radio.

I must give credit where credit is due. My creative journey is interwoven with music producer Pepper Jay, a partnership that spans over three decades. Our shared time between Nashville's music-centric environment and a serene

Nevada ranch underscores the harmonious balance that fuels our creativity. My refusal to be confined by genre norms earned me the distinction of "Crossover Artist of the Year" by several organizations, including the New Music Awards and the Independent Music Network, a testament to my audacious exploration of musical boundaries.

I'm extremely proud that my songs, including the heartwarming "Paint You a Love Song," have etched themselves onto radio charts and playlists across genres. Written for the wedding of Pahrump resi-

dent Garry Crooker, the track achieved remarkable success, ascending to the coveted #1 position and in the Top 10 on both Country Radio and the Mainstream Radio Charts.

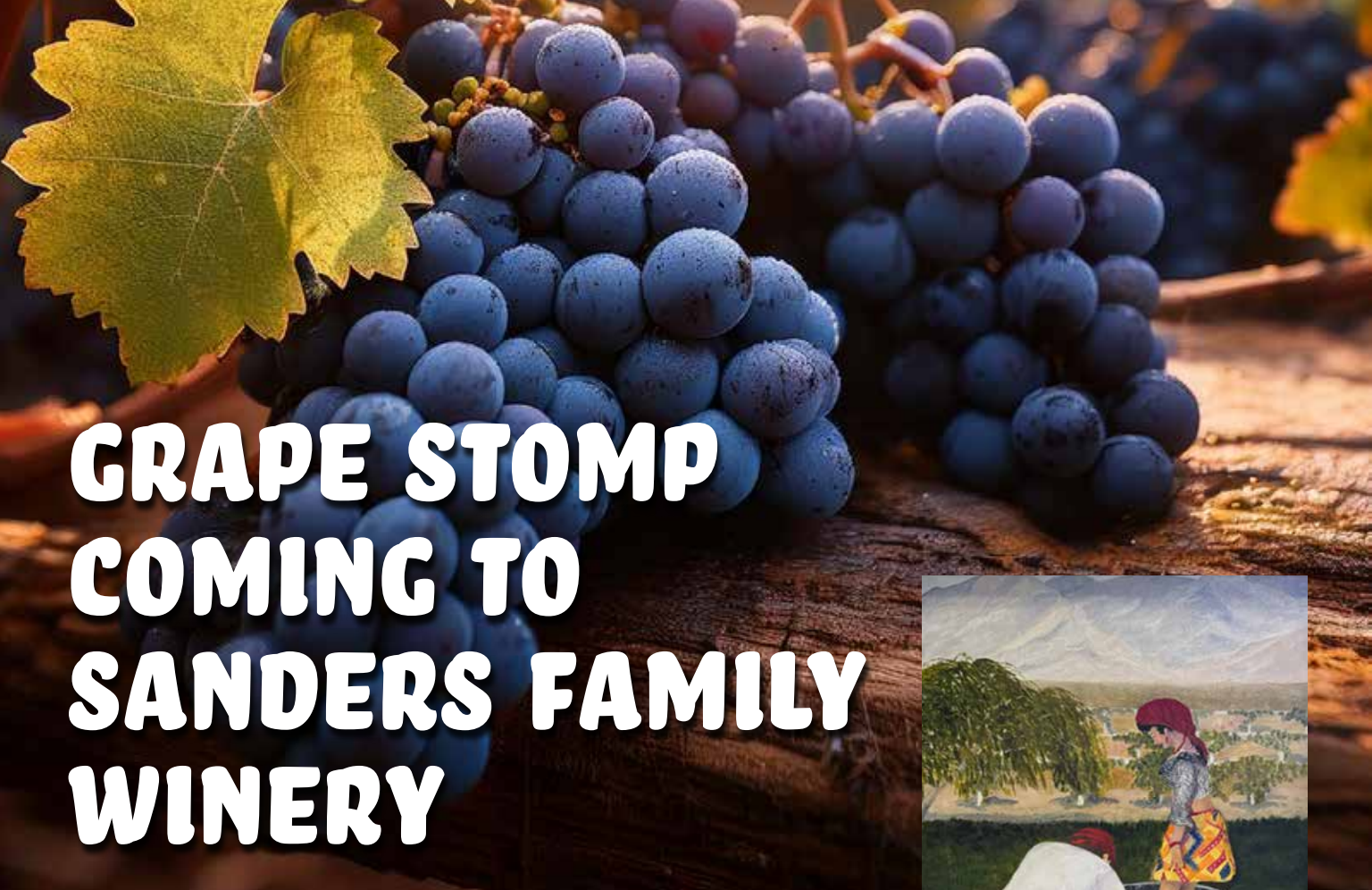
At present, I am a 2024 Finalist in the International Singer-Songwriters Association award for "Best Album of the Year" for my album "I Keep Dreaming". As of this writing, the winner has yet to be announced.

That's MY story and I'm sticking to it. Please listen to my music and go to my website www.JohnMichaelFerrari.com for more information about me, Pepper Jay, and the Ranch.

Why Pahrump?

I must say that I love living in Pahrump, Nevada, and, along with Pepper Jay, I split my time between Pahrump and Nashville, thriving in the vibrant Nashville singer community.

Well, you've heard from John Michael Ferrari 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.



GRAPE STOMP COMING TO SANDERS FAMILY WINERY

Have you ever watched the old TV show I Love Lucy? Do you remember the episode where “Lucy” (Lucille Ball) is in a large wooden vat with another woman (actress Teresa Tirelli D’Amico) stomping the freshly harvested grapes into juice?

Suddenly, the two women erupt into grape-throwing and eventually wrestling in the vat. Very messy, but one of TV’s most hilarious memories. If you haven’t seen it, it’s well worth looking up. It’s a classic.

It was in the Fall of 1991, that Jack and The Sanders Family introduced the first grape stomping contest to Pahrump. It was festive and fun (even without the grape throwing and wrestling), with live music, lasting nearly three full days. This allowed the public to participate in re-creating the “Old Italian” formality of crushing the grapes and Blessing the Wines.

The stomp is structured this way: We allow teams of two people to compete

against other teams of two. Each team could compete against seven other teams for two minutes each to see who could produce the most juice. Anyone can do this including children. It is a family fun experience.

In our very first festival in 1991, we actually had the stompers “stomp” for 5 full minutes. That damned near killed all the stompers, so we cut it back to two-minutes of stomping time every year after that. The winners are the ones who produce the most juice from 12 pounds of grapes. Stompers use upbeat music to help their tempo and rhythm.

Each team of stompers is competing for Bronze, Silver, or Gold medals and 1st, 2nd and 3rd place trophies for best in show. Independent judges will measure and record each team’s crush results.

There is no question that these stompers create so much fun, and it can be one of the funniest things you’ve ever seen. We encourage our stompers to come in costume if they like. It’s not necessary, but it adds another event award for those who come in costume.



They will be judged and could win Best Costume 1st, 2nd or 3rd place.

We Intend to Re-Create Pahrump’s Grape Stomp Tradition

A Weekend of Family Fun

A 3-day Family weekend: (Fri-Sat-Sun in Late September/Early October) with the

purpose of re-establishing the Grape Stomp in Southern Nevada. The event will begin Friday & Saturday night at our regular normal Concert Hours with our high-quality form of live entertainment, and end about 5pm on Sunday.

Grape stompers will begin at 12 Noon Sat & Sunday with as many as 2 flights of 8 teams per hour. The last flight is to end at about 5 each day.

Because this is a ticketed program, it will be a come and go event, much like a



wine tasting with limited participation.

Each team will need to fill out an application and select the best available heat time for their competition. Often, families will take up an entire heat and we will reserve (if necessary) an entire heat for them all to participate. There will be an entry fee.

What is a Heat?

A heat is maximized at 8 teams scheduled. In the above case, we will only do 2 heats per hour. First at the top of the hour next heat 20 minutes after the hour. And so on....

What is a Team?

A team is two people. A Stomper and an Assistant. These two positions can be exchanged during their 2-minute period.



Winners of Each Heat

The winners each receive Gold Medal (1st Place), Silver Medal (2nd Place), or Bronze Medal (3rd Place) based on total amount of juice produced.

In Closing

We will charge a \$5 admission/spectator fee to all non-stomper viewers.

Yes! The concerts fees (both Friday and Saturday Night) will remain the same fees of \$25.00 per person with reserved seating. Just like any other concert venue.

So come to Sanders Family Winery located at 3780 E Kellogg Rd, Pahrump, NV 89061. Bring the whole family to participate or just watch and enjoy the fun of the 2024 Pahrump Grape Stomp. Help us bring back the tradition!



Tribute to Betsie V. Sanders



Just a short time ago, Pahrump lost one of our valuable and loving members of the community, Betsie Sanders. On August 10, 2024, there was a celebration of her life. Friends and family gathered at Sanders Family Winery where everyone who knew her could honor her and what she did for our town. There was also a rededication of the Betsie V. Sanders Theater for the Performing Arts where local artists as well as others outside of Pahrump perform in the outdoor theater at the winery. Betsie contributed a great deal to the performing arts in our community and she will be missed.

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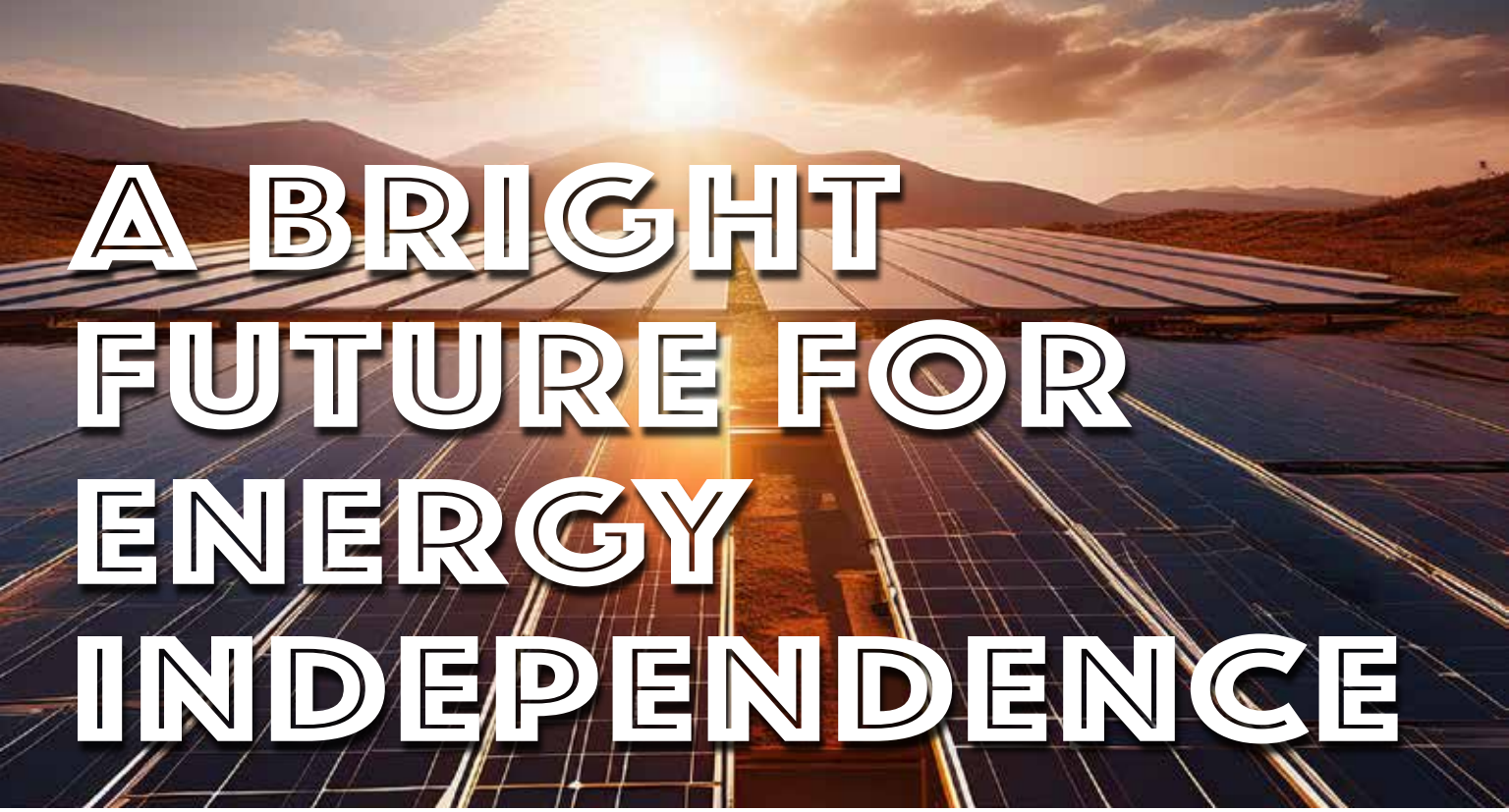
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A BRIGHT FUTURE FOR ENERGY INDEPENDENCE

By Doug Dubin

A Brief History of Solar Power

Solar energy has been harnessed for centuries, but it wasn't until the mid-19th century that the modern solar power movement began to take shape. In 1839, French physicist Alexandre Edmond Becquerel discovered the photovoltaic effect, which laid the groundwork for converting sunlight into electricity. By the early 20th century, researchers created the first functional solar cell, albeit with limited efficiency and high costs.

The 1950s marked a turning point with the development of silicon solar cells, which significantly improved efficiency and made solar technology more viable. These advancements gained attention during the energy crisis of the 1970s, spurring government investment and research. However, it wasn't until the 21st century that solar power truly began to flourish, driven by technological advancements, declining costs, and a growing awareness

of environmental issues.

Today, home solar power systems are not only a feasible energy source but also a compelling investment for homeowners. With the continued push towards sustainability and energy independence, understanding the benefits of home solar power has never been more crucial.

Cost Savings

One of the most immediate benefits of installing solar panels at home is the potential for significant cost savings. While the initial investment can be substantial, many homeowners find that their electricity bills decrease dramatically after installation. In some cases, homeowners can eliminate their electricity bills entirely, depending on the size of their solar system and their energy consumption.

Moreover, many governments and local authorities offer tax incentives, rebates, and financing options to make solar more accessible. Federal tax credits in the U.S. allow homeowners to deduct a significant percentage of the cost of their solar system from their federal taxes, further reducing the overall expense.

Increased Property Value

Investing in solar power can also enhance the value of a home. Numerous studies have shown that homes equipped with solar panels tend to sell for more than comparable homes without them. Buyers are increasingly looking for energy-efficient features, and solar panels are an attractive option that promises lower energy costs and reduced reliance on traditional energy sources.

A National Renewable Energy Laboratory study found that homes with solar energy systems sold for an average of \$15,000 more than similar homes without solar. This increased property value can be a significant incentive for homeowners considering solar installation.

Energy Independence

Home solar systems provide an excellent opportunity for homeowners to gain energy independence. By generating their own electricity, homeowners can reduce their reliance on the grid and traditional fossil fuels, which are often subject to price fluctuations and supply issues.

In regions where energy prices

“In some cases, home-owners can eliminate their electricity bills entirely, depending on the size of their solar system and their energy consumption.”

are consistently high, solar power can be particularly advantageous. Homeowners can generate their own electricity at a stable rate, protecting themselves from rising energy costs. This self-sufficiency also means that homeowners are less vulnerable to energy outages, especially in areas prone to extreme weather.

Environmental Impact

Switching to solar power is one of the most effective ways to reduce your carbon footprint. Traditional energy sources, like coal and natural gas, release significant amounts of greenhouse gases and pollutants into the atmosphere. In contrast, solar energy is clean and renewable, producing electricity without emissions.

By installing solar panels, homeowners contribute to a reduction in overall demand for fossil fuels, helping to combat climate change. Additionally, solar power systems can have a positive impact on local air quality, leading to healthier communities and ecosystems.

Job Creation and Economic Growth

The rise of solar energy has led to the creation of thousands of jobs across the globe, from manufacturing solar panels to installation and maintenance. According to the Solar Foundation's National Solar Jobs Census, the solar industry employed over 250,000 workers in the United States alone as of 2020, with this number continuing to grow.

By investing in home solar systems, homeowners indirectly support local economies and job growth. Many solar companies are small businesses that thrive on community support, and

choosing to go solar can strengthen local job markets and stimulate economic growth.

Technological Advancements

The field of solar technology is constantly evolving, leading to improved efficiency and more affordable systems. Innovations in solar panel design, battery storage, and energy management software are making it easier and more effective for homeowners to utilize solar power.

tions, decentralized solar systems can help reduce strain on the electrical grid, especially during peak demand times. This decentralized approach to energy production can lead to fewer blackouts and a more reliable energy supply.

Furthermore, widespread adoption of home solar can help stabilize energy prices and reduce the need for new power plants, as more homeowners generate their own electricity. This shift not only benefits individual homeowners but also the entire energy grid.

Conclusion

The benefits of home solar power extend far beyond mere energy savings. From increased property value and energy independence to environmental sustainability and job creation, solar energy offers a multifaceted solution to the challenges of modern energy consumption. As technology continues to advance and costs decline, more homeowners will undoubtedly recognize the value of investing in solar power.

Transitioning to home solar is not just an investment in a home but also an investment in a sustainable future. With growing concerns about climate change, energy independence, and economic stability, the time to consider solar power is now. As we harness the sun's energy, we illuminate a path toward a brighter, cleaner, and more sustainable future for generations to come.

Doug Dubin has been helping members of the community through his experience and dedication to advanced education in the subject. There are many questions about solar energy and Doug is available to answer questions seven days a week at YourSolarGuy123@yahoo.com

For instance, advancements in battery storage technology allow homeowners to store excess energy generated during the day for use at night or during cloudy weather. This capability enhances the reliability and effectiveness of solar systems, making them even more appealing to homeowners.

Grid Resilience

Home solar power systems contribute to overall grid resilience. When combined with energy storage solu-

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Shelley Poerio

Introspection to Support Mental, Physical and Emotional Well Being

By Shelley Poerio with Casey Jones

In 1989, September was designated National Recovery Month to focus the nation on the efforts of addicts in recovery, their loved ones, service providers and the communities that support the recovery process. All the members of this ecosystem face challenges and struggles and need each other to remain healthy, and they all can benefit from reflecting on the skills that, when developed, help support the recovering addict in staying stopped. In Alcoholics Anonymous “speak” this is referred to as “taking one’s own inventory.” In honor of this month’s focus on recovery, I thought it would be useful to list some of the skills and behaviors to audit in a personal introspection exercise. These are also helpful for the non-addict support system for recovery, and for anyone.

These are basic habits and behaviors that help us function in society and stay healthy.

Communication and People Skills

“How are people reacting to what I am saying, and if the answer is that there’s typically tension, how can I change?” Many of us write off bad reactions to what we say or do as the other person’s problem. But it can be that how we are presenting our thoughts or ideas is more the cause than the actual thoughts or opinions. Having the confidence that your idea may be valid goes a long way toward softening its delivery when communicating. Starting a conversation with assertions such as “it’s obvious that” or “why don’t you” can immediately evoke a defensive reaction in the other party. Instead, a more open conversational gambit such as “what do you think about” or “have

you considered” send a couple of valuable signals. The first is that you are indicating that you want input to refine your thinking. The second is implicit, but that you are listening to the other person – as opposed to lecturing.

Creative and Critical Thinking

Sometimes creative thinking means looking at a situation or challenge and brainstorming ideas with others to assess the proposed solution. Being creative may mean trying to view a situation from another person’s perspective, or even trying to come up with a desired outcome first (“I want this as the solution – now how do I get there?”) and then asking others if they think it’s possible. If so, how would they go about the process toward a solution. Involving others helps expand an individual’s habitual way of thinking.

Problem Solving and Sound Decision Making

The two behavior modifications noted above are critical to the skills of better problem solving and decision making. Assessing a broader solution space by eliciting others' input allows us to improve our own decision making. We may already be the best analytical person in the group, but if so, the process of collaborating can help validate this, and at the same time help others improve on their own way of navigating to better solutions. It's a win-win.

Self-Awareness

Being self-aware again largely relates to others: "How do our actions - including behavior and communication - impact others?" Assessing this and reflecting on ways to change or improve can be done by thinking about our impact on others, even before we consider ourselves. The grammatically correct way of including others in a sentence is to always put the other first: "He and I..." as opposed to "me and him" or, "Susy and I" as opposed to "I and Susy." I hesitate to say this, but the increasing trend for people to ignore this rule may be reflective of how many in our

"Being creative may mean trying to view a situation from another person's perspective..."

society are becoming more self-centered and less self-aware. It just takes practice to always think about putting others first, and can we improve on the impact we have on other people.

Assertiveness Combined with Self Control

Considering others doesn't mean that there aren't times when we need to be assertive. If there's a behavior or a decision that others undertake that negatively affects us or that we feel strongly is incorrect, it's essential to point this out. But this should and can be accomplished without strong, negative emotion. Offering the person a way out can help avoid conflict, and lead to resolution. "I don't think you realize how your behavior has affected me" allows for a conversation to explain - without direct blame. This is much more effective than a reaction such as "I can't believe you did this" or "You are such an imbecile!" Neither of these gives the other person a way out

other than reacting and being on the defensive.

All the skills noted above have a common thread, which is not doing it alone but collaborating with others. And what better theme to reflect on in National Recovery Month. Addicts in recovery need a community around them to support their choice of a healthy lifestyle, and to reinforce that we can't do it alone. Many struggling with addiction or recovery tend to isolate themselves and disengage from social interactions. The skill of recognizing that we all depend on each other is essential to being part of a healthy community.

As before, I encourage everyone to continually strive for change for the better. And as we all know, life is full of change, and changing ourselves for the better makes this an even more exciting journey. I know I've said this before that in general the happiest and most positive people I know are those who accept that life - like the seasons - is in a constant state of change. Some we can control; most we cannot.

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

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

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



Focus on Family

My Personal Story

By Lisa Spahitz

“While on the vacation of a lifetime with my family, I get a text from back home.

A good friend lost her husband while they were on a family trip. What? We're all the same age—this isn't supposed to happen when you're in your 40s! She has four kids, a home, expenses... how will my friend make it?

It didn't stop there. Just a week after getting home, another friend was diagnosed with terminal cancer. She's my age! This isn't supposed to happen to people our age! Will she lose the house? What about childcare expenses? So much to wonder about, more expenses to stress over and now her children have to watch her die.

Needless to say, it's been an incredibly overwhelming month. With all of this emotion whirling around me I push forward trying to figure out how to move forward with the weight of real life in my face. The fabric structure I've built to make sense of the world has been torn. And still, life must go on.

So while embroiled in healing, questions begin circling around my head “Do either of them have life insurance? How will they raise the kids? How will they pay for a burial? Do they need



GoFundMe pages which seems so embarrassing? Who will donate? How much do they need? Can they pay their mortgage?”

All of these questions are very real concerns now that things just got VERY real. I have children, I have a home, I have expenses, I'm not wealthy. If I die who will pay for all of this? How will our children go to school? How will my partner mourn the loss while panicking about the details of daily life? How will I make the mortgage payment!

I got covered. I covered my husband. I covered the kids.

- Is the payment painful? A little, but I feel safer for some reason.

- Do I wish I didn't need it? Everyday.
- Am I relieved knowing that if the inevitable happens, my family will be able to process the loss without starving? Or losing our home. Without a doubt.

Side note, some of you might think coverage for a kid is a bit morbid. Truth be told if I'm contending with feelings of loss for friends, imagine what the loss of a child would do to you. The reality is life must, and will, go on and I'll still need to eat and live...while I mourn. This gives me the time as I can take off work and still pay bills.



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All Water in Pahrump Valley Comes from One Source



By Jacky Walker

No matter where you live in the Pahrump Valley, the water in your home comes from a well. You may have a private water well on your property or you may pay a water utility company for your metered water, but it all comes from the one source, the Nevada State Hydrographic Basin #10-162 aquifer.

"Most folks living in Pahrump subdivisions don't realize that their water comes from a well because they pay a water utility company for their water," says Matt Burg, Chair of the Private Well Owners Association (PWOA). "So, they often disregard learning about wells and water conservation. In reality, water utility companies pump water for their customers from Basin 162 using large commercial wells they own. Being a wise water consumer applies just as much for utility users."

Private Domestic Wells

Private domestic wells have been dug to deliver water to rural homes for more than a century in the Pahrump Valley and today still exist in the areas with larger parcels of one acre or more.

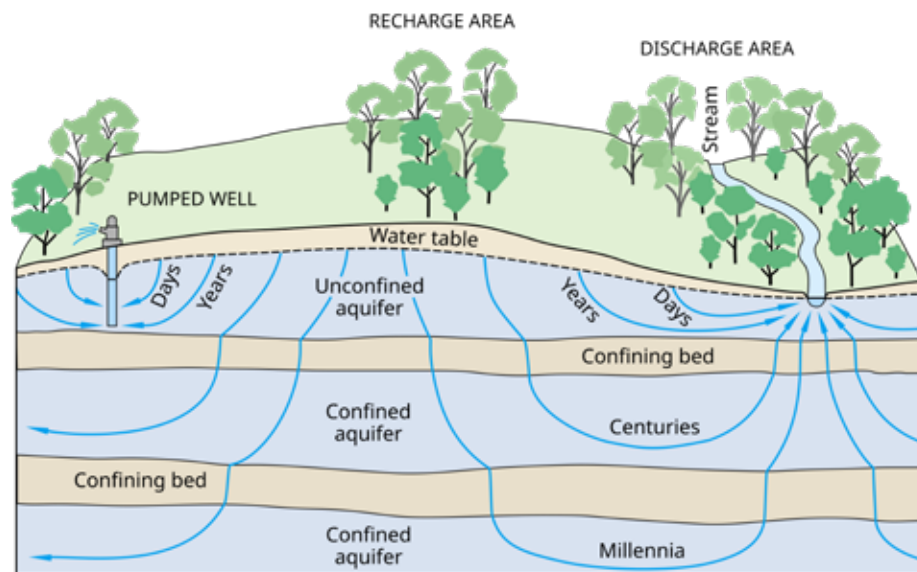
According to the Nevada Division of Water Resources, there are over 11,280 domestic wells in Basin 162. By state law (Nevada Revised Statute - NRS 534.180), each domestic well can pump

2 acre-feet of water per year. New domestic wells drilled after December 2017 are also subject to Nevada State Engineer Domestic Well Order #1293 and #1293A which require new domestic well owners to purchase 2 acre-feet of water rights and then relinquish it back to the State (but they can still pump the 2 acre-feet).

One acre-foot is the volume of water needed to cover one acre of surface area to a depth of one foot. An acre-foot has approximately 325,000 gallons of water, so each private domestic well can legally pump 650,000 gallons a year. Per numerous studies of Pahrump Valley household water

use, the average household consumes about 300 gallons of water a day for domestic purposes such as drinking, cooking, bathing, and toilet waste. Multiply 300 gallons by 365 days and the average home uses approximately 109,500 gallons per year, depending on the number of people in the household and how much is used for landscaping purposes.

Private well owners are responsible for drilling their own well, maintaining and repairing the well pump and other equipment, and making sure the water pumped into their homes is safe. There are no federal regulations for water safety for private domestic wells.





Ample information, however, exists on the U. S. Environmental Protection Agency's website for well owners regarding well ownership and well water safety (epa.gov/privatewells), and Pahrump's own Private Well Owners Association (PWOA) is an education-focused non-profit organization that welcomes the public to its monthly meetings to ask questions and learn about the ins and outs of well ownership.

Water Utility Wells

Water utility wells and water meters have become a widespread water delivery method to homes in the Pahrump Valley due to more subdivisions and homes built on smaller lots of less than one acre.

Three private water utility companies serve customers in Pahrump: Desert

Utilities, Great Basin Water Company, and Pahrump Utility Company. Each company serves a specific area of the Pahrump Valley, typically the housing subdivisions the utility owners may have been involved with developing (such as Artesia), or through contracted agreements to provide water to specific customers, both residential and commercial businesses. A map on Nye County's website shows the areas served by the three utilities.

Water utility companies are responsible for their commercial wells and water quality, plumbing infrastructure, water meters, and wastewater management, which includes sewage removal systems and treatment services for their customers wastewater. They are all regulated under rules enforced by the U.S. Environmental Protection Agency as well as state agencies.

In addition, each company has a permit to draw water from Basin 162, which is commonly known as a paper water right granted by the State of Nevada.

Water Myths and Groundwater Levels

Since Basin 162 only collects water from rain or snow precipitation, it can take years to recharge the basin as it slowly seeps or melts and percolates into the groundwater. In February, the Nye County Water District released its prediction that years 2055-2060 could possibly reach critical management levels. Critical management is the point when water use exceeds water supply and triggers mandatory water conservation measures.

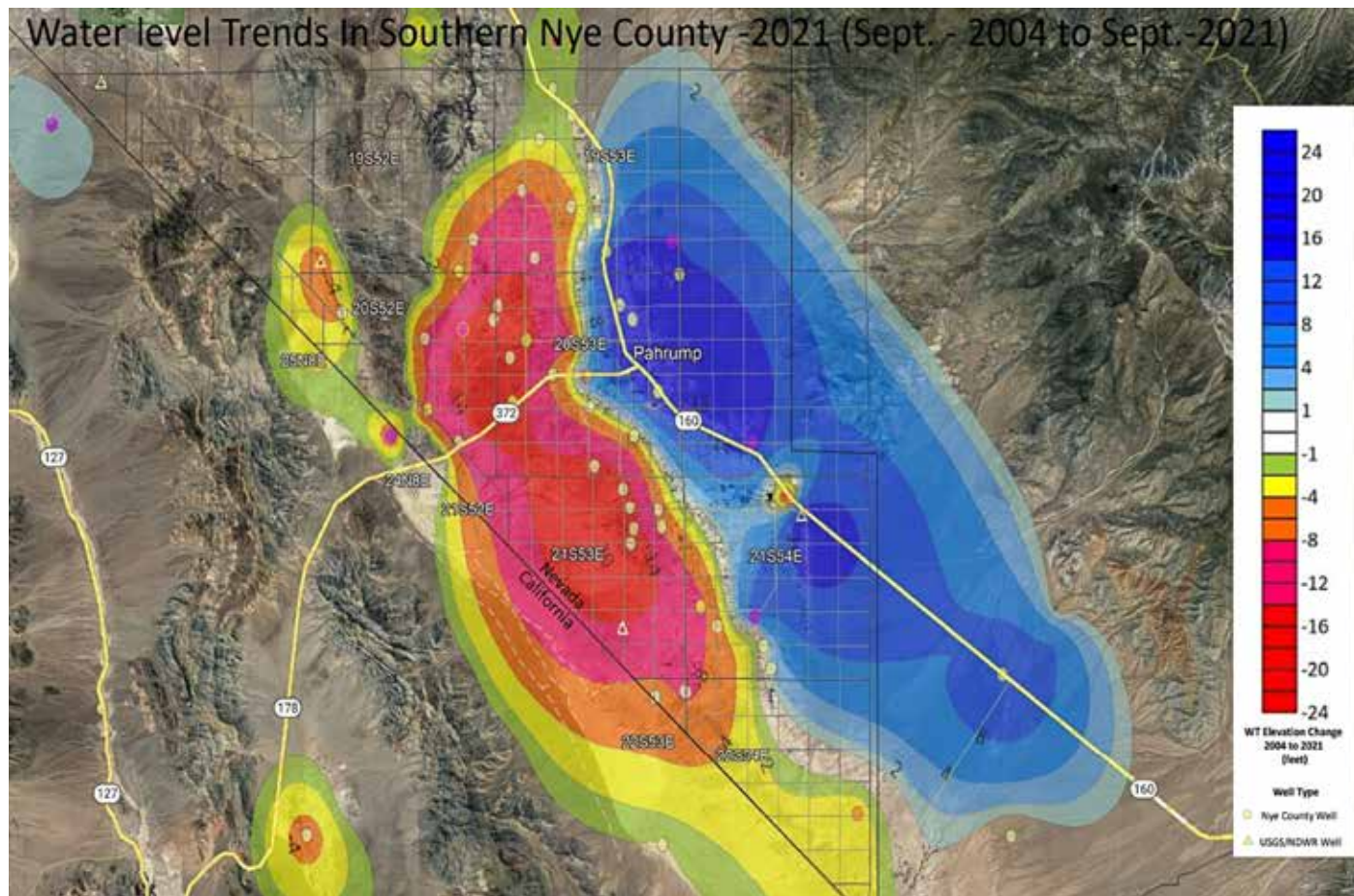
"There is a lingering myth that I still hear today that the aquifer has unlimited water and that it's the second largest aquifer in the nation," continues PWOA's Chair Matt Burg. "It's an idea from the 1960s and 1970s that likely eased buyers concerns about living in the middle of a desert. I'm hoping people are better informed and will stop repeating this myth. We've been in a drought, our population is growing, water levels are declining, and no one knows how much water is in the basin we draw from."

Meanwhile, Pahrump Valley's aquifer continues to be described as an "over-appropriated" water source with "the highest density of domestic wells of any basin in the State" by Nevada's Division of Water Resources (DWR). Unfortunately, DWR has allocated an extra 30,000 acre feet per year in paper water rights, which is far above the annual 20,000 perennial yield it says Basin 162 can accommodate. Perennial yield is the volume of water that the aquifer can sustain annually due to natural recharge without being depleted.

It will take some time to bring Basin 162 back into balance. Hopefully, new water awareness and better water stewardship will be enough before time runs out.

Did You Know?

- 💧 The Pahrump Valley aquifer stretches east into Clark County and southwest into Inyo County, California. The Nevada part of Basin 162 is about 789 square miles.
- 💧 October 17, 2024, is “Imagine a Day Without Water” sponsored by the U.S. Water Alliance (<https://uswateralliance.org/>), is a national education campaign to highlight how water is essential, invaluable, and in need of investment.
- 💧 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.



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Pumpkinberry Designs

By Darlene Hatfield

“Man is happiest when he is creating. In fact, the highest state of which man is capable lies in the creative act.”

- Leo Buscaglia

My craft journey began early—my mom was a maker: always painting, sewing, crocheting, playing piano, and making beautiful floral arrangements from the flowers she grew. She was definitely a believer that “busy hands keep kids out of trouble” so she encouraged my sisters and me to create as well. It’s interesting, because none of us followed all of her interests, but we all followed some of her interests. I personally followed her into painting and sewing, and she started giving me oil painting lessons when I was around 7 or 8 years old. I was probably her most annoying student—still lifes were boring, and landscapes weren’t much better. I did enjoy painting ocean scenes, and since we lived only three blocks from the beach in San Diego County, CA, I certainly didn’t lack for inspiration. I loved to draw cartoons!

By the time I reached junior high school age I had set aside the painting (1970’s oil paints were a pain and took forever to dry, and acrylics were only just starting to improve—anyone just starting their painting adventures today has no idea how lucky they are!) and headed enthusiastically into sewing. I received my first sewing machine for my 12th birthday—my mom was tired of sharing hers (I pretty much commandeered it for making Barbie doll clothing when I was 9). By high school I was making most of my own clothing, as well as sewing clothing on commission for other people. I tried making stuffed animals but I was desperately allergic to the fake fur, and it never occurred to me to use cotton prints... that idea came along later.

Life gets busy—I started college, didn’t care for that (too much like 13th grade), and went to trade school for electronics. I started working in the electronics field, and went from a line/test position into field service work, on call 24/7. All of this left little time for being creative, although I did start to experiment with ceramics in the mid-1980s. Anyone who is familiar with my current crafts and ceramics will rec-



Darlene Hatfield

ognize the influence of Dona’s Mold Company and Clay Magic Molds in how I paint faces.

In 1988 my husband, Dan, and I moved from San Diego, CA, to Reno, NV, to help my mom refurbish and save the old Governor Sparks mansion that had been moved from the center of Reno south to Pleasant Valley. My desire in relocating to Reno was to start a full-time craft business. That began in 1989 when I started wholesaling ceramic Christmas ornaments to a few stores in the Reno/Tahoe area under the business name Great Ornamentations. By 1991 I moved into selling at many craft shows in the area.

Eventually my husband and I be-



came involved with Crafter's Mall in downtown Reno—where we rented booth space to individual crafters—and then took over operations when the first owner made a decision to release the mall to the property owner. The day-to-day operations were mostly Dan's responsibility; I maintained a booth in the mall and I was responsible for the bookkeeping side of things (oh joy). Because of the ups and downs of business we also started delivering newspapers—it was a great income for just a few hours work per day.

When we eventually closed the store in 1998 (more downs than ups, sadly) I started working as a rural carrier for



the USPS. Shortly after that Dan and I welcomed our daughter, Cameo, into the family. I went back to doing craft shows, although fewer than before, and I stopped working in ceramic and started working in fabric characters—ceramic is a time-consuming craft, and I simply didn't have the time or energy to devote to it. And I love sewing!

In 2008 I began to rethink how I had been working—I loved making the fabric items that I had created, and most of my patterns were completely original. That's how Pumpkinberry



Designs, the business name I still operate under, was born. I began to explore marketing my patterns at quilt shows and had some success with that. Quilt show spaces are usually quite expensive, though, and there was a great deal of travel involved because Reno didn't have any significant quilt shows. It quickly became obvious that it wasn't





working—the expenses of the shows were huge, and it was too risky—it doesn't help that I don't particularly care to travel, either.

My crafting time became shorter and shorter as my daughter grew up. We chose to homeschool—and I have never regretted making that decision and would 100% do it again. I also helped my sister take care of my mom, who had been diagnosed with dementia. I started cutting back on craft shows, though, especially shows where I had to travel more than an hour. I continued delivering newspapers throughout this time, although I had left my post office job when they changed the rules for part-timers.

In 2014 Dan and I had decided it was time to change—we were both working at jobs that we were tired of and it was time to try something new. My friend Randi Case had moved to Pahrump in 2012, and was working on building up



shows here. Cameo and I came down here and did Art in the Park in 2014, and I went back to Reno and packed up all my craft supplies in preparation of making the jump to Pahrump. Dan was onboard—as a member of Front Sight he loved the idea of being closer and perhaps getting a job there.

As usual, life happens, and my mom went downhill quickly, and became

completely bedridden in early 2015. Both Dan and I settled in to help take care of her, although her primary caretaker was my sister. When my mom passed away in October of that year, not unexpectedly, we listed the house for sale and started looking for a place in Pahrump. And then we endured the long, dragging time on the market...

Keep in mind, my painting and sewing supplies had been packed up since October of 2014—most of them were already in a storage unit here in Pahrump. In desperation I started drawing faces on random objects—I hope they include the picture of my cute sweet potatoes—what else was I supposed to do when one of the potatoes in the bag has a nose?

Finally the house sold, and we loaded up the final moving van and headed to Pahrump on what would have been my mom's 90th birthday in 2016. We converted the garage on the property into my studio, and I began doing a few craft shows in town. I also offered craft classes, primarily working with



“My next show will be Spooky Jingles on October 11, 12, and 13...at the Bob Ruud Community Center... I would love to see you there!”

raw clay and sculpting whatever the student could imagine.

In 2018 I was given an incredible opportunity to start a part-time job at Nevada Outreach, and a steady income is always a blessing. I am still working at Nevada Outreach, but my job has grown into full-time hours. I'm also blessed to be very active in my church, Faith Fellowship, where I run a weekly Bible study for teenagers and young adults. This past April I took a chaplain's training through Messages of Faith Ministries in Las Vegas; I am continuing with their weekend trainings as I advance to senior chaplain. All of this is to say, life happens, and I am ridiculously good at making sure I stay busy (maybe it was never life...it was always me)!

However, I still sell my crafts at a few shows every year in Pahrump. My medium has changed again—I'm less likely to be painting smiles and eyelashes on fabric stuffies, and more likely to be painting on anything that will hold still long enough for me to get a good face on it! Currently I'm having fun turning bricks (because they will never blow away!) into charming and friendly decorations for the garden, as well as entertaining myself with quirky wine bottle characters. Stay tuned!

My next show will be Spooky Jingles on October 11, 12, and 13, 2024, at the Bob Ruud Community Center in Petrack Park. I would love to see you there!





Wills & Trusts

How Can I Best Transfer My House to My Loved Ones When I Pass?

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

Often, our homes are our greatest asset—we spend the most amount of time, money and care there! So how do we make sure when we pass away that our homes go where we want them to go? Let's look at some common options and the pros and cons of each:

Adding Someone's Name to the Title of Your Home

At first glance, this seems like a no-brainer solution: if you add the person who you want to receive your house to the title of your house, then when you pass away, the house is already in their name. What could be easier than that? What clients often misunderstand are

the consequences that occur before you pass away from adding someone's name to the title of your home.

First, the IRS views this as a gift. You are essentially gifting them a portion of the house's value, which may trigger a gift tax, necessitating a gift tax return with the IRS, and potentially penalties and fees if it's not properly reported.

Second, adding someone's name to the title of your home means that your home is now liable for them and their mistakes. What does that mean? It means that if the person you add to the title of your home is ever sued (car accident, divorce, fight, credit issue), your home could get dragged into the litigation to pay for that person's mistakes.

Because their name is on the title of your home, any potential creditor

(person to whom they owe money), will see your home as that individual's asset, which is up for the taking if they owe someone else money. Scary, right? The last thing you want to do is lose your home because your son or daughter didn't pay their credit card bill, and the credit card company sues them and comes after your home, or because they got in a car accident, and now they're being sued.

Third, when you add someone's name to the title of your home, the person you add loses out on a step-up in basis when you pass away. Let's break that down further. Step-up in basis is a tax term that means when you pass away, the person who inherits your asset has the cost basis of that asset reset.

For example, if you bought your

house for \$200,000.00, but when you die it's worth \$400,000.00, the cost basis is reset at \$400,000.00. This means if the house is later sold, the new cost basis is subtracted from the sales price to calculate capital gains tax liability. Essentially, this gives the person inheriting your asset a huge tax advantage because they don't have to pay taxes on it on the value from when you bought it until the value when the person inheriting it sells it! If the person is added to title during your life, you jeopardize their opportunity for this tax-savings advantage.

Deed Upon Death

Okay, so we've established that we are not going to add someone's name to the title of your home- there are too many issues! So what about a Deed Upon Death? A Deed Upon Death is a legal document that conveys your interest in your property to someone else, effective upon your death and recorded against your real property. Seems easy enough, right?

Several years ago, deed upon death processes changed, and now there are a number of challenges surrounding this process. First, if your estate (your assets) are insufficient to satisfy the debts you leave when you pass, the real property can be taken by your creditors even if you have a deed upon death recorded.

Second, state law now requires the

beneficiary of the deed upon death (the person named in the deed upon death to inherit when you pass away) to go through a "mini-probate"- they have to publish a notice to creditors in a legal publication, giving 90 days for any unknown creditor to approach them to file a claim against the property.

They have to notice the Department of Health and Human Services, the personal representative of the Estate (if any formal probate is opened), and any known creditors (creditors of yours they're aware of). In addition, title companies typically will require a "sign-off" or waiver by any person entitled to your assets under State law or your Last Will and Testament- including spouses, children, parents, and any other family members.

Suddenly, a deed upon death becomes a logistical nightmare while the person who inherits the property tries to jump through all of these hoops, while still maintaining the house (paying the mortgage, HOA fees, property taxes and insurance, upkeep and maintenance).

Revocable Living Trust

Just when we've lost all hope of ever transferring our real property to anyone without creating more problems than solutions, we discover there is a mechanism that allows us to transfer the property without giving owner-



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!

ship now like adding the person's name to the deed, and without much of the headache of the deed upon death administration: a revocable living trust.

By putting your house into a Revocable Living Trust, you can maintain ownership of the house during your whole life, pass it to your loved ones upon your death, and efficiently make sure they are able to enjoy the house you've worked so hard to maintain and care for all of these years, and you can protect your beneficiary from their creditors and debts! It truly is a win-win situation.

If you want more information about a revocable living trust, seek out an estate planning law firm that only practices in estate planning, asset protection and probate. David Bindrup Law Firm offers free consultations at our Pahrump office, located at 1321 S. Hwy 160, Suite 8A, Pahrump, NV 80948. Call 702-465-0888 to set up a cost-free consultation with an attorney to review your options today!





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



Retirees Must Identify and Manage Income Sources

During your working years, you know where your income is coming from because you're working. But once you retire, you'll have to identify your income sources, know how much you can expect from them and know how to manage them to help support a retirement that could last two or three decades.

So, where will your retirement income come from? And what decisions will you need to make about these income sources?

Consider the following:

- **Retirement accounts** – If you've regularly contributed to an IRA and a 401(k) or similar employer-sponsored retirement plan, you likely have accumulated substantial amounts of money in these accounts — but during your retirement, you'll need to start tapping into them. In fact, once you turn 73, you're required to start taking withdrawals from some of your retirement accounts, with the amount determined by your age and account balance. You could take out more than these amounts (technically called required minimum distributions, or RMDs) but you can't take less without incurring penalties. Many people take out 4% of their balance each year, and this guideline may be reasonable, but everyone's situation is different. So, you'll need to weigh various factors including your age, health, and other sources of income before deciding on an appropriate withdrawal rate.
- **Social Security** – You can start collecting Social Security at age 62, but your payments will be much higher if you wait until your full retirement age, which will be between 66 and 67. And your benefits will reach the maximum amount if you wait until 70 before collecting. So, your decision on when to take your

“By learning all you can about your potential retirement income... you can help yourself achieve a comfortable retirement.”

benefits will depend on whether you can afford to wait, and for how long. In making this choice, you'll also need to consider your health and your family history of longevity. And if you're married, you may want to factor in spousal benefits when deciding when you should collect Social Security. A spouse can receive either their own benefit, based on their work record, or up to 50% of their spouse's benefit, whichever is greater. So, if one spouse has a much higher benefit, it may make sense for that spouse to delay taking Social Security as long as possible so that both spouses can receive bigger payments.

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- **Earned income** – Even if you have retired from one career, it doesn't mean you can never receive any earned income again. If you have specific skills that can translate to part-time work or a consulting arrangement, you might want to consider reentering the work force in this way. With the added income, you might be able to afford delaying Social Security, and you would still be eligible to contribute to an IRA.
- **Supplemental lifetime income** – There aren't many guarantees in the financial and investment worlds — but one of them is the income from a fixed annuity, which can be structured to provide you with a lifetime income stream. Annuities aren't for everyone, however, and they do involve penalties for early withdrawals and lack of protection from inflation.

By learning all you can about your potential retirement income sources, and by understanding how to manage this income to your best advantage, you can help yourself achieve a comfortable — and more rewarding — retirement.

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Medical Advice

Trochanteric Bursitis



Dr. David Lewis,
DC, QME

By Dr. David Lewis, DC, QME

Do you have pain on the lateral side of your leg by your pelvis?

Trochanteric bursitis is painful swelling in the bursa that cushions the upper, outside edge of your femur.

What is Trochanteric Bursitis?

Trochanteric bursitis is a painful swelling near the hip joint, which is a specific type of bursitis.

Bursitis is the inflammation of a small, fluid-filled sac called a bursa, which cushions spaces around bones and other tissues like bubble wrap protecting structures in the body.

The hip joint connects the thigh bone (femur) to the pelvis, with the greater trochanter being the pointed upper, outside edge of the femur. Trochanteric bursitis occurs when the bursa covering the greater trochanter is damaged, inflamed, or irritated.

If you are experiencing hip pain, especially if it persists or worsens over a few weeks, it is advisable to contact our office immediately to alleviate your suffering.

Symptoms and Causes

What are the symptoms of trochanteric bursitis?

The most common symptom of tro-

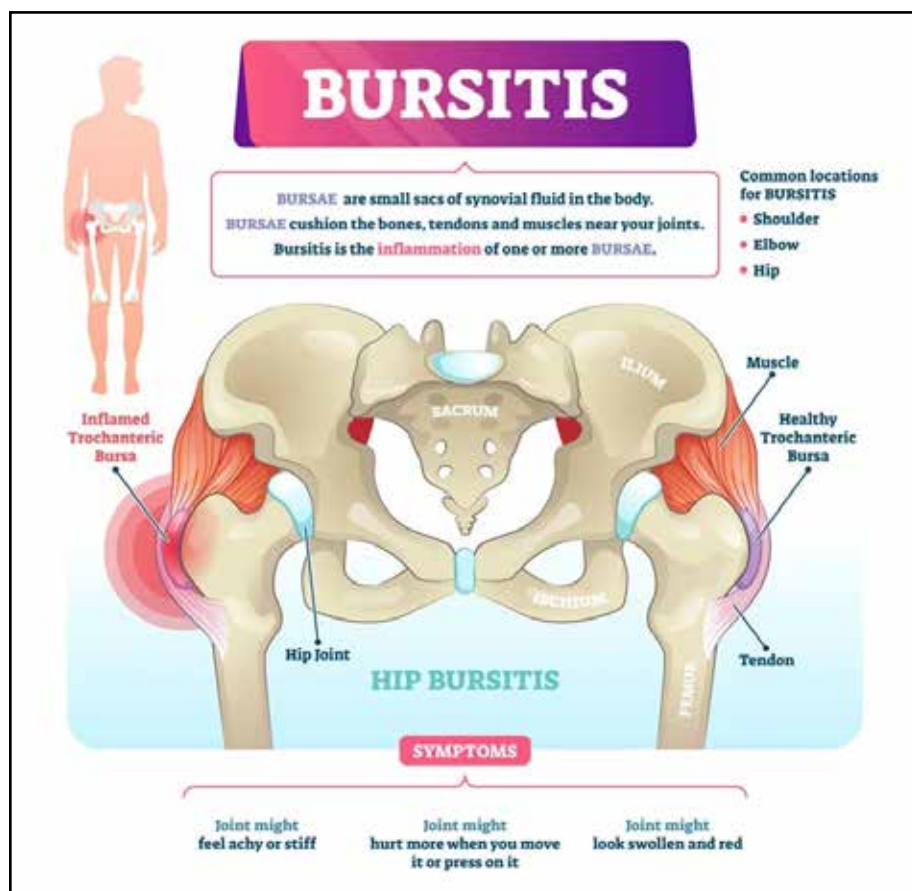
chanteric bursitis is hip pain, which may manifest:

- On the outer side of the hip.
- In the side of the upper thigh.
- In the buttock.
- When lying on the affected side.
- When standing up after sitting.

- When moving or using the hip, particularly during activities like walking upstairs.

What Causes Trochanteric Bursitis?

Trochanteric bursitis can be caused by anything that irritates or damages the bursa near the greater trochanter.





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

Let's talk today.



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Common causes include:

- Repetitive motions: Activities like lifting heavy boxes, climbing stairs frequently, or prolonged standing can lead to bursitis. Sports or physical activities that stress the hips, such as cycling or running, can also cause it.
- Hip injuries: Falls, bumps, or prolonged pressure on one hip can result in hip joint injury and bursitis. Sports injuries can also irritate the bursa.
- Postural issues: Health conditions affecting the hip joint shape or lower back can exert excessive pressure on the bursa. Conditions like scoliosis, hip bone spurs, leg length discrepancies, and calcium deposits in hip tendons can contribute to bursitis.

What are the Risk Factors for Trochanteric Bursitis?

While anyone can develop trochanteric bursitis, certain groups are more

susceptible, especially after falls or injuries. Groups at higher risk include:

- Athletes.
- Individuals engaged in physical or manual labor.
- Individuals who have undergone hip surgery.

People with specific health conditions, such as arthritis (especially inflammatory types like gout and psoriatic arthritis), psoriasis, diabetes, and thyroid disease, are also at a higher risk of bursitis.

Prevention

How can trochanteric bursitis be prevented?

The key to preventing trochanteric bursitis is to avoid overusing the hips:

- Learn proper posture and techniques for sports or work activities.
- Gradually introduce new exercises or activities to prevent injuries.

- Avoid prolonged lying on one side.
- Take breaks during repetitive tasks.
- Consider replacing your mattress if it is older than 1 - 2 years.

Treatment

At Medspine, we provide treatment routinely to patients with trochanteric bursitis.

The treatments are performed manually with supplemental lidocaine injections for additional comfort. For most patients, the pain and pressure will be reduced following the very first visit, and will be nearly resolved within 5 visits. Individual results may vary depending on how long you have been affected and if you change the ergonomic condition which perpetuated your issues. Call our office now to kick your trochanteric bursitis to the curb once and for all at **702-530-2225**.



Why Using a Paid Email Service is Better Than a Free One

Why Using a Paid Email Service is Better Than a Free One

Email has become an indispensable tool for communication in both personal and professional settings. While free email services like Gmail and Yahoo Mail are widely used and convenient, there are compelling reasons to consider opting for a paid email service. Here are several advantages of using a paid email service over a free one:

Reliability and Support: Large, free e-mail services do not offer ANY support so if you were to get locked out of your account, you'd have zero help or assistance. Paid email services typically offer a higher level of reliability and uptime compared to free services. In addition, users of paid services often benefit from dedicated customer support, ensuring prompt assistance and resolution of any technical issues.

Enhanced Privacy and Security: Paid email services often prioritize user privacy and security by offering robust encryption protocols, advanced spam filters, and secure data storage. This helps protect sensitive information from unauthorized access and en-

sures a higher level of confidentiality.

Ad-Free Experience: Free email services are typically ad-supported, meaning users may encounter intrusive advertisements within their email interface. In contrast, paid email services often offer an ad-free experience, providing a cleaner and more focused environment for managing emails.

Custom Domain: With a paid email service, users can often create email addresses using their own domain name (e.g., [name]@[yourdomain].com). This not only presents a professional image but also gives users greater control over their email identity and branding.

Increased Storage and Features:



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Paid email plans often come with generous storage capacities, allowing users to store a large volume of emails and attachments securely. Paid services may offer additional features such as priority support, collaboration tools, and integration with other productivity apps.

No Data Mining or Ad Targeting: Free email services may engage in data mining practices to analyze user behavior and target advertisements. In contrast, paid email services prioritize user privacy and do not engage in intrusive data mining or ad targeting practices, enhancing overall privacy protection.

Better Control Over Email Management: Paid email services often provide advanced email management features such as folder organization, email forwarding, and customizable filters. This allows users to efficiently organize and prioritize their emails according to their preferences.

Professional Image: Using a paid email service with a custom domain not only enhances security and reliability but also conveys a professional image to recipients. This can be particularly advantageous for businesses and professionals looking to establish credibility and trust with clients and partners.

While free email services offer convenience and accessibility, opting for a paid email service provides users with a range of additional benefits, including enhanced privacy, security, reliability, and customization options. Ultimately, the choice between a free and paid email service depends on individual preferences, budget, priorities, and the level of functionality required.

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

Still Needing Some Help?

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

About Josh Osborne

Josh has over 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.

Nye County and Pahrump Honors

Purple Heart Recipients

Purple Heart Recipients Jerry Dumont, Stephen Hall, Tom Waters, and Michael Sitton with Fred Wagar, Frank Carbone.

By Lt. Colonel (USAF Ret) Tom Waters

We (in the United States of America) celebrate Purple Heart Day each year on August 7th to honor and remember U.S. service members who were killed or wounded in action while serving in the military. The day also aims to raise awareness of the effects of war on veterans and their families. It is also important to know that the Purple Heart is the very first and oldest military medal and was established by George Washington in 1782.

For a moment, let's jump ahead from 1782 to October 2017 when the Nye County Board of County Commissioners (BoCC), chaired by John Koenig, voted to recognize Nye County AND the Town of Pahrump as Purple Heart entities. The overall effort could not have occurred without the sponsorship of Chapter 730 of the Military Order of the Purple Heart in Henderson, Nevada and the support of

its commander, Dan Peterson.

The idea by Air Force veteran Tom Waters was presented to BoCC Chairman John Koenig who supported the effort. All five Commissioners voted to approve the proclamation.

With the Proclamation on that date in October, Nye County became Nevada's first Purple Heart County and Pahrump became Nevada's first (and only) Purple Heart Town.

Here is a quote from the two proclamations. "Many citizens of Nye County (the Town of Pahrump) have earned the Purple Heart Medal as a result of being wounded while engaged in combat with an enemy force, construed as a singularly meritorious act of essential service; and whereas, Nye County (the Town of Pahrump) appreciates the sacrifices our Purple Heart recipients made in defending our freedoms and believe it is important that we acknowledge them for their courage and show them honor and support they have earned."

The purpose of being a Purple Heart

County or Town is to express gratitude to the sons and daughters of our community who were either wounded or killed in combat defending the freedoms enjoyed by all Americans. Nye County and the Town of Pahrump join the more than 900 Purple Heart locations in the United States honoring the 1.6 million Purple Heart recipients.

So, what do you say on Purple Heart Day or what do you say to a Purple Heart recipient? You could say, "We're wishing each of you a special Purple Heart Day to those who were wounded. Your courage and sacrifice will never be forgotten, and your strength inspires us all." "Thank you for your service and bravery!"

I believe that I speak for each Purple Heart recipient when I say, "It was our honor to serve."

We want to thank the 2024 participants of the Pahrump Purple Heart Sundown Ceremony.

- HOST – Commander Melinda Mills – American Legion Post 22 Introduction of Guests



American Legion Commander Melinda Mills



Commissioner Frank Carbone



DAV Department Commander Fred Wagar

- MC – Commissioner Frank Carbone – Introduction of Veteran Organizations / program
- Opening Prayer – PO2 James Mills (USN-Ret)
- Signing of Opening Prayer – Marla Quercia
- Presentation of Colors – Nye County Sheriff's Office Honor Guard
- National Anthem – Sgt Greg Curtain – NCSO
- Signing of National Anthem – Marla Quercia
- Presentation of County & Town Proclamations – Commissioner Jabbour
- **Guest Speaker – Nye County Sheriff Joe McGill**

- ID / Dog Tag Ceremony – USMC Major (Ret) Tim Callahan
- Poem – US Army Cpt – Jim Eisenberg
- Wreath ceremony – USMC Steven Watkins & USN (Ret) James Mills
- Presentation of State of Nevada Proclamations – Assemblyman Greg Hafén
- **Guest Speaker – DAV Department Commander – Fred Wagar**
- Closing Prayer – PO2 James Mills (USN-Ret)
- TAPS – US Army Major (Ret) Stephen Hall

I'll close this article with some facts about the Purple Heart Medal that you

can share with others.

1. The Purple Heart is the oldest military award still presented to American service members.

In 1782, President George Washington created the Badge of Military Merit and this became the Purple Heart's predecessor

2. Today's Purple Heart Medal.

Thanks to General Douglas MacArthur, the Purple Heart officially received its modern day look and name in 1932. MacArthur, who wanted to refresh and rename the award in time for the bicentennial of George Washington's birthday, worked with the Washington Commission of Fine Arts and Elizabeth Will, a heraldry



Assemblyman Greg Hafén II

specialist in the Army's Office of the Quartermaster General, to design the medal.

The revived Purple Heart medal, which features George Washington's likeness, was designated primarily as a combat decoration for the Army or Army Air Corps only, recognizing commendable action as well as those wounded or killed in combat. At this time, the Purple Heart could not be posthumously given or given to the recipient's family.

A few years later in 1942, President Roosevelt and the War Department further defined the qualifications for receiving a Purple Heart, designating it for those who were wounded or killed in action. They also expanded the eligibility of the award to all military branches of service and gave authorization to present posthumous Purple Heart medals.

3. Who received the first Purple Heart in U.S. History?

During the Revolutionary War, Continental Army soldiers William Brown and Elijah Churchill were the first soldiers to receive the Badge of Military Merit, the predecessor to the Purple Heart. William was most likely bestowed the honor for his service during the Siege of Yorktown, while Elijah was recognized for his gallantry at a battle near Fort St. George on Long Island, New York.

The first service member to receive the modern-day Purple Heart was Army General Douglas MacArthur for his service in the Pacific theater (specifically in the Philippines) during World War II.

4. Famous Purple Heart recipients.

Although each Purple Heart recipient deserves widespread recognition, a handful of honorees stand out as household



Attendees BJ Hetrick-Irwin (age 99); Ms Senior Golden Years Queen 2024 Debbie Forrest, and guest Vicki Gladsjo

names, such as the legendary Lewis Burwell "Chesty" Puller (USMC).

Other famous Purple Heart recipients include actors (such as James Arness, Charles Bronson, James Garner, Rod Serling), writers (Kurt Vonnegut, Oliver Stone), athletes (Warren Spahn, Pat Tillman, Rocky Bleier), and even animals Sgt. Stubby the dog and Sgt. Reckless the horse.

5. The first women to receive a Purple Heart Medal.

In 1942, Army Lt. Annie G. Fox became the first woman to receive a Purple Heart for her heroic actions during the Japanese attack on Pearl Harbor in 1941. Annie, who was serving as the chief nurse at Hickam Field, Hawaii, remained calm throughout the attack on Pearl Harbor and her hospital, and successfully directed hospital staff to tend to the wounded as they came in from the harbor.

While she wasn't the first woman to receive the Purple Heart, Cordelia "Betty" Cook was the first woman to receive both the Purple Heart and the Bronze Star. In 1943, Cordelia, who served as a combat nurse during World War II, sustained shrapnel wounds while working at a field hospital

on the Italian front. Despite her injuries, Cordelia continued to work and was later commended with both awards for her heroic actions.

6. John F. Kennedy, the ONLY President with a Purple Heart Medal.

Kennedy, who served in the Navy during World War II, injured his back when a Japanese destroyer collided with his patrol torpedo boat near the Solomon Islands. As his boat sank, Kennedy refused to let his injury stop him from towing a badly burned crew member to safety. Kennedy swam with the man's life jacket strap clenched between his teeth for three miles before reaching an island and bringing the man safely to shore. Kennedy was also awarded the Navy and Marine Corps Medal for his actions.

We honor our Purple Heart recipients each year on August 7th and thank them for their service and sacrifice. As I stated earlier, "I believe that I speak for each Purple Heart recipient when I say, "It was our honor to serve our nation and all of you."

The 2025 Purple Heart Day Ceremony will be hosted by the Disabled American Veterans (DAV) Chapter 15 of Pahrump, Nevada.

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- **Digital Radiography** - the type of computerized x-ray imaging that happens in real-time.
- **Physiotherapy** - therapeutic exercises, stretching, gait training, disc decompression, and balance enhancement.
- **Auto Accidents** - if you have been in a car accident, we can help by accepting your auto insurance med pay and liens.

Dr. David Lewis, DC, BS, QME

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Humorous Observations



By Tyler Ryan

Just a thought...

but why would any sane red-blooded American citizen continue to live in the same regions where natural disasters occur every season.

Each year we see the horrible news coverage especially down in the Southeast and Midwest about good people who have lost their lives, homes, and personal belongings to the winds of destructive tornadoes touching down.

Astonishingly, many of the victims say they plan to rebuild despite the fact that they've experienced the same fate and experiences before.

Good luck with that, folks.



My questions are: why? and are you crazy?

Don't get me wrong I do understand the deep nostalgia and love associated with maintaining one's heritage and roots, but for me if I'm forced to face mandatory evacuation orders each year, enough is enough and I am out of there.

Who can live like that?

Certainly not me.

I may sound selfish, but I happen to like electricity, plumbing, and a literal roof over my family's head, with a functional phone just to let first responders know that my home is now several blocks up the street from where I purchased it many years ago.

It's not just tornadoes and hurricanes during the year but also seasonal flooding and severe blizzards during



the winter, which is why my family is proud to call Pahrump Nevada home.

I recall an old friend from the Northeast once telling me that "You don't have to shovel sunshine."

It seems that the weather in the Pahrump Valley is not all that complicated, as it gets very hot during the summer months and quite cold come winter, which is not bad in my opinion.

Indeed, Pahrump, Nevada is one of the most unique communities in this fine country, thus I am very proud and grateful to call Pahrump my true home.

If I could, I would close Pahrump's door and hang a sign that states "Sorry folks we're full but thanks for stopping by."

Just a thought...





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Healthy Living

How to Free Yourself from Anxiety

By Crystal Atwood

Anxiety and worry can take over your life if you allow it to. Whether we like it or not, constant stress and worry can physically make us sick. The good news is that there are ways to help alleviate anxiety.

The first step is to figure out exactly what you're stressing about. Is it something you can change? Is it something you have no control over? By determining the root of your anxiety, you can better understand how you can overcome it.

For example, if you're feeling anxious about losing your job, you have the capability to change this worry. You can work harder to prove that you're an indispensable part of the team or you can start searching for a new job. **Taking action is the surest way to defeat anxiety.**

The truth is, there are plenty of situations in your life that you can change with some effort. For example, if you're concerned about your weight, the good news is that you can change it! You already know it takes a healthy diet coupled with regular exercise. Little by little, your weight will melt away and your health will improve.

By determining the root of your anxieties, and developing ways to turn them into something positive, you can often overcome them.

Here are some tips and techniques to help you manage your anxiety:

1. **Know your anxieties.** Write down exactly what's causing your anxiety, then note down ways you can change the outcome. Knowing what you're up against is the key to feeling better about yourself and your current situation.

2. **Breathe.** Once you've pinpointed the things you need to change, sit back and take a breath. This form of relaxation can help you calm your racing heart and give you peace of mind.



- Rapid breathing from anxiety can lead to a panic attack. Don't let it get that far. Breathe deeply and slowly as soon as you feel yourself become worried or anxious.

3. **Visualize.** Perhaps one of the most effective ways to overcome anxiety is the technique of visualization. Choose a quiet space in your home, light some candles, and close your eyes.
 - Imagine yourself in your ideal situation. Feel how calm you are and visualize letting go of your worries. Think about how happy you'll be once your source of stress has been diminished. ***Positive visualization can help you move toward the happier vision you've created in your mind.***
4. **Use positive affirmations.** When things get tough and you feel yourself losing control, repeat a positive statement over and over in your head. For example, if you're in need of a job, you can repeat something like: "I am a valuable and hardworking individual who is worthy of a fulfilling new opportunity!"
 - ***Reaffirming positive thoughts repeatedly can help you believe that anything is possible.*** The power of the mind is endless.
5. **Diet and exercise.** Eating a well-balanced diet and exercising can physically help you handle stress and anxiety. The stronger the body is, the stronger the mind is. It's a fact: if you abuse your body with junk foods or drugs and alcohol, your body and mind will react in a negative way.
 - ***Take good care of your body and it will help take care of your worries.***
6. **Seek support.** Talk to someone who has been in the same situation. Reaching out to friends

"By determining the root of your anxiety, you can better understand how you can overcome it."

and family or seeking professional help can do wonders to help you get rid of your anxiety.

Once you've seen that someone else has gone through and overcome what you're experiencing, it gives you great hope that you, too, can do the same.

Anxieties are a part of everyday life and today, with the current circumstances of our world, we find people of all ages, at an all-time high suffering from anxiety and depression. How



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

you choose to manage them is what makes the difference. ***Stop letting anxiety control you.*** Take the reins and let anxiety and worries know that you are the one in the driver's seat of your life.



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



Photo Courtesy of PV Times

Silver Tappers USO Show

Sunday, September 8th, 3 pm

Saturday, September 14th, 7 pm

**Saddle West Hotel Casino
1220 Hwy 160**

The Silver Tappers will present their annual USO Show at Saddle West on two different weekends in September. This highly acclaimed variety show pays tribute to our US Military personnel. Entertainment will include show numbers with our American flag, singers, and beautifully costumed tappers. The show concludes with the Silver Tappers performing their signature finale, a tribute to all veterans and troops currently serving. All ticket proceeds will go to Nye County Search and Rescue, and the VFW Food Bank. For tickets, contact Jackie at (775) 751-3468.

Big Bed Build

Sleep in Heavenly Peace

Saturday, September 14th, 9 am

2731 South Wood Chips

Bunks Across America is an organization with 360 chapters across the United States. On September 14th, all chapters will involve their communities to help build

beds for their own town. Their motto is "No Kids Sleep on the Floor in Our Town." There are jobs for both experienced and non-experienced bed-builders. Everyone is welcome. For more information, call Chapter President Carmen at (775) 910-8921.



Photos Courtesy of PV Times

Pahrump Fall Festival

September 19th – 22nd

Thursday, 5 pm - Midnight

Friday & Saturday, Noon to Midnight

Sunday, 10 am - 5 pm

Petrack Park, 150 NV 160

Celebrate Fall with this 50+ annual tradition, the Pahrump Fall Festival! The festival started as a simple harvest festival where a couple hundred people gathered to share the harvest, have fun, and eat some good barbecue.

The festival starts on Thursday and lasts four days, ending on Sunday. The Town of Pahrump brings this event to you, providing free admission to the festival and entertainment. There is a fee for the rodeo, and unlimited carnival ride bracelets are available for purchase.

The Fall Festival includes a parade; this year's theme is "Medieval." Take advantage of the Arts, Crafts, Food, and Horticulture at the Bob Ruud Community Center. Contact Reva at 775-845-659-3814 or email mom4life247@aol.com with any questions.

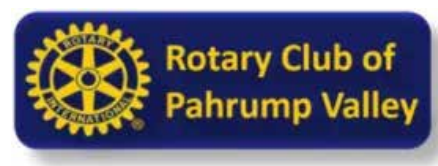


Art Walk of Pahrump

Saturday, Sept. 28th, 10 am to 6 pm

**Rubalcabas Mexican Restaurant
1500 Red Butte**

The final Art Walk of 2024 will be held on Saturday, September 28th,, from 10 am to 6 pm. This festival holds quarterly events with the mission to bring the community together through the arts. We plan to bridge the gap between the generations by having mentorship programs to teach the younger generations arts and practical tools for their lives, such as how to send a letter in the mail, how to budget their finances, and much more. There will be live music and several art stations teaching different art forms. It is a fun event for the whole family. Come support our local artists. For more information, email Tiffany WhiteCloud at artwalknv@icloud.com.



Rotary \$10,000 Cash Extravaganza

Saturday, October 19th, 4 – 7 pm
Nevada Treasure RV Resort
301 W. Leslie St.

The \$10,000 Cash Extravaganza is an event you will want to attend. There will be a silent auction, door prizes, music, and a 50/50 drawing. This year's proceeds will go to Pahrump Valley Fire and Rescue. Entry fees vary depending on whether you want to attend the event, purchase raffle tickets, or have dinner. Call or text Barbara Thompson at (775) 764-0681 for more information.

Bikers Against Bullying
2nd Bullying Awareness Ride
Saturday, October 5th, 9 am – 4 pm
Low Side Cigar Lounge
1971 Pahrump Valley Blvd

The motto of Bikers Against Bullying is "No child should have to live in fear." Come out and support this fundraiser in a 100+ mile Poker Run. All proceeds go to help the children in Nye County. Registration is from 9-10 am. Registration includes coffee, bagels, donuts, and lunch. Special activities include a car show, vendors, music, and raffles. There



will also be FREE games, prizes, activities, cotton candy, and a bounce house for kids 4 – 12. To be a vendor or participate in the car show, email cookie@Protectors2021.org or call (702) 236-2972.

Prairie Fire National SWAT Competition

Wednesday – Saturday, Oct 9th – 12th
1 Prairie Fire Road

The first Prairie Fire National SWAT Competition will occur at Prairie Fire October 9 - 12, 2024. This four-day event will unite some of the best SWAT teams nationwide to compete in challenging and intense stages. Participants will compete for over \$200,000 in cash and prizes. Registration fees will be waived this year to celebrate this inaugural event, which will become an annual competition.

Guests will be part of the action, whether cheering for the heroes, taking on the unique and thrilling challenge of six shooting experiences, or gaining invaluable insights from esteemed instructors through impactful training seminars. Single and group ticketing options ensure unequaled spectator experiences.

A portion of ticket sales go to Fallen Blue. This organization provides financial assistance to the families of officers who have fallen in the line of duty. For additional information on the event and to register, visit <https://www.prairiefire.com/prairiefire-national-swat-competition-2>.

Young Eagles Rally
Saturday, Oct 19th, 8 am-Noon
Calvada Meadows Airport
900 E. Jenny Circle, off Hwy 160

Weather permitting, EAA Chapter 1160 of Pahrump will host a Young Eagles Rally. Children ages 8 through 17 will receive free airplane rides to introduce them to private aviation. The rides are about 20 minutes long. Complimentary water and free aviation magazines will be available for the Young Eagles.

We will sell airplane T-shirts. The cost is \$15 for youth sizes, and \$20 for adult sizes. We will also have \$1, \$2, and \$3 merchandise. Cactus plants will also be for sale. For more information or to register



for this rally, visit <https://yeday.org> or call Larry at 702-499-8229.



The 15th Annual PDOP Pumpkin Days

Friday, October 25th, 3 - 9 pm
Saturday, October 26th, 9 am - 9 pm
Sunday, October 27th, 9 am - 5 pm
Ian Deutch Park
1600 Honeysuckle Street

Pahrump Disability Outreach Program is proud to announce Pumpkin Days 2024. A fall event for the entire family. The three days of excitement will include the Monster Dash 5K, pumpkin patch, hay pyramid, hayrides, straw jump, hay maze, petting zoo, face painting, turtle train rides, fire trucks, police cars, haunted house, riding bull, fall photo opportunities, food, hot apple cider, kettle corn, kids' costume parade, and much, much more. The Monster Dash will be on Saturday, October 26th, beginning at 8 am, and registration will start at 7 am. \$5 per person or \$10 for a wristband to access the event throughout the entire weekend. Register at <http://www.pahrumpdisabilityoutreachprogram.com/pdop>. \$5 per person or \$10 for a wristband to access the event throughout the weekend. Register at <http://www.pahrumpdisabilityoutreachprogram.com/pdop>.

Green Life Produce 2nd Annual "Pahrumpkin Patch"

Friday, October 18th, 4 – 8 pm
Saturday, October 25th, 4 – 8 pm
6640 Hawkins Way

The 2nd Annual "Pahrumpkin Patch" will be held on two dates in October. There will be food, pumpkin painting, games, and photos for the whole family. You will also get to pick your own pumpkin from the farm. For more information, contact Kouanin Cantwell at (702) 280-2687 or email GreenlifeproduceNV@gmail.com.



Beatty Days

October 25th – 27th

Beatty's Cottonwood Park (corner of 3rd and Amargosa St, Beatty, NV)

Saturday morning starts off with a parade down Main Street. The day continues with the ICS Chili Cook-off, Classic Car Show, Corn Hole, and Horseshoe tournaments on Saturday and Sunday. There will be lots of contests and events for the whole family. There's even a Pet Parade on Sunday!

For more information, visit their website www.beattynevada.org, call the Beatty Chamber of Commerce at 775-553-2424, or email beattychamber95@gmail.com.



Bikers Against Bullying 2nd Annual Trunk or Treat

Tuesday, October 31st, 4 – 6:30 pm
Pahrump Spine and Wellness Center
2780 Homestead Rd

This free Halloween event will be a safe, fun-filled Halloween night for the kids. To be a trunk or to make a donation, call Cookie at (702) 236-2972.

Halloween at Smith's

Tuesday, October 31st, 5 – 8 pm
Smith's Parking Lot, 601 Hwy 160

This fun Halloween evening will include candy, games, car decorating, costumes, photo opportunities, decorations, and more. To RSVP, and for more information, email pahrumptrunktreats@gmail.com.

Halloween Spooktacular

Tuesday, October 31st, 5 – 8 pm
Pettrack Park, 150 Hwy 160

There will be candy, games, prizes, and lots of fun! Volunteers, sponsors and donations are needed. If you, your organization or business would like to contribute to this event, call Tony Casey at (702)-239-6521.

Soroptimist International of Pahrump, NV, 2nd Annual Christmas for Seniors

Collecting Donations October 1st –
December 11th

Nye County Coalition
1020 E. Wilson Rd.,

The Soroptimists of Pahrump are sponsoring their 2nd Annual "Christmas for Seniors," adopting homebound, isolated, and low-income seniors. The seniors will receive a Christmas gift, and a bag of life's necessities. Items needed are gloves, scarves, hats, lap blankets, quilts, slipper socks, toilet paper, personal hygiene products, jigsaw puzzles, adult coloring books with crayons/colored pencils, snacks, or unique gift items. Cash or check donations are accepted to help defray the cost of gift wraps and bags. Donations will be accepted October 1st through December 11th. Please deliver your donations to the Nye Communities Coalition administration office, 9 am – 5 pm. For more information, call Gina Emond at (702) 785-7828.



Nathan Adelson Hospice Fundraiser

Two-Person Scramble

November 2nd, 9 am - 2 pm
Lakeview Executive Golf Course
1471 E. Mount Charleston Drive,

This will be a fun time for all golfers! Your registration fee includes the green fee, cart, lunch, and prizes. Contact David at (775) 727-4040 for registration details and entry fees.



RECURRING EVENTS

First Sunday Vendor Event

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

Please note: The First Sunday Vendor Event at 2nd Amendment is on hold until cooler weather arrives. For updated information, scheduling, and vendor information, contact Trish Incopero at (702) 371-2393 or email her at Trishincopero@gmail.com.

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

Bob Ruud Community Center

2nd Saturday of each month, 1 – 4 pm
150 Hwy 160, Pahrump, NV 89060
Nevada Treasures RV Resort

Thursday before the 2nd Saturday of
each month, 4 – 7 pm
301 W. Leslie St. Pahrump, NV 89060

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 – pm

Thursdays, 11 am – 9 pm

Fridays & Saturdays, 11 am – 10 pm

Sundays, Noon – 5 pm

1731 S. Hwy 160, Pahrump, NV 89048

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 unique 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

First Friday & Saturday of Every Month
September 4th and 5th, 2 – 6 pm
October 6th and 7th, 2 – 6 pm
November 1st and 2nd, 2 – 6 pm
Great Basin College, 551 E. Calvada
(702) 528-6797

Fun for the whole family! Enriching activities include arts and 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. Great Basin's Open House is held every Saturday at 2 pm. Staff will be available to answer questions, and help you sign up for classes. 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 through September 7:30 - 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 to 11 am, May through September, and 8:30 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 a newbie or an expert, you and your family can join this free activity. 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., Pahrump, NV

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.

Pahrump Discussion Group

Every Thursday, 8:30 am

Pahrump Museum, 401 Basin Ave

We are a group of people who want to see a better world. We are not a political group. We meet every Thursday at 8:30 a.m. at the Pahrump Museum on Basin. The \$5 donation benefits the museum, and includes coffee, and cookies. There are many lively discussions on what's happening in Pahrump, the state, the nation, and the world. For more information, email Bill Newyear at bnewyear@att.net.

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 Betsy 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.

Mark Maynard – Frankie Valli Tribute

Saturday, September 7th

Mark Maynard is the country's number one Frankie Valley tribute artist in the country. His uncanny physical likeness, mannerisms, and spot-on vocals genuinely capture the essence of the legendary lead singer of The Four Seasons. Mark's roster of performing credits includes shows across the country with Legends in Concert. He also performs in Las Vegas casino shows, major charity events, corporate events, classic car shows, and more.



Jim Wise and Route 66

Saturday, September 14th

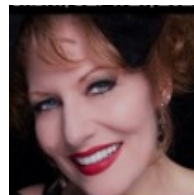
Pure country music at its finest. Among Jim's accomplishments are a gold record and video of the year for "Cowboy Cadillac" and a top hit, "She Wants to Drive My Truck," which generated its national line dance. Route 66 features Jim's originals, classics, and covers of current hits. This talented group throws in other diverse, high-energy songs from the Beatles to the Doobie Brothers. If you want outstanding, live country music with unexpected twists, find a car, truck, horse, or Harley, and head straight for Route 66.



Michelle Murlin

Saturday, September 21st

Michelle is a dynamic entertainer who performs many different styles of music, including impersonations of legendary stars in musical history. Her vocal abilities seem almost limitless, and she uses her talents in an evening of performance where singing, impersonations, and comedy are at their fullest. Her shows are fun, and high-energy. You won't want to miss this concert!



Robbie Howard

Saturday, September 28th

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



In-A-Fect

Saturday, October 5th

Consecutively voted the Best R&B Band in Las Vegas, In-A-Fect sounds



like Bruno Mars, Earth, and Wind & Fire. They sing classic and current R&B, Motown, the Top 40, as well as a touch of classic yacht rock.

Déjà vu

Friday, October 11th

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.



Soul Town

Saturday, October 12th

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

The NiteKings

Saturday, October 19th

The NiteKings have kept Doo Wop music alive and are still going strong – performing some of the greatest songs in history!



Corey Sachs – Reba McEntire Tribute

October 26th

Corrie Sachs' Tribute to Reba is pure joy. Her voice and mannerisms flawlessly showcase the country music superstar.



Recipe Box



No Bake Dark Chocolate Coconut Cookies

By Crystal Atwood

<https://naturalvibes-healthandwellness.com>

15 Servings

1 Hour

Ingredients

- 1 cup unsweetened shredded coconut
- 1/2 cup quick oats
- 5 oz. dark chocolate (at least 70% cacao, broken into pieces)
- 1 tsp vanilla extract
- 1/8 tsp sea salt

Directions

1. Line a baking sheet with parchment paper.

2. Heat a large skillet or frying pan over medium heat. Add the coconut and the oats to the warm pan. Toast the coconut and oats for 5 to 8 minutes, stirring often, until golden brown. Transfer to a large mixing bowl to cool.

3. Meanwhile, set up a double boiler: Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape.

4. Bring water to a boil then reduce to lowest heat. Add the dark chocolate to the smaller pot and stir until melted.

Remove from heat and stir in the vanilla and salt.

5. Pour the melted chocolate into the bowl with the toasted coconut and stir to combine.

6. Spoon the chocolate and coconut mixture onto the prepared baking sheet and form into flat cookie shape approximately 2-inches in diameter. Freeze for about 30 minutes until solid. Enjoy!

Notes

Leftovers. Refrigerate in an airtight container for up to one week or freeze for up to one month. Cookies will melt if stored at room temperature.

Serving Size. One serving is one cookie.

Sugar-Free. Use a sugar-free chocolate instead.

Nutrition (per serving)

Calories 103	Cholesterol 0mg
Fat 8g	Sodium 24mg
Carbs 8g	Vitamin A 4IU
Fiber 2g	Vitamin C 0mg
Sugar 3g	Calcium 8mg
Protein 1g	Iron 1mg



Volunteer Connection

Volunteer Connection is a listing of local organizations that need 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. You can volunteer a minimum of 15 hours a month. You must be able to pass an FBI Background Check and must be available for day-time classroom training. For information about Neighborhood Watch, contact Harold Rubin-Smith at 775-419-9707 or on their Facebook page. Call Commander Al McMahan or Vice Commander Leia Martin at 775-751-4231. Applications are available at the Sheriff's Office, 1520 East Basin Avenue, at the Administrative Office in the Detention Center (next to the Court House), or online.



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 George Barcus

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.

Pahrump Life Magazine publishes six issues per year. Each issue is packed with interesting stories and useful information pertaining to our area. Make your advertising dollars pay off! **Contact Us Today!**

Subscriptions

Only \$20 per year
for 6 issues

Advertising

The perfect place to hit
your customers!

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Pahrump Life Magazine

Publishers

Jim and Christine Butler
4414 Luciano Avenue
Pahrump, NV 89061

Sales

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Jim@PahrumpLifeMag.com
520-444-7007

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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
Living Free Café • Mastertech Computers • Nevada Treasure RV Resort
O Happy Bread French Bakery • Old West Market • Optimal Therapy
Pahrump Care Pharmacy • Pahrump Community Library • Pahrump Justice Court
Pahrump Nugget Hotel & Casino • Pahrump Rentals & Hardware
Pahrump Station Laundromat • Pahrump Valley Museum
Pahrump Valley Winery • Pahrump Wellness Center • Pizza Hut
Preferred RV Park • Romero's • Saitta Trudeau • Sander's Family Winery
Pahrump Senior Center • Shoshone Market • Smith's • Terrible's Road House
The Lady • The UPS Store • Pahrump Tourism • Trish Rippie Realty
Pahrump VA Clinic • 2nd Amendment Gun Shop

DINING life

Dining Life is a listing of local restaurants. Every attempt is made to maintain accuracy. If your restaurant is not listed or there is an error, please email Christine@PahrumpLifeMag.com.

Asian

China a Gogo

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

China Wok Buffet & Grill

580 S. Hwy. 160
775-727-9988

Chattai Bistro

421 S. Frontage Rd., #1
775-727-9988

My Thai

5020 Pahrump Valley Blvd., #3
775-751-5333

Ohjah Japanese Steakhouse

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

Panda Express

280 S. Hwy. 160
775-751-8822

Teriyaki Madness

240 Hwy. 160, #2
775-877-9670

Bars & Cafés

Pour House

Best Western
1101 S. Hwy. 160
775-537-1111

Golden Harvest Café

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

Jeremiah's BBQ

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

Lakeside Café

Lakeside Casino
5870 S. Homestead Rd.
775-751-7770

Le Bistrot Caché

Authentic French dinner cuisine
O Happy Bread French Bakery
1231 E. Basin Ave., #7-8
775-455-0478

Moonshiners

Terrible's Road House
1750 S. Pahrump Valley Blvd
775-727-7777

Rhinestones Country Bar & Dance Hall

1700 Pahrump Valley Blvd.
775-877-5068

Shenanigans Pub

1330 E. Calvada Blvd
775-419-6367

Silver Spur Buffet & Café

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

The Hubb

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

Bakery, Coffee & Snacks

Black Cow Coffee House

1266 E. Calvada Blvd #4,
775-419-6592

Java Junkies

Horizon Market
840 Hwy. 372
775-238-6848

Living Free Café

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

O Happy Bread French Bakery

1231 E. Basin Ave., #7-8
775-455-0478

Our Place

1720 E. Calvada Blvd.
702-742-8621

Pahrump Valley Roasters

301 Oxbow Ave
775-537-0700

Starbucks

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

Starbucks

460 S. Hwy. 160
775-727-7572

Deli/Sandwiches

Jimmy John's Sandwiches

Pahrump Nugget Casino
681 S. Hwy. 160
775-505-6011

Living Free Café

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

Old West Market

5581 N. Hwy. 160
775-419-6114

Port of Subs

150 S. Hwy. 160, #C-6
775-751-6000

Subway Sandwiches

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

Subway Sandwiches

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

Family Style

Denny's Restaurant

240 S. Hwy. 160
775-751-3828

The Grill Room

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

Irene's Casino

820 S. East St.
775-727-5211

Jeanne's Gourmet Hot Dogs

1401 Hwy. 160 & Loop Rd.
Jeanneshotdogs.com

Johnny's

1440 E. Hwy. 372
775-727-3737

Johnny's To Go

4760 Pahrump Valley Blvd.
775-253-4521

Mom's Diner

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

Oscar's Place To Go

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

The Venue

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

\$5 \$10 \$15 Restaurant

Stagestop Casino
100 W. Stagestop Rd.
775-727-7300

Fast Food

Arby's

690 S. Hwy. 160
725-245-1120

Burger King

667 S. Hwy. 160
775-751-8080

Carl's Jr.

500 S. Hwy. 160
775-727-3700

Chipotle Mexican Grill

540 S. Hwy. 160
775-505-2418

Dairy Queen/Orange Julius

20 S. Hwy. 160, #109
775-751-2177

Jack in the Box

640 S Hwy. 160
775-727-3783

KFC

1540 E. Hwy. 372
775-751-6400

McDonald's

710 S. Hwy. 160
775-727-8765

Seemore's Polar Parlor

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

Sonic Drive-In

350 S. Hwy. 160
775-727-0742

Taco Bell

571 S. Hwy. 160
775-727-7313

Indian

Pour House

Best Western
1101 S. Hwy. 160
775-537-1111

Italian

Carmelo's

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

Nicco's Pizza Italian Restaurant

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

Mexican/ Southwest

5280 Mexican Grub & Pub

2450 W. Mesquite Ave.
702-379-8926

El Jefe's, #1

1560 E. Calvada Blvd.
775-537-6034

El Jefe's, #2

921 S. Hwy. 160, #101
775-537-6034

Johnny's

1440 E. Hwy. 372
775-727-3737

Johnny's Taco Shop

1330 S. Hwy. 160
775-727-3733

LaFonda - Salvadorian & Mexican

1021 Gamebird Rd.
775-253-1604

Las Patronaz Mexican Cuisine

270 Dahlia St.
702-820-2281

Maria's Taco Shop

2301 S. Winery Rd.
775-751-0228

Roberto's

1541 E. Hwy. 372
775-990-4703

Romero's

290 S. Humahuaca St.
775-537-1800

Rubalcaba's Mexican Restaurant

1500 Red Butte St.
775-727-4225

Tacos Fiesta

1330 E. Fifth St. (off Hwy. 372)
702-579-5972

Tina's Tamales

361 Frontage Rd., #5
775-253-2634



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

Faith Fellowship Church

2190 N. Blagg Rd775-727-9183

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 372775-727-6767

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

VFW Food Bank

4651 Homestead Rd.....775-727-6072

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

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

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

Mia Ava East Coast Pizza

Mystery Diner



Rumor has it that there is a new pizza parlor in town. We went exploring AND FOUND IT!

Mia Ava East Coast Pizza is wonderful!

This new pizza restaurant is tucked into the small strip mall located on the northeast corner of Pahrump Valley Boulevard and Calvada Boulevard. Easy to find.

Upon entering you will immediately detect the heavenly aroma of fresh baking dough, spices, and the telltale tomato-based sauces — the staple ingredients for freshly made pizza.

There are so many things to choose from on the menu! There is “the grandma” which is a 16” by 16” pizza and fills the entire pizza box. It is referred to as Sicilian style (a thicker crust). It is cut in squares and can be tailored to your tastes.

Then there are the 12” and 16” New York styles and a Detroit style (deep dish, lots of dough pizza). You should try them all! There are also several fresh pasta

dishes, and delicious sandwiches (big enough to share) are among with many items they offer. Desserts too.

They also offer lots of discounts to peace officers, first responders, Veterans, and more!!! Just ask.

According to Danielle, who was the cashier/front counter initial meet and greet, order taker, they have been, quietly open since June 1. Only advertising has been done by word of mouth in the community! They wanted to wait until everybody was trained properly before they put the word out.

Well, now it’s out!

Danielle said she and her family had moved to Pahrump from Long Island, New York – they moved when she was 12; wouldn’t that account for her knowing her pizza?!

They take orders until 7:45 PM and not a minute later. They are very strict about it. Don’t call at 7:46 or you’re not getting any pizza. 😊😊

Currently the restaurant is open Tuesday through Sunday for now but will start opening on Mondays

once everybody is trained properly.

Great staff attitudes make for a nice environment.

A simply clean place to dine in.

Location: 1971 S. Pahrump Valley Blvd, Pahrump, NV, 89048

Phone: 775-505-4434





Pizza

Domino's

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

Farinata's Pizza

775-877-9400
1360 Hwy. 372, #3

K-7 Pizza

6050 Thousandaire Blvd.
775-727-9070

Little Caesars Pizza

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

Mia Ava East Coast Pizza

1971 S. Pahrump Valley Blvd.
775-505-4434

Pizza Hut

920 S. Pahrump Valley Blvd.
775-727-7952

Tarantino's Pizza

Horizon Market
961 S. Linda at Hwy. 372
775-727-4992

Tower Pizza

3561 E. Kellogg Rd.
775-537-2211

Small Plates

Artesian Cellars

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

The Wine Down

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

Steak House

Stockman's Steak House

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



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
Firm-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, jalapeños. 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**
Roz 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.



Living FREE café

Excellent Service - Exceptional Value

Sandwiches ★ Burgers ★ Melts ★ Wraps ★ Soups ★ Salads

Coffee ★ Smoothies ★ Frappes

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

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

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

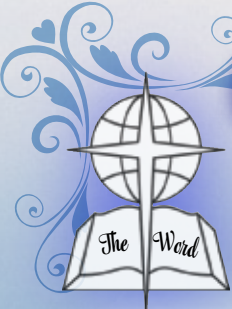
10% off
4pm - 6pm Mon-Fri

Corner of Hwy 160 & Mesquite Avenue

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

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

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Central Valley Baptist Church

"Where the Bible is Central"

SUNDAY Sunday School 9:45 AM
 Sunday Service 11:00 AM
Fellowship following Sunday Service
 Sunday Evening Service 6:00 PM
Pastor Loren Hefner

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



775-910-9995  3170 S. Blagg Rd.
 Pahrump, NV 89048
centralvalleybaptistchurch.com

CARPET CLEANING

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ABC SERVICES

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- 24 Hour Flood Service
- Upholstery Cleaning
- FREE Estimates
- We Do Windows

Available

24/7



*Up to 1,000 sq.ft. Licensed & Insured.

Leo Blundo's



FOR STARTERS

EVERYONE'S FAVORITE GARLIC BREAD

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

FRIED MOZZARELLA

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

BRUSHETTA

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

CAPRESE

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

CHICKEN CAESAR

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

FRIED CALAMARI

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

ANTIPASTO

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

NON-ALCOHOLIC BEVERAGES

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

ITALIAN SPECIALTY DESSERTS

SICILIAN CANNOLIS

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

N.Y. CHEESECAKE

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

DECADENT CHOCOLATE CAKE
WE ALL LOVE CHOCOLATE CAKE.

EAST COAST PIZZA & CALZONES

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

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

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

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

CHEESE

EAST COAST STYLE PIZZA.

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PEPPERONI & MUSHROOMS.

MARGHARITA

TOMATOES & BASIL PESTO.

MEAT LOVERS

SAUSAGE, PEPPERONI & ITALIAN HAM.

CAPRICCIOSA

ITALIAN HAM, MUSHROOMS, ARTICHOKE & BLACK OLIVES.

SUPREME

PEPPERONI, SAUSAGE, PEPPERS, ONIONS & MUSHROOMS.

FLORENTINA

RICOTTA, SPINACH, GARLIC & PARMESAN. ADD CHICKEN 3

ITALIAN CALZONE

ITALIAN HAM & SAUSAGE.

FLORENTINA CALZONE

SPINACH & PARMESAN CHEESE.

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AVAILABLE W/O PROTEIN, ADD CHICKEN OR SHRIMP

SPAGHETTI MEAT SAUCE ALLA BOLOGNESE

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

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FRESH CREAM INFUSED WITH REAL GARLIC, BUTTER & PARMESAN CHEESE.
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AVAILABLE WITH CHICKEN OR VEAL

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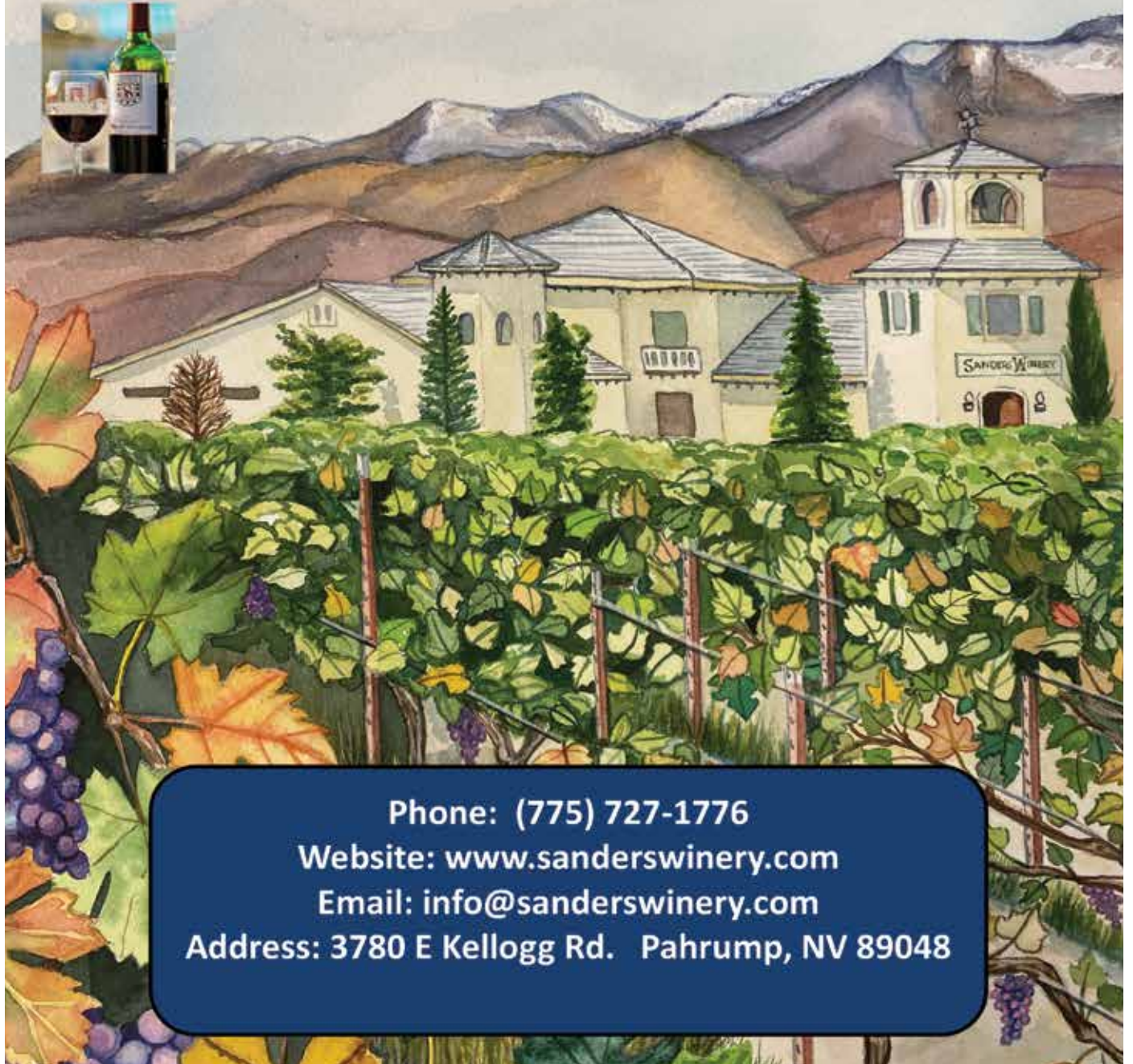
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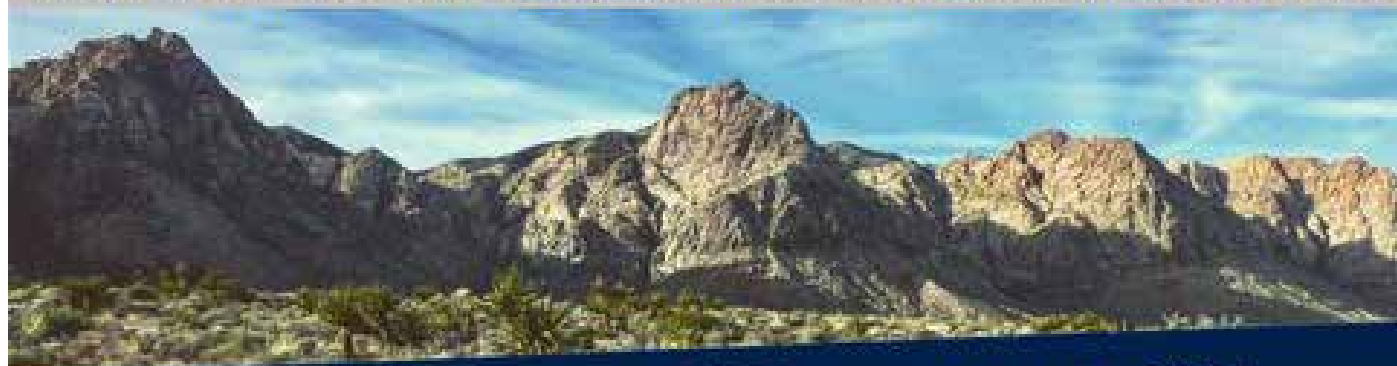
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Moving Checklist

It's time to start your moving calendar.

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

Now you're ready to greet your Big Day!

Useful Phone Numbers



ELECTRIC

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



WATER

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



TRASH SERVICE

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



TELEPHONE – LANDLINE

AT&T 800-288-2020



INTERNET SERVICE

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



TELEVISION SERVICE

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



HOSPITAL

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



DRIVER'S LICENSE/VEHICLE REGISTRATION

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



LIBRARY

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



SENIOR CENTER

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



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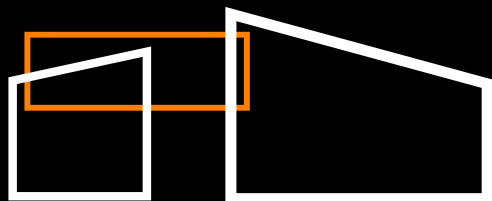
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775 Realty - Linda Mickelson	100	Lisa Bond Real Estate	97
ABB Roofing	100	Living Free Café	92
ABC Services	92	Living Free Gym	28
ACME General Store	100	Louis M.Minicozzi III, Attorney at Law	102
Ahrens Digital Concepts	100	Mary Kay - Dot Ahrens	102
Alvarez Landscaping	34	MedSpine of Pahrump	71
American Family Insurance	65	Mohave Dermatology	23
American First National Bank	35	Morales Construction	102
Artesian Cellars	Back Cover	Mountain West Lawyers	104
Battle Born Financial Advisor	12	Mr. Tire of Pahrump	13
Best in the West	100	Nathan Adelson Hospice	42
Carmelo's Restaurant	94, 95	Old Republic Title	98, 99
Central Valley Baptist Church	93	Pahrump Life Magazine	85
Charleston Peak Winery	Inside Back Cover	Pahrump Lock and Safe	102
Civil Air Patrol	63, 100	Pahrump Orange Mobile Notary	102
Civilwise Services, Inc.	100	Pahrump Prostate Cancer Support Group	34
Country Financial, Lisa Spahitz-Plassmeyer	51, 100	Pahrump Rentals & Hardware	16
Cunningham Construction	101	Pahrump Valley Disposal Cash for Scrap	102
D2 Design	46	Pahrump Valley Disposal Recycling Centers	102
David Bindrup Law Firm	55	Pahrump Valley Glass, LLC	102
Desert View Hospital	3	RCT Inc. Storage	103
Doug & Whistle Carey	101	Sanders Family Winery	96
Dr. Keith Kohorst	101	Secret Sisters Boutique	103
Edward Jones Investments - Jeffery R. Dye	63	South Valley Baptist Church	33
Fresh Binz, LLC	106	Speak Geek Mobile Computer Repair	17
Full Throttle Excavating	101	Stagestop Casino & Bar	103
Golden Entertainment	46	Superior Lawn Care	55
Great Computer Deals/Game Corner Arcade & Family Fun Center	67	T&M Group Realty - Debra Strickland	103
Gunny's Air Conditioning & Heating	17, 47, 101	TNL Handyman LLC	103
Hargis Electric, Inc.	73	Taylor Morrison	29
Harvey's Barber Shop	101	Terrible's Road House	Inside Front Cover, 90, 91
Inspirations Senior Living	33	Town of Pahrump Tourism	63
ISN	35	Trish Rippie Realty	103
Joe's Sanitation	101	Trusted Ally Home Care	7
Kustom Kolors	101	Your Solar Guy	43, 103



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