

Pahrump Life

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NOVEMBER / DECEMBER 2024

Welcome to the Newest Winery in Pahrump



FEATURES

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ARTS COLLECTIVE OF NYE COUNTY
THE D.A.R. ART CONTEST SHINES AT P.V.H.S.
THE WINE DOWN CELEBRATES ONE YEAR
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Notes from the Publishers

It's hard to believe we're approaching the end of the year. It all goes by so fast. Don't blink...you might miss something. It's also hard to believe that we've been at the helm of Pahrump Life Magazine for two years. We miss Ron and Marion, and we hope they are proud of what we've done.

I want to thank two of our contributors who are moving on to pursue different things. One is Sherry Rhine, who has been providing the Art Corner for at least as long as I've been involved with Pahrump Life which is about ten years. She's done a wonderful job keeping us up to date on the happenings in the Pahrump art community. We have strong and talented artists in town, and we will continue to cover their activities.

The other writer who is moving on to pursue other talents, is Carol Champney. She's been providing the coverage of Nevada State Parks, Events and Entertainment along with other miscellaneous articles I've asked her to write. It's been a pleasure working with both of them and we hope they know they can come back anytime.

If others are interested in writing an article for us, let us know. We enjoy covering new areas of interest and meeting other people who enjoy Pahrump as much as we do. If there's a topic you want us to look into, let us know.

In this issue we talk about the new winery and their plans for the future, the ten year old skateboarding champ and the upcoming local Holiday Garden Tour as well as other fun topics. We hope you enjoy reading it.

Happy Holidays! Be safe and enjoy friends and family during this special time of year. Thanks for all of your support over the last two years since we took it over.

- Jim and Christine



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Welcome to the Newest Winery in Pahrump Charleston Peak Winery

By Christine Butler

In 1988, Pahrump resident Jack Sanders began the process of establishing the first modern winery in our town and called it Pahrump Valley Winery. They opened the doors to the public in 1992. He was instrumental in starting the wine business in Nevada, specifically Pahrump. He sold this winery and built a new one called Sander's Family Winery, also located in Pahrump.

Pahrump Valley Winery has had a few owners since Jack left. The newest and current owner is a company called EWM Investments, run by Ernest Moody. They have many investments in the Las Vegas action gaming industry and are in the Gaming Hall of Fame. They have been in Vegas a long time, but the Charleston Peak Winery (the new name of Pahrump Valley Winery) is the only asset they have in Pahrump. He is the sole owner and intends to be involved in this investment but not in

“...the Charleston Peak Winery owns a 14-acre vineyard in Amargosa. It's one of the most remote vineyards in the country.”

the day-to-day operations of it.

They purchased the winery on June 17, 2023, and have been revamping, re-modeling, and re-branding ever since. They've had to go through the licensing process starting from the beginning, and some of the licensing work is still in process. They have been diligent in not breaking any of the local or state laws.

Grand Opening and Restaurant Plans

In June 2024, Charleston Peak Winery held its grand opening. Pete's Meats and Treats served food at this event as the restaurant is not available yet, but will be well worth the wait when it does opens which is targeted for late 2025. In the meantime, they

offer snack packs and breadsticks. By November, they plan to add sandwiches, Pizzas, and Charcuterie Boards. They are in the process of expanding the banquet kitchen in order to serve private events in addition to their restaurant clientele. The new owner also owns a restaurant in Summerlin called Amari and they intend to incorporate some of the originals from that menu as well as Amari Pizza into the offerings at the winery.

Current Staff Structure at the New Winery

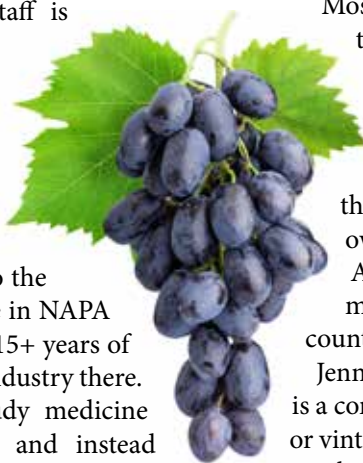
They have made this entity a very desirable workplace by providing the best insurance for employees and salaries comparable to those in Las Vegas.



The current staff is made up of eleven people plus two consultants. All employees are local people. Jenn Sela-Bowen is the Business Manager and says that the staff is amazing.

Jenn has been with them since EWM bought the winery. She has an incredible background in the wine industry and is an excellent asset to the team. She used to live in NAPA and has experienced 15+ years of training in the wine industry there. She'd planned to study medicine but was sidetracked and instead became involved in the wine industry and soon learned all about wine. Since those early years, she has studied the industry and earned her Vita Culture (wine science) and Enology (study of wines) degrees at UC Davis in California.

She obtained her Masters of Wine accreditation and became a certified Sommelier or wine steward. Part of this includes learning which grapes are grown where throughout the world as well as knowing wine pairing. She has been involved in almost every aspect of the wine industry. Her goal is to create a globally hospitable environment with a focus on service and making people feel comfortable around wine. Their



staff is also well-trained to help guests with wine choices and pairings.

Grapes in the Desert?

Most people probably don't think of the desert as a place where one can grow grapes. However, the local wineries have proven that belief wrong. For example, the Charleston Peak Winery owns a 14-acre vineyard in Amargosa. It's one of the most remote vineyards in the country.

Jennifer's husband, Steve Bowen, is a consultant and the winemaker or vintner for Charleston Peak. He was born and raised in Napa and has been involved in the wine indus-

try for a good portion of his life. One might say he's a Jack-of-all-trades, as he is also a welder, mechanical and electrical engineer, and knowledgeable in physical chemistry.

He says that a wine is usually, but not always, named after the region from which the grapes came. Sometimes, they are named after the grape. It takes several years before a grape is ready for wine. It can be between 3-7 years before a vine is ready to produce wine quality grapes. Currently, they only sell wine that they produce at the winery.

Currently the highest-priced wine Charleston Peak offers is \$40 a bottle. There will be a new vintage of reds bottled in January and it will be available in the spring. They also offer a non-alcoholic drink they call a mocktail.



What Does the Future Hold for Charleston Peak?

The new owner has done an amazing amount of remodeling to the inside of the building itself. They've removed the gift shop and now have a larger tasting room with tables and comfy chairs, as well as the tasting bar and snacks. The assortment of wines they offer is wide spread. The exterior of the building still represents the traditional old country winery structure, and the surrounding outside area still has the stage for future outdoor events such as entertainment and perhaps a grape stomp.

They offer something for everyone's taste. Future plans include offering classes and teaching customers more about wine, wine pairing, and the wine industry. They also intend to provide a place for friends, family, and tourists to come and relax and have fun.

Their corporate goal is to help bring back the winery's positive aspects and blend in with the rest of the town. They look forward to meeting the people of Pahrump and other visitors as well. Their desire is to be an active part of the community. My personal opinion is they are off to a great start.

Location and Current Hours

Charleston Peak Winery is located at 3810 Winery Road, Pahrump, NV 89048. They can be reached at 775-751-7800. Their website is <http://charlestonpeakwinery.com>. They are open Thursday through Monday from 12:00 pm – 5:00 pm and closed Tuesdays and Wednesdays.





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Youth Recognition



Kingsten Kalawaia Skateboarding Champion at Age Ten

By Christine Butler

Many kids learn how to skateboard at a young age, but not everyone gets the chance to compete in the Skateboarding World Cup championship. Kingsten Kalawaia not only participated in it, but he won it twice. He recently returned from Prague, where he competed and did very well in the Mystic Sk8 Cup, one of Europe's biggest skateboarding competitions. He was the youngest participant to win an event. The event was televised, and the Kalawaia family arranged a watch party for the kids back home.

Kingsten was 18 months old when he picked up his first skateboard. He got involved competitively when they moved here. Now, he practices three to four hours daily or at night and continues improving his skills over time. He states, "Prepping for competition

is work. When just doing it on your own, then it's fun!" His workout routine includes warming up with the balance beam and lifting weights. Then he moves on to 25 kickflips, 15 heelflips, and five varials. He also practices flipping the board in various ways and landing on it. He enjoys making up some of his own moves. When several moves are linked together, they are called a trick. He claims he hasn't mastered this yet, but he is definitely working on it. His sister describes him as a simple person except when it comes to skateboarding. When he was about to turn six years old, he entered his first competition and came in second place in his first appearance. Now, he's got his eyes and heart focused on bringing home a medal from the 2028 Olympics, which will be held in Los Angeles.

The Kalawaia family is from Oahu, Hawaii, where Kingsten began his skateboarding journey. He did it for



Kingsten World Cup of skateboarding ring for winning 1st place in street 2023

fun while there, but when they moved to Pahrump a little over six years ago and he saw the new skate park, he became interested in competing. He watched everyone skateboarding and



Kingsten's (2) 1st place medals from World Cup of skateboarding in street and bowl in Colorado 2024

wanted to learn more about it. Once he got into it, he decided he wanted to turn pro.

The Family Laid Out a Plan

The whole family is involved in skateboarding or related sports of some kind. There are five children, plus Mom and Dad. The family includes Mom (Liza), Dad (Gary), and their five children: Tristen (age 20), Kaisten (age 18), Kaelyn (age 17), Kingsten (age 11), and Braxten (age 6). Their goal is to build an action sports facility in Pahrump. It would be a non-profit, membership organization that offers an after-school active program that provides the kids in town with something to do. Their target population is kids of all ages. They want to create an environment for the youth of the town where they can meet and establish friendships with other kids, a place to improve their interactive skills, and a safe place to socialize. They are in the process of purchasing a location to build the sports complex facility that will cater to all of the ideas they are working on.

In addition to competing in his

sport, Kingsten also wants to help the community, especially the youth of our town. He and his family started a non-profit organization called the Kidz Dat Shr3d Organization. Each family member has a responsibility in their organization. Their vision, as stated on their website, is: "Empowering lives through action sports, fostering courage, resilience, and community. Our vision is a world where everyone can embrace challenges, celebrate achievements, and connect through skateboarding, scootering, roller skates/blades, and BMX (Bicycle Motocross). We're dedicated to providing safe, inclusive spaces where every person can discover their potential, push the boundaries, and thrive in a supportive environment. Join us in igniting passion, building skills, and creating a generation of confident, adventurous spirits!"

Who are the Kalawaia Family Members?

As mentioned earlier, the Kalawaia family comes from Hawaii. They've only been in Pahrump for about six

"When he was about to turn six years old, he entered his first competition and came in second... Now, he's got his eyes and heart focused on bringing home a medal from the 2028 Olympics..."

years and have already become valuable members of the community. Their goal is to help our town offer more opportunities for our youth, provide more things for them to do, and involve them in town events. They want to help bring new activities to the town, events where the young people can not only learn but have fun and make new friends from other communities as well as Pahrump.



KDS Skate Family as Braxten will call us



Kingsten in Prague at Stalin Plaza a pro street spot



Kingsten bowl run in Prague 2024

The whole family is involved in some sport. Each of them also has a role in the non-profit organization created by the family. Liza is the CEO, Gary is the Secretary, Kaelyn is the Marketing Director, Tristen is the Event Coordinator, Kingsten is the Program Director, Kaisten is the Artistic Director, and Braxten is the number one fan.

The family is active in the community and plans to continue increasing the opportunities for the kids in town. They all enjoy working with other people and helping them grow. Through some of their work, they have helped others improve and take their sport, whatever it may be, to a higher level.

They were instrumental in encouraging the kids in town to work at the

Balloon Festival, as well as getting the park managers to turn the lights on at the skate park so they could use it after dark. They hope that their organization continues to grow. The family is in complete agreement that drugs and video games paralyze kids. Their goal is to continue to develop the park into a place where kids can spend time, have fun, make new friends, and be worry-



Kidz Dat Shr3d Organization Pahrump pop up event

free. They want to create a place where kids feel safe and continue to grow in a positive way.

Until their facility is operational, they will continue to use the skate park at Ian Deutch Park to establish their roots and bring events to the skate community. They will charge for some events they hold if it is a competition-style fundraiser. If the event is a pop-up event, it is free, and they will offer merchandise to sell to help keep their work in the community growing and create the opportunity for the community to gather together for some fun. At the last event they held, 22 people came from Las Vegas and California in addition to the local crowd. Several local businesses support the events and contribute prizes and giveaways.

Depending on the weather, they are hoping to hold an event in December. Stay tuned to their website (<https://kidzdatshr3d.org>) for additional information on events and classes offered. If



Kingsten podium award 2nd place in bowl for World Rookie Tour in Prague

you want to see what it's all about for yourself, visit the skate park at Ian Deutsch Park in the afternoon or evening. Watch these talented kids show their skills. The park is 20-plus acres



Braxten creating his own tricks while enjoying his scooter

and is located at Honeysuckle Street between Pahrump Valley Boulevard and Dandelion Street in Pahrump. Come join the fun.



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The Holidays are Coming to the Gardens at the Moreno's

By Christine Butler

If you have never been to Leslie and Bobby Moreno's Garden, you are in for a special treat. They decorated about ¼ of an acre of their yard and their house with fun and festive decorations for the Holidays and invite the community to come and enjoy it. They plan to open for tours beginning the weekend of November 2nd and 3rd from 5:00 to 8:00 pm and continue the tours each weekend until December 14th and 15th.

They also plan to have surrounding community artisans stationed around the property. This includes bakers, woodworkers, and other talented craft people willing to donate their time and goods to help raise money for those in

need. They intend to donate the event proceeds to a community school. Their target recipient is their district elementary school, Manse. There is no fee to participate in the tour, but any donations go to help the children in the chosen school to have a better Christmas. Even if you're not a craft master but want to be actively involved, you are welcome to participate. They are hoping other Pahrumpians in other districts will consider doing something for their schools.

Leslie and Bobby are all about the community. They prioritize including the community in their efforts to help neighbors who may need a friendly face or a child hoping to receive a gift from Santa.

Leslie's words truly capture the essence of their event. She says, "We are determined to be successful at growing

"...visit the Moreno's home at 5641 Palora St., Pahrump, NV..."

community connections and friendships, barter and trade for what people have and those who need, and most importantly, provide helpful efforts to those less fortunate." This is a wonderful opportunity to experience the joy of giving and make a difference in the lives of others. This is their first time doing an event like this, but they have plans to make it a tradition.

So, if you want to participate in a valuable and fun activity, visit the Moreno's home at 5641 Palora St., Pahrump, NV, and see what it's all about. After all, it is the Holidays!



Leslie and Bobby Moreno



This is their garden workshop



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the Education Editorial



Dr. Christopher Salute

Reimagining U.S. Education: Focusing on Innovation Over Competition

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

When I was growing up, I remember hearing two very different phrases:

1. Nobody educates like the United States
2. We need to catch up to China in the world of education.

Apparently... both of these are incorrect.

The global race for educational supremacy has long been dominated by countries like China, Singapore, South Korea, and Japan, where rigorous, teacher-centric approaches to education are often praised for producing high achievers in quantitative disciplines like math and science. But, China hasn't been a leader in education for quite some time and the United States hasn't been, in my lifetime.

Please reread that... The United States is not the leader in education... we're not even close. We haven't been a dominant force in education since

the 1970s. Our steady decline has often not been recognized by our nation's leaders or our educational systems and institutions.

So, what should we do? Compete, right? ... Wrong!

The views in this article are just my own. But I believe the United States should avoid directly competing with the models listed above, which center around rigorous calculation and repetition, with intense focus needed. What this does is produce a top percentage of students who can compete internationally. Everyone else falls a bit away. This is why we thought for the longest time that China had the best education system. Their system produces enough students to compete with the world's best... because they simply have so many students. But without individual plans of study, that way of educating is bound to leave some folks behind.

Instead, by borrowing key elements from other successful education systems, emphasizing creativity and real-world problem solving, I'd like to give my position on what the US can do to compete!

Teacher-Centric vs. Student-Centric Models

In countries like China, the focus on teacher-centered instruction is a key component of their success in fields such as quantitative analysis, science, and engineering. The Chinese system emphasizes rote learning, memorization, and teacher authority. Students are expected to master vast amounts of knowledge and excel in highly competitive, standardized exams like the Gaokao (this I admire- the ability of a student to focus on what they are good at... not just what they want to do), which determines university placement and future career paths. While this approach has produced exceptional results in math and science, it often overlooks critical skills like independent reasoning, creative thinking, and strategic decision-making.

But can't analysis programs and AI do most of that, now? The U.S. should leverage its more student-centric model, one that encourages intellectual curiosity, personal agency, and a holistic understanding of subjects- which produces the ability to ask the right ques-

“We haven’t been a dominant force in education since the 1970s. Our steady decline has often not been recognized...”

tions rather than seek the right answers. Rather than training students to simply excel in exams, the U.S. should aim to cultivate future leaders capable of addressing complex, real-world problems through innovative approaches.

Drawing Inspiration from Global Leaders

To enhance its education system, the United States should look to the world’s top-performing countries—but not to replicate their methods, but to extract valuable elements that align with its own educational goals. Here’s how we can integrate key aspects from five high-performing nations:

1. Finland: A Focus on Well-Being and Individualized Learning

Finland’s success comes not from competition but from a relaxed, student-centered environment where creativity and well-being are prioritized. Finnish students are encouraged to explore subjects in depth, with teachers acting as mentors rather than authoritarian figures. This is something I tell all

of my students - become a subject matter expert... not someone who excels in general knowledge. You can google most facts, now. But combining information is something most computers and search engines cannot do, yet.

- **Takeaway:** The U.S. should focus on creating a learning environment that supports emotional and psychological well-being. I still believe that standardized testing is valuable... but it’s not the only value in the education system.

2. South Korea: Technological Integration and Future-Ready Skills

South Korea’s education system integrates cutting-edge technology in classrooms, preparing students for a world that increasingly relies on digital skills. While the emphasis on discipline and hard work is central, the country’s ability to adapt to new technologies is a key factor in its educational success.

- **Takeaway:** The U.S. should invest in technology-driven education, equipping students with digital literacy and STEM (Science, Technology, Engineering, and Math) skills that complement their ability to think critically and make decisions based on data.

3. Singapore: Building Strategic Thinkers

Singapore’s education system fosters strategic thinking and problem-solving by offering different educational tracks based on

student abilities. Their meritocratic approach allows students to develop specialized skills while promoting creative problem-solving.

- **Takeaway:** The U.S. could adopt elements of Singapore’s differentiated learning tracks but within a framework that prioritizes decision-making, ethics, and leadership.

4. Canada: Promoting Inclusivity and Cultural Diversity

Canada’s education system is renowned for its inclusivity, cultural diversity, and emphasis on soft skills like communication and collaboration. These traits prepare students to thrive in a globalized world.

- **Takeaway:** The U.S. should further emphasize multicultural education and inclusivity. By developing globally aware students who are empathetic, collaborative, and skilled in cross-cultural communication, the U.S. can prepare the next generation to lead in an interconnected world.

5. Japan: Long-Term Skill Development and Discipline

Japan’s education system combines discipline with a focus on long-term skill development. Rather than just preparing students for immediate outcomes, such as standardized tests, Japan’s approach ensures that students develop a lifelong love for learning and the ability to think critically.

- **Takeaway:** While the U.S. may not wish to adopt Japan’s rigid

CRITICAL THINKING



educational structure, it can emphasize discipline in critical thinking and the development of strong work ethics.

Overall Takeaways: What we're looking for is a program in the US that...

- Finds out what a student is good at.
- Through data and computation, make sure there is a suitable market for "that thing."
- Allows that student to focus very keenly on that thing.
- Develop skills in those areas that cannot be easily replicated or replaced through automation.
- Enjoy the process of learning, not the process of achieving.
- And allow for continuous improvement through lifelong learning.

Key Focus Areas for U.S. Education

1. Reasoning and Critical Thinking:

The ability to critically analyze information, make informed decisions, and strategize for the future should become central tenets of the U.S. curriculum. Encouraging debate, inquiry, and experimentation will help students develop the skills they need to navigate complex global challenges.

2. Interdisciplinary Learning:

The problems of tomorrow will not be confined to single disciplines. The U.S. should emphasize interdisciplinary learning that connects subjects like math, science, literature, and social studies, preparing students to think holistically.

3. Innovation and Entrepreneurship:

With its tradition of entrepreneurialism,

the U.S. can foster a system that encourages students to develop solutions for real-world problems. By providing opportunities for students to engage in innovation, problem-solving, and social impact initiatives, American students can lead the charge in creating a better future.

Conclusion: Leading Through Innovation

The United States should not aim to mirror the success of countries like China by adopting teacher-centric models that prioritize test scores. Instead, the U.S. should focus on what it does best—encouraging creativity, fostering independent thinking, and developing students who are not just skilled but visionary. If we continue to emulate other strong systems, we will only ever be a step behind them. Figuring out "where the puck is going" as Wayne Gretzky would say, is the key to success!



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MONDAY	Non-Denominational Grief Share 3-5 PM
WEDNESDAY	Women's Bible Study 9:30-11 AM Bible Study & Group Prayer 6-7 PM
SATURDAY	Non-Denominational Grief Share 1-3 PM



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The Artistic Divas and Dudes

By Sherry Rhine

The Divas and Dudes were formed in 2008 and started organizing and participating in craft shows in 2009. Today, 16 years later they are still going strong with 48 members and will continue to be a strong presence in Pahrump.

The group was started because there were so many talented people in this town with nowhere to showcase and sell their craft. Everyone was welcome to join and participate in the shows.... no jurying. Their only requirement is that all items must be handmade, handcrafted by them, the artist, no direct sale items permitted.

Another reason that the Divas and Dudes was formed was to share information and ideas about their craft, their experience, and anything that pertains to the world of arts and crafts. Everyone was encouraged to speak up and share ideas. The best part that came from all of this is the camaraderie amongst the members which still exists today.

As a former leader of this group, I am very proud of every Diva and Dude current and past that has been involved, as well as, the current leader-

ship under Esther Garcia. What a phenomenal group of people!!

The Artistic Divas and Dudes will be presenting their annual:

Mistletoe and Magic Craft Show
Friday December 13th and
Saturday December 14th
Nye Communities Coalition
1020 E. Wilson Rd.

Please be sure to stop by and enjoy the creations of the many talented artists who will be there to delight and WOW you with their art. You won't be disappointed....

If you would like to join this wonderful group, contact Esther Garcia at craftyesther@yahoo.com and/or if you are interested in participating in the Mistletoe and Magic show, contact Esther. Please note... members of the group always have first dibs on spaces in the show with applications being sent out to them in September. The spaces fill up fast but sometimes there are last minute cancellations. Contact Esther to put your name on the wait list.

The following is a small example of pictures from some of the artists in this group.







ARTS COLLECTIVE OF NYE COUNTY A NEW ERA FOR ARTS & CULTURAL GROWTH

By Dr. Christopher Salute

The arts scene in Nye County is embarking on a new and transformative journey. Formerly known as the Pahrump Visual and Performing Arts Council, our organization has embraced a fresh identity, a modernized mission, and a revitalized structure. Now known as the **Arts Collective of Nye County**, we are reimagining our role in the community with a focus on expanding access to and support for visual, performing, and literary arts throughout the region.

As the **Arts Collective of Nye County**, we are redefining our mission and strengthening our commitment to supporting the arts throughout the region, not just in Pahrump.

Founding 25 Initiative

As part of this evolution, we are ac-

tively working to rebuild our membership base and leadership to reflect our renewed commitment to artistic growth. Central to this effort is the launch of our “Founding 25 Initiative,” a call to action aimed at recruiting 25 new active members who will serve as the foundation of our rebirth. These members will have the unique opportunity to directly shape the future of the Arts Collective, not only by participating in key decisions but by helping to design and create the programs that will drive our success.

Together, with the help of our Founding 25 members, we will build a thriving arts community, expand access to creative opportunities, and ensure that Nye County remains a vibrant hub for cultural expression. The future is bright for the Arts Collective of Nye County, and we are eager to see what we can achieve together.

The Founding 25 members will be vital to setting the direction of our new arts initiatives, leading fundraising ef-

forts, and promoting community engagement. These individuals, passionate about the arts and the future of our cultural identity, will become champions of our organization, helping us foster a vibrant, supportive environment for artists, performers, educators, and art lovers alike.

Restructured Board of Directors

In tandem with this membership initiative, we are undergoing a comprehensive restructuring of our Board of Directors. The new Board will feature more defined positions and responsibilities to ensure we are well-equipped to meet the challenges of supporting the arts in a rapidly evolving landscape. Additionally, we are forming a new Advisory Board composed of experts and stakeholders from various sectors of the arts community. This group will offer critical insights, guidance, and industry knowledge, helping us shape



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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long-term strategies and innovative programs.

Revised Bylaws

Our bylaws have been thoroughly revised to reflect these changes. We are also introducing a tiered membership system, allowing members to choose levels of involvement that correspond with varying degrees of voting rights and benefits, which are tied to their financial and participatory contributions. This structure ensures that the organization remains inclusive while encouraging active engagement from all members, and pricing accordingly. Are you a Veteran? Senior? Student? Starving Artist? Enjoy a discount while you receive full benefits of being a Member of the Arts Collective.

As we lay the groundwork for this new era, we continue to enjoy a fruitful relationship with the Nevada Arts Council. The Nevada Arts Council has long been a vital partner in our efforts to support and promote the arts, providing grants, resources, and

opportunities for collaboration that benefit both our organization and the broader community. With their continued support, we aim to bring even more visibility and recognition to Nye County's artistic talents, while offering local artists greater access to statewide and national platforms. This is a big change for us as we focused solely on Pahrump, prior to 2024.

New Committees

In the coming months, we will establish new committees to address the diverse needs of our organization, from event planning and marketing to education and artist support. These committees will create spaces for our members to actively contribute to the organization's vision and mission, providing hands-on leadership opportunities. They will also spearhead efforts to expand outreach and develop partnerships with schools, businesses, and other community organizations.

At the heart of these changes is our belief that the arts are a cornerstone of

community and culture. We are dedicated to building a strong and diverse arts ecosystem in Nye County—one that not only nurtures local talent but also makes art accessible and enjoyable for everyone. By expanding our programs to include more workshops, performances, exhibitions, and community projects, we aim to enrich the lives of residents across the county and provide platforms for artists to share their work.

Bold Vision

The *Arts Collective of Nye County* is more than just a name change. It represents a bold vision for the future of the arts in our community, one that embraces collaboration, growth, and inclusivity. We invite all community members, artists, and art lovers to join us on this journey. Whether you're an artist seeking a creative outlet, a patron looking to support local culture, or a community leader wanting to make a difference, there's a place for you in the Arts Collective.



Cave Lake State Park and Lahontan State Park



State Parks of NEVADA

By Carol Champney

Cave Lake State Park

Cave Lake State Park is your winter wonderland destination if you are a winter outdoor recreational enthusiast. Bring your snowshoes, cross-country skis, sleds, and innertubes for non-motorized fun in the snow. Snowmobilers will have a heyday in the park, too!

History

The Cave Lake Reservoir was constructed in 1939 by the Isbell Construction Company with the purpose of storing water for the CCC Ranch located in Steptoe Valley. In 1949, Joseph and Antone Laxague of Ely acquired the ranch and lake. The Laxague family-maintained ownership of the property until 1956, when

it was sold to the C.B. Land and Cattle Company.

According to the Nevada State Park's website, in 1968, the Nevada Department of Fish and Game (now Nevada Department of Wildlife) purchased 1,240 acres of land from the C.B. Land and Cattle Company for a nominal fee of \$10. The property was then

transferred to the Nevada Division of State Parks in 1973, marking the beginning of a new era. Subsequent developments included the establishment of a campground, a 40-foot boat dock, and day-use areas near the lake. The Elk Flat Campground, introduced in 1988, further enhanced the park's amenities.

The park grew from 1,240 acres to



4,560 acres in 2005 following the transfer of additional land from the United States Department of Agriculture. The expansion was completed in 2015.

Natural Resources

The wildlife of Cave Lake Park is a fascinating mix of species. Birdwatchers will be thrilled by the variety of bird species that call the park home, from majestic hawks and eagles to songbirds, pinyon jays, magpies, and waterfowl. When the lake is full, German brown trout and stocked rainbow trout are abundant. The park is also home to a diverse range of big game animals, including mule deer and elk, as well as predators like bobcats, mountain lions, and coyotes. Keep an eye out for the occasional western rattlesnake among the park's reptile population.

The geology and vegetation of Cave Lake Park are typical of the Great Basin. Underneath the plant life lies sedimentary limestone and shale. Plant life includes big sagebrush, aspen, rabbitbrush, currant, chokecherry, wild rose, and Mormon tea. The lake is surrounded by pinyon/juniper woodlands interspersed with wetlands. Narrow canyons and shallow caves add to the park's natural beauty.

Climate

Each season of the year has wide temperature variations. You can expect highs of 90 degrees and lows of 40 degrees in the summer months. Wintertime highs are in the 30s and 40s, with lows often below zero. Snow typically starts falling in early December. By mid-April, the weather begins to warm up. The remainder of the year is dry, with infrequent rain showers.

Construction Work on the Dam

As noted on the Nevada State Park's website, currently, the lakebed is closed for construction work on the dam. The park and campgrounds remain open during the construction period, except for the Steptoe Creek Trail. Visitors must exercise caution around construction equipment; intermittent traffic delays are likely.



Hiking

There are four regularly maintained hiking trails within the park, none of which allow motorized vehicles. As stated above, the Steptoe Creek Trail is not open at this time due to construction. The Cave Springs Trail is five miles long and moderately strenuous, running through the surrounding hills, starting from the lower parking lot. The Cave Lake Overlook Trail, a 4.5-mile strenuous loop, begins at the east end of the lake. The Twisted Pines Trail, the newest addition, connects to the Overlook Trail. This moderate trail starts below Elk Flat Campground and is a little over four miles one way, ending on the Overlook Trail loop. Visitors can also access the American Discovery Trail via Cave Lake State Park.

Winter Recreation

Winter recreation at Cave Lake State Park, from December through February, is not only popular but also safe. Snowmobiling is allowed on approved dirt roads. Visitors can enjoy snowshoeing, sledding, and snowmobiling. While most park roads are paved and free of snow, plowing may not occur for one or two days after a storm, so please plan accordingly if you

don't have a four-wheel-drive vehicle.

Picnicking & Camping

There are two picnic areas with grills, tables, water, and restrooms along the lakeshore.

The park has two campgrounds: Elk Flat Campground and Lake View Campground. Both offer a comfortable and convenient stay. All sites are level and equipped with a fire pit, grill, table, and parking. Access roads to campsites are unpaved. Elk Flat Campground is open May through October, and Lake View Campground is open year-round, and has flush toilets and showers. However, the facilities may be closed during icy conditions, so contact the park if you plan to visit during winter. Visitors are welcome to stay for seven days in a 30-day period.

Located just 14 miles southeast of Ely, Cave Lake State Park is easily accessed from Highways 50, 93, and 6. After the extreme temperatures we've had this summer, how about packing up your snow gear and heading to Cave Lake for some winter fun!

*Cave Lake State Park
P.O. Box 151761
Ely, NV 89315*

Lahontan State Park

History

As early as 1860, ranchers arrived in the Lahontan Valley, eight miles northwest of Fallon, and began farming the land. By 1880, 5,000 acres had been cultivated. In 1889, Francis G. Newlands, the son-in-law and trustee of the William Sharon estate, moved from California to Carson City and began acquiring land along the Truckee River. As a land developer, Newlands expanded his land holdings and arranged surveys for reservoir and canal locations. It was apparent that more water was needed to support the growing number of ranches and farms.

By 1900, farmers irrigated 500,000 acres across Nevada. The need for water reclamation and storage was great. As a result of the water source surveys, it was determined that the Carson, Humbolt, Walker, and Truckee streams provided much of the water. Still, storage was needed to supply year-round irrigation.

Francis Newlands was not only a land developer, but a politician as well, and he emphasized reclamation in his political campaign for the



House of Representatives. In 1902, Newlands was instrumental in passing the Newland's Reclamation Act, which subsequently became the Bureau of Reclamation.

In 1910, the Hinze Brothers of California established the Nevada Sugar Company with the promise of a reliable water source for cultivating sugar beets. They built a factory in the heart of Fallon, creating fresh prospects for local farmers and factory employees.

In the mid-1920s, alfalfa became

the main crop, serving the original livestock industries focused on cattle, sheep, and hogs. Additionally, dairy farms began to emerge in the region. Farmers also cultivated wheat, barley, potatoes, sugar beets, and garden produce such as celery and cantaloupes, which were harvested for commercial purposes.

The Lahontan project involves re-directing water from the Truckee and Carson River Basins to support irrigation near Fallon and generate hydro-electric power. Approximately 30,000 acres are being irrigated from the reservoir, depending on the snowpack. The drainage water from the irrigated lands then flows into the Stillwater Wildlife Management Area, which is known as one of the top waterfowl areas in Nevada. In 1971, Lahontan was designated as a Nevada State Recreation Area.

Natural Resources & Climate

Much of Lahontan State Park lies below 4,000 feet in elevation. Even so, the park is dominated by high desert vegetation. Along the Carson River, there are cottonwoods and willow trees.

A variety of birds abound in Lahontan State Park. A few areas in Nevada are home to bald eagle nest-





ing sites. The state park is one of them. Other birds frequently seen are hawks, egrets, herons, pelicans, and birds that migrate through the area. Also, commonly seen wildlife are the bobcat, deer, fox, coyote, and wild horses.

The Fallon area is reported to have more than 300 days of sunshine annually. Temperatures during the summer months range from highs of 90 degrees to lows of 50 degrees. The average highs in winter are in the 40's, with

lows below freezing.

Camping

Lahontan State Park has two campgrounds, Silver Springs Beach #7, and River Camp. Both are open year-round and available by reservation. Amenities include tables, grills, and restrooms. However, the flush toilets and showers are closed from October through May. Sanitary dump stations are located near the two park entrances. There is

also first-come, first-served primitive camping on the beach, apart from day-use areas and the boat ramp. Camping is limited to 14 days in a 30-day period.

Picnicking and Day Use

One picnicking area is across from the Lahontan Dam; the other is on Silver Springs Beach. Both are accessible to those who have a disability. Modern restrooms, showers, tables, and grills are available on a first-come, first-served basis.

Boating and Fishing

Boat Launch Locations: Those with four-wheel drive vehicles can use beaches open to camping for launching boats. There are two paved boat launches, and parking facilities. The Silver Springs boat launch is near the day-use area. The Churchill Beach boat launch is at North Shore Marina on Highway 50, one mile west of Lahontan Dam.

Fishing enthusiasts will enjoy throwing their line in and catching various fish species. Trout, Walleye, catfish, white bass, the hybrid wiper, and other game fish have been caught in the Lahontan Reservoir. The abundance of fish remains due to Nevada's Department of Wildlife catch and release regulations.

Hunting

Hunting is allowed in designated areas only. Visit <https://parks.nv.gov/lahontan> for hunting information, boundary descriptions, and an overall hunting map.

The park, boasting 69 miles of shoreline, is a highly sought-after destination in Nevada for activities such as boating, fishing, water-skiing, horseback riding, camping, and year-round outdoor enjoyment. If you've never been there, you're missing out! Put it on your "Next Places to Visit" list, and we'll see you there!

*Lahontan State Park
16799 Lahontan Dam Road
Fallon, NV 89406*



OUR VETERANS OUR HEROES

Douglas C. Daniels, PO3 (E4) - US Navy

Part 5

By Douglas C. Daniels
Introduction by Dr. Tom Waters,
Lt. Col. USAF (Ret.)

While we were searching for Veteran stories for the Pahrump Life Magazine's "Our Veterans, Our Heroes" section we received this story from Doug Daniels. If it sounds familiar, that is because this is the FIFTH story from this Navy Veteran. Here is another story that REALLY caught my attention because it was different from the previous stories. Now, you get to read it and determine for yourself what this 'FIGHT Story' was all about.

Here is HIS story in his own words that begins with "WHITE, BRIGHT, POLITE, AND I COULD FIGHT."

Preface

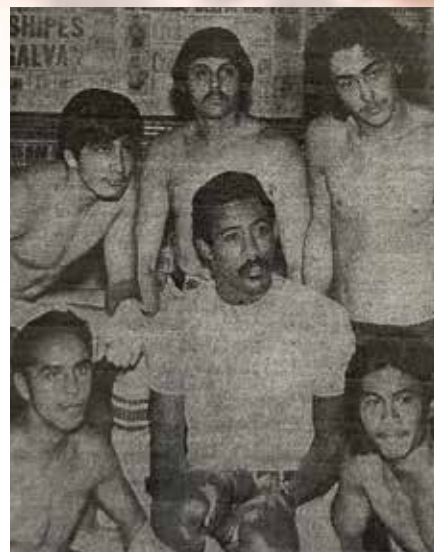
Before I tell you my story, let me tell you a few things about myself so that you know I am NOT a fiction writer or a complainer. I am merely a Veteran like most of you who joined the mili-

tary to serve our country and, being young, I did as I was told and trusted my government to use my talents for National Defense. I had other talents of my own and here is that story.

167 Fights in the Ring

As far back as I can remember I sat on my grandfather's lap and watched the Wednesday Night and Friday Night fights. The year is 1956, I am 11 years old and my grandfather takes me to the Gramercy gym for the first time. My grandfather had lunch with Walter Winchell a few times a month so doors opened for me that were normally closed. Cus D'Amato ran the place in those days. This generation knows him for being Mike Tyson's trainer, but back then he trained many champions including Floyd Patterson, who had returned from the 1952 Olympics where he won the gold medal as a middleweight.

Cus trained all his fighters to use the PEEK A BOO style which I can be seen using in the photos. He also noticed I had very long arms and had me develop my jab, which I used a lot later on. I couldn't wait to have my first fight which I lost by decision. I also lost my



Boxing's Pro Am: State middleweight champ George Cooper surrounded by Police Fight amateurs including (back) Jim Abbatti, Doug Daniels, Bill Vogel; (front) Bobby Godinas and John Cerezo.

next two fights which made me think I was in the wrong sport. I won my 4th fight and won 36 out of the next 40 fights, boxing mostly in the NY-NJ area.

Fast forward to 1964 and I am now in the Navy and stationed at first in California. I had two fights in boot camp and won them both. After graduating from "A" School (Storekeeper), I was sent to Hawaii and attached to a special ops outfit and our barracks was on the Pearl Harbor Marine base. During 1964, I had a dozen fights against the Marines and won NINE of them. I was scheduled to try out for the 14th Naval District Boxing Team but got trans-

*"I won my 4th fight and
36 out of the next 40
fights, boxing mostly
in the NY-NJ area."*

ferred to Johnston Atoll. They had a gym with a boxing ring set up on Johnston Atoll. The weights were pretty decent, the ring was another story. It was 4 wooden posts with some ropes attached to them. During the bouts and in sparring the spectators basically held them in place. They had a smoker (BOXING MATCH) there every week and I fought in 31 of them winning 28. The three I lost were against guys in much heavier weight classes as no opponent could be found in my weight class. In a previous article, I stated there were about 1,000 Air Force personnel, 1,000 civilians, 15 Coast Guardsmen, a handful of Army and Marines, and 115 of us in the Navy. I tried to talk the other Navy guys into entering the smokers, but they were far more interested in the drunken brawls they got into every night. When I first got there and told them I was going to box, I was warned about this Air Force guy in my weight class. He was winning all his fights, mostly because he was 6' 1" and weighed 140 pounds. I went and watched him my first week there and started training right away to overcome his height. I sparred with much bigger and taller guys to overcome his reach advantage and to hone my body-punching skills. Finally, I signed up for a bout at 140 pounds and I was matched with him. Probably 25-30 of the other sailors came to watch the bout including both the CO and the XO.

The bell rang and I took a few jabs from him and I was inside of his reach and pounding his body with straight right hands and left hooks trying to get to his liver. I heard him grunt repeatedly and he was punching less frequently and with much less power than the initial onslaught. Round 2



The Peek-A-Boo Style that confused the Europeans and the Filippinos

and I took a couple of jabs and a weak right hand and I was inside of his arms again pounding his long body like a heavy bag. Just before the bell, I landed a terrific left hook and he fell over my shoulder, so I figured what the heck, and carried him draped over my shoulder and deposited him on his stool in his own corner. His corner men waved the fight off and he didn't come out for the 3rd round. The spectacular result really endeared me to my fellow sailors, but especially to the XO who was an avid boxing buff and came to all my fights. I spent many a day in his office talking boxing and he kept me off many unpopular work details after he saw me fight.

I next got transferred to a ship in the fleet and as luck would have it, there was a Karate expert on board (unlike now, Karate was unheard of at the time). He outweighed me by 50 pounds but was a good sport and let me work out with him, only used his hands and good-naturedly took all the punches I hit him with. The ship went into a shipyard in San Francisco and I was able to get some fights in San Francisco with him (the Karate expert) acting as my second. There were no Karate matches

for him for, as I said, it was a little-known sport at the time. I watched him in a real fight one time and the other guy was about the same size he was. He kned the guy under the chin and the guy had his mouth open which caused the guy to bite the tip of his tongue off and it fell through a gap in the planking and about 20 of us went down to the deck below to find the piece of the tongue, but the ship's corpsman could not sew it back on but did stitch it up. Whenever the guy stuck his tongue out later, it looked like it had been cut with pinking shears.

I boxed a bit on other ships I was on, but the fights were few and far between at this point. I met a girl on a bus in Oakland Calif around the time I was getting separated from the service and spent every spare minute with her until I flew home to New York. When I was back in New York, I was on the phone with her constantly. In December of 1968, there were race riots in Oakland and I worried about her so much that I quit my job and flew back to Oakland a week before Christmas. Soon after I got to Oakland, I looked at the 2 boxing gyms in town. Babe's gym in the Fruitvale section of Oakland catered

to Latin fighters and The New Oakland Boxing Club located in downtown Oakland were nearly all black fighters. I chose the latter as it was closer to work and had much better fighters training there. Al Robinson (the Olympic Silver medalist from the 1968 Mexico Games) should have won the gold medal but was disqualified by a Russian Referee and the gold was given to a Mexican fighter. Later the referee's decision was overturned and Al was given the silver medal but never got to stand on the podium. George Cooper (The California State Middleweight Champion) trained there as did, Charlie Shipes, a world-class welterweight, who was managed by Dick Sadler and was later part of George Foreman's entourage and Kim Booker, who challenged Rodrigo Valdez for the world middleweight title. George Foreman (won the heavyweight Olympic Gold Medal in Mexico City) trained at the gym along with another 20 lesser-known fighters. I trained there 3-6 days a week for the next 10 years.

George Foreman

Eventually, I moved to Hayward, California, and lived near George Foreman and Terry Henke, his main sparring partner at the time. I talked to Dick Sadler and he agreed with me that it was silly to drive multiple cars to Oakland each day and he agreed that we would all take turns but he never did let me drive, preferring to drive himself.

George, by this time was moving up the ranks and was starting to make big money and bought several big expensive cars like a Lincoln, a Cadillac, a Rolls Royce, and my favorite, a Mercedes 600. I used to tease George unmercifully back then as he was a bit shy and good-natured. I was warned by various people to quit teasing him, but he was too easy and I kept it up. By this time, George was also buying big cats like Lions, Tigers, and Pumas. Dick Sadler pulled up in front of my house in George's Lincoln and when I got in the car, there was something under a blanket on the back seat next to



Oakland Police Fight Show boxers: Tony Almaguer, Bob Godinez, Doug Daniels, Ronnie Lujan, Robert Gower, Mark Beam and Dave Seppi.

where I was going to sit. George, Terry, and Dick Sadler all had smiles on their faces, and I knew something was up so I asked what was under the blanket. They told me to take a look so I slowly lifted the blanket and was immediately bitten on the hand by a baby tiger. (I still have the scar).

All 3 roared with laughter, George being the loudest. I told him I didn't think it was funny and my hand was bleeding. He told me that was his way of getting back at me for all the teasing. Point made, I never teased him again.

In March of 1970, I met Lonnie Sloan at work, I mention him because we are still friends and I have his permission to use his name. We are as different as well SALT AND PEPPER which is what everyone started calling us as we were inseparable. More about Lonnie later.

Bruce Lee Incident

While I'm dropping names, let me tell you about my encounter with Bruce Lee. Once, when I was living in Oakland, a Chinese friend of mine invited me to a party in the Fruitvale section of town. I was married by then and attended with my wife. After I was there a while, he told me there was someone he wanted me to meet and walked me over to this Chinese guy who was roughly my size. The guy said to me "I hear you're a boxer" as I said yes, I found myself on the floor and it took me a few seconds to figure out how I got there. He had double-foot swept me so fast I was down before I

knew what happened. I was really embarrassed in front of my wife. I tried to get him to do it again when I was ready, but he drifted away and I never got another chance.

After over 90 fights I finally had to get a boxing license. I was still fighting bootleg fights, but I was now fighting many in regular venues with the same corner men. I also acquired a manager, Ed Barberi, who half the time forgot who I was and shouted instructions in Italian. "Lavoro, lavoro, testa, testa." I managed to win the silver medal at the San Francisco Diamond Belt. Promoters in the San Francisco area got used to me and would contact me at the last minute to fill in on a fight card. This is where my friend Lonnie Sloan would fill in for Barberi and act as my corner man. More than once, we would show up for a fight and they would assume he was the fighter (Lonnie is Afro-American and 200 pounds.) and start putting him on the scales.

In one of my previous articles, Sidecar Racer, I was all over Europe for races which all took place on weekends so I decided to check out the boxing scene and see if I could make a few bucks in the ring. I first tried in John Conteh's gym in the Kings Cross area of London where I was told I needed a license from the British Board of Boxing Control. I was leaving dejectedly when one of the many guys that hang around boxing gyms approached me and told me he could get me a tenner for a fight [10 pounds= 10 x \$2.40-\$2.60 USD] he also allowed that I might get an extra

fiver if I was any good. He got me a booth fight (a smoker in the USA) the next day I guess he liked what he saw as I got paid 15 pounds and he got me 8 more fights.

I Got a Fiver on the Yank!

I had one more fight in the King's Cross area but it won't appear in any record book. I was going back to my hotel when I got accosted by the most aggressive Irish panhandler I've ever encountered. He must have heard my accent and looking at my baby face figured I would be an easy mark. Although I told him "no" repeatedly, he would not stop and put his hand in my pocket. A bit of a wrestling match ensued and a crowd was gathering finally, he tried to hit me and the fight was on. I heard people making bets saying I got the Yank! I knocked him down 3 times but he kept getting up. I always tried to fight fair but I got tired of him getting back up so I jumped on top of him and started to pound him on the ground, when all of a sudden, I felt someone picking me up by my belt and my collar. I turned around and two constables were holding me and asked "ere, ere, what's going on ere?" I started telling them and they turned him over face up and said in unison "Oh it's Charley" and I was let go as they marched him away.

I next went to France where I tried getting bootleg fights except I didn't need a second license. They accepted my American license and made a point of announcing I was from the USA. They also paid better than the Brits. Of the 11 Fights I had in France, none of them were against what you would think a Frenchman looks like. Most were Black Africans or Arabian-looking. All were very tough, but my style was "foreign" to them and they were confused. I won all 11 fights.

Next was Sweden, pro boxing had been banned in Sweden in 1970 and after a lot of looking I found Balder Boxning, yes there was an extra "n" in it. At first, I got announced as Dagge Danielsen, but after a few fights, they

"I moved to Hayward, California, and lived near George Foreman and Terry Henke, his main sparring partner..."

started calling me by my American name. All the Swedish boxers fought in a very European style they used the jab as a range finder and tried to bring over a big right hand. They hardly ever threw a left hook. Between my PEEK A BOO stance and my lateral movement, they were baffled. After 8 fights, they gave me a pair of Swedish National trunks and socks and wanted me to stay on and do some coaching. I had 3 fights in Germany and 1 in Luxemburg. I got wind of an amateur fight card in Luxemburg and went there just to say I fought there. I had just one fight and I can now say I was undefeated in Luxemburg.

Sparring Partner for World Title Challengers

Ray Lunny III was fighting Alfredo Escalera for the world championship and was making the rounds of all the gyms in the San Francisco Bay area and he stopped by the New Oakland Boxing Club to get some sparing. He sparred with me and must have liked the workout because he kept coming back for more. Altogether, I must have sparred 40 rounds with him. Escalera stopped him in 8 rounds in the title fight.

Kim Booker was preparing to fight Rodrigo Valdez for the world middle-weight title. Kim was two weight classes above me but liked the way I boxed and sparred with me only about 15 rounds total because he was so much bigger than me. Kim had a very busy style and eventually forced everyone back to the ropes. Ed Barberi told me to keep my back off the ropes, but I wanted to see what it was like to feel that kind of pressure so I deliberately went to the ropes. Barberi was screaming his head off and slapped me in the face when I went back to my corner, but it was worth it. I learned a lot about

dealing with pressure. Valdez stopped Kim in five rounds in the title fight.

The lesson was ... If you want to get stopped in a world title fight- -use Doug as a sparring partner!

In 1974 I went back to New York for my 10th year High School reunion. While I was there, I planned on visiting Cus D'Amato and maybe fighting someone on the East Coast. I went down to the Gramercy Gym and Cus was no longer there. He now trained fighters in the Catskill Mountains in Catskill, New York. Another manager I read about was there and his name was Vern DePaul. I didn't want him to know about my connection to Cus, so I told him I was a California fighter and I'd like to get some sparing and maybe a couple of fights while I was there. He called some guy over and watched us for three rounds. Then he got a phone call and I overheard this conversation. "Some white kid just came in here and told me he was a California Fighter. I put Quantavius Jones in with him and he more than held his own. Tomorrow, I'll put him in with Garfield Mott. Why don't you come down and watch because this kid's had a lot of fights! Well, the next day, the second guy showed up and I sparred with Garfield Mott. This resulted in the two managers putting the full-court press on me to turn pro with them as my managers. They seemed oblivious to the fact that I lived in California and had no desire to live in New York again so I never went back to that gym again.

My Final Amateur Fight in the USA

Henry Winston was a fight promoter in the San Francisco Bay area. In fact, he was THE FIGHT PROMOTER in the Bay area. Henry was the local equivalent of Don King even looked

like him minus the hairdo. Also, he had the same reputation for not paying or paying less than the agreed amount. I had over 20 fights on his cards plus I was the oxygen man at his pro fights. The rules at the time required that someone with first aid training be at ringside with oxygen tanks (that George Foreman had given me). I was only paid \$15 for this, but it got me right up to ringside next to the doctor. I paid admission to an "all amateur" card he was promoting in Centennial Hall in Hayward, California. I happened to be passing by when I saw Winston in a "lively" conversation with the state athletic commissioner. I maneuvered over to where I could overhear the conversation and the commissioner was telling him he only had 33 rounds of boxing and he had to pay a \$1,800 fine because he had less than 36 rounds of fights. I was 37 years old at the time and was in the last year of my license. I think the upper age limit is now 32 years old. Henry was walking along the ring apron when he spotted me. Exceptionally loud and friendly he extended his hand and said "Doug, my man, how are you doing?" "You don't still have your boxing license do you?" I reached into my pocket and produced my license. A smile came over his face. He next asked if I was in shape to fight. I pulled my mouthpiece out of another pocket and the smile turned into a grin. He started talking to me about fighting, but I told him we needed to talk in his office. He asked me what I weighed and it was about 140 pounds. Perfect he said and started telling me about my potential opponent. After 166 fights I just asked him if the guy had two arms and two legs. At this point, I told him I was going to save him \$1,300. He said what do you mean? I told him if I went back to my seat he was going to pay \$1,800 to the boxing commission, this way he saved \$1,300. He called me every name in the book and reluctantly forked over the \$500 in cash. Amateur boxers were only allowed to have training expenses reimbursed. I told him I had very high expenses. On the way out

the door, I told him to get me a couple of corner men as well. More cursing as I closed the door. My opponent was an 18-year-old Mexican Kid from Union City, California and I'm sure Henry told him I was some decrepit old man that needed a wheelchair to get to the ring. The kid had less than 10 fights but had won them all. In the first round, I didn't do much except lie on the ropes to see what the kid had occasionally hitting him with a jab. When I went back to my corner, the two idiots that Henry hired told me they were going to stop the fight as I was getting killed. I bet each of them \$50 that I would have the kid on the canvas in the first minute of the next round. As soon as I had him down, I glanced over at the two of them and they had the most incredulous looks on their faces and I made another \$100. About 30 seconds later, I put the kid partially through the ropes with a body attack and he took an eight count. I realized this was an unfair contest and I carried him the rest of the fight by telling him which punches I was going to throw so he could avoid them. I had completed 167 fights and I quit a winner, but I was not finished with boxing.

A Fight I Would Have Been Better Off Losing

The San Francisco attorney and I were on the Manx Ferry crossing the Irish Sea on the way to the Isle of Man for the 1985 TT Races. There were a lot of drunk and rowdy people on board so we went to the non-smoking lounge for some peace and quiet. After we were there for about five minutes, an obnoxious young drunk walked in with a cigarette in hand. At least 20 of the Brits asked him to leave or put the offensive smoke out but he just ignored them all. He was about 15 pounds heavier than I was and at least 15 years younger. I loosened up my neck muscles as boxers do before a fight and walked over until we were face to face and pointed to the sign and asked him to put the smoke out or leave. He just stared at me blankly so I said "You

"...when I was back in the USA, I was hired as a boxing coach at the National Guard Armory in Oakdale, California."

don't know me personally and I don't know you right?" He said yes so I asked him if he would like to have a PUNCH UP (British for a street fight) with me with the following conditions. If he had me on the floor first, he could keep smoking, but, if he hit the floor first, he would either quit or leave. "Right you are," said he and we shook hands and squared off. He made the typical street fighter's first move and tried to KO me with a looping right hand. I went underneath it and hit him with a 3-punch combination starting with a left hook to the body and down he went. There was tremendous applause from everyone in the room. I helped him up and instead of leaving; He joined my attorney friend and me and proceeded to talk our legs off about all sorts of drunken nonsense.

The next day, the lawyer and I were having breakfast in a very nice restaurant when he suddenly appeared at our table and started telling us about his drunken adventure of the night before; "I got pissed [drunk] last night and me mates shaved my eyebrow off." Sure enough, he was missing an eyebrow. The Isle of Man is about 30 miles long and 10 miles wide at the widest point. There are hundreds of eateries there. No matter where we ate, the drunk found us every day. Usually, the attorney would say, "Here comes your new best friend" and we would have to listen to his drunken exploits from the night before. He was very loud and it was quite embarrassing. I should have lost this fight!



Coaching at the Armory

In 1996 when I was back in the USA, I was hired as the boxing coach at the National Guard Armory in Oakdale, California. I was 51 years old at the time. Part of my job was to spar with the 15 to 25-year-olds. I ran with them every day and was in the ring every day I was really in good shape. For the next six years, I was coaching/boxing nearly every day. I never got involved with the financial aspect of the boxing but worked the bouts they put on as a second, an announcer, two times as a referee, and anything else I could do to help. I got called in for a meeting and was told the entire program was in financial trouble. The fights were losing money and the PAL [Police Athletic League] was being brought in with some financing. I was kept on and continued as before. Two Sheriffs were brought in, but I only saw them maybe once every two months. A local Riverbank politician was brought in to oversee the fights. It turned out all he was doing was giving out free passes to all his cronies and within two shows, there was no money left and the whole program was dissolved. About the same time, I picked up the paper one day and read that the two Sheriffs were under federal indictment for failing to collect income tax and social security from the people they hired as well as a host of other charges and they were both sus-

pended. (I never found out what the final disposition was with them)

Philippine Mall Fights

Around the same time, I was going to the Philippines every 3 months on business. Boxing is one of the most popular sports in that country. They set up boxing rings in the shopping malls and in the mall parking lots. I would always stop and watch and eleven times I was enticed into stepping into the ring. I don't count these on my record because sometimes they were only two rounds and they didn't always raise the winner's hand (especially if it was me). It was all very impromptu even though they had a referee and a timer. The Philippine Style of boxing is very similar to the Mexican style, they like to swing for the fences and slug it out. I, on the other hand, was a slick boxer/puncher. I got hit with single punches, but not combinations. The PEEK A BOO style and lateral movement were foreign to them. The first time, they enticed me into the ring, I saw they were matching me with a young guy more than 30 pounds heavier than me and much younger. I told them I didn't know a lot about boxing but I did know that a welterweight did not fight a light heavyweight. If they wanted me to fight, they had to come up with someone within ten pounds of my weight, so they put in a lighter

guy and although they raised no one's hand, I knew I gave him a boxing lesson. A few fights later, different guys tried the uneven glove trick. I saw they put 16 oz. gloves on me and they were putting 10 oz. on the other guy. When I asked them to swap gloves, suddenly it was a big mistake and we both got equal size gloves. Keeping in mind that the Philippines got caught cheating in the Little League World Series, I watched them carefully each time I fought in the malls.

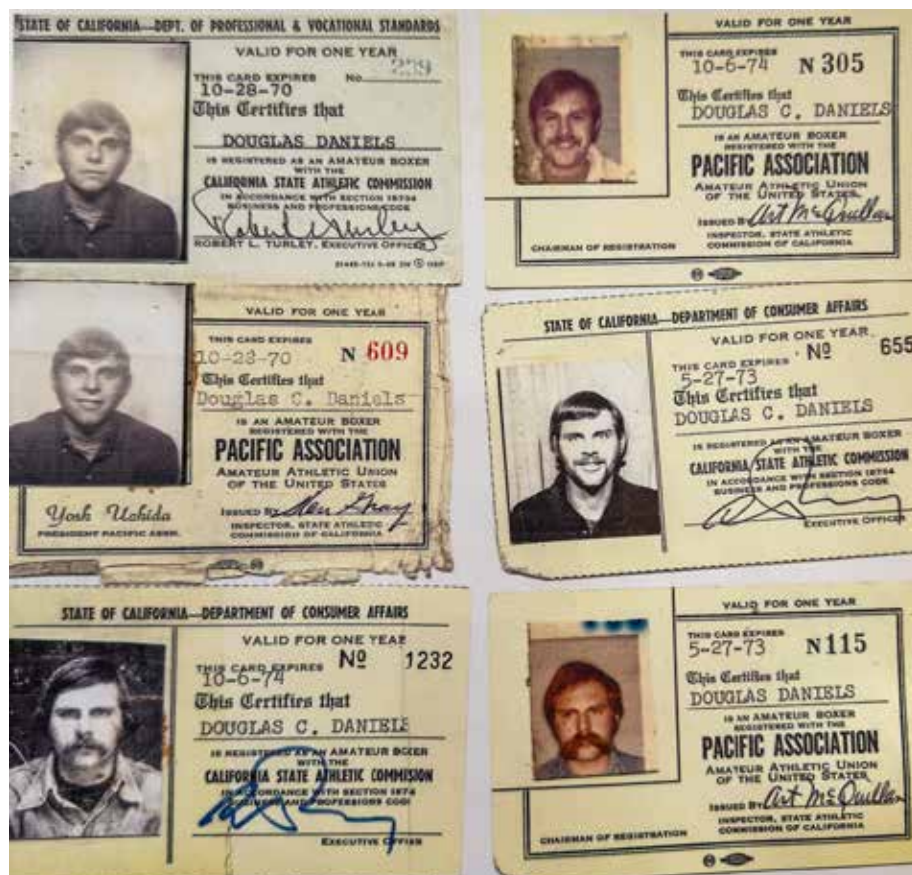
The Last Time I Had the Gloves on or Every Old Guy's Dream

Although the gym had closed I couldn't stop boxing. I still did roadwork 300+ days a year and I had a heavy bag and a speed bag at home. I was 57 years old at the time, but I was in terrific shape. I augmented my roadwork with running races on the weekends. I used to run along the irrigation canals and I had a 3-mile course, 5-mile course, and 10-mile course measured out. One day, I noticed a bunch of teenagers in the backyard of one of the houses. Many were smoking and they all looked a bit edgy. As I went by, the verbal insults started unprovoked. Each day, as I ran by, more insults plus I was getting flipped off. It really irked me when I heard, "What are you going to do old man?" I'm sure everyone 50+ has heard this once or more and wished they were young again. I'm sure you wished you could do something when some punk pulled alongside your car playing loud or obscene music. I'm sure there were many other situations where you wanted to roll back the clock! One day, as I was running by in addition to the verbal insults, three of them threw rocks at me and hit me, and, again, I heard the "What are you going to do about it, old man?" I asked a policeman friend of mine "Who lived in that house?" and was told it was a county home for delinquent teens.

The next day, I headed over there with a bag containing two sets of gloves, two groin protectors, two head-

*“...I was 128-29-10
with 52 knockouts
and I was never
knocked down or took
a standing 8 count...”*

gears, and my mouthpiece. I rang the bell and a guy in his 30s answered the door. I asked him if he was in charge and he said yes. I explained the situation to him and he asked if I knew who threw the rocks, when I said yes, he asked me to point them out and he would have them arrested. I told him who I was and about my boxing background including my recent tenure as the coach at the Oakdale Armory. I told him I thought it would be better if I taught them a personal lesson under the guise of boxing instruction. He absolutely loved the idea, but was concerned about if I could pull it off or if it would blow up in my face if I got beat up. I got my bag out of the car and when I got back to the house, they were already moving the furniture out of the living room. I heard a number of them say, “Hey that’s the guy that runs by here every day.” I picked the largest of the three as my first opponent. The adult was looking at his watch and one of the other kids using a pan and a large spoon as a bell. As expected, the big kid threw a looping right hand at my head; I ducked under it and focused all of my anger into a left hook that hit him flush in the liver as his body was extended for his punch. It was one of the best left hooks I ever threw. He let out a scream and was writhing on the floor in pain. It couldn’t have gone better for me. It took about 3 minutes before they got him off the floor. All the punks and the director were shocked. The second guy offered token resistance but ran out of gas in the second round after taking a beating to both the head and body. The last guy was a surprise, apparently,



Some of my boxing licenses

he had boxed before as he stood correctly and he punched harder than I did (He was bigger too). I knew right away, I should have fought him first. He clearly won the first round. In my boxing career, I fought about 25 lefties and learned to fight southpaw myself. Unless you spar with them, they are a devil to fight. I was banking on the fact that he hadn’t fought one. Everything changed when I came out left-handed for the next round, my power hand was now my jab and I was hitting him with a wicked right hook beside. I was now landing the harder punches and he was pretty gassed at the end of the round. Round 3 was all mine also and he was so gassed that I was going back and forth between left and right hands and he could do nothing. The final gong sounded and the director had a big grin on his face and started the applause. I then told the youths that I would continue running by and I would appreciate not being insulted and God help anyone who throws anything at me. I

was assured that it would not happen again and for the next few months until they moved to another facility, they waved to me and cheered me on.

I still love boxing and watch every fight I can. My wife is Filipina and she likes it too, but she likes it when the guys just slug it out. She misses the subtleties so I’m glad she never saw me fight.

Oh, in case anyone cares I was 128-29-10 with 52 knockouts and I was never knocked down or took a standing 8 count myself.

This is the fifth story by Doug Daniels and I’ve really enjoyed each of them. We hope you enjoyed them too. Try meeting Doug in person or any of the many Veterans in our community to encourage them to tell their stories. We (Christine Butler and I, ‘Tom Waters’) know that there are other stories out there that NEED to be told. Contact the Pahrump Life Magazine Staff (or me) if you want to share your story with readers across the country and around the world.

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Focus on Family



I'm Sorry... I Forgive You

By Tim Sutton, Managing Attorney,
Sutton Law & Consulting Group

“Whatever Jesus lays His hands upon lives. If Jesus lays His hands upon a marriage, it lives.”

– Howard W. Hunter

According to *The Family: A Proclamation to The World*, “[M]arriage between a man and a woman is ordained of God”. If something is ordained of God, He has a vested interest in it and will do anything in His power to make it successful. Considering that He is all-powerful, why are there so many unhappy marriages or those that fail altogether? May I suggest that it's because WE often fail to apply His counsel that leads to happy and successful marriages.

While courting, most of us frontload our relationships with the necessary affection, gifts, sacrifice, and quality time to get us to the altar. After the honeymoon however, we almost immediately start to neglect our newly planted marriage relationship. We fail to water it sufficiently and provide it with the necessary sunshine for its continued growth. Unless something changes, the marriage will eventually wither and die, not because the mar-

“Just as important as a sincere apology is sincere forgiveness, which means forgiving AND forgetting.”

riage was bad but because we didn't properly take care of it. As noted by Spencer W. Kimball, “there are many people who do not find divorce attorneys and who do not end their marriages, but who have permitted their marriage to grow stale and weak and cheap. There are spouses who . . . are in the low state of mere joint occupancy of the home.” This is one of life's greatest tragedies, especially considering how blissful and rewarding a happy marriage can be.

Thankfully, there is hope! Any marriage (yes, even yours) whether five or fifty years old can not only be salvaged but exalted. One of the simplest ways to redeem a struggling marriage, or preserve a healthy one, is for both husband and wife to consistently say “I'm sorry” and “I forgive you”. Greater offenses and deeper hurts will make this harder, but even more necessary. Sometimes we lack the humility to extend or accept a sincere apology, but God is always willing to help us with

added strength if we turn to Him.

BYU Professor Richard Miller advises, “I have found that effective apologies usually come in complete sentences. A simple “sorry” or the far more eloquent ‘sorry about that’ rarely provides the necessary evidence that you feel remorseful and that you are taking appropriate responsibility for your actions. It is much more healing to say: “I'm sorry that I didn't do the dishes last night like I agreed to. It wasn't right, and I apologize”—two full and complete sentences. A full and complete apology that comes packaged in complete sentences will do wonders in healing hurts.”

Just as important as a sincere apology is sincere forgiveness, which means forgiving AND forgetting. Of course, persistent abuse of any kind should not be condoned or tolerated, but most marital discord doesn't fall into that category. Most grievances I heard couples express to me as a bishop, marriage counselor, and divorce attorney



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were normal disputes that had been blown out of proportion or allowed to fester so long that they eroded the love that once existed in the relationship.

Boyd K. Packer taught: "All of us carry excess baggage around from time to time, but the wisest ones among us don't carry it for very long. They get rid of it. Often, the things we carry are petty, even stupid. If you are still upset after all these years because Aunt Clara didn't come to your wedding reception, why don't you grow up? Forget it. If you resent someone for something he has done—or failed to do—forget it. We call that forgiveness. It is powerful, spiritual medicine."

My wife Ruth and I recently celebrated our 22nd wedding anniversary. She is the love of my life and my best friend. She is superior to me in just about every way, but we are still just two imperfect people trying to love each other perfectly. There is nobody that I would rather spend this life, and beyond with. That being said,

we are not unique. Anybody can have a wonderful marriage if they are willing to include Christ. I hope that after reading this article you are a little more hopeful and inclined to do so. You can do it and it is worth it!

1. *Marriage* (Salt Lake City: Deseret Book, 1981), 44–46
2. James 5:16 (KJV)
3. *The Doctrine and Covenants of The Church of Jesus Christ of Latter-day Saints*, Section 64:9-10
4. Richard B. Miller, "Repentance and Forgiveness in Marriage," BYU devotional address, 19 January 2010
5. "The Balm of Gilead," *New Era*, August 1979, 39



D.A.R. Art Contest Shines at P.V.H.S.

By Robin Olson

Beginning their 4th year, the Pahrump Springs Chapter of the Daughters of the American Revolution has been working with the Art Department at Pahrump Valley High School in the JAC (Junior American Citizen) Poster Contest. Under the direction of Pahrump Valley High School teacher extraordinaire, Crystal Dabrowski, the students are offered an opportunity to create a poster relating to the theme of the year. This year's theme is Sailing with the Stars and Stripes to Celebrate the 250th Birthday of the U.S. Navy and Marine Corps. Previous themes have included The Tomb of the Unknown Soldier in Washington, D.C., The 200 Anniversary of the Santa Fe Trail and The 50th Anniversary of the Space Shuttle.

Each year the theme is rolled out in August and provided to Mrs. Dabrowski. She incorporates the Poster Contest information into her lesson planning for all of her art students. Mrs. Dabrowski then has the students research the topic so that they may understand the theme and interpret it in their artwork. Students may voluntarily participate in the contest. In fact, over 100 submissions have been turned in each of the last two years. Students are grouped into others of their same grade level. Posters are due in by the end of November to the Pahrump Springs Chapter. Judging then takes place at the chapter level



Madison Williams Mendenhall,
11th Grade

with first place winners from each grade (grades 9 – 12) being chosen. 1st place winners are then sent to the Nevada state level to be judged. Next, state winners go to the Southwestern Division (7 states, including Nevada, California, Hawaii, Arizona, Utah, New Mexico and Colorado). And, finally, the Southwestern winners go to the National Level in Washington, D.C.

The Pahrump Springs Chapter of the D.A.R. is proud to say that students from Pahrump Valley High School have won at the National level for the past 3 years. Students in Grades 9, 10 and 12 won 1st place Nationally for the Tomb of the Unknown Soldier Poster Contest. The next year, students in grades 9, 10 and 11 all won 1st place

Nationally for the Anniversary of the Santa Fe Trail.

Last year, 3 students from Pahrump Valley High School, came in 2nd place Nationally, covering grades 9, 10 and 11. At the Nye County School Board meeting last May, we were able to showcase Gina Basulto (grade 9), Kristine Hammock (grade 10) and Madison Williams Mendenhall (grade 11) for their achievements.

In fact, Madison Williams Mendenhall has won at the National level for the past 3 years!

We look forward to the Poster submissions this November and hope for another great showing at the National level for our Pahrump Valley High School artists.



Kristine Hammock, 10th Grade



Gina Basulto, 9th Grade



The Wine Down Celebrates One Year

By Christine Butler

The Wine Down recently celebrated its one-year anniversary. They opened their doors on July 1, 2023, and owner Joelle Bolton and her team have had a very successful year. They are looking forward to more in the future. They are not a winery, per se, because they do not make wine. Instead, they purchase wine from distributors, which differentiates them from the wineries in town. Nevada State law prohibits them from buying directly from the wineries.

They offer a variety of wines from a plethora of regions and states around the country. They work with four different distributors:

- Southern Glazer Wine and Spirits – The largest distributor in the country
- Break Through Beverage Group – represents 691 wineries
- Carmelo Messina – Wine

Consultant – Henderson, Nevada

- Nevada Beverage Co. – Located in Las Vegas

At this summer's anniversary celebration, they had a good turnout and lots of activities. Stephanie Sanchez, a local singer, helped them celebrate, and there was plenty of champagne to go around. They offered a variety of food with an expanded menu, including Charcuterie Boards, Santa Maria tri-tip sandwiches, Labneh Cheese Plate, soft creamy cheese and yogurt with olive oil and Za'tar Seasonings. The menu included a variety of small plates as well.

Entertainment

They continually present new live music. It is mostly local entertainers, although they've had out-of-town guests as well. They try to have music once a week. Nashville country singer Ray Ligon has performed several times as has Ali Murphy, who is also from Nashville.

Owner Joelle Bolton and Breanna, one of the team.

In addition to live music, they also have various events to engage their clientele. Recently, they had a painting event to test the artistic skills of their guests. One variation held was a Pass the Canvas Party. This involves passing one canvas around so everyone adds to the same design. Another painting session they offer is timed painting. Everyone paints their own piece of work until the timer goes off, which is usually in about eight minutes. There are no instructions on what to paint. Next, they share their masterpieces with each other and explain them.

Other activities have included painting a tote bag and other fun objects. Their intent is to have a wine glass painting party before the Holidays. To do these events, they take all of the furniture out of the bar and put a single long table in the middle of the shop. This allows everyone to be involved around a single table and witness each



other's artistic abilities. It's a fun event for all and very popular.

One Tuesday a month, they hold Tarot Tuesday. Breanna Peterson of Shine Bright is skilled at reading the cards. You can find the dates and times of their special events on FaceBook, Instagram, or their website: <https://thewinedownnv.com>.

These types of events are normally held on Mondays, which is the day Wine Down is normally closed. They also host private events on their day off. If interested, just give them a call.

They also have guest speakers on occasion. As an example, in Oct., Donna Corey from Southwest Central Regional Economic Development Authority (SWCREDA) spoke to a group for a couple of hours describing what Main Street Nevada is and what it means to our town. She also answered questions the audience had on the subject. There will be other speakers in the future.

They are open to ideas of other events they can host.

Structure of Her Team

Currently, Joelle has the same eight-person staff she started with. They are growing with the company, and are learning together. Although her husband, Keith, is not officially on the staff, he is extremely involved in whatever way he can help ensure the success of his wife's business. She refers to him as the farmer, as he manages vineyards and has established several of them in Nevada as the wine industry continues to grow.

Prior to opening her own place,

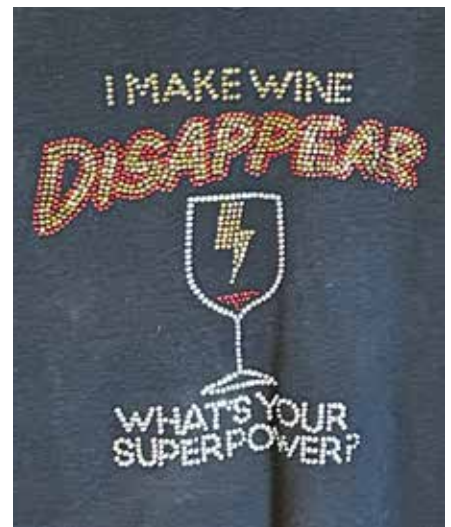
Joelle was instrumental in getting Artesian Cellars up and running, as well as Charleston Peak. Both of those experiences helped expand her knowledge about the wine industry and learn what works and what doesn't in this business. Those who are in the wine industry in our town are extremely supportive of each other and help each other grow. The more success each wine business has, the more it helps the others. It could be described as a team effort to bring this industry to not only Nevada but Pahrump in particular.

Lessons Learned and Plans for the Future

One of the things she's learned over this first year is her need to be flexible. She also discovered that business in the summer is a lot slower, not only because of the heat but because the snowbirds are not here.

Joelle is extremely happy with where they are after their first year. The support from the community has been fantastic, for which she is very grateful.

She is looking forward to being here,



T-shirts are for sale.

with her business, for a long time.

You will notice when you walk up to the front of their store, they have a sign that says wine in seven different languages. When the tour buses stop here on their way to or from Death Valley, the passengers, regardless of where they are from, will know exactly where to go to get some great wine and have some fun.

You'll find The Wine Down right next door to Albertsons at 250 S. NV-160 Ste 8, Pahrump, NV 89048. They can be reached at 775-307-WINE (9463). They are open from noon to 9:00 pm Tuesday through Saturday, noon to 6:00 pm on Sunday, and Closed on Mondays.

To find more information about them, visit them at <https://thewinedownnv.com>. Their upcoming events can be found at https://thewinedownnv.com/?page_id=660.



LIFE after 18



Payroll Deductions: What are They and What do They Pay For?

Janet M. Nast

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

I swear there's nothing more exciting than getting that first paycheck from your first job. You look at it, you look at the check amount and you think, "Oh my God I'm rich!" Even if it's only \$50, hahaha!

But then you start doing the math in your head: You'll look at how many hours you worked the past week and then you'll multiply it by your hourly wage. Then you look at the amount of your check and you think,

"Wait a minute! That doesn't that doesn't add up. That doesn't make sense. Why am I getting less than what I'm calculating based on my hours and my hourly wage?"

You know you worked 40 hours in a week and your hourly wage is \$10.00 an hour. You should have a check for \$400. That makes sense, right? But that's not what your check says. It only says \$290. Well, why do you suppose that is? Well, this is one of these things that nobody told me about when I got

my first job and boy was I shocked!

So of course I marched right into my manager's office and declared,

"This can't be right. I know I worked 40 hours, and I know my wage is \$10 an hour. This check should be \$400. What happened?"

That's when he directed me that extra little part of my pay stub that listed all my payroll deductions. Back when we actually got paper pay stubs this was pretty easy to see. Now most employers will direct you to an email notification that tells you to check your bank account. If you want, you can then click on a link to login and see all the details of said paycheck. But I don't think most people do that. So to me, just checking my bank account would be more shocking because initially you don't see the details of your payroll deductions.

Your next thought might be, "Wow, can I do anything about all this money being taken out of my pay?" Well, yes and no. But I think it's easier to figure out which you can change, and which you can't when you understand what they all are.

Let's take a lot at three of the most common types of payroll deductions:

- Mandatory Government Deductions
- Employee Benefits
- Retirement Options

Here are some details for each type beginning with,

Mandatory Government Deductions

Ok, these are not optional. "Why?" you might ask. First, you need to understand that the government does not make or sell a product nor does it provide a service. (It's not like you can login to a site such as www.governmentstore.com and order clothing like you would on Amazon.)

Second, the government is responsible for paying for things like our military, our schools, and thousands of other services on which we all rely. They (the politicians running the government) have to get that money from somewhere. Your paycheck is one of those options.

Two of those deductions will be the line items on your pay stub details that



“This can’t be right. I know I worked 40 hours... What happened?”

read something like, **Federal Tax** or **FICA**. If you live in a state that collects a separate **state income tax**, you will also see a line item deduction for that.

Both of these are basically a percentage of your paycheck. That percentage depends on how much you earn. If you want to know all the details about your personal tax bracket and how much is going to be taken out for you personally, I strongly suggest you talk with a tax professional. And keep in mind that tax laws change every single year.

Social security is another deduction that falls under the category of Mandatory Government Deductions in addition to **Medicare**.

Social security is the government’s retirement savings plan for each American citizen that pays into it. Similar to your federal and state taxes, the amount that’s deducted from your paycheck depends on the amount you earn. Then, when you retire at the age of 67, the government starts paying it back to you. The idea is that they invest it on your behalf so that it grows to a decent amount when you need to start collecting it in 30 or 40 years. Keep in

mind, that amount will only be a fraction of what you were earning while you were working. This is why I always encourage everyone to pay off things like cars and homes as soon as possible and to start your own retirement accounts as described below.

Medicare is the government’s version of health care. You’ll start using it when the government requires you to sign up for it at the age of 65.

Although interesting thing about that is that I’ve noticed (since I am on Medicare now) I’m still paying a fee for it out of my Social Security check.

Now, there’s a lot of speculation about whether or not Social Security will be available when you retire. It’s quite possible that it won’t be. In that case, again, I would encourage you to ask your employer about other retirement options. Kind of hedge your bets on that one because honestly no one really has any idea what’s going to happen in 20, 30, or 40 years when you retire.

Workman’s Compensation This is basically an insurance that your employer will have in order to cover yours and their expenses if you get hurt at work. All states have different requirements as to what kind of policy is required and whether or not the company pays all of it or employees pays for it through payroll deductions.

Employer Benefits

These deductions depend on a couple things:

- Are you a full-time worker or a part-time worker?
- How big is the company for which you work?

Most part-time workers, which is usually anybody working less than 40 hours a week, will not be eligible for employer benefits. Some full-time workers that are employed by smaller **family owned** business may not get benefits either because it may not be required by the state based on company size. In other words, many small businesses may not generate enough revenue (*aka, earn enough money in customer spending*) to pay for such benefits and the state government recognizes that.

Then there are a lot of mid-size companies that offer these benefits but only pay for a portion of the monthly cost. As an employee, your portion will appear as a payroll deduction.

Lastly, larger companies will pay the entire amount for each employee and while that will be noted on your pay details, it will not be deducted from your pay. Interesting thing about that is that it will sometimes be calculated as part of your “income” when it comes to negotiating your pay.

That said, here are what those benefits are and what the payroll deductions might include:

- Health Care Insurance
- Dental Insurance
- Vision Care Insurance
- Long-Term Care Insurance
- Flex plan

While you’ve probably heard of the first three on this list and they’re self-explanatory, the last two aren’t as common.

Long Term Care Insurance is an insurance that would cover your medi-

	With Flex Plan	No Flex Plan
Annual Salary	\$30,000	\$30,000
\$100 per mo. to Flex Plan	\$1,200	\$0
Taxable Income Amount	\$28,800	\$30,000
10% to Taxes	\$2,880	\$3,000
Take-home Pay	\$25,920	\$27,000
Spendable Income	\$27,120	\$27,000

cal and possibly living expenses if you ever get a long term illness or injury and can't work for a long period of time. That could include something like injuries from a car accident, Lyme disease or even cancer. This type of insurance is not mandatory and it's an option that not all employers offer. If you do chose to get this type of insurance, you will probably have to pay for the entire monthly premium.

Flex Plans are not really insurance policies per say and again, not all employers offer this option. Rather they're a medical savings account that your employer manages. In a nut shell, this money can then be used by you for medical or health related expenses that your insurance doesn't cover. That might be things like the deductibles on any medications that you're taking or deductibles for doctor's visits, chiropractic treatments, new glasses, or it can also be for something as simple as band aids or aspirin. Be sure to ask for details if you choose to sign up for this.

One of the best things about flex

plans is that this money will be deducted from your paycheck before income taxes are calculated and deducted. So basically, you are lowering your taxable income...which means you pay less taxes. That's always a good thing.

Retirement Options

If your employer offers the option to set up your own personal retirement accounts such as a 401k, then this will also appear as a deduction from your paycheck. Usually you have to be a full-time employee to be able to take advantage of these accounts but I think the rules on that have changed over the last few years. So be sure to ask about them in case you're interested in setting one up.

These are great payroll deductions because the money is for your future. In many cases this money is also taken out of your pay before taxes, just like the Flex Plan, thus lowering your taxable income and you paying less income taxes. As I mentioned above under Social Security, I encourage you

to set one of these up because no one really knows if Social Security will be around when you retire. And if it is, no one knows how much will be there.

Pensions Every company does these a little different if they do them at all anymore. If they do, in most cases, the company pays the entire amount which will be noted, but not deducted from your pay.

To Summarize

As you can see, some of these deductions are optional and some are not. I hope this article helps you to understand the difference and then, moving forward, helps you to make some well informed decisions about your future. Yes, each employer does things a little bit differently from the next. But now you're armed with enough information to ask some good questions and decide which options will be good for you personally and financially.

If you have any questions or comments, please feel free to contact me at jan@lifeafter18.com.

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financial focus

with Jeffrey R. Dye

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



How Can You Plan for Incapacity?

We all hope to enjoy long, healthy lives, retaining the ability to think clearly and make our own decisions. But life doesn't always work out that way — which is why you need to prepare for a potential incapacity that could affect your independence and possibly create financial problems for your family.

So, in thinking about incapacity planning, you may want to consider the following arrangements:

- **Health care power of attorney**
– When you establish a health care power of attorney, you name someone, such as a spouse or adult child, to make medical decisions on your behalf, should you become incapable of making them on your own due to disability or illness. These decisions include choosing doctors, treatments and care facilities.
- **Financial power of attorney**
– With a financial power of attorney, you designate someone to assume a variety of duties

for you in case you become incapacitated. These tasks include investing, selling property, paying bills and debts, collecting Social Security benefits and adding or changing insurance policies.

When establishing a health care or financial power of attorney, you may need to decide whether it's "durable" or "springing." A durable power of attorney typically takes effect immediately after you sign it, have it notarized and witnessed. So, the person you've chosen to have power of attorney — sometimes called an "agent" — can act on your behalf whenever you choose. On the other hand, you could select a power of attorney that "springs" into effect only when you become incapacitated — hence, the "springing" designation.

One issue affecting a springing power of attorney involves the speed with which it can be enacted. Generally, it won't go into effect until a licensed physician declares in writing that the person granting the power of attorney is indeed incapacitated. This could cause a problem if your chosen agent needs to act quickly on your behalf. It's

“...you may also want to consider on other incapacity-related legal document - a living will.”

because of this potential delay that a durable power of attorney is often favored over a springing power of attorney. However, everyone's circumstances are different, so if you have a choice between a durable or springing power of attorney, you may want to consult with an estate-planning professional for guidance.

Apart from the health care and financial powers of attorney, you may also want to consider one other incapacity-related legal document — a living will. When you establish a living will, you describe the steps you would or wouldn't want taken to keep you alive, along with other medical decisions, including pain management

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and organ donation. Obviously, the decision to create a living will is highly personal, involving your feelings about self-sufficiency and the circumstances that define the quality of life you wish to have. But the mere fact of having a living will can relieve your loved ones of having to make potentially agonizing decisions.

Planning for an incapacity may not be the most pleasant task — but it's an important one. Of course, you may never become incapacitated at all, but by making the proper arrangements, you can make things easier for yourself and your family — just in case.

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Josh's Top 10 Ways to Keep Your Humanity in an Ever-Changing Digital World

By Josh Osborne

In today's fast-paced and technology-driven environment, maintaining our humanity amidst digital advancements is more important than ever. While technology offers numerous benefits and conveniences, it's essential to balance our digital lives with human values, empathy, and connection. Here are ten ways to preserve your humanity in an ever-changing digital landscape:

1. Prioritize Real-Life

Connections: Invest time in nurturing real-life relationships with family, friends, and communities. Face-to-face interactions foster empathy, understanding, and meaningful connections that are essential for maintaining our humanity. Forget sending that loved one a text and call them on the phone. Skip sending them an e-mail and take the time to write out a handwritten letter that shows effort and care.

2. Practice Digital Detox:

Take regular breaks from screens and

digital devices to reconnect with yourself and the world around you. Engage in activities such as mindfulness, outdoor walks, or hobbies that allow you to unwind and recharge away from constant digital stimulation. In other words, turn off the electronics and go touch some grass and watch the sunset over another game of Candy Crush or hours of mindless scrolling on Instagram or Facebook.

3. Embrace Empathy:

Cultivate empathy and compassion in your interactions, both online and offline. Take the time to listen, understand diverse perspectives, and show kindness and empathy towards others, fostering a sense of connection and humanity. Try putting more effort into listening and learning and less time into pushing your own opinions through posts and

comments.

4. Limit Social Media

Consumption: Be mindful of your social media usage and its impact on your mental and emotional well-being. Set boundaries, filter content, and prioritize quality interactions over passive scrolling to avoid becoming disconnected from real human experiences.

5. Promote Digital Ethics:

Advocate for ethical use of technology and digital platforms. Support initiatives that prioritize user privacy, data protection, and responsible digital practices to ensure a more humane and ethical digital



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6. **Protest with Your Wallet:** When large companies are prioritizing money over your health, safety and mental well-being, be sure to speak out and more importantly, withhold your business and the almighty dollar that drives so many companies. Protesting with your wallet often makes the biggest impact and promotes the necessary changes.
7. **Engage in Meaningful Conversations:** Initiate and participate in meaningful conversations that promote understanding, learning, and mutual respect. Encourage constructive dialogue, critical thinking, and open-mindedness to bridge digital divides and foster human connection.
8. **Practice Mindful Technology Use:** Be mindful of how you use technology and its impact on your

daily life. Use digital tools and platforms intentionally, avoiding mindless consumption or excessive reliance on technology for validation or self-worth.

9. **Support Human-Centric Design:** Advocate for technology and design practices that prioritize human needs, values, and experiences. Encourage the development of inclusive, accessible, and user-friendly digital solutions that enhance human well-being and quality of life.
10. **Protect Mental Health:** Prioritize mental health and well-being in the digital age. Seek support, practice self-care, and be aware of the potential negative effects of digital overload, cyberbullying, and online harassment on mental health. Foster a culture of empathy, support, and understanding in online communities.

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

Still Needing Some Help?

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 15 year resident of Pahrump Valley with his wife Kristie and daughters Kaylee and Lily. Josh loves Jazz music, the gym, Mixed Martial Arts and is obsessed with all things Star Wars.

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Shelley Poerio

Seeking a Life of Happiness in Recovery

By Shelley Poerio with Casey Jones

This is the time of year when many of us reflect on the past year: what went well, what went awry, and what we accomplished – and maybe even about our aspirations for the year ahead of us. I'd like instead to focus forward: on the topic of general happiness, and share some ideas on how to recognize it, and how to move toward happiness in recovery.

Focus on Others' Happiness

This first piece of advice may surprise many, but it's an essential element to achieving happiness: "worry" about others. Take on the responsibility to find ways to help others find their paths to happiness. You may be surprised, but watch happiness reflected back. Every encounter with friends, family and even strangers, has the potential to be turned into an opportunity to generate

a pleasant experience. I met a woman today who was working in the grocery store, and she commented to me that she wasn't happy with her recent move to the area. I shared my contentment with living here, how people interacted, what activities she could get involved in, and how I perceived the people I've met since moving here to be kind, friendly and caring. Hearing another (positive!) perspective seemed to give her optimism to seek out positive experiences. As I was leaving, I overheard her talking to a colleague about how she was going to pursue some new ways to enjoy her time and her new city. Just hearing this made me happy.

Share a Bond with Others

The anecdote above is one example of this, and how just a brief encounter – and the acknowledgement that we are all human – can offer others a glimpse of hope and give us another human connection. In grade school, most of us have fond memories of showing

up to class each morning and reuniting with our classmates. There was a bond that was created by the teacher, the school, and just being a part of a group. We are still part of a group, but it's much larger as we age. And while our classmates shared the experiences of the same teacher and group – we can be sure that most all humans we meet have had their share of ups and downs, challenges and successes that are similar to our own.

Understand the Difference Between Happiness and Pleasure

Especially in addiction recovery – but even for non-addicts – it's important to make a clear distinction between these two emotions or states. Pleasure is fleeting – an event, and experience that in the moment feels good or exciting, or even distracts us from pain. Happiness is a state of being, that is ever present, even when we face adversity. It's an inner contentment that

won't disappear even if sad or disappointing things happen in our lives. Most of us know at least one person who has a knack for "making lemonade out of lemons" – and stays stable, positive and consistent in character even when confronted with very negative or sad events. There is so much emphasis in our society on getting material goods or having positive experiences. Yet most of us know that these things, while they may bring momentary pleasure, really don't change our outlook or contentment. In fact, once we get what we may have thought would bring happiness really doesn't – and often we then seek the next thing to keep the pleasure adrenaline going. My sponsor Martha always told me, "Shelley, happiness is an inside job." Again, think about that statement in the context of the messaging with which you are bombarded daily by all forms of media.

Focusing On Others Has Positive Self Effects

Much of living in a happy state has to do with feeling connected to others and to the world, appreciating nature and people, and being grateful for what we have. For many, finding a sense of spirituality and/or God brings feelings of contentment, relieves worry and instills hope. Hope is a critical foundation of happiness. And inner contentment correlates with a sense of satisfaction and self-worth – both of which can be more easily achieved by celebrating the wellbeing of the people around us. I think it is a measure of our growth and confidence that we can take joy from the happiness of others. Far too many of us get caught up in a game of "comparing out"

"Most of us know at least one person who has a knack for 'making lemonade out of lemons' - and stays stable, positive and consistent in character..."

– and seeing life positivity as some kind of competition, or as even a degrading, experience. "He/she has more <fill in the blank> than me; what is my problem?" (This thought process is an insidious problem noted in many psychological studies on social media – particularly for adolescents.)

And once a person achieves a happy state, managing a life and living it well falls into place almost effortlessly.

Switching Gears

Over the last seven years, most of the articles in this column have dealt with ways to move toward a happy and healthy lifestyle and to avoid the pitfalls that can lead to relapse. As we in recovery know, it may not happen overnight, but it's a process toward a goal. The more repetition of positive acts and behaviors, the closer we get to being truly and sincerely happy

and content with what we have. And the easier it becomes to identify with a "new self" that can influence others in a positive way.

Seven Key Goals

As I reflect on past articles, they can be categorized into seven key themes, all of which support the goal of achieving contentment and happiness.

1. What to watch out for that might lead to a relapse back toward our lesser self. The symptoms of addiction, relapse prevention, triggers and coping skills, and recognizing enablers and co-dependency. It also covers the importance of nurturing a new internal narrative, avoiding falling back into how one perceives oneself before embracing recovery.

2. How nutrition and exercise help support mental and physical health. The benefits of good nutrition and regular exercise, how critical it is to start a healthy regimen early in recovery to become a better and sober self, and how and why healthy habits enhance physical, psychological and even social healing.

3. Recognizing and proactively changing attitudes that don't serve our purpose. Being introspective, setting personal boundaries, pivoting from a pessimistic to an optimistic view of the world and developing the tenacity to get through challenging times are essential skills. Staying sane when sadness, adversity and frustration seem to dominate is a new skill for many but becomes easier with practice and is essential to staying sober.

4. Making the right social connections to reinforce the person you strive to become. For most people in recovery, it's



necessary to shed old connections that reinforced addiction, and replace these with associations that will support recovery. This can be new social groups, collaborating with others who embrace a healthy lifestyle, volunteering to help people who are less fortunate – and even seeking out a workplace that reinforces a healthier lifestyle.

5. Reinforcing your creative and spiritual side. Though it may be difficult to pinpoint, we all know it when we “sense” it – the awe at looking at a sunset, the feeling of joy when we connect with a loved one, and the satisfaction that can come from hobbies or experiences that we individually enjoy. Some think of this in a religious sense, others don’t – but there is a part of the human experience that brings calm and satisfaction. These positive experiences need to be discovered and nurtured in order to achieve a happy life.

6. Being honest with yourself about who you are and what type of person you want to become. To suc-

ceed in achieving happiness, we each need to strive to become “the gold standard” – what we think is the role model for others by behaving that way ourselves. This requires an honest self-audit of who we are and how we are behaving, and whether this is aligned with who we strive to be. Our personal brand should be one that we are proud of and if it isn’t, change is necessary.

7. Creating plans and structure to provide a framework for happiness. The seemingly most mundane or routine plans and tasks may be at the core of leading a fulfilling life. Having concrete goals and strategies – and a realistic time and financial budget for achieving them – are the backbone on which success is achieved. Plans and routines for daily self-care and progress toward a desired result are simple tools that can keep us on track.

A state of calm and happiness is possible, and I wish this for everyone now and in the year that is about to arrive.

If you have comments, or ideas for

next articles, please contact me at shelley@livingfreehealth.org.

Shelley Poerio is a Licensed Clinician, and author of “Rebalancing the Addictive Mind: Beating Addiction with Exercise and Nutrition.” She is also the CEO and 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.



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How to Ensure Your Assets and Tangible Personal Property get to the Right People

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

A frequent occurrence in the New Year is cleaning and decluttering. We often have clients come into our office who lament that no one will want or value their collectibles, china, tools, and knickknacks. Such treasures reflect so many memories and accomplishments of those who carefully hold on to and display them, but often, they're disregarded and disposed of quickly by the heirs who are eager to clear out and move on.

These pieces of furniture, artwork, tools, guns, coins, collectibles, jewelry, clothing, etc. are referred to under the law as "tangible personal property." Tangible means that it's something you

can physically touch, unlike intangibles such as bank accounts, stocks, etc. or real property (land). While these things can sometimes hold great monetary value (think of antiques, artwork, jewelry), sometimes tangible personal property can be things that hold little monetary value, but a lot of sentimental value.

I am reminded of a small wooden chair with peeling paint from my in-laws' home. Although its shabby, worn appearance makes it appear to be of little monetary value, it has a great deal of sentimental value to my father-in-law, because it was in the kitchen of his parents' farmhouse. He remembers it from his own childhood, and as a result, it has significant value to him. Although a stranger might quickly dis-

pose of it, it is a treasured keepsake in my wife's family, and one I anticipate will be honored and revered for generations to come.

Thankfully, when you have an estate plan, there is a way to make sure that these precious treasures go to the ones who will honor them as you have. Whether you donate collections, give away jewelry or mementos, or instruct for certain pieces to be appraised and sold, you can be sure that although you "can't take it with you," you can make sure it goes to those who will value your personal property as you did during your life.

We've all heard the horror stories of Grandmother's pearls or first edition book being donated to a local charity instead of being preserved and trea-

“...sometimes tangible personal property can be things that hold little monetary value, but a lot of sentimental value.”

sured as those items are often meant to be. But how do we go about making sure these things go to the right people?

First, you need to have an estate plan in place—a trust! Even if you have a trust, you may be wondering where and how you can indicate where personal property goes. Unlike real property, which we transfer by deed into a trust, most personal property does not have a “title” or “deed” to it. Certainly, my in-laws’ wooden chair has no title! So how do we pass it on to someone else? How do we include it in the estate (assets) of a person?

In a trust, this is done in two (2) different parts. The first is called an Assignment of Assets. When done properly, this Assignment is a “blanket” assignment, meaning it covers every piece of personal property owned by the individual at the time they execute (sign) the assignment, and includes every piece of personal property they own or acquire in the future (until they pass). This Assignment assigns that personal property to the Trust, so that it avoids probate upon the death of the individual. What this means is that the property does not have to go through the court process to determine who it should be distributed to, or hastily sold

for garage sale value, or given away. This document is signed as part of the estate plan, so double check to be sure yours has one, and if it doesn’t, have your estate plan reviewed by a competent estate planning firm who only practices estate planning, so you can be sure your personal property is properly included in your Trust estate.

The second part is a list of tangible personal property. This is typically a separate list which can be handwritten. Now why would you want part of your estate plan to be handwritten? Simple! We want it handwritten because it’s going to serve as an amendment to your documents, and writing it in your own hand authenticates it. Furthermore, it gives you the opportunity to update the list of personal property and who gets what on a regular basis, without having to see your estate planning attorney. Now, it is important that this is prepared correctly and accompanied by an Assignment of Assets, so be sure to seek legal counsel to make sure that yours is done correctly and will be honored under the law and by the Courts when you pass away.

When done correctly, the List of Tangible Personal Property can be up-



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dated at your whim- which seems to come in handy after the holidays—you can go through and change all the bequests you’ve made after that raucous family dinner, or add bequests when you’ve connected with someone during the holidays. Either way, the important thing is that those choices are yours, and when they’re made correctly, they’ll be honored by your trustee, the law, the Courts and your beneficiaries and heirs once you pass away.

In the New Year, if you find yourself decluttering and dejunking, please remember that there is a way to preserve that lifetime of memories, and make sure that your precious keepsakes go to those who will appreciate them. Have your estate plan reviewed by an estate planning law firm so that you can make sure your wishes are followed. And when you’re dejunking and decluttering- think twice before you throw out that old family keepsake!



water wise



Cloud Seeding Recharges Pahrump's Groundwater

By Jacky Walker

Severe to moderate drought data collected by the U.S. Geological Survey over the last decade for the Pahrump Valley has heightened awareness and urgency to accommodate future water needs as both population and development increase. Add in over-allocation of groundwater rights and a high density of domestic wells and you have a water shortage problem looking for a solution.

In 2020, seeking ways to help replenish groundwater levels in Pahrump's sole water source, Hydrographic

Basin 162, the Private Well Owners Association (PWOA) began to explore how cloud seeding could be beneficial. After extensive research, PWOA presented the Nye County Board of Commissioners a proposal for cloud seeding in alliance with Nevada's acclaimed Desert Research Institute (DRI).

In late 2022, in conjunction with the Nye County Water District, PWOA received a \$285,000 American Recovery Plan Act grant for a 5-year winter-time cloud seeding project targeting the Spring Mountains to improve the snowpack and replenish Basin 162 with gradual snowmelt.

The first year of the program (2023) saw 6,653 more acre-feet of "snow water equivalent (SWE)" added to the aquifer. The second year (2024) added 14,592 more acre-feet. Such numbers translate into a staggering **6.9 billion gallons** of SWE water generated, enough to sustain current usage in Pahrump Valley for almost a year.

All this for a cost of just \$10.60 per acre-foot per year as opposed to deep water drilling projects estimated at \$11,500 per acre-foot per-year. The program is funded through December 31, 2027.

Other dry areas in Nevada have also seen success with cloud seeding, enough for the Silver State to grant \$1.2 million to Desert Research Institute last summer to continue the cloud seeding/snowmaking program in those locales.

Today, as cold weather approaches, the Spring Mountains above Pahrump will be visited by familiar figures intent on making it snow. Unlike the rain-maker rituals of old, today's scientific techniques seed moisture-laden clouds with silver iodide crystals that encourage the moisture to freeze and fall as snow instead of rain. Snow is the ultimate goal for most cloud seeding efforts, since snowpack will gradually melt and seep into the soil, eventually replenishing the groundwater, also known as natural recharge.

According to the Nevada Division of Water Resource, Basin 162's annual



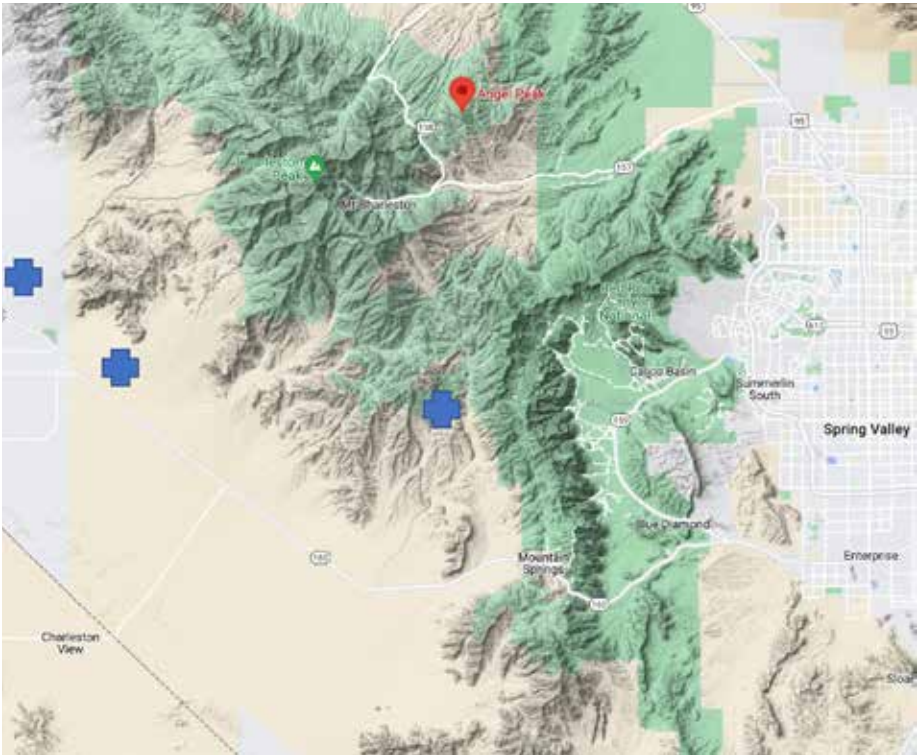
“Clouds must contain subfreezing liquid water drops at temperatures colder than 23°F...”

perennial yield is 20,000 acre-feet, or 6.5 billion gallons of water. Perennial yield is the maximum amount of groundwater that can be extracted annually without depleting the groundwater reservoir.

We spoke with Frank McDonough, research meteorologist with the Desert Research Institute who heads up DRI's Nevada State Cloud Seeding Program. He and his DRI colleagues slog through frigid and sometimes perilous conditions to try to bring more water to our Valley. They manage three strategically placed generators to seed clouds over two miles high when conditions are ideal.

How would you describe the success of the cloud seeding project above Pahrump? Very successful. The storms are often plenty cold enough to conduct ground seeding, and large quantities of subfreezing liquid water (the fuel for cloud seeding) are present in the clouds for the majority of time during the storms. We have a webcam up on the top of the ridge (11,000 MSL*) just east of Mt. Charleston and can see the SLW (super-cooled liquid water) accumulate on our icing pole. *MSL or Mean Sea Level is the average height of the oceans around the world.

Why do you do your cloud seeding from the ground rather than by air? Aircraft seeding can be quite effective, and would be a good addition to the project, but it is more expensive. There are also limitations on how long the aircraft can operate during storms, such as refueling requirements. Federal Aviation Administration (FAA) rules



Cloudseeding Success To Date			
Year One (2023)		Year Two (2024)	
Acre-feet Generated +6,653	Gallons (SWE) +2,162,225,000 (2.16 billion)	Acre-feet Generated +14,592	Gallons (SWE) +4,742,400,000 (4.74 billion)
Total Added to Aquifer +21,245 acre-feet (SWE) generated or +6,904,625,000 gallons (6.9 billion)			
*Over the last two cloud seeding seasons, the combined snow water equivalent (SWE) generated by cloud seeding above Pahrump not only met the State's 20,000 acre-feet (6.5 billion) annual use allocation for Basin 162, but added an extra 404.6 million gallons to the aquifer.			

that pilots can only work 12 hours then need 12 hours of off time, and the expense of pilot and crew standby costs.

As we move toward the winter months, and assuming you watch the weather constantly, how do you determine what clouds to seed? We look for clouds below mountain top level. Clouds must contain subfreezing liquid water drops at temperatures colder than 23°F, the ridge top temperatures need to be colder than 23°F, and winds must be favorable to allow the cloud seeding material to move up the mountains (away from

Pahrump) and into the clouds.

How has climate change/ megadrought impacted your cloud seeding efforts? The megadrought has limited the number of potential seedable time periods as clouds are not often present. Climate model predictions of higher temperatures during storms are expected, which would make ground seeding more difficult, but for the past few winters the storms have been mostly cold enough.

Why do you think several states have already banned the use of silver iodide for cloud seeding? Are Pahrump residents in danger of contamination due to wind currents or

drinking the water generated by silver iodide? No, the states that banned cloud seeding are primarily trying to get rid of contrails from jets and block theoretical stratospheric geoengineering. They are in places with abundant water resources and the sponsors and supporters of the bills are illiterate on cloud seeding and think contrails stratospheric geoengineering are cloud seeding. The sponsors and their backers have followed false conspiracy theories.

Water is life in the west, and air pollution from all our daily activities is decreasing clouds ability to convert storm moisture into precipitation. We call this inadvertent cloud seeding. Planned cloud seeding is a safe and important tool in the water resource managers tool kit.

We have 70 years of research showing that silver iodide in cloud seeding is insoluble, safe for the environment, and used in miniscule amounts. Most people have silver teeth fillings and eat their Thanksgiving dinner off Grandma's good silver utensils and bowls. A single windstorm over Nevada puts more silver into the air from natural soil sources than 50 years of cloud seeding would generate.

How do you determine the difference between the cloud seeding rate of Snow Water Equivalent (SWE) and the normal precipitation rate that would have occurred without intervention? We have many research projects that have occurred over the western US and world over the past decades than have shown when successful cloud seeding is conducted it can add 10% or more snowfall. We can clearly see that the conditions are present over the area for successful cloud seeding.

How does working on cloud seeding add to your personal achievements? I know we live in a desert. But I hate drought, and the fact that human air pollution, that we all contribute to, is likely inhibiting some clouds ability to produce precipitation. I think cloud seeding is a method to restore clouds

ability to convert storm moisture into precipitation. And restore the clouds efficiency to create precipitation to levels prior to all the humans moving West. That work is very satisfying.

To learn more about cloud seeding:
Desert Research Institute Cloud Seeding Program: <https://www.dri.edu/cloud-seeding-program/>

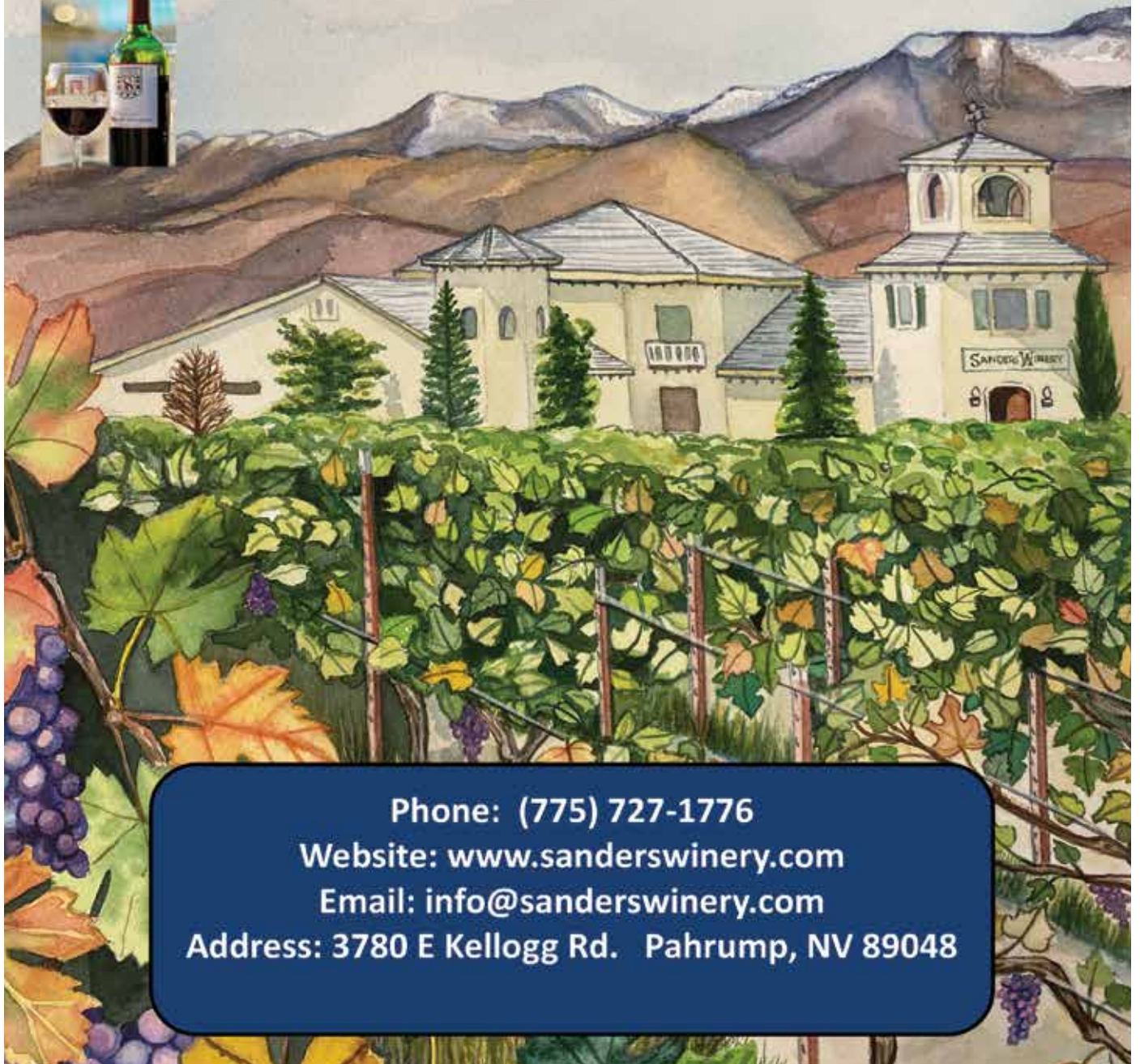
 *The Private Well Owners Association meets at 10 a.m. in the Pahrump Valley Museum on the first Wednesday of every month. The public is welcome to attend and participate in water-related discussion.*



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Healthy Living

Discover the Many Uses of RLT

By Crystal Atwood

Red Light Therapy is all the rage and it's not hard to see why. With benefits that include reducing the appearance of fine lines and wrinkles, blemishes, hyperpigmentation, and even weight loss, it's no surprise that it's gaining popularity. Believe it or not, RLT goes far beyond cosmetics, which, we will discuss a little later in the article.

But first.....

What is Red Light Therapy?

When it comes to the discovery of the potential benefits of red light therapy, you can thank NASA!

In October 1995, sources of red light made their space shuttle flight debut on the second U.S. Microgravity Laboratory Spacelab mission (STS-73,

Columbia) as part of experiments in plant growth. It was here that astronauts tending the plant growth chambers noticed little scratches on their hands began to heal.

These studies led to the discovery that red light therapy could be used deliberately as a type of photomedicine, which is the application of light for health and healing purposes. Visible light penetrates biological tissues, such as cells, muscle tissues, and nerve tissues—with red and near-infrared (NIR) light going deeper than green, blue, or violet light.

Okay, now you know a little bit about what RLT is, but how does it work?

Red light therapy works by activating your mitochondria, or the powerhouse of the cell, with this boost to the energy center of the cell, the cells can do their jobs

Red light therapy takes advantage of

a phenomenon called photobiomodulation, which is how different components of our cells are activated or respond to different wavelengths of light.

How May Red Light Therapy Benefit Me?

Great question! RLT, as I stated at the beginning of the article, actually has a wide range of wellness goals that it may help support. Below are some of the most popular findings in current studies of research.

- Fine Lines and wrinkles
- Acne
- Scarring
- Wound healing
- Hair growth
- Relief from chronic disease symptoms
- Reduction of pain
- Enhancement of fat loss

“Red Light Therapy works by activating your mitochondria, or the powerhouse of the cell, with this boost to the energy center of the cell...”

- Acceleration of sports recovery
- Increase injury prevention
- Promotion of brain health

Are All Red Light Devices Created Equal?

No, like most purchases we choose to invest in, you want to be sure you select an option that can support your health goals.

There are at-home devices, which can vary from small hand-held wands to full-body devices. While these likely will not cause harm, their effectiveness is questionable, and will likely not have enough lights to be effective, or

the correct certifications to ensure it is what they say it is and the appropriate NIR to penetrate deep enough for the health goal you are working towards.

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Recipe Box



Easy Vegan Date Squares

By Crystal Atwood

<https://naturalvibes-healthandwellness.com>

12 Servings

1 Hour

Ingredients

- 3 cups Oats (rolled, divided)
- 1/2 cup Cane Sugar
- 3/4 cup Coconut Oil (melted)
- 2 cups Pitted Dates (soaked until softened)
- 1 1/2 tsp Cinnamon

Directions

1. Preheat the oven to 350°F (182°C) and line a baking dish with parchment paper.

2. Place half of the rolled oats into a food processor or blender and blend until the oats reach a flour consistency.

3. Add the oat flour, sugar, and the remaining oats to a mixing bowl. Stir in the melted coconut oil until well combined.

4. Add the soaked dates and cinnamon to the food processor and blend until a mostly smooth paste forms.

5. Transfer about 3/4 of the oat mixture to the prepared baking dish and firmly press to form a smooth, even layer in the bottom of the pan. Spread the cinnamon date paste over the bottom layer and then top the date layer with the remaining oat mixture.



6. Bake for 35 to 40 minutes or until the oats are just golden brown around the edges.

7. Let the date squares cool completely in the pan, or overnight, before cutting into squares. Enjoy!

Notes

Leftovers. Keep in an airtight container for up to five days or freeze portioned squares for up to three months. For chewier squares, store in the refrigerator.

Serving Size. One serving is one square. An 8 x 8-inch baking dish was used for 12 servings.

More Flavor. Add vanilla or a pinch of salt.

Dates. Medjool dates were used to test this recipe.



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Medical Advice

Unveiling the Truth: Do You Suffer from Hyperkyphosis?



Dr. David Lewis,
DC, QME

By Dr. David Lewis, DC, QME

It's a scenario we've all experienced: sitting hunched over a desk for hours, feeling the weight of the world on our shoulders. But what if that feeling isn't just temporary? What if it's a sign of something more serious – hyperkyphosis?

Understanding Hyperkyphosis

Hyperkyphosis, often known as “hunchback” or “roundback,” is a condition characterized by an excessive outward curvature of the spine, leading to a rounded upper back. While it's normal for the spine to curve slightly, hyperkyphosis results in an exaggerated rounding that can impact one's posture, mobility, and overall quality of life.

Types of Hyperkyphosis

- **Postural kyphosis:** This is the most common type of kyphosis. It usually happens during your teenage years. Slouching or poor posture stretches the ligaments and muscles holding your vertebrae (spinal bones) in place. Stretching pulls your vertebrae out of their normal position, causing a rounded shape in your spine. It affects more children assigned female at birth than
- **Scheuermann's kyphosis:** This type happens when vertebrae have a different shape than expected. Instead of being rectangular, your vertebrae have a wedge shape. The wedge-shaped bones curve forward, making your spine look rounded. It affects children assigned male at birth more than children assigned female at birth. Scheuermann's kyphosis can be painful, especially during activity or when standing or sitting for a long time. Changing your position or posture doesn't change the curve, as your vertebrae aren't flexible.
- **Congenital kyphosis:** Congenital means a condition present at birth. Congenital kyphosis occurs when your spine doesn't properly



develop or develop completely in the uterus. It can increase in severity as you grow. Surgery can correct the spine curvature during childhood to prevent it from worsening. It can happen in addition to other congenital growth defects like those that affect your heart and kidneys.

develop or develop completely in the uterus. It can increase in severity as you grow. Surgery can correct the spine curvature during childhood to prevent it from worsening. It can happen in addition to other congenital growth defects like those that affect your heart and kidneys.

- **Cervical kyphosis** (military neck): This type occurs when your cervical spine, or the part of your spine at the bottom of your head to your upper back), curves toward your front instead of its natural curve to your back.
- **Hyperkyphosis:** Hyperkyphosis is a severe forward curvature of the spine. The curve measures more than 50 degrees. This type is common after age 40.

Do You Have Hyperkyphosis?

Wondering if your posture is a sign of hyperkyphosis? Here are some common symptoms to watch out for:

- Noticeable hump in the upper mid back
- Rounded shoulders
- Back pain or stiffness
- Fatigue or muscle weakness
- Limited mobility
- Pain or stiffness in your back and shoulder blades.

- Balance issues.
- Extreme fatigue.
- Shortness of breath/difficulty breathing.
- Tight hamstrings.

If you resonate with these symptoms, it might be time to consult a chiropractic professional for an accurate diagnosis.

The Causes of Hyperkyphosis

- Structural abnormalities of the bones in your spine.
- Poor posture due to improper ergonomics or lack of exercise.
- Spinal injury from an auto or sports related circumstance

The Impact of Hyperkyphosis

Left untreated, hyperkyphosis can have a significant impact on your health and well-being. From chronic back pain to breathing difficulties, the consequences of this condition can be far-reaching. Moreover, individuals with hyperkyphosis may face challenges in performing daily activities and may experience a decline in confidence and self-esteem due to their altered appearance. Avoidance of treatment can lead to cardiovascular problems, pain, and eventually migration to the use of an assisted device such as a walker.

Seeking Treatment

The good news is that hyperkyphosis is manageable, and early intervention can make a difference. Treatment options may include chiropractic, physiotherapy, targeted exercises to strengthen the back muscles, postural training, and in some cases, bracing. In severe cases, surgical intervention may be necessary to correct the curvature of the spine.

Embracing Better Posture

Prevention is always better than cure, and when it comes to hyperkyphosis, maintaining good posture is key. Simple lifestyle changes, such as

ensuring ergonomic work setups, avoiding prolonged sitting, and engaging in regular physical activity, can go a long way in preserving the health of your spine and preventing the progression of hyperkyphosis.

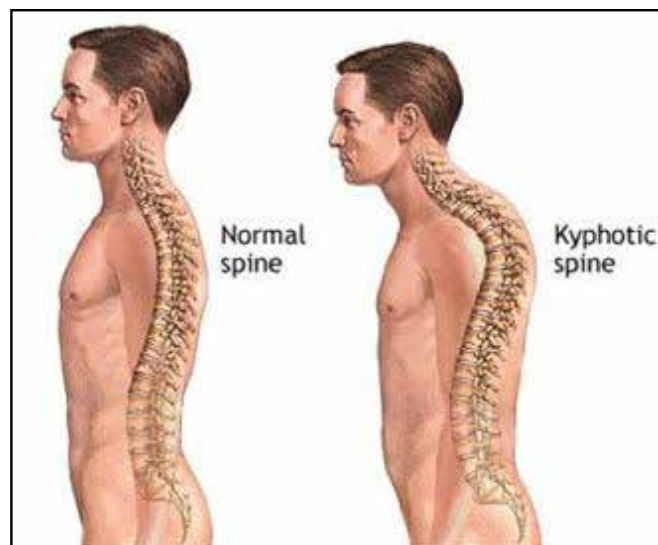
How Can We Help You!

At MedSpine, we offer the one-two punch. In order to start changing the curvature, the 12 bones of the thoracic spine (mid back) must be moving freely. We first perform chiropractic manipulation on specialized chiropractic tables using a soft touch device or manually to improve the function of the affected vertebrae. Then, we custom design a prescribed plan of therapy which includes balance training and supervised exercises 1 on 1 to ensure safety and maximum benefit. In order to ensure improvement, you must attend a 3-day-week protocol for a period of several weeks. There are several bones in the mid back and each one must be re-trained to carry your weight and hold your frame properly. This takes time.

What Can You Expect From Your Treatment?

Initially, as the kyphotic curvature reverses direction, there can be slight discomfort which can be mitigated with the use of ice for 5 - 10 minutes. Over time you will notice that you will be walking better and more upright. You may also notice your ability to breath is improved once the rib cage starts to expand. This can improve your cardiovascular capability and reduce fatigue. The symptoms of discomfort will start to decrease as your body adjusts to your new posture.

Remember, Your Health



Matters

Your spine is the backbone of your body – quite literally. Taking care of it should be a top priority in your overall health and wellness journey. Whether you suspect you may have hyperkyphosis or simply want to improve your posture, don't hesitate to seek guidance from healthcare professionals at MedSpine who can provide personalized recommendations based on your unique needs.

In conclusion, hyperkyphosis is a condition that demands attention and proactive management. By staying informed, listening to your body, and taking action when needed, you can safeguard your spine and pave the way for a healthier, more comfortable future.

When your ready to make the leap towards wellness, call of our office at 702-530-BACK (2225). We look forward to assisting you.

Let's stand tall, walk strong, and embrace the power of good posture!



Masonic Lodge to Celebrate 40th Anniversary



By Christine Butler

In 1985, the Pahrump Masonic Lodge #54 was established with Floyd Neth as the first Worshipful Master. They are already in the midst of planning their 40th Anniversary Celebration for next year. When they started their organization here in town, they met in member's homes. Then, they moved to the Bob Ruud Community Center.

Their next step occurred when A.W. Tex and Isabel Blackman donated five acres of land to the organization to build their own Lodge. The Las Vegas Lodge #32 donated money to help them do that.

Who are the Free Masons?

The Masons are modeled after the medieval stonemasons who built structures in Europe. They are a fraternal organization in which all members are men who believe in a supreme being of some kind. The unit is referred to as a Lodge. Even some of the symbols used



Wall tapestry with Stone Mason symbols

in their ceremonies reference to the tools used by the European stonemasons. For example, the 24" ruler symbolizes 24 hours in a day. Eight hours is to service God or whichever supreme being you believe in, eight hours to perform your vocation, and leaving eight hours for sleep.

It is the largest worldwide fraternal organization. It is not a secret organization, nor is it a cult. It is not a religious organization either but people who belong must believe in a supreme be-

Harry Smith, Greg Curtain, Bryan Pettengill with their symbolic aprons

ing, but it may not be the same as other members. Each Lodge is structured the same, where the officers include The Worshipful Master, the Senior Warden, and the Junior Warden. One could liken this structure to one with a President, Vice President, and Second Vice President. They are referred to as the three great pillars of the lodge. The word pillar refers to the "bridge between Heaven and Earth." Also, based on the stonemasons, there is a requirement for new members to build skills and work their way up to being full members. They start at the first degree or apprentice, then the second degree or fellowcraft, and then the third degree which is Master Mason.

They aim to help men better themselves spiritually, caring for their families, and serving the community. Some charitable activities this Lodge has been involved with include sponsoring a free day at the pool for community members, sponsoring two Little League teams, reading to children,



Wall tapestry with Stone Mason symbols

and donating tablets and other tools to the local schools. It used to be called bikes for books, but now it's tablets for books. The way it works is each time a child reads a book; their name goes into a drawing toward winning a bike... or now a tablet provided by the Lodge.

Other Lodge #54 activities include:

- Donating to the honor society.
- Providing an all-you-can-eat breakfast for the community for just \$5 once a month (every third Saturday of the month at the Lodge).
- Offering dinner on the second Thursday of each month, followed by the Lodge meeting.

The dinner is at 6:00 pm and is open to the public. They hold a July 4th celebration at \$15 per person to watch fireworks and enjoy celebrating with other community members.



Honorary Past Master Harry Smith, 2018



Examples of Masonic Aprons

What are the Goals of the Free Mason Organization?

The Free Masons want to help men build character, develop leadership skills, and learn how to run a business. Instead of belonging to a group, it's more like a lifestyle. It's a lifelong commitment that requires dedicated time, effort, and a desire to improve oneself in the above mentioned areas. It is a family-like organization, too.

Every new member gets a symbolic a white lambskin apron, and the officers receive a fancier one. These represent the aprons that stonemasons used to wear in their field of work. In today's environment, they are worn to honor the stone builders.

The installation of the officers is

open to the public. The officer term of a trustee is three years. There are 15 officers, and each officer has a certain job description. The badges of the different offices are jewels. Everything on the walls of their Lodge has a significant meaning, and the members are more than happy to explain them to you.

There are also Mason-related organizations for women. These include Eastern Star, Job's Daughters, and Rainbow Girls. DeMolay International is a Masonic Sect for males ages 12 to 21.

If you wish more information on the Free Masonic Organization of Pahrump, go to: <https://pahrumpmasons54.org> or <https://www.nvmasons.org> or you can also call Bryann Pettengill at (619) 862-4757.



Hershel Trucks was leader as the organization was being formed, 1985



Floyd Neth was the first official Worshipful Master, 1986

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

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For a decade, the Pahrump community has entrusted Nathan Adelson Hospice with quality home care and in-patient services for the terminally ill.

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*No one should end the journey
of life alone, afraid, or in pain.*

For questions regarding hospice please call: **(775) 751-6700**

2270 E. Commercial Rd., Suite A Pahrump, NV 89048



Humorous Observations



By Tyler Ryan

Just a thought...

I'm torn between older vehicles and the newer ones.

For example, my wife has a late model SUV with all the bells and whistles, complete with cameras, sensors and other features which are pretty cool, but some of the other stuff, it seems almost requires a junior college education to properly operate.

During the height of summer or

winter, you can adjust the temperature to a certain exact degree, but if you don't know how to operate it, it's a lesson in frustration.

But with my older model car, all you have to do is just slide the controls.

Just so you know, blue means cool air and red means warmer air, and then you have to adjust the speed of the fan.

Simple.

Much the same can be said about adjusting the seats, mirrors and a variety of other features.

My wife can even voice dial her

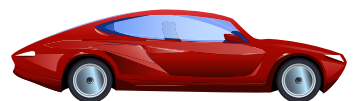
phone, make texts and answer calls at the push of a button or by voice command.

It's just like the TV show 'Star Trek.'

It's very futuristic stuff without the 'Warp Speed,' function, but that's okay because just by judging from the way my wife drives, if she activated warp speed on her vehicle, it would easily hit about 40-miles-per hour.

I'm sorry honey, but the truth had to be told.

I Love you.





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301 Oxbow Ave, #1-2, Pahrump, NV 89048
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EVENTS & ENTERTAINMENT

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

By Carol Champney



Sanders Family Winery

**Doors open at 6 p.m.
Concerts start at dusk.
3780 Kellogg Rd., Pahrump
Info@Sanderswinery.com
(775) 727-1776**

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



Mark Preston

Saturday, November 2nd

The music man from romance to swing is back with his American songbook list of oldies that will have you singing and dancing along.



Michael Grimm

Saturday, November 9th

This talented singer, songwriter and guitarist performs Americana, Blues, Jazz and more.



25th Annual Pahrump Social Pow Wow Denise already has a photo

**Friday – Sunday, November 22nd – 24th, Times Vary
Petrack Park**

This is the 25th anniversary of the Pahrump Social Pow Wow, a time for Native Americans and non-natives to gather. Pahrump is home to Western Shoshone and Paiute tribes. During the Social Pow Wow 500 – 750 people will pass

through each day. The celebration begins with a spiritual side, where participants gather to give thanks. Native American tribes are brought together for a three-day celebration of beating drummers, dancers, musicians, and artisans from tribes all over the West. Expect to sample dishes of Native American food. Admission is free. For more information, visit pahrumppowwow.com.



Pahrump Holiday Task Force Community Thanksgiving Dinner

**Thursday, November 28th, 11-2 pm
Nye Community Coalition Activities Center**

The Pahrump Holiday Task Force will be holding their annual Thanksgiving Day Community Dinner Thursday, November 28th. This is a free dinner for the community. Special tables will be set to honor our Veterans. Please come and enjoy a traditional Thanksgiving meal. For more information, to volunteer or donate email: pahrumpholidaytaskforce@gmail.com.

Pahrump Holiday Task Force Community Christmas Eve Dinner

**Tuesday, December 24th, 11-2 pm
Nye Community Coalition Activity Center**

This is a free dinner for the community. Special tables will be set to honor our Veterans. There will be a Coat Room (coats,

blankets, hats and scarves) for those in need. Music will be provided and a visit from Santa Claus for all ages! For more information, to volunteer, or donate email pahrumpholidaytaskforce@gmail.com.



Soroptimists Live Your Dream

Open enrollment for award remains open until November 30, 2024. Interviews with previous award recipients available. For more information, contact Linda Fitzgibbons at 775-764-1261.

Soroptimists Christmas for Seniors

Donations Accepted October 11th - December 11th

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. 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.



Legend Roughstock Pro Series World Finale

Friday & Saturday, December 6th – 7th 10 – 5 pm, December 8th, Call for time McCullough Arena

Silver Tappers Annual Christmas Show Denise already has a photo

The Silver Tappers will present their annual Christmas

Show at Saddle West Hotel & Casino on December 8th. For tickets call Jackie at (775) 751-3468.



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, Fantastic 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.

UPCOMING EVENTS



Soroptimists – Human Trafficking

January 11, 2025



Soroptimists - Mardi Gras

March 1, 2025



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as a CADET
in the CIVIL AIR PATROL



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



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true NEVADA
833-272-3785
VisitPahrump.com

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 you 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

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.

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Jim@PahrumpLifeMag.com
520-444-7007

Pick Up Your Issue at These Fine Locations

Access Realty • Albertsons • America First National Bank
American Family Insurance • Battle Born Financial Advisor
Beatty Chamber of Commerce • Best Western Pahrump • China Wok
Civilwise Services, Inc. • Classic Realty • Denny's (Pahrump & Beatty)
Desert Greens • Desert View Hospital • Edward Jones Investments
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

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

90 Emery St.
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.



Johnny's

New Location! Same Great Food!!!!

If you have not yet discovered it you need to go visit Johnny's new location!

Previously located on Highway 372, they have moved to 90 Emery Street, just off Basin, in the old Red Sky restaurant building.

The quality of the meals they serve has not been compromised! Absolutely delicious food of all kinds for all tastes. The Mexican fare is my favorite. The huevos rancheros are the best in Pahrump!

The extensive menu may take you time to decide what you want to eat but don't worry because it's all good and the waiters and waitresses are very

patient!

Not cramped for space, the dining area boasts a light, bright atmosphere. This is a very comfortable family friendly restaurant. It is very clean and pretty quiet for such a large dining area.

The prices are very fair for what you get! There are still so many things I want to try - maybe by the end of the year I will have tried half the menu!

I predict that when the temperature cools down, the outside covered patio area, in front, will become a "place to gather" for many of us who like being outdoors!

*Hours are 8 AM to 8 PM
Monday through Saturday
And 8 AM to 2 PM on Sundays
Phone is 775-727-3737
No reservations are taken*





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

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US MARINE CORP VETERAN

MOONSHINERS

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

STARTERS

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



SHRIMP
COCKTAIL
\$1.99

SALADS

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



PIT SMOKED BARBECUE

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



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

PIT SMOKING ADDS A ROSEY CAST TO OUR SUCCULENT MEATS

SANDWICHES

SERVED WITH YOUR CHOICE OF ONE SIDE.

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



SIDES

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

BURGERS

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

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



DINNER PLATES

CLASSIC DISHES FOR ANY TASTE.

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

BREAKFAST

SERVED 6AM - 11AM

DEUCES WILD

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



FROM THE GRIDDLE

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

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

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

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



Road House Classic **\$8.99**
Two eggs any style, with hash browns. Choice of bacon or sausage patties, choice of toast.

Moonshiner Omelet (build your own) **\$10.99**
Choice of 3: bacon, sausage, ham, green pepper, onion, tomato, American, Swiss, provolone, cheddar, pepper jack, 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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Physiotherapy



Auto
Accidents

Our Services

- **Chiropractic** - adjustments reduce neck pain, sciatic, and other distortion to improve overall wellness and structural balance.
- **Nurse Practitioner** - conducts evaluations and monitors patient's responses to care.
- **Trigger Point Injections** - provide pain relief to supplement difficult cases.
- **Diagnostic Ultrasound** - a safe and painless method of producing images of inside the body using sound waves.
- **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

3250 Highway 160, Pahrump, NV 89048

702-530-2225



Leo Blundo's



FOR STARTERS

EVERYONE'S FAVORITE GARLIC BREAD

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

FRIED MOZZARELLA

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

BRUSHETTA

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

CAPRESE

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

CHICKEN CAESAR

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

FRIED CALAMARI

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

ANTIPASTO

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

NON-ALCOHOLIC BEVERAGES

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

ITALIAN SPECIALTY DESSERTS

SICILIAN CANNOLIS

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

N.Y. CHEESECAKE

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

DECADENT CHOCOLATE CAKE
WE ALL LOVE CHOCOLATE CAKE.

EAST COAST PIZZA & CALZONES

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

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

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

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

CHEESE

EAST COAST STYLE PIZZA.

AMERICANO

PEPPERONI & MUSHROOMS.

MARGHARITA

TOMATOES & BASIL PESTO.

MEAT LOVERS

SAUSAGE, PEPPERONI & ITALIAN HAM.

CAPRICCIOSA

ITALIAN HAM, MUSHROOMS, ARTICHOKE & BLACK OLIVES.

SUPREME

PEPPERONI, SAUSAGE, PEPPERS, ONIONS & MUSHROOMS.

FLORENTINA

RICOTTA, SPINACH, GARLIC & PARMESAN. ADD CHICKEN 3

ITALIAN CALZONE

ITALIAN HAM & SAUSAGE.

FLORENTINA CALZONE

SPINACH & PARMESAN CHEESE.

BUILD YOUR OWN CALZONE!

MOZZARELLA, RICOTTA & YOUR CHOICE OF 3 INGREDIENTS.



Leo Blundo's CARMELO'S BISTRO-PIZZA-FINE PASTAS

PASTAS

NONNA'S SPAGHETTI & HANDMADE MEATBALLS

THE TRADITION IN EVERY ITALIAN HOUSEHOLD. SOFT MOIST HOMEMADE MEATBALLS WITH MARINARA.

LUCA'S LASAGNA AL FORNO

A HELPING OF OLD FASHIONED LASAGNA. BOLOGNESE, MOZZARELLA, RICOTTA & BÉCHAMEL.

CAPELLINI ALLA PESTO

FRESH TOMATOES, GARLIC, FRESH BASIL PESTO, PARMESAN & OLIVE OIL ALL OVER ANGEL HAIR.
AVAILABLE W/O PROTEIN, ADD CHICKEN OR SHRIMP

SPAGHETTI MEAT SAUCE ALLA BOLOGNESE

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

ALFREDO REGGIANO

FRESH CREAM INFUSED WITH REAL GARLIC, BUTTER & PARMESAN CHEESE.
AVAILABLE W/O PROTEIN, ADD CHICKEN OR SHRIMP

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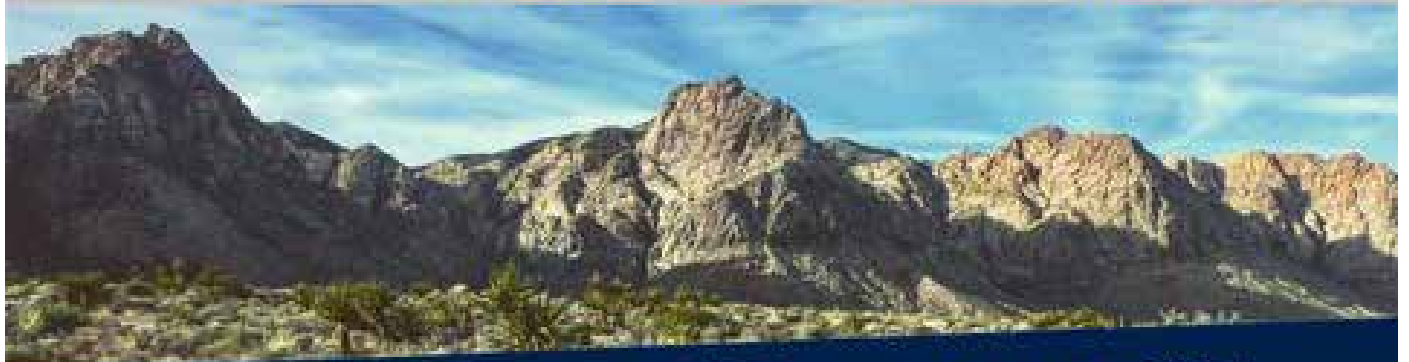
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Moving Checklist

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!

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Valley Electric Association (VEA) 775-727-5312
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Desert Utilities 775-751-1368
4060 Blagg Rd.
Pahrump Utility Co Inc. 775-727-1629
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How do I receive eternal life?
 John 3:5 "Jesus answered, 'Verily, verily I say unto thee, except a man be born of water and of the Spirit, he cannot enter the kingdom of God.'"
How do I become born again?
 Acts 2:38 "Then Peter said unto them 'Repent and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost'"

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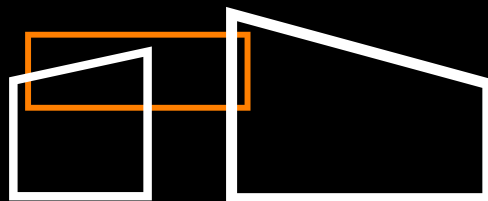


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Dr. Jaldeep Daulat is a Board Certified Dermatologist with over 32 years of Dermatology experience. He opened Mohave Skin and Cancer in 1984, balancing his life between Las Vegas, Laughlin, Kingman, Lake Havasu City and in 2017 expanded into Mesquite 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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