

Pahrump Life

MAY/JUNE 2025

Watch for it...

Our Library to Re-Open Soon!



FEATURES

THE HIGH COST OF CHEAP CONVENIENCE
NEW BUSINESS: ICEOLOGY SHAVED ICE CO.

DESERT SKIN: THRIVING IN THE HARSHTEST CLIMATE

BUSY LIVING

LES DOSS

OUR VETERANS, OUR HEROES

CHARLES BENSON, USAF



SUBSCRIBE
TODAY!

See page 4
for details



TERRIBLE'S *Road House*

*Proudly serving the Pahrump Valley
for over 35 years.*

- NEWEST GAMES
- BEST PLAYER'S CLUB
- BEST PROMOTIONS
- FRIENDLIEST STAFF
- MORE BONUSES
- MORE WINNERS!



1750 PAHRUMP VALLEY BLVD • PAHRUMP, NV 89048

MOONSHINERS

INSIDE TERRIBLE'S ROAD HOUSE



PIT-SMOKED BBQ



Free Mammograms* *for Uninsured Patients*

Desert View Hospital is proud to offer **FREE** mammograms for uninsured patients through a grant provided by the American Breast Cancer Foundation®! This service is provided on a first-come, first-served basis while funding lasts. No doctor's order is required.

To schedule an appointment, call **775-751-7584**. Learn more about our services at desertviewhospital.com.

► Sign up for our monthly e-newsletter!
Visit desertviewhospital.com/subscribe



Desert View Hospital®

360 S. Lola Lane • Pahrump, NV 89048

Desert View Hospital is an affiliate of
The Valley Health System in Las Vegas.

***While funding lasts.**

Physicians are on the medical staff of Desert View Hospital, but, with limited exceptions, are independent practitioners who are not employees or agents of Desert View Hospital. The hospital shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the nondiscrimination notice, visit our website. 2252942998-2957264 1/25

PahrumpLife

MAY / JUNE 2025
Volume 16 • Number 3

CO-PUBLISHERS

Jim Butler & Christine Butler

MAGAZINE DESIGN

Denise D. Fortin, D2 Design
denise@d2design.biz

ADVERTISING SALES

Dot Ahrens / Jim Butler

EDITORIAL CONTRIBUTORS

Crystal Atwood

Charles Benson

David Bindrup

Christine Butler

Jeffrey R. Dye

Casey Jones

Betty Martinez

Janet M. Nast

Carrie Nye

Josh Osborne

Shelley Poerio

Michael Roos, PA-C

Dr. Christopher Salute

Dr. Stephen Schaefer, PT, MBA

Jacky Walker

Dr. Tom Waters

COVER PHOTO

Jim Butler Photography

COVER

Pahrump Community Library Staff

L to R: Joanie Robelli, Anthony Collier, Jennifer

Swanson, Barbara Ferido, Kimberly Thomas,

Kit Hickman, Julie Butland, Shanna Gibbons,

Maya Rassmussen, Kraven Betancourt.

Not pictured : Janette Sanchez

Golden Valley Central Print Facility

7080 Highway 68
Golden Valley, AZ 86413

All written content, design, and layouts copyright © 2024 Pahrump Life Magazine. You may not otherwise copy or alter the content of this magazine in any manner. If you are interested in using any part of the contents of this magazine, please contact the Publisher who may or may not grant permission.

Postmaster please send address changes to: Pahrump Life Magazine, 4414 Luciano Avenue, Pahrump, NV 89061

Notes from the Publishers

Welcome to the May/June 2025 Issue of Pahrump Life Magazine. In the last issue we talked about the library closure. We are happy to report that they are getting close to reopening. There's no exact date yet, but the target is late Spring this year. Keep your eye out for the announcement of the reopening date.

We also want to call your attention to a very important celebration in June. The date is June 17th, 2025, and the place is the Calvada Eye. Everyone is invited to help BJ Hetrick-Irwin celebrate her 100th Birthday! Yes, she's turning 100 years old and is still dancing and performing with the Nevada Silver Tappers and active with the Ms. Senior Golden Years organization. The celebration is from 10:00 am - noon.

Learn about Les Doss, a long time Pahrump resident who has entertained around town and the surrounding area and has quite a history with his music.

The Art Corner is focused on Carrie Nye, owner and creator of the Desert Root Arts and Craft Store. She is a talented artist with a Western Flare. Also included is Part 3 of Veteran Charles Benson's story.

There's a new business in town called Iceology. They just opened in November and are off to a great start. Also, look for advice on skin care in the desert, exercises to help aches and pains that come with age, and how to get the best shave at home.

Other topics include the value of hiring a Life Coach, tips on preparing for a job interview, advice from the financial world, as well as on Wills and Trusts. Josh is back with why seniors must understand basic computer skills, and Jacky has more info on water testing.

There's lots more valuable information as well. If you have a subject you'd like to learn more about, let us know and we'll do our best to get it covered. Also, if you have any events coming up, send us some info on it. For content issues contact Christine at Christine@PahrumpLifeMag.com. Interested in purchasing an ad, contact Jim@PahrumpLifeMag.com. We'd love to hear from you.

- Jim and Christine



Contact Us

Question about your Pahrump Life subscription?

We have the answer.

Email: Jim@PahrumpLifeMag.com

Write: Pahrump Life Magazine, 4414 Luciano Ave., Pahrump, NV 89061

Call: 520-444-7007

Like us on
Facebook



Table of Contents



8

Feature Stories

- 8 Pahrump Community Library to Re-Open Soon
- 10 Celebration Honoring BJ Hetrick-Irwin's 100th Birthday
- 42 New Business: Iceology Shaved Ice Co.
- 60 The High Cost of Cheap Convenience
- 62 Desert Skin: Thriving in the Harshest Climate



14

In This Issue

- 4 A Word from Our Publisher
- 14 Busy Living. *Les Doss*
- 18 Stay Stopped. *Who Are You When Nobody is Looking?*
- 22 Tech Tips by Josh. *It's Time to Embrace Technology*
- 26 Humorous Observations. *What's in Your Wallet or Purse?*
- 28 Water Wise. *What's in Your Water?*
- 32 The Art Corner. *Desert Roots*
- 34 Life After 18. *Preparing for Your Job Interview*
- 38 Wills & Trusts. *Blended Families and Estate Planning*
- 44 Financial Focus. *Cope with Market Volatility*
- 46 Our Veterans, Our Heroes. *Charles Benson, SMSgt (E-8), US Air Force, Part 3*
- 65 Focus on Family. *Hidden Wedges*
- 66 Healthy Living. *Is a Life Coach the Right Choice for You?*
- 68 Recipe Box. *Spring Cobb Salad with Yogurt Dill Dressing*
- 70 Looking Sharp: *How the Get the Best Shave at Home*
- 72 Medical Advice. *Common Aches and Pains with Again that "Can Be Helped"!*
- 77 Places of Worship in Pahrump
- 78 Events & Entertainment. *Upcoming and Recurring Activities*
- 80 Volunteer Connection
- 82 Dining Life. *List of Pahrump Restaurants*
- 83 Pahrump Food Pantries
- 84 Mystery Diner. *Jackpot Joanie's Café & Casino*
- 94 Business & Service Directory
- 98 Advertiser Index



32



42



46



YOUR PATHWAY TO CARE **STARTS HERE**

If you or a loved one worked at the Nevada Test Site and became sick, you may be entitled to **compensation of up to \$400,000 plus free medical care in the comfort of your own home.**

CALL (702) 271-6731

- FAMILY-OWNED & OPERATED AGENCY
- OUR NURSES ARE EMPLOYEES, NOT CONTRACTORS
- WE WORK EXCLUSIVELY WITH NUCLEAR & URANIUM WORKERS
- WE HELP YOU MAXIMIZE THE BENEFITS YOU DESERVE



TRUSTED ALLY HOME CARE

trustedally.com



US Department of Labor
Employment Standards Administration
Office of Workers Compensation Programs
Division of Energy Employees Occupational Illness Compensation



Medical Benefits Identification Card

John D. Worker

Name: John D. Worker
Accepted DX: J68.0

No Co-Pay / No Deductible
MISUSE OF CARD PUNISHABLE BY LAW



O'Bricana Moss



Health Insurance Broker

☎ Brie@bbfausa.com

**From individual health insurance,
to Medicare, we've got you
covered.**

**Located at
1971 Pahump Valley Blvd, ste D
right on the corner of Pahump
Valley and Calvada.**

Call today or book online:

BBFAUSA.com

775-764-2252

Teresa Mattson



Health Insurance Broker

☎ Tess@bbfausa.com



Pahrump Community Library to Re-Open Soon

By Christine Butler

As we described in the last issue of Pahrump Life Magazine, our library has been closed for several months. Well, we have good news for you. They will be reopening their doors soon. A specific date has not yet been set, but they are making significant progress on the renovation work, so keep an eye out for the announcement of an opening date. They are estimating sometime in late Spring.

In speaking with the newly appointed Director, Kim Thomas (formerly the Reference Librarian), and the Assistant Director, Shanna Gibbons, they are excited to watch the progress being made and see it all come together. The remodeling project started on December 15, 2024, with the packing up of all the books and other materials and storing them away until the updates and remodeling are finished.

The new carpets are down, and the interior painting is almost complete. The biggest task before them is reshelv-

ing all the books and other material. All the books are still in storage, except what they offer through their curbside service, which will remain in operation until they fully reopen. The curbside service is available Tuesdays from 2:00 pm to 4:00 pm and Thursdays from 10:00 am to noon. They also offer copy and printing services at these times. You can find these services in the entry way to the library. You can also return any library books you may still have to the curbside service. Be sure to request a library card on your next visit if you do not have one.

Several online books are also available through the Libby App. Movies are available through Kanopy, and Language Learning is available through Rosetta Stone. Consumer reports are also available online.

What are the 13 Staff Members Doing While the Library is Closed?

The staff members remain very busy during this remodeling project. They help manage the curbside service when

it is open. When they are not waiting on customers, they are studying and receiving an alternative Basic Library Education. Training is a significant part of their schedule while the library is closed. The types of study they are doing include public service, tech services, collection development, and more. There is something for everyone to learn.

In addition to the training, the staff is helping paint the cabinets. They are also helping prepare the children's department for the summer programs, and some are learning the craft of book repair. Kim and Shanna are encouraging various types of training to make good use of this downtime. They also help customers when returning books, and when the time comes, they'll help reshelve books currently in storage along with regular volunteers.

Volunteers are Essential

They have a number (six regular) of volunteers who help with everyday events and activities throughout the year, and they are much appreciated.



Director Kim Thomas and Assistant Director Shanna Gibbons.

They help in the children's department and lead the "Favorite Author Book Club." Some are even helpful when it comes to various repairs needed throughout the library.

Be Ready to Celebrate

Once all work is completed, they will hold a grand reopening and ribbon-cutting ceremony. Stay tuned, as they will let you know when that is scheduled. It will be exciting to see "the new" library!

What to do if You Have Questions

The best way to get any questions answered is to call Assistant Director Shanna at 775-727-5930, extension 105, or Director Kim Thomas at 775-727-5930, ext. 104. You can also email Shanna at assistdir@Parhumplibrary.org or Kim at KThomas@Pahrumplibrary.org. Either of them would be happy to answer any questions you might have.



Library Programming to Resume After Opening

- **CPR Class** – Register online only at pumplifecpr.com or call 702-937-0514 for more information. AHA BLS and AHA First Aid CPR AED
- **Tales with Pebbles** – Reluctant readers, come read with us! Reading to Dogs Program, Grades K-6. Appointments required.
- **Babytime** – 6 months-4 years
- **Storytime** – 5-9 years
- **Cell phone & Tablet Class**
- **Favorite Author Book Club**
- **Basic Beginner Computer Class/ Question and Answer**
- **Tumbleweed Tales Poetry Round Table**
- **Genealogy**
- **Quarterly Blood Drives with Vitalant**





BJ Hetrick-Irwin
turns
100 Years Old!

Nevada Silver Tappers and MSGY's
are hosting a special celebration honoring
BJ Hetrick-Irwin's 100th Birthday!
June 19th location Calvada Eye
Please join us for this special event 10-Noon
All are welcome.

**24/7 Security
On Site and
On Camera**

Advantage Self Storage

**Family Owned
and Operated
Since 2004**

NEW MOVE IN RATES

STORE WITH US
and get up to
6 MONTHS FREE!

SIGN UP FOR	GET FREE
1 month	1 month
2 months	2 months
3 months	3 months
4 months	4 months
5 months	5 months
6 months	1 year



**CALL
TODAY! 775.751.9111**

Additional Discounts

Military Discount

Auto Pay Discount

Referral Rewards

Mention This Ad for 5% Discount



Look for Us
on Facebook



Look Us Up Online
www.Advantage-Self-Storage.com



851 S. Lola Lane, Pahrump NV 89048 (right off Hwy. 372)



YOUR PAHRUMP INSURANCE TEAM

Call for a bundle quote today!



Jesse McCullough, Agent
Jesse R McCullough Agency, LLC

jmccullo@amfam.com
(775) 751-6646
1141 S Highway 160 Ste 3
Pahrump, NV 89048

HOME | AUTO | LIFE | BUSINESS | FARM & RANCH

American Family Mutual Insurance Company S.I. & its Operating Companies, Life Insurance underwritten by American Family Life Insurance Company,
6000 American Parkway, Madison, WI 53783 ©2022 21178 - 8/22 - 23307973

Pahrump Prostate Cancer Support Group

"I never realized I was at risk of prostate cancer until I was diagnosed."

Join us the fourth Tuesday every month from 6-7:30 PM.

For Support...Education...Information
Knowledge is power: Information is liberating.
in every society, in every family.

For Additional Information Contact:

Dr. Tom Waters, Chairman - 702-379-3449 or
Linda Wright, Co-Chair - 775-419-5715

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.

DAV Building (former Town Annex) - 270 N. Hwy. 160, Pahrump, NV

*The Disabled American Veterans (DAV) has offered us the use of their building to conduct our meetings.
The DAV has ZOOM equipment that would allow our members to attend the meetings from any location.*

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

Speak Geek

MOBILE COMPUTER REPAIR

702.472.8229

IS YOUR COMPUTER RUNNING SLOW?

ARE YOU HAVING INTERNET ISSUES?

**HAVE NO FEAR,
SPEAKGEEK IS HERE!**



WWW.SPEAKGEEKPCS.COM



**Navy Veteran
with 25+ Years
Experience**

**Apple/Mac
Certified**

**Windows/
MSP Certified**

Networking Guru

IT Consulting

**MOBILE - I COME
TO YOU!**

**FREE
ESTIMATES**

ALVAREZ Landscaping

**Affordable
General Yard
Maintenance**



**Yard Clean-Up • Weed Removal
Mowing • Edging • Tree Pruning
Hedge & Shrub Trimming
And Much More**

**ASK FOR
Daniel**



775-537-3184
ENGLISH



702-640-8595
SPANISH

busy living

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

*- Morgan Freeman
in “The Shawshank
Redemption”*

Some People Don't Know How to Retire... and We're Glad They Don't!

By Christine Butler

Meet Les Doss, a longtime resident of Pahrump who is an excellent entertainer. Les followed in his dad's footsteps. Also named Les, his dad played in a Big Band and whose musical talent was passed on to his son. Les (the son) not only plays the guitar and sings, but he also teaches others to play as well. In fact, he taught former Pahrump resident and entertainer Jack Reeve's two sons, Matt and Cole, how to play the guitar, and like their dad, they both became very popular in the music world.

He's Written a Few Songs

Although it's not his favorite thing to do, Les has written a few songs as well and even had them copyrighted with the Library of Congress. But he'd much rather sing and play the guitar than write. One of his songs was called “Slot Machine Maniac”. He wrote crazy songs and claims he can't be serious. He just likes to have fun. He's always

wanted to become a comedian but chose the music route instead. He does intertwine his musical act with jokes and fun stories. Some people used to accuse him of being Buddy Hackett.

What Types of Music Does He Play?

When asked what type of music he plays and where, his immediate answer is he's played with a lot of bands as well as sung as a single and in a duet. Although his dad played Big Band music, he did not teach his son. His dad would buy him some sheet music and hand it to him to learn on his own. So, he taught himself by reading books and doing the research. The first piece he learned was “Moonlight Serenade” by Glenn Miller. It was not an easy piece to learn, but he managed and it's still one of his favorites.

He enjoys all types of music including Western, Standard, Blues, Rock, Hawaiian, some Jazz, and Big Band. He claims that he has a lot of respect and love for Big Band music in that its structure is very complex, and it makes



Les Doss and his lovely bride, June

you use your mind while playing it. He learned how to play these various types of music at a young age and by 16 he was playing clubs which he did for eight years before he went into the military. At this time, he was living in Wentzville, Missouri, and worked at Dee's Bakery where he would mix dough for donuts and be in full charge of the bakery. He had a deal with the owner that he would work Sunday through Thursday, but Friday and Saturday were his time to perform. He was making \$1 an hour at the bakery and could make \$25 in tips with his music at night.

He's played at many of the local bars in Pahrump and with many other lo-



Les, Matt Reeves, and Bob Schoffstall

cal singers, including Bud and the Midnight Country Music Band. They used to play a lot in Death Valley and performed for the European tourists. The number one song the travelers requested was "Folsom Prison Blues." He also played with Dennis and the Bad Habits, Joe and On Target, and Jimmy with the Howling Dogs.

Other places he's frequented include Long Street Casino in Amargosa Valley, different bars in Beatty, The Nugget, Saddle West, Mountain View, Stage Stop, Maverick, and many others. He's seen a lot of places change hands and names over the years. He played at the Cotton Picker which became Irene's and is now Jackpot Joanie's Casino. Rhinestone used to be Bummers (owned by Mary Bum at the time), Valley Bar became Wild Side, and The Hubb used to be Our Bar.



Les, Cole Reeves, and Bob Schoffstall

Those are just a few of the changes he's witnessed.

He is a member of the Elks and plays for them as well as the VFW and Moose Lodge, and the list goes on. He would perform anywhere he could because this was his living at the time. Plus, he enjoyed it and still does. His bashful side says he doesn't know why people hire him; He says it's just a job. "You may know how to fix a car, but I don't. But I do know how to sing and play the guitar." He also has a synthesizer which allows him to sound like a whole band just by playing his guitar.

Les Comes from a Military Family

Les's dad was in the Navy and his brother, Gerald, who was seven years older, was in the Army. Les joined the Marines when he was 18 and right out

of bootcamp. His son, Gregory, was in the Air Force, and he's convinced if his sister hadn't gotten married and started a family, she would have been in the Coast Guard. He always told people that when he applied for the Marines, they gave him a brain scan and told him he fit right in because he didn't have a brain. He loves to laugh and to make other people laugh as well.

He spent one tour duty in Vietnam and served five years in the inactive reserves. He worked with recognizance which meant he would check out what the enemy was doing and report back to his team. He was impacted by his time in Vietnam and is very thankful he was one who survived to come back home.

The Move to Hawaii

When Les returned from the service he had no job. He did small jobs here and there and then his family decided to move to the island of Oahu in Hawaii. His brother was an excellent trumpet player, so they started performing over there.

It was here that he met his future wife, June. She worked with his mom at the nursing home. At the time, Les was not ready to get married. He was working during the day and performing at night and says he was not ready to settle down. But now he is so glad that he did. His belief is a "Good woman will tame you" and that's exactly what



Bob Schoffstall and Les Jamming



Les in his Marine Corp Uniform



Certificates of Appreciation for playing at Marine Corp Ball in Pahrump - 2014, 2015, 2016

June did, and he is so happy for it. They will celebrate their 46th wedding anniversary in August of this year (2025), and he feels so blessed to have June as his wife. “We have a great relationship and it’s true love!” June was born and raised in Hawaii, and they stayed there for 21 years. They moved back to the mainland in 1990.

Music is Les’s Life

Les owns a ukulele that he estimates is over 100 years old. It is a Silvertone made by Sears many years ago. It used to belong to their dear friend DD’s Dad. DD wanted Les to have it. He also

has nine guitars. According to Les, it’s June’s fault he has so many. Whenever she sees a nice one, she says he should have that one. Les says he always tries to have a guitar handy. You never know when he might grab it and start singing and playing a tune. He claims he doesn’t have a favorite guitar. “They are like children. They’re all different with their own distinctive sound. Each one has its own personality with different woods and shapes.”

Les does not argue politics or religion. He states, “you can believe what you want regardless of what I think.” He believes in God and that there is

only one. One of his best friends is an atheist, but a wonderful man. So, his beliefs do not impact Les.

Where does Les Perform Today?

Les states that he doesn’t perform in the public very much anymore. He and his good friend Bob Schoffstall try to get together weekly to have their own jamming session. I was fortunate enough to attend one of these sessions, and they proved they still maintain their special musical talent.



Les’s set up with his synthesizer



Les has nine guitars

For all your concrete needs. Small residential to large commercial.

JM Concrete LLC
NV Lic. 0063230

"Quality Workmanship"

No Job Too Small
FREE ESTIMATES

JMConcrete2005@hotmail.com
www.JMConcreteLLC.com

775.209.3377
James Monroe

**DECORATIVE
CONCRETE**
STAINED
AND STAMPED

**SLABS,
PATIOS,
DRIVEWAYS**
CONCRETE
CRACK REPAIR

**COOL
DECKING
& EPOXY**



INSPIRATIONS
A GRACE MGMT COMMUNITY

Exceptional Care At Your Fingertips

Live and age gracefully in your next chapter with Assisted Living or Memory Care at Inspirations Senior Living.

ASK US ABOUT VETERANS BENEFITS!

Call (775) 751-2300 today to learn more and schedule your personalized visit.

It's not like home. It *is* home.™

931 East Honeysuckle Street • Pahrump, NV 89048
(775) 751-2300 • www.InspirationsSeniorLiving.com

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE



stay STOPPED

*Staying in recovery
for life*



Shelley Poerio

Who Are You When Nobody is Looking? *Why Ethics, Honesty, and Morals Matter*

By Shelley Poerio with Casey Jones

I'm not the first person to pose the question of who we are when nobody is looking – and for good reason. At the core of who we each “are” lies our true character – our values and what is often referred to as our “moral compass.” When we interact with others, this should be what comes through, what we project and what others perceive as “who we are.” Yes, as we mature as individuals, there is often a growth period as we align what we believe with how we behave – and it often takes achieving a sense of self-confidence with age to find a balance that makes it easier to live with ourselves.

Childhood – Learning

As Bill Hybels – an American author – points out, as young children most of us are taught to behave in public. What this means is dictated by the

adults in charge, parents, teachers, parents of friends – and sometimes even classmates and older children. (It may seem at times that everyone wants to tell us how to behave!) But this advice is primarily focused on behaviors when others are watching; how to greet people, how to interact when in a classroom setting, how to engage with other children while playing. There are also the constraints many of us learn such as how to follow rules when playing sports.

Yet how do we as individuals internalize the lessons?

At an important level, the “rules” we are told to follow reflect societal conventions for getting along:

- treat others as you'd like others to treat you.
- think of how your behavior might impact others.
- imagine how the world would be if everyone followed “good behavior” rules.

Many of us adopt or are born into a religion that codifies rules of desired behavior – how one of a certain faith should strive to conduct their life.

Maturing – Translating Behaviors to Internal Self-Awareness

As we mature, it's important to develop an understanding of our own thoughts, feelings, and values – regardless of who's watching. This is how we develop and refine a moral consistency between what we “know” is the right behavior and how we behave. In some ways, this is when the guardrails come off – and we are left to act in the way we know is right.

Sounds simple, but it isn't. Many people face challenges when making the transition from persons of authority providing rules and guiderails to being on their own and acting honestly and earnestly, even if nobody else is present. “Nobody's watching, so I could

“One of the true gifts we receive in recovery is that ability to become not simply ‘cash register’ honest, but honest with ourselves about who and what we are. “

easily get away with.... “ An exercise to see if we ever behave as if nobody is watching – and not feeling accountable for our own actions – can be done by role playing. Fill in the blank: ask yourself: “Do I ever...take what isn’t mine; “ “eat or drink more than I know I should; “ “treat a stranger worse than I’d treat someone I know because I feel anonymous. “ Some examples of this feeling on anonymity are evident when dealing with other drivers who cut you off while driving, or who grab the parking place that was clearly “yours “. Relative or absolute anonymity is a huge fuel upon the fire that can be social media commentary.

One way to help hold yourself accountable is to envision a higher power, and external force that knows all and sees your behavior – a spiritual-like concept. Many of us rely on this belief to help guide us through life and focus our attention on aspiring to be the best person we can be. Another approach is to adopt the highest of standards for our personal behavior based on our own internal compass – what we think is the right and ethical way to conduct our lives so we can live comfortably with *ourselves*. And speaking of living comfortably with ourselves: how many readers have experienced that feeling of being uncomfortable in the aftermath delivering critically harsh words, or impulsive, aggressive behavior toward another? That feeling is a form of

cognitive dissonance. We naturally feel uncomfortable (or terrible!) when our actions are out of sync with our moral compass and sense of right and wrong. Have you ever gotten this feeling about actions you have taken when no one could see what you did? Or knew that *you* did it?

You can ask yourself if you can be proud of your behavior. If not, you are only hurting yourself and your self-image by not living up to the standards you’ve set for yourself.

Hard Work to Become Our Best Selves

Constantly monitoring our behavior and correcting it to become a better person can be challenging work but also rewarding. Especially once we start to realize that we are getting closer to our own gold standard of how we want to be as a person. As with any aspect of life, forming positive and healthy habits pays off. It’s always harder in the earliest stages of changing that we struggle the most. With practice, the new thinking and behavior processes become automatic.

For those of us in recovery, we found that we often did not behave in ways that were consistent with what we believed were “right “ or “moral “. One of the true gifts we receive in recovery is that ability to become not simply “cash register “ honest, but honest with ourselves about who and what we are.

For those who may not have had that direction in their formative years, recovery opens the door to a new way of thinking and living.

We learn to become the same person we are when someone is looking. **And**, I think the true marker of change is when we want to be a moral, ethical and honest person for ourselves, versus in order to please others, or to conform with what we believe society demands.

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.





Pahrump's *BEST* Gym & Value!

Open to the Public!

SIMPLE PRICING - NO HOSTAGE* FEES!

Day Pass	\$ 10
Week	\$ 25
Month-to Month	\$ 32
6-Months	\$168
12-Months	\$315

ALL ACCESS! ALWAYS STAFFED!

Monday - Friday	430am to 800pm
Saturday – Sunday	700am to 600pm

***No contracts. No admin, sign-up, card-key, cancellation
or other hidden or surprise fees, ever!**

775 – 505 – 3877

www.LivingFreeGym.org

301 Oxbow Ave, #1-2, Pahrump, NV 89048
Behind Purcell Tire and Saitta Trudeau Chrysler Jeep

GAME CORNER Arcade & Family Fun Center
 1190 E. HWY 372 #8 ☎ 775-537-3897
 Check Our Facebook or Google Page for Current Hours
 f GAME CORNER PAHRUMP

BIRTHDAY PARTIES
115+ GAMES
WELCOME TO GAME CORNER
PRIZE CENTER FOR TICKETS
HANDMADE PIZZA CAFE
SWEET TREAT DEAL
\$1.00 OFF LARGE SIZED DIPPIN' DOTS ICE CREAM
 Redeem at Level Up Cafe
 Valid with coupon only. No cash value. Limited Time Only - Subject to Change
GAME CORNER
 Arcade & Family Fun Center

FUN FOR THE ENTIRE FAMILY!

GREAT COMPUTER DEALS
PAHRUMP'S SUPERSTORE
 WWW.GREATCOMPDEALS.COM

OVER 10 YEARS IN PAHRUMP
FAST REPAIRS

DEAL FOR PAHRUMP LIFE READERS
\$25 OFF PC-TUNE-UP SERVICE
 Valid with coupon only. No cash value. Limited Time Only - Subject to Change

LOWEST PRICES

LOCATED AT:
1190 E. Hwy 372 (ACROSS THE STREET FROM PIZZA HUT)
775-990-8833
We're Open: MONDAY-FRIDAY 9am-3pm
FRIENDLY FACES - PATIENT STAFF - WE LOVE SENIORS!

Nathan Adelson HOSPICE

When it's time for a trusted partner



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

- Mission driven; not-for-profit hospice
- Board-certified physicians in hospice and palliative care
- Full range of complementary therapies
- Local nurses, certified nursing assistants, chaplains, and volunteers
- Medicare pays 100%; most insurance accepted

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





It's Time to Embrace Technology

Why Seniors Must Learn Basic Computer Skills

By Josh Osborne

In today's world, technology is woven into nearly every part of life, from banking and healthcare to staying connected with family. Yet, many seniors still shy away from learning basic computer skills, believing that age is an excuse for avoiding technology. But here's the truth: continuing to ignore the digital world will only make life more difficult. In fact, taking the leap to learn some basic skills could make your day-to-day life easier, safer, and more connected. This isn't about becoming a tech wizard; it's about equipping yourself with the tools you need to navigate the modern world confidently and independently.

Let's discuss why it's essential for seniors to stop using age as an excuse and take that first step into the digital age.

1. Technology Is Here to Stay—Avoiding It Won't Make It Go Away

Many seniors feel like they're too old to learn technology, as though computers, smartphones, and the internet are just passing fads. But technology is here to stay, and it's only going to grow more essential. Government services, banking, medical records, and

even shopping are becoming increasingly digitized, and these trends aren't reversing.

Ignoring technology may leave you dependent on others to do things you could easily do yourself. It can also prevent you from accessing resources and information available at the click of a button. Don't let technology make you feel "left out." Learning basic skills will ensure you can still engage with the world in a meaningful way.

2. Learning Basic Computer Skills Can Make Life Easier, Not Harder

At first, learning to use a computer or smartphone may feel intimidating. But the truth is that a few basic skills can simplify your life. For instance:

- **Banking:** Instead of waiting in long lines or making calls to your bank, you can check your account balance, pay bills, or transfer funds securely online from home.
- **Medical Services:** Many doctors now use online portals where you can access test results, schedule appointments, and communicate with healthcare providers. It's faster and gives you more control over your health.
- **Shopping:** Online shopping can bring essentials directly to your door, saving you from navigating

crowded stores or struggling with heavy bags.

- **Staying in Touch:** Email, video calls, and social media let you connect with friends and family no matter the distance.

These conveniences are available to everyone, but only if you take the first step toward learning.

3. Age Is No Excuse—Learning Technology Is About Willingness, Not Youth

Some seniors think, "I'm too old for this," but that's just a mental block. Age doesn't determine your ability to learn. The reality is that countless seniors have successfully learned to use computers, smartphones, and the internet, and they're better off for it. Whether you're 65 or 85, you can learn at your own pace. There are many classes, senior-friendly devices, and step-by-step guides specifically designed to make learning easier.

It's natural to feel cautious or even frustrated at first, but that's not a reason to give up. Many people of all ages feel confused by technology at some point, and learning new skills takes time for everyone. Be patient with yourself, and remember that every small step forward is progress.

4. Staying Ignorant of Technology Can Make You Vulnerable

Not knowing basic technology also makes you vulnerable to scams and misinformation. Seniors are often targets for online scams, and understanding some basics about computers, emails, and smartphones can help you stay safer. For example:

- **Recognizing Scams:** Understanding how legitimate websites look or how official emails are formatted can help you spot scams before they cause harm.
- **Protecting Personal Information:** Knowing how to create strong passwords and manage privacy settings keeps your personal information safe and secure.
- **Identifying Fake News:** With so much misinformation online, knowing how to verify information is a powerful tool.

Learning these skills is as important as any other personal safety measure. Ignorance leaves you open to risks that a little knowledge could easily prevent.

5. Learning Technology Is a Way to Connect with Family and Friends

If you don't know how to use a computer or smartphone, you're missing out on one of the greatest benefits of technology: staying connected with family and friends. Imagine being able to see your grandchildren on video calls, send messages, and even share pictures with loved ones instantly.

The joy of staying close to family, even from a distance, is well worth the small effort it takes to learn the basics. Plus, understanding technology allows you to relate to younger generations on their level, creating shared experiences and new ways to bond.

6. Independence Comes from Empowerment, Not Avoidance

Perhaps one of the strongest reasons to learn technology is that it provides independence. Learning even simple



tasks—like sending an email, looking up information online, or ordering groceries—means you don't have to rely on others for help with daily tasks. This newfound independence can boost your confidence and give you control over your life, allowing you to take charge instead of waiting on others.

Technology doesn't take away from your independence; it enhances it. In today's world, knowing how to use technology is one of the greatest forms of self-sufficiency.

How to Get Started

If you're ready to take that first step, here are some easy ways to start learning:

- **Use Pahrump's Own Great Computer Deals:** They have affordable Rent-A-Tech services for explanation and training on computers, smartphones and tablets starting at \$25 a lesson.
- **Purchase Training Books (Designed for Seniors):** These books can be purchased from Great Computer Deals or ordered online from websites like Amazon.
- **Watch Video Tutorials (Designed for Seniors Online):** Websites like YouTube offer many options on a variety of topics for free.
- **Take a Class:** Many local libraries, community centers, and senior centers offer technology classes specifically for seniors.
- **Ask Family or Friends for Help:** Your loved ones can be excellent teachers. Ask them to show you the basics, and don't be afraid to ask questions!
- **Practice Regularly:** The more you use technology, the easier it

gets. Try using the internet every day, even if it's just a quick look-up or sending a simple message.

- **Start Small:** Begin with basic tasks—sending an email, checking the weather, or reading the news online—and build from there.

In Summary: Don't Let Technology Leave You Behind

The world has changed, and it's not going back. Learning a few basic computer skills will help you remain active, independent, and connected. Age is not a barrier; it's a mindset. You have the power to embrace these changes and live a more enriched, safer, and connected life.

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 and enjoys watching Mixed Martial Arts.



JOHN MICHAEL FERRARI
SINGER/SONGWRITER



Sunset Strikes
SUMMER BOWLING SPECIAL



**EVERY TUESDAY NIGHT
ALL SUMMER LONG**

**4PM-CLOSE
\$2 GAME • \$2 SHOES**

**PAHRUMP
NUGGET™
HOTEL • CASINO**



VETERAN OWNED

2ND AMENDMENT GUNS & ACCESSORIES

INDOOR SHOOTING RANGE

FIREARMS | AMMUNITION | ACCESSORIES
| GUNSMITHING | 2A COFFEE BAR &

TRAINING:

- CONCEAL CARRY CLASSES
- BASIC PISTOL & PRIVATE SESSIONS
- MILO SIMULATOR
- HUNTER'S ED & MORE!

MON - SAT 10AM 6PM
SUN 10AM 5PM

775.877.9111

1360 E. BASIN AVE. PAHRUMP, NV
89060

WWW.2NDAMENDMENTGUNS.COM



SVBC

South Valley Baptist Church
Pastor Doug Landers

*You are
Loved!*
John 3:16

775-513-3444

www.SVBCPahrump.com

Check our Website for Times, Sermons & More

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

fb.com/SVBCPahrump @SVBCPahrump @SVBCPahrump

Sunday Morning Worship Services

8:15 & 10:30am

Children's Church 10:30am

Sunday School 9:30am

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

Tuesday

3:00pm Ladies Bible Study

Wednesday

6:30pm Children's Missions & Youth Group

7:00pm Wed. Night Service

Thursday

6:00pm Coed Adult Bible Study

Friday

8:00am Men's Bible Study

Humorous Observations



What's in Your Wallet or Purse?

By Tyler Ryan

More to the point, do you prefer to use cash or credit/debit cards to make purchases?

Personally, I still cling to the idea that “Cash is King.” My reasoning is the fact that credit/debit card systems, from time to time, experience network problems which prevent a person from completing their transactions at the store.

Imagine you're in the checkout line with a bunch of other customers behind you and you have a cart-full of groceries only to learn that the system is experiencing tech problems or a power outage to the point that your card becomes essentially useless. I do realize that this example is an extreme situation, as opposed to being in a convenience store to buy a \$9.50 pack of smokes with your card.

At the very least, in the event of a power outage or the card system is not working, I'm okay with handing the

clerk a \$10 dollar bill and telling them to keep the change.

Chances are, the clerk will accept your money, make a note of it, and complete the purchase when the system comes back up. With that said, it's safe to say that cash never goes down, as it always maintains its own power supply.

Not long ago, I forgot to get an anniversary gift for my wife and was scrambling to think of a decent token of my love. Bear in mind that my family lives on the outskirts of town, so I'd be forced to drive all the way into town to buy her a gift which I set out to do.

While making my way to Walmart, low and behold, I saw a man standing at a four-way stop sign intersec-

tion who was selling some very pretty, fresh flower bouquets. I pulled over to get a good view of his wares and ended up buying two of those bouquets, by way of cash because, needless to say, he wasn't equipped with a debit/credit card terminal on the corner of the street at the time.

It was an all-cash transaction where I left him a very generous tip, and when all was said and done, we shook hands, and I went about my way all without having to wait in a line.

My point is, even if I had a debit/credit card, it would have been worthless at the time.

When I returned home, I presented the flowers to my wife which she loved. The moral to this story is the fact that

“Cash is indeed King,” because

many times you can at least haggle a little bit when you make a purchase with the old “Greenback Dollar,” which never goes down in the event of a power outage or card system breakdown.

Just a Thought...



PAHRUMP RENTALS & HARDWARE

YOUR OLD FASHIONED HOMETOWN HARDWARE STORE
WITH OLD FASHIONED VALUES AND OLD FASHIONED CUSTOMER SERVICE

STIHL®



**SPECIALIZING IN SPECIAL ORDER
QUICK TURNAROUND!**

We do Custom Paint Matching, Screen Repair, Custom Hydraulic Hoses, and Key Cutting.

we have what you
NEED
for **WEEDS**

Weed Control Products

STIHL®



Weed
Whackers



Hedge
Trimmers

(775) 727-7242
101 S FRONTAGE RD.
PAHRUMP, NV 89048

MONDAY - SATURDAY
7AM - 5PM
ON THE CORNER OF BASIN & HWY 160



WWW.PAHRUMPRENTALS.COM



water wise



What's In Your Water?

By Jacky Walker

Fear is a powerful motivator according to experts. One significant fear is the availability of safe drinking water. Not surprisingly, the Safe Drinking Water Act (SDWA) was enacted 50 years ago this past December to protect the quality of public drinking water throughout the United States.

In the Pahrump Valley, where all water is sourced solely from Hydrographic Basin 162, the water quality is typically good but may vary depending on the location. Such inconsistency is typical

of rural areas where agricultural run-off from fertilizers or pesticides, leaks in older septic systems, or lots of livestock can impact water tests over time. Readings may be higher in nitrates and phosphorus, viruses, and pathogens such as e.coli, salmonella or other bacteria that can threaten human health.

So far, contaminant levels in Pahrump have not reached critical levels for increased health risks (based on public reports by local water utilities). Most current water testing focuses on contaminants such as arsenic, fluoride, nitrates, total coliform bacteria, and total dissolved solids (TDS), which are

common tests in the area.

Local residents who purchase their water from a utility company such as Great Basin Water Company, Desert Utilities, or Pahrump Utility Company can rest assured that their water is tested periodically for contaminants as required by Nevada State Laws (NRS445A.800) and the U.S. Environmental Protection Agency (EPA) Ground Water Rule (2006) for commercial utility operations. Recent efforts include testing for per- and poly-fluoroalkyl substances (PFAS), with new EPA standards being implemented.

Local utilities typically test water they pump up from Basin 162 at their commercial well sites, then at their filtration treatment plants, and perhaps



Nitrates testing



PH testing



Total dissolved solids testing

again as it flows to their customers' homes. In addition, these utilities typically send customers annual reports about the quality of their water.

But what about those who rely on well pumped water from Basin 162? The SDWA doesn't apply to private wells, and there are no other federal or state laws requiring the same level of testing for private wells as the commercial utilities. What are local homeowners with private wells supposed to do to find out what's in their water?

There are a few options available for well-owning Pahrumpians:

1. Hire a Professional Water Testing Laboratory.

According to the Nevada Division of Environmental Protection, there are state certified private laboratories in Las Vegas that are qualified for testing your water well. These companies are often used for lender-required tests for real estate transactions. Other laboratories may be certified under the Safe Drinking Water Act (SDWA), Clean Water Act (CWA) or Resource Conservation Recovery Act (RCRA). With these labs, you can select the contaminants you want to analyze – heavy metals, pesticides, radiological substances – and often you can ship a water sample you collect yourself to the lab. A full panel of contaminants might be \$300 or more depending on the tests you choose. Local well drillers may also have well water testing services to inquire about.

2. Get a DIY Home Water Test Kit.

Do-it-yourself water testing kits are available at retail stores and online. Home Depot has several water testing kits that will give fairly accurate readings. These kits may include test strips or vials to check for levels of pH, chlorine, lead, nitrates, and bacteria. Prices range from \$10- \$400 depending upon complexity. National Testing Laboratories Ltd. also offers a variety of home testing kits online for approximately \$200-\$300.

3. Use a Digital Water Tester.

If you have a swimming pool or hot tub, chances are you already have a digital water tester to measure pH and total dissolved solids (TDS). These devices won't detect specific contaminants, however. They can cost between \$5-\$225.

4. Join the Private Well Owners Association.

If you are a member of the Private Well Owners Association, you can have your well tested once a year as benefit of your \$40 annual membership dues. PWOA has a team of volunteers who schedule well check visits to members' homes. They check your well's static water level, plus the essentials: levels of Nitrates, pH, and Total Dissolved Solids. These basic tests can be compared year over year to determine your well's health. Arsenic testing is also available for \$10 to cover the cost of

Primary Standards Approved by the Nevada Division of Health	
Contaminant	Max Contaminant Level
Arsenic (As)	0.01 ppm (parts per million)
Barium (Ba)	2.0 ppm
Fluoride (F)	4.0 ppm
Mercury	0.002 ppm
Nitrate (N)	10.0 ppm
Turbidity	1.0 turbidity units

testing supplies. Similar testing could cost over \$200 from private firms.

A PWOA member who lives in Cottonwood recently scheduled a well test and praised the PWOA team for their professionalism and great service. She opted for the arsenic test and her results were far below the state maximum standards.

While the PWOA's basic testing is not as costly or comprehensive as private labs, they can put your mind at ease from wondering if that glass of water on your nightstand is harming you. Fear not. Sleep well.

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

Learn More About Your Water

See a Quick Reference Guide about the Ground Water Rule at: https://cdn.shopify.com/s/files/1/2352/5289/files/Ground_Water_Rule_A_Quick_Reference_Guide.pdf?9414655074606562545

Private Drinking Water Wells | US EPA : <https://www.epa.gov/privatewells>

15 Common Water Contaminants & Their Potential Risks: <https://waterdefense.org/water/contaminants/most-common-contaminants/>

Get Your Drinking Water Tested | NDEP: <https://ndep.nv.gov/water/lab-certification/drinking-water-testing>

University of Nevada Cooperative Extension-Understanding Your Test Results: <https://ndep.nv.gov/uploads/water-labcert-dwtesting-docs/UnderstandingResults.pdf>



PWOA Chair Budd Watkins and Joyce Barishman



The EPA suggests testing your well water if any of the following occur →



Protect your family and your water supply – have your well tested

When to Test Your Water

- ◆ Water has an undesirable taste or smell.
- ◆ Water leaves scaly residues and soap scum, or stains plumbing fixtures or laundry.
- ◆ Water is cloudy or colored.
- ◆ Pipes show signs of corrosion.
- ◆ Water equipment wears out rapidly, including pumps or water heaters.
- ◆ You are considering the purchase of water treatment equipment.
- ◆ You want to check the function of your existing water filter equipment.
- ◆ Anyone in the household has recurrent gastrointestinal illnesses.
- ◆ You are purchasing a new home and want to know if the water supply is of good quality.
- ◆ You have drilled a new well and want to know if the water is safe to drink.
- ◆ You are pregnant, planning a pregnancy or have a baby under 6 months.
- ◆ Your well does not meet construction codes.
- ◆ Your well is in or close to a livestock corral or feeding area.
- ◆ You have mixed or used pesticides near the well or have spilled pesticides or fuel near the well.
- ◆ You have a heating oil tank near the well that you know has leaked.
- ◆ Back siphoning has occurred.
- ◆ Your well is located near a gas station or fuel storage tank, retail chemical facility, gravel pit, mining operation, oil or gas drilling operation, dump, landfill, junkyard, factory, dry-cleaning business, or toxic storage.
- ◆ Your septic system absorption field or your neighbor's is close to the well (within 100 feet).
- ◆ The area around the wellhead has been flooded or submerged.
- ◆ You are curious about your water's purity and want peace of mind.



HARGIS ELECTRIC, INC

NV C2 LIC# 45950A • MONETARY LIMIT \$500,000.00

**RESIDENTIAL/COMMERCIAL
SERVICE & NEW CONSTRUCTION**

FREE ESTIMATES
on New Installations

- LIGHTS • RECEPTACLES • SWITCHES
- PANEL UPGRADES • REPAIRS •

(775)-727-5238

HARGISELECTRICINC@GMAIL.COM

PO BOX 1338 PAHRUMP, NV 89041

LICENSED
BONDED & INSURED



Desert Roots

By Carrie Nye

My name is Carrie Nye and I'm the owner and creator behind Desert Roots. So, it all started when I saw Freshies on some social media sites and thought, that looks like it would be fun to make. I think I can I do that. I haven't seen any out here in Pahrump yet, that I know of. I ordered all the supplies and by all the supplies I mean way too much glitter, paint and smells that were necessary. After a few trial



and errors, I liked the end results, sent some photos to friends and instantly had customers.

McKenna and I (because what Mother/Daughter duo doesn't like to sit around and decorate with glitter?) talked about turning it into a business, along with some amazing support from friends, and it's just grown from there. Then I decided that I wanted to offer more. We have a love for everything western and I wished that there was a place locally where we could get our western bling. So, naturally I decided to figure it out and offer it myself! I love doing the shopping for new items, hearing what someone is looking for, and sharing all the super cute finds! It's like sharing my obsessive shopping with a whole bunch of friends and then seeing them around town or in photos with the stuff on that we picked out is beyond words! Over the past year or so I decided to bring my favorite product I offer, Blind Date with a Book, to Pahrump. It's been a huge success and I absolutely love sourcing the books and all the goodies I add in, and it's such a fun way to express my creativity. Currently my freshies and Blind Date with a book are being sold at Our Place, a beloved local coffee shop. Also Blind Date with a book is being sold at



Carrie Nye

Honey & Sage, a local salon. McKenna has also branched out with a passion of her own, baking. She offers delicious baked goods at local craft shows, and so far she has been very successful. Many happy customers anticipate her baked goods at every show we do. We are having so much fun together and it is definitely an amazing adventure with a crazy amount of support and love! We are creating new products and coming up with new ideas all the time. We love our Pahrump community and are so grateful to continue to get to create all the cute and delicious things for our beloved customers!



LIFE after 18



Preparing for Your Job Interview

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

What's an Interview?

When a potential employer contacts you to arrange a meeting or a phone call to get to know you, that meeting is referred to as an “interview.” A hiring manager generally reaches out to you because they liked what they saw on your job application or your résumé and want to learn more about you such as: do you look professional, can you carry on an intelligent conversation, and will you get along with other employees? The next few sections describe a few things to keep in mind when preparing for an interview.

Employer Homework

One of the things you should do in order to be better prepared for your interview is to get on the Internet and look up the company for which you want to work. Find out things like what the business does to make money, how big the company is (how many employees, how much money it makes in a year, in how many states or countries

it has offices) and any other interesting tidbits of information such as the company culture and any “buzz words” they might use. Pictures can help give you an idea of how employees dress; perhaps you can also see examples of how they interact with each other or clients.

This type of information might just come up in the interview and you need to come across as well informed, rather than clueless, about the company.

What to Wear

Rule No. 1: It's always better to be overdressed than underdressed.



Again, do some homework: You might be able to get an idea by looking up the company on the Internet. Ideally, you'll find pictures of employees. The other option is to drive by the company and look at employees in the office or parking lot. If neither option works, then go with Rule No. 1 above. If you really aren't sure, it's always best to err on the more conservative side. Here are a few general guidelines:

- Women, stick with conservative necklines, skirt and dress



Janet M. Nast

“When one shows up looking like they're ready for a party, it comes across as someone who isn't taking this whole process very seriously. “

hemlines to the knees and nothing sleeveless unless covered by a jacket or sweater. Solid colors are the most business-like. Also, keep your accessories simple (and not jangly) and your make up at a minimum. That means no crazy bright eyeshadow with glitter.

- Men, go with slacks, a button-down shirt and a tie. No wild prints or words written on the tie. Add a jacket, aka, “sport coat,” that can be removed if you find that your (male) interviewer is not wearing one.

If you're still not sure how to dress, there are many Internet sites that offer tips on how to put forth a more professional image; take the time to look at a few. When one shows up looking like they're ready for a party, it comes across as someone who isn't taking this whole process very seriously. And that means you are not a serious candidate.

Personal Hygiene

I can't emphasize enough how important cleanliness is. That goes for you and your clothing. There is nothing more distracting than dirty greasy hair and teeth, bad breath, and horrible body odor. So please, shower, wash your hair, brush your teeth and put on clean clothing in preparation for your interview. Whatever you do, don't believe for one second that splashing on a ton of body spray or perfume is a good thing.

In addition to cleanliness, it's important that your hair is styled so that it's out of your face. Constantly having to pull it back or jerk your head sideways to keep it out of your eyes is very distracting.

Tattoos and Piercings

Yeah, these things may seem pretty cool to you and your friends. But unless you plan on working for your friends or relatives or having minimum-wage jobs for the rest of your life, I strongly suggest you have these things done on a body part that is easily covered.

Take a minute to think about who runs and works for the companies for which you want to work; they are usually people in their 30s and older. Then think about the paying customers of those companies; they are most likely around that age too. If it's a very successful business, then management probably wants all of its employees to look professional. That is to say, to look like the majority of the paying customers it serves. And guess what? The majority of paying customers don't have nose rings, eyebrow piercings or extreme tattoos.

Yes, there may be exceptions, and you can argue about it all you want, but this is the way it is for most companies. Not all companies, but most. So, downplay the unusual piercings and cover the tattoos.

What to Bring with You

- A pen
- Your driver's license and your Social Security card. These are used for identification and payroll taxes only *after* you've been offered a job. Think positive by being prepared.
- A notepad
- A **turned off** cell phone



What Not to Say

- Don't ask to “borrow a pen “ to fill out another application, fill out forms, or take notes. (*Refer to previous section, “What to Bring with You. “*)
- Don't bad-mouth your previous employer, boss or coworkers.
- Don't say those people weren't ready for your amazing ideas (*too arrogant*).
- Don't talk about how you couldn't get along with someone, regardless of the reason.

Acceptable Answers to the Most-Asked Interview Question

Why did you or why are you leaving your current employer?

- I've heard a lot of great things about this company and I'm excited for (*looking forward to*) the opportunity to be a part of it.
- I'm relocating (*moving to another city or state*).
- I've gone as far as I believe I can go at (*insert current company name*) so I'm looking for more opportunities for growth in a company such as this.
- I've read, “this that and the other thing “ (*fill in the blanks*), and I believe I can add to “blah blah blah (*fill in the blanks*) “ part of the business and, at the same time, expand my skill set.

Other Questions You Need to Be Prepared to Answer

- Where do you see yourself in five years?
- What are your goals?

These are two questions into which you want to put some serious thought and be ready to discuss when asked. To not have any answers or questions at all, is never a good thing.

Most hiring managers are referring to your professional goals and journey when they ask these things, not your personal goals. However, every once in a while someone might just be curious about your personal goals such as buying a house or starting a family. Just know that it is unethical (*and illegal in some states*) for any manager or supervisor to ask about these things in an interview or otherwise.

The best way to sidestep this personal danger zone is to keep your answers professional, such as:

- You would like to gain as much knowledge and experience as possible to eventually become a supervisor or manager.
- You want to gain as much knowledge and experience to create custom programs for the company, or custom marketing materials, or eventually move into sales.
- Your goal may be to eventually own your own franchise. (*If it's a franchised store such as Arby's*).
- If you're still in school, it's ok to mention that but I also suggest you tie that into how this job may help you to gain an understanding of some concept you're learning in your classes.
- Or perhaps working for this company is a way to pay for college and avoid student debt, which is a very admirable goal.

"No matter what type of job you're seeking... showing respect for the interviewer and the hiring process is the key. "

Do You Have Any Questions for Me?

It is never acceptable to respond with a "No. " This is also not the time to ask about pay or benefits. (*Only ask those questions after you've been offered the job.*)

So, what should you ask? Questions that show you have an interest in the company are always a win. For example,

- How many employees are at this location, or in this city or state?
- How long have you been working here?
- What do you like about this company?
- Will you be hiring more than one person at this time?
- I have a particular skill set (*fill in the blank*). Do you think there are opportunities where I could use said skill set to benefit the company?
- I'm looking to learn as much as I can about this job/company, is it ok that I ask questions as we work?
- Do you use a particular type of

software? Is there a way I can learn it ahead of time so that I can be better prepared on day one?

- Do we have time to take a tour of the facility?

To Summarize

No matter what type of job you're seeking—whether part-time, full-time, retail, trade work, or office work—showing respect for your interviewer and the hiring process is key. You can do this by researching the company, dressing professionally, and by showing up prepared with your resume and thoughtful answers to common interview questions. These small but important steps will help you stand out as the ideal candidate rather than blending in with the crowd.

Want to learn more about the interview process? Check out the *Employment and Retirement* lesson on LifeAfter18.com or join my local Life After 18 4-H club to connect, learn, and grow!

Do you have questions or ideas for other *Life After 18* topics? I'd love to hear from you! Shoot me an email at jan@lifeafter18.com.



CARPET CLEANING

**WHOLE HOUSE
SPECIAL**

\$99*

ABC SERVICES

775-419-2979

- Commercial – Residential – RV'S
- Over 30 Years Experience
- 24 Hour Flood Service
- Upholstery Cleaning
- FREE Estimates
- We Do Windows

**Available
24/7**



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



Central Valley Baptist Church

"Where the Bible is Central"

SUNDAY	Sunday School..... 9:45 AM Sunday Service 11:00 AM <i>Pastor Terry Stone (Fellowship following Service)</i> Sunday Evening Service..... 6:00 PM <i>Pastor Loren Hefner</i>
MONDAY	Non-Denominational Grief Share..... 3-5 PM
WEDNESDAY	Women's Bible Study 11 AM-12:30 PM Bible Study & Group Prayer..... 6-7 PM
SATURDAY	Non-Denominational Grief Share..... 1-3 PM



3170 S. BLAGG RD.

775-910-9995

3170 S. Blagg Rd.
Pahrump, NV 89048

centralvalleybaptistchurch.com



Wills & Trusts

Blended Families and Estate Planning *What You Need to Know NOW*

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

With 42% of adults having a step-relationship¹ - or in other words, being part of a blended family- this is an often overlooked aspect of estate planning that requires your immediate attention. Here are five (5) things you should consider when doing a will or a trust in a blended family:

1) What Happens to the House on the Death of the First Spouse?

If a couple moves in together, they'll often sell one of their houses to consolidate into one house. That makes sense, right? No need to maintain two homes. However, when the first spouse or part-

ner dies, what happens if the house was only in the name of the deceased spouse? Or if both spouses or partners owned the house together, but now the deceased spouse's children want their parent's share of the equity in the house?

Through estate planning, you can provide for the surviving spouse to continue living in the house for a specific time period (months/years/lifetime) but ensure that upon the death of the surviving spouse, the deceased spouse's children inherit their parent's share of the equity in the house. Without this important clarification in your estate planning, the ENTIRE equity of the house for BOTH spouses/partners may ONLY go to the surviving spouse's children, completely leaving the deceased spouse's children out!

2) What About Bank Accounts on the Death of the First Spouse?

If a couple owns the bank accounts together, then the entire balance typically goes to the surviving spouse. This means that all of the deceased spouse's money held in the joint account only go to the surviving spouse, not to the deceased spouse's children. While the surviving spouse can certainly gift whatever he or she would like to the children of the deceased spouse, they are under no obligation to do so. However, if the bank account is owned only by the deceased spouse, and the deceased spouse's children are named as the beneficiaries on that bank ac-

1- Pew Research Center survey

“ Regardless of what your estate planning says, it won't happen if your documents are improperly prepared. ”

count, then none of that money would go to the surviving spouse, even if the parties “intended” for that to happen. Both of these potential scenarios can create significant financial burdens for those left when a loved one passes.

Through estate planning, you can ensure that whatever sum of money you want children or a surviving spouse to receive actually goes to those individuals upon the death of the deceased spouse. You can leave a percentage of an account, a specific sum of money, stocks, bonds or other valuables to children or spouses on the death of the first spouse to ensure that the deceased person's wishes are followed as they intended. Without this important clarification in your estate planning, the surviving spouse or the deceased spouse's children may be left without any financial support, even if they were told that would not be the case!

3) Who Makes the Medical Decisions in a Blended Family When one Spouse Becomes Ill?

Sometimes in a blended family, there may be an understanding between the spouses and their children about who will be able to make medical decisions when one of the spouses becomes ill. Perhaps because of age, capacity or other issues, it is determined that those decisions would be best left to the biological children of the spouse. However, if these decisions are not memorialized in legally valid documents, those decisions may fall to another party, like the surviving spouse, or someone else altogether, which may not be what everyone had agreed upon when first discussed.

Through estate planning, you can ensure that the people you want to make your medical decisions are able to do so,



David L. Bindrup, ESQ., CPA, LL.M. is a former Ernst & Young CPA and is also a Nevada CPA Attorney with an Advanced Law Degree (LL.M.) in Tax and teaches attorneys locally and nationally in the areas of estate planning, asset protection, business planning, and probate. David Bindrup Law Firm has been located in Pahrump for the last ten years. Free consultations are offered by appointment. Call 702-465-0888 to set up your cost-free consultation with a Nevada licensed attorney!

whether it's a spouse, child or someone else. This can help your family focus on your wellbeing during these challenging times instead of getting caught up in family drama or decision-making when things are already difficult enough.



Regardless of what your estate planning says, it won't happen if your documents are improperly prepared.

When clients shortcut this process by using someone who is not an attorney to prepare these important documents that control our whole lives, and all we've worked to earn, these documents may not be valid. Invalid documents are treated as though you had no documents at all. The Courts and the law don't overlook those mistakes, they completely invalidate those documents, and then the Courts rely on state law instead to determine who makes those decisions, and what assets are left to whom.

Many Paralegals claim that they have the knowledge and skill to prepare a Will or Trust, but that is like saying a nurse can perform a complicated surgery. While skilled, paralegals are unable to prepare these documents with the same precision and attention to necessary detail as an attorney.

“ Many Paralegals claim that they have the knowledge and skill to prepare a Will or Trust, but that is like saying a nurse can perform a complicated surgery. “

In fact, you wouldn't even have a podiatrist- a doctor- perform open heart surgery, because that is not his area of expertise. Why would you use a jack-of-all-trades attorney to prepare these important documents? The difficulty with estate planning is that you don't know the documents are messed up until after the person passes away. You are better off going to an Attorney who solely practices in the area of law you need. If you're worried about the documents you've had prepared, make sure (just like in the medical field) you seek a cost-free second opinion.

Remember that lawyers that do a little of everything simply cannot match the skill of an Attorney that focuses in one practice area.

David Bindrup, ESQ., CPA, LL.M. is the founding partner of the DAVID BINDRUP LAW FIRM, PLLC and the only Nevada CPA Attorney with an Advanced Law Degree (LL.M.) in Tax. David and the other Attorneys at his firm only practice in the areas of estate planning, asset protection, business planning, and probate.

**FREE
CONSULTATION**

DAVID BINDRUP
LAW FIRM
ESTATE PLANNING • PROBATE • ASSET PROTECTION

ESTABLISHED ESTATE PLANNING LAW FIRM NOW SERVING PAHRUMP!

- We practice solely estate planning, asset protection, and probate law. Let the Attorneys at the David Bindrup Law Firm review your Will or Trust for **FREE!** We fix Wills and Trusts prepared by Paralegals and other Attorneys.
- We do it right the first time because Attorneys draft your documents—**NOT** Paralegals. (See our article in this issue!)
- You value second opinions from a doctor. When it comes to the documents that control everything you've worked hard to earn, second opinions are **PRICELESS!**
- David Bindrup is the **ONLY** Nevada CPA/Attorney with an advanced law degree (LL.M.) in Tax. Let us show you how to save **THOUSANDS** by:
 - Avoiding probate
 - Reducing or eliminating Federal Income and Estate Taxes
 - Seamlessly transferring your assets to your heirs

\$199 for a Last Will & Testament, Financial and Medical Powers of Attorney and Living Will.

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

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

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

© Copyright, 2014-2015 DBLF, PLLC

702.465.0888

www.davidbindrup.com

NOTICE: THIS IS AN ADVERTISEMENT!



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.



Wesley Swaner, owner of Iceology with the manager, Mackenzie Alvarez

Pahrump Welcomes New Business to Town Iceology Shaved Ice Co.

By Christine Butler

It's always exciting when a new business comes to town, and this one is quite unique. It's called Iceology Shaved Ice. They serve far more than just shaved ice and continue adding different products to their inventory.

They officially opened on November 11, 2024. The owner of the store is Wesley Swaner. He was born in Henderson but moved to Las Vegas when he was six and stayed there until age 27. At that time, he and his wife, Marie, had two children and decided Las Vegas wasn't the place they wanted to raise them. After hearing about Pahrump from a friend, he and Marie visited and ended up buying an acre and building a house.

Wesley admitted that he and Marie tend to make quick decisions. One example is they knew each other for ten days and got married. It must have been the right decision because they celebrated their 26 anniversary this year. They have four children now, three boys and one girl. In 2004, they went to visit her in-laws in Alabama and fell in love with the environment and the

people living there. They decided to move there and raise their kids.

Wesley worked in Pahrump until their house was finished, then he put it on the market. He was working in the snack cake industry at the time. They stayed in Alabama for 19 years and then decided to come back to Pahrump. Their parents were getting older, and the kids had all left the house. Once the kids were no longer in school and there were no more sporting events to attend, their lives changed, and they felt like that was the end to that chapter. It was time to move on.

Once they got here, Wesley couldn't find some of the things he wanted, so he decided to start a business that made these items available. He created the Shaved Ice business. He got the idea from some of the small-town areas he lived in for the last 20 years and thought the climate was a perfect match to this product.

His Approach to His New Business

He finds his new venture interesting and fun. Every day is different and not necessarily consistent. He spends a great deal of time getting to know their

customers and learning their routines. His goal is to treat them professionally and give them top-notch service. He develops relationships with them and encourages his staff to do the same. He knows you don't get a second chance to make a good first impression. And that impression lasts a long time. It's important to him that customers have a positive experience the first time they come in, and he coaches his staff members to provide that. He's successfully created a steady group of customers, and it continues to grow.

Future Plans

He has specific plans for the shop going forward. He hopes this is a blueprint for other shops to come. Their store is fully staffed now, and they've all been trained to treat customers the way he does. Things seem to be going well. Mackenzie Alvarez is the Manager and opens each day. She's been with them since they opened. The staff members represent a variety of sports. They have one volleyball player, three on the track team, one soccer player, and one who plays baseball.

Currently, they offer 13 flavors of Ice cream and are constantly adding new

lines. They have three flavors of Italian Ice and one sugar-free offering. They rotate flavors daily.

Keeping diabetics and lactose intolerant customers in mind, they have products for them as well. Their next phase includes more sugar-free offerings as well as lactose-intolerance brands. In addition, they also offer sugar-free candy. They have many different candy distributors, allowing them to have many options. They want to offer something for everyone.

Vision for the Future

Wesley knows competition is coming, so he is planning for it. They have more exciting products coming right around the corner. He claims it's a sum of all the parts, with each piece bringing in its own customer types. He views his store as a sweets super store with a little bit of everything with great attention to the uniqueness and quality of the products offered.

Overall Goals and Plans

His goal is simple...he wants to offer the best possible products at the best



An abundance of Shaved Ice Flavor

price. The ice cream is a 16% butterfat product, which is considered "Ultra-Premium" the highest quality of ice cream. He notes the stark difference in quality versus the alternative brand you find out here which is "Economy" level ice cream at a 10% butterfat content. The pricing of his candy products must be competitive. He views his store as somewhere between other

alternatives. He must be cheaper than specialty stores but a bit more than a grocery store. His target is somewhere in the middle.

He plans to expand the number of stores in other places. He has all kinds of ideas. He will also introduce rare and international candy, and I'm sure he'll come up with new ideas going forward. He tries not to sell the same products as the grocery stores because he feels he can't compete. He's very aware of pricing and the strategy that goes with it. He stated that you can come into his store and buy something for \$.05 and up. He feels that way; he has something for everyone.

If you are interested in trying this new Shaved Ice experience, it is in downtown Pahrump, at 1330 SR 160, Ste 130. Their hours are 11:00 am—9:00 pm Sunday through Thursday and 10:00 am-10:00 pm Friday and Saturday. Enjoy!



They offer a variety of items besides Shaved Ice



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

Cope with Market Volatility

The financial markets always go through periods of instability. And we may see more of that now, given concerns about tariffs, inflation and the economy. As an investor, how can you deal with this volatility?

Some investors try to take advantage of market ups and downs by attempting to follow the age-old advice to “buy low and sell high” — that is, they seek to buy stocks when they feel prices have bottomed out and they sell stocks when they think the market has reached a high point. In theory, this is a great idea, but in practice, it’s essentially impossible, because no one can really predict market highs and lows.

Rather than trying to anticipate highs and lows, your best strategy for coping with the price fluctuations of the financial markets is to diversify your investment portfolio by owning a mix of stocks, bonds and other types of securities. Different types of financial assets can move in different directions at any given time — so, for example, stocks may be up while bonds are down, or vice versa. If you only owned one of these types of assets, and the market for that asset class was down, your portfolio could take a

bigger hit than if you owned a variety of asset types.

And you can further diversify within individual asset categories. Stocks can be domestic or international, large-company or small-company — and these groupings can also move in different directions at the same time, depending on various market forces. As for bonds, they too don’t always move in a uniform direction, or at least with the same intensity — for instance, when interest rates rise, bond prices tend to fall, but longer-term bonds may fall more than shorter-term ones, which are closer to maturity with fewer interest payments remaining. Conversely, when rates are falling, longer-term bonds may be more attractive because they lock in higher yields for a longer time. Consequently, one diversification technique for bonds is to build a “ladder” containing bonds of varying maturities.

Some investments, by their nature, are already somewhat diversified. A mutual fund can contain dozens, or even hundreds, of stocks, or a mixture of stocks and bonds. And different mutual funds may have different investment objectives — some focus more on growth, while others are more income-oriented — so, further diversification can be achieved by owning a

mix of funds.

Furthermore, some investors achieve even greater diversification by owning alternative investments, such as real estate, commodities and cryptocurrencies, although these vehicles themselves are often more volatile than those in more traditional investment categories.

While a diversified portfolio is important for every investor, your exact level of diversification — the percentages of your portfolio devoted, to stocks, bonds and other securities — will depend on your individual risk tolerance, time horizon and financial goals. You may want to consult with a financial professional about creating the diversified investment mix that’s right for your needs.

Ultimately, while diversification can’t guarantee profits or protect against all losses, it can help you reduce some of the risks associated with investing and better prepare you to deal with the inevitable volatility of the financial markets — two key benefits that can help you over the many years you’ll spend as an investor.

You must evaluate whether a bond or CD ladder and the securities held within it are consistent with your investment objectives, risk tolerance and financial circumstances. Including callable bonds may increase the interest rate risk of a bond ladder. Bonds may be called prior to maturity, which could result in lower yields with new investments. APEX#12304

Pahrump Local • Call Now! New HVAC Rebates up to \$2000



GUNNY'S
AIR CONDITIONING & PLUMBING

OFFICE (775) 727-6800
service@gunnysac.com

www.gunnysac.com

Lic #0087108 • MHL #0425

Amana
HIGH PERFORMANCE HAS A NAME™

Goodman
Air Conditioning & Heating



Coleman



BOSCH

- Heating
- Cooling
- Plumbing
- Sales
- Installation
- Residential
- Commercial
- Refrigeration
- Repairs on All Makes & Models



Financing Available

Call for Outer Lying Area Rates



US MARINE CORP VETERAN

**TELL YOUR
FRIENDS
ABOUT US.**

f t i y #visitpahump



PAHRUMP
true NEVADA

833-272-3785

VisitPahrump.com

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

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



Jeffrey R Dye
Financial Advisor

3250 S Hwy 160 Ste 9 A
Pahrump, NV 89048
775-537-6630

edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

OUR VETERANS OUR HEROES

Charles Benson, SMSgt (E-8), US Air Force

Part 3

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

As stated, this is Part 3 of Senior Master Sergeant (SMSgt) Charles Benson's story. I encourage you to read Part 1 in the Jan/Feb 2025 issue and Part 2 in the Mar/Apr 2025 issue of the Pahrump Life Magazine for the background. As we continue to say, there is NO introduction required by Tom Waters (Lt. Colonel, USAF, Ret) as we allow SMSgt Charles Benson to tell his story in his own words. Here goes for Part 3 ...

Colonel Waters informed me that there are a LOT of positive comments about Parts 1 & 2 of my story. If you've already read Parts 1 and 2, you have completed Chapters 1-10, and this part of my story begins with Chapter 11 and goes through Chapter 13. For "ease of reading," I have made MY story "by chapter," and I hope you found it eas-

ier to read. So, let's jump right into the next chapter.

Royal Air Force, Bentwaters/Woodbridge England, 1975-1981

I am in Tennessee. It is May 1975. It has been a long year, and I am spending as much time as possible with Barbara and Jennifer and enjoying seeing my family again. Jennifer would have nothing to do with me at the airport or for the first thirty minutes during the one-hour ride home. She finally realized who this stranger was, moving closer, a hug and a kiss. I was truly home again. I must leave again after breaking Barbara's heart with the bad housing news.

I depart from McGuire AFB, New Jersey, and arrive in RAF Mildenhall, England. I never did figure out how Bill C kept arriving at our next duty station before me, but he did it again! Bill picked me up and drove the 45 minutes to Bentwaters. The 81st TFW at RAF Bentwaters/ RAF Woodbridge was a unique setup. The wing had two bases, approximately 8 miles apart,

with two squadrons of F4-D aircraft at Bentwaters and one squadron at Woodbridge. They were both old WW-II bases. All of the administrative and organizational functions were located at Bentwaters. For example, my WCS shop had personnel at both bases. My NCOIC and the squadron leadership, along with the administration duties, were all at Bentwaters. This setup was reflected throughout the entire Wing. I was assigned to the 81st Avionics Squadron (AMS). I worked at Bentwaters and Woodbridge at various times throughout my tour. We had in-shop personnel and hot mock-ups at both bases. It was a large, fast-moving Wing with 75 airplanes and many moving parts. We had two bases, an ongoing TDY for weapons delivery training to various locations in Turkey, Italy, and Spain, plus Victor Alert (VA) at both bases. (NOTE: End of runway alert aircraft F-4s were under shelter for weather protection only. "VA " or Victor Alert denoted nuclear forces.)

I failed to mention it in the assignments to Germany and Korea. Those bases also had VA. Victor Alert is armed, cocked, and ready to launch Nuclear Bomb(s) loaded F4 airplanes. These were located behind barbed and razor fencing, with numerous armed Security Forces prepared to fire on intruders while guarding the entire complex. The aircrew and the plane crew

chiefs were quartered within running distance of the aircraft. It is all part of the "Cold War " deterrence. The aircrew checked out the aircraft daily. Occasionally, the radar would have a glitch, and I or others would have to enter the VA and check out the complaints with the radar. These airplanes are loaded with one or more nuclear bombs. These airplanes are "cocked " and ready to launch at a moment's notice. They are parked in a no-lone zone, meaning no lone person is allowed near or on the aircraft. I must be accompanied by someone knowledgeable about what I am doing. It becomes serious when you climb up the aircraft and into the cockpit with the pilot directly behind you and one or more Security Policemen standing by the airplane watching your every move with a fully loaded M-16. It's kind of scary, but it's just part of the job.



Triumph Herald

Back to the most pressing issue: Housing! I have been in the country for less than a week, and I rent a car from a fellow NCO, a little side business for him. It is a left-hand drive Triumph Herald. England drives on the left side of the road, so their steering wheels are on the right side of the vehicle, with the passenger near the side or curb. He reminded me, "Don't forget you're driving a car with the steering wheel on the wrong side, so be careful. " I'm terrified! I'm not even sure I can find the Base again. It was ten miles to the base. Nervously, I drive off. All goes well, and I try to relax just a little. I'm rolling along a quaint, narrow English country lane like in the movies. I approach my first intersection. I turn right and

quit holding my breath. I have got this thing. It's just another narrow country lane. After my second, deep, relaxing breath, I panic! There is a car coming straight at me in my lane. My brain is screaming. What's happening? What do I do? Finally, my brain engaged, and I swerved left and got into the proper travel lane. I had instinctively made that right turn and automatically went to the right side of the road. Instead of being next to the side of the road, I went where my brain said I should be near the road's centerline. Tragedy avoided. A lesson was learned. It was six months before I even turned on the car radio. I was determined never to make that mistake again.

I must work through the base housing office to procure housing in a foreign country. The Landlord must be registered at the housing office and agree to the Base's lease policies, allowing me to terminate the lease to move to base housing or if my tour is curtailed. There is more terminology to protect me and the landlord from legal problems. It is beneficial to both parties. So, I have to procure housing through the base housing office. I check their listing daily.



304 Felixstowe Rd. Ipswich, England

A couple of days later, a house that met my needs became available. It is sixteen miles from the base in the town of Ipswich. I acquired the house and immediately began getting my family here. It took time. She had gone ahead and shipped the household goods, both what she was using in Tennessee and what was held in storage, to England. I had that all delivered to the house before Barbara's arrival, and I moved into



1973 Granada 3.0 GLS

the house. I was able to arrange their flight to England. It took six weeks after I left them to get them to England.

In the meantime, I shopped for an English car with the steering wheel on the right side! I bought a three-year-old, very luxurious Ford Granada GLS Automatic. This was the top-of-the-line English Ford. When I picked up Barbara and Jennifer at RAF Mildenhall, I couldn't tell if that great big smile on Barbara's face was for me or that bright, shiny, almost new car! It was by far the best and newest car we had ever had. She loved that car. I, on the other hand, hated making a car payment. I had never had one of those before, and the longer those payments went on, the more I was determined to sell that car and get rid of those payments. Sometime in 1976, after making those payments for more than a year, I finally broke down, paid cash, purchased an older model Hillman Hunter, and then sold the Granada. No more car payments!! Yea! Soon after, I bought an old VW Fastback for my work commuter car. I like buying cars for cash!

As you are beginning to see, it takes a lot of time, patience, and logistics to make a Permanent Change of Station (PCS) move. I am only touching on the highlights. It is hard on wives and children. There are so many unknowns but we persevere and survive.



Hillman Hunter



1973 VW Fastback

My work is routine and mostly predictable, with some familiar faces from previous assignments. As with all the previous bases, the shop works 24-7, five days a week, with three shifts per day, commonly called days, swings, and mids. That breaks down to an eight-and-one-half-hour shift. The overlap is for shift changeover. If I am working on an aircraft, I don't quit at the end of my shift. I keep working until I am relieved by the oncoming shift at the airplane. I am then trucked back to the shop to finish the aircraft job-in-work paperwork. My shift is then over. Those shifts frequently run into more than nine hours. I still have a 16-mile drive home to get up and do it all over again tomorrow. But please don't misunderstand me. I love the work. I am accomplishing something important. It is necessary. I stand tall and hold my head up, and I am proud of myself for doing my part to protect not only America but also the rest of the free



AF Commendation Medal one Oak leaf cluster. (second award)

world. I was awarded the Air Force Commendation Medal 1st Oak Leaf Cluster (that means a second award) for my contributions to Korea.

We have been in our house a week, and Barbara's mom, dad, and the two youngest have arrived. We knew they were coming; the house was in total disarray, but we were thrilled to see them again after two and one-half years. As the days passed, I discovered they were apprehensive about traveling to England. It all had to do with the War. They were frightened that they would be shunned by the English just for being German.



I'm sure most people are not aware, but Germans, Barbara's age and older, carry a lot of unearned and undeserved guilt from the war just by being German. Her folks were approaching their teenage years when the war ended. They tend to feel that as soon as anyone discovers that they are German, they are looked down on with disdain, as if they caused, supported, or participated in the war.

Ipswich had a Kentucky Fried Chicken. "Let's expose those Germans to real American food," I thought. The most straightforward task can expose things you can't even imagine. I purchase the whole nine yards at KFC. I was caught off guard by the confused faces on her Mom and Dad when they confronted the whole kernel corn. Her mom stated, "We don't eat that. We feed that to the chickens"! They had never eaten corn before. Corn in Germany was grown for feed, not human consumption. This may have been regional. I never took the time to know for sure. They grew up and lived in Hamburg, Germany's most prominent and Europe's second-larg-

est city, and seafood was in their diet frequently. This simple KFC task also gave Barbara's folks a great sigh of relief concerning the English.

Somehow, someway Barbara's mom broke a tooth during the meal. There was no way they could postpone treatment until returning home. She was going to have to see an English dentist. Barbara arranged the emergency visit and translated. The dentist refused any payment for the repair, stating that "on your first visit to my country, you must leave with a good impression of us." I guess that WW II guilt was factual for all.

England bombed Hamburg to ruin. One of their most famous raids fire-bombed Hamburg, so ferocious that it created firestorms. Tornadoes of fire roared through sections of the town, destroying not only everything above ground but roasting alive the people hiding in underground cellars and shelters. Having absolutely nothing to do with the war, many felt guilt on both sides. This is so Sad.

After the in-laws had left, we again settled into a regular routine. I was working, and Barbara was getting to know the neighbors. We lived in a two-story duplex, and the couple in the other house was much older than we were. They were pensioners (retired). They were both very friendly and spoiled Jennifer rotten. She had just turned four. I remember her keeping Jennifer occasionally for short periods.

One day after returning from work in early 1976, Barbara was distraught. The lady next door seemed to have



English Channel Car Ferry



Venice

sent her husband down the shops for something. She then locked the house up tight and went upstairs, lay on the bed, and slit her wrists. It was, again, devastating to Barbara. Once again, she had lost someone elderly that she had gotten close to.

We are expecting our second child in July. I know that my old Boss in Korea is now stationed at Aviano Air Base, Italy. Barbara knows Bob and Eva from Hahn AB. We have decided to take a road trip to Italy to visit them. We depart England on Saturday, 1 May. We take the Car Ferry from Dover, England, to Calais, France, and make it to Stuttgart, Germany, on the first day. We cross the Alps and drive to Bob and Eva's house in Aviano on Sunday afternoon. During our visit, we all spend the day in Venice. For those who may not know, Venice is built on a group of 126 islands separated by expanses of open water and canals; 472 bridges link portions of the city. You cannot drive a car into the center of Venice. Parking a car can be difficult. At every possible location, people are trying to attract you to "Park here! Park here!" They are trying to get you to take their boat to St. Marks Square - the biggest tourist attraction in Venice. So I choose one and park. But, I don't take their boat. We walk two blocks and take the motorized water busses. When we returned to the car, I had a parking ticket! I should have taken that

fellow's boat. Being eight months pregnant, Barbara didn't get along well with the foul, stinky water and was ill most of the day.

We departed Aviano on Thursday morning for Rhein-Main Air Base, near Frankfurt, Germany, to visit my first cousin Jimmy. He and his wife, from England, were currently stationed there. Then, we will go on to Hamburg, Germany, to visit Barbara's family.

The following day at Jimmy's house, we discovered that Italy had a significant earthquake at 9:00 PM the night we departed. The epicenter was 34 miles from Aviano. The earthquake was felt strongly across most of northern Italy and as far south as the outskirts of Rome. It was also felt in several other countries: then-Yugoslavia, Austria, Czechoslovakia, Germany and Belgium. The first was a 4.5 quake; minutes later, a 6.4 quake hit. Aviano received severe damage, including the church steeple in the center of town. No local deaths, military or civilian, were recorded, but the surrounding area reported over 1000 deaths were attributed to the quakes.

Back in England, I was working the swing shift on Friday, July 9, when I received a phone call from Barbara, telling me that "it was time"! That sixteen-mile drive home took forever, and I was in a hurry. There were no obstetrics at the Bentwaters Hospital. I had to drive Barbara another 45 miles to RAF Lakenheath for the delivery. It is now dark, and there is road construction that I was unaware of. I'm secretly starting to panic when I realize I have made a wrong turn and have no idea where we are. I finally stopped. I turned around and retraced my route to the construction and found the correct road. Barbara is good to me. Not wanting to add to my stress, she lies in the reclined seat, moaning as quietly as possible. Once again, Barbara put on a brave face to ease tension, for which I will forever be grateful. Our family is now four. Daniel has arrived! It is daylight when I arrive back home in Ipswich. To this day, I have no idea

where our daughter Jennifer is. None! No idea! Strange. When I awake, it is early evening. I grab the phone and call my Dad. "Congratulations! You have a new grandson, born on your Birthday!" "I say. I had forgotten that it was 2:00 AM in Tennessee. It took him a minute to wake up enough to understand what was happening. There was no phone in their bedroom. He had to walk down the hall and answer the phone on the kitchen wall. I finally said, "Happy Birthday, Congratulations, we will talk later, go back to bed." and hung up.

It is now 1977, and Jennifer is preparing to start school. An opening for base housing on RAF Woodbridge is available for us. We take it on the assumption that she would not have to transition to American learning after leaving England if we let her attend the local English school system. We transition to Base Housing and once again develop a new daily routine. If I count Zweibrucken, George AFB, and Tennessee for Barbara, Korea for me, Ipswich, and now Woodbridge base housing, this is the fifth new daily routine we have started. In six years, 1971-1977, that is a lot of moving. At this time, I have been promoted to Technical Sergeant (TSgt E-6). My base pay is now \$868.70 per month.

Time marches on. In early 1978, the USAF needed to save money again. I was offered the opportunity to extend my tour for 36 months, turning my three-year tour into a six-year tour. When my last return from Europe sent me to Korea after 16 months, it became



Technical Sergeant (E-6)



78th TFS A-10A

a no-brainer. Of course, I'll stay for three more years. The year 1979 came around and the USAF was preparing to change airplanes at RAF Bentwaters/RAF Woodbridge. The three F-4D squadrons are being replaced with six squadrons of A-10A aircraft. This was to become a new role for USAF airplane warfare in Europe. The F-4 is a supersonic interceptor/ fighter bomber, and the A-10 is a slow and low-flying Close Air Support aircraft for ground forces. It has an internally mounted 30 mm Gatling-style gun designed to destroy tanks. It is affectionally called the "Tank Killer." This is a new kind of specialized warfare in case of an invasion from the East.

This creates a dilemma for us WCS folks. All of us are tied to the F4-D exclusively. Please remember I had spent almost a full year training for this specific system. What is going to happen to us? I was just promised three more years here. I was given three options along with all the other WCS troops. I could return to the States, move with the F4s to Torrejon AB, Madrid, Spain, or stay where I was, lose my Specialty Identifier that tied me to the F4 Radar, and convert to the A-10A. I had been with the F4 for 14 years and felt that a change would be exciting and new. So I converted to the A-10.

The 81st Aircraft Generation

Squadron (AGS) was assigned to Bentwaters. I was assigned to Woodbridge's 581st Aircraft Generation Squadron to support the 78th Tactical Fighter Squadron (TFS). I had a lot of unknowns. The A-10A had no radar. It had an optical sight for the gun and a TV for viewing ground targets through the AGM-65 TV Guided Missile. That was the entire Fire Control System. I am excited to begin a new career but apprehensive. Everything is unknown.

I haven't felt that way since arriving at Nellis back in 1966. With the F4, the WCS shop had 60-70 people assigned to the base for approximately 75 airplanes. All of us worked noth-

ing but the radar. The A-10s required around only 34 of us. Four squadrons at Bentwaters and two at Woodbridge total 120 airplanes, with four fire control folks assigned to each squadron and 10 for the in-shop repairs. All of the A-10 troops are to be a multitasked bunch where everyone learns the basics of the Airplane. The trained specialists will now be integrated with the airplane mechanics and handlers. We must now learn how to perform pre-flight and post-flight inspections and launch and recover airplane duties in addition to their specialist duties. This works very well as the A-10 is a designed airframe with ease of maintenance first and foremost. So, everyone becomes a jack of all trades with some trained specialists to use their trade as required. I eventually transitioned into the job of flight line expeditor.

As an Expeditor, I oversaw and controlled the 25 aircraft and the flight line area where the 78th TFS operated during the swing shift. I drove a pickup truck and was in radio contact with centralized job control that coordinated everything I required that was not under my control. In addition to informing the central job control of aircrew arrival times, engine start times, and taxi times, I oversaw and coordinated maintenance actions on my assigned aircraft. My job was updating the central job control of my aircraft status changes. My counterpart in an-



Red One Aircraft Status Board

other truck, a bread truck style vehicle, was transporting tools, parts, and personnel to various aircraft as needed while continuously updating me on what was occurring. I also requested fuel and weapons deliveries. All this was written with multiple colored grease pencils on a backlit plexiglass board containing all 25 aircraft tail numbers in a vertical line on the left side of the board. All other data was to the right of the tail number, including parking location, fuel load, weapons installed, next scheduled flight time, and much more info that determined the actual aircraft status at any given time. Considering that there were six squadrons and three expeditors per squadron, one for each shift, there were 18 of us controlling 120 aircraft in six squadrons on two bases.

This job was highly gratifying, and I was flattered and grateful to be selected. I kept the job until my departure in 1981. In the summer of 1980, the 78th TFS was chosen to send two airplanes to Germany to participate in Luft Ausstellung (air exhibition) '80 at Hannover Airport. It was primarily a civil aviation event with various military airplanes on static display. One other and I were selected to travel to Hannover, recover the airplanes on arrival, get them parked, refueled, serviced, and prepared for departure three days later. The fact that I could speak and understand a little German was the reason I was selected. It did help on numerous occasions. We were in our work uniforms and, along with the two pilots, stayed with the aircraft during the open visiting days. We greeted the public and answered questions. During the closed hours, we visited with ground crews from other European nations, who also displayed their military aircraft. I was interested and honored to get up-close personal tours of other airplanes I would not usually have the opportunity to experience. I, of course, reciprocated. It was a once-in-a-lifetime experience that I will never forget.

Sadly, there were bad times as well. From the A-10s' arrival in June 1979



A-10 Missing Man Formation

through my departure two years later, five A-10s were lost. The first crash was in July '79, when the pilot was killed; a second crash on 27 Aug '79, the pilot survived. In November '80, a mid-air collision over the North Sea with one pilot and an RAF helicopter rescue man drowned, and one pilot safely ejected over land; the subsequent crash was on Jan '81; a pilot was killed, and a May 81 crash with the pilot killed. I only mention this because we lived in Base housing and witnessed what seemed to be a lot of funerals with "missing man formations" fly-by. It was always a sad day for all to witness that.

I want to mention our UFO incident at RAF Woodbridge on December 26, 1980. I'm not going to bore you with a lot of detail, but the occurrence is the most famous of alleged UFO events in the United Kingdom and is among the best-known reported UFO events worldwide. It has been compared to the Roswell UFO incident in the United States and is sometimes called "Britain's Roswell." It was much talked about, and many USAF "witnesses" were sworn to secrecy. The whole story is well documented. "Google" it if you are interested.



1971 Mercedes Benz 250CE, RAF Woodbridge Housing

Around the time I transitioned to my new job, I purchased my first of many Mercedes-Benzes. It was a dark green model 250C, two-door hardtop or Coupe, as the Benz folks called it. It was so cool arriving at work in this beautiful Mercedes! I bought it cheap as it was a left-hand drive. Barbara and I both fell in love with it. Sadly, I could not bring it back to America. It was too new and would cost too much for me to convert it to U.S. specifications. It was 25 years before I purchased another one, a twin to the one I left behind. But, I'll discuss much more on that later.

My orders arrive for my new state-side assignment to the 1st Special Operations Wing, Hurlburt Field, Fort Walton Beach, Florida. Wow, AC-130H Gunships? Special Operations? I know nothing about special operations nor anything about gunships! But I recall that I didn't know anything about A-10s either.

This is when I thought I should have gone to Madrid with the F4s. I now have almost 16 years in the Air Force. Fourteen were in the tight-knit F4 family, where everyone knew everyone. We all shared the same training and work experience. It was a comfortable, family-like environment. The last two were on the A-10. That transition was easy, staying on the same base and working with some of the old WCS buddies but with a different, slower, quieter plane.

But I'm getting ahead of myself. I haven't left England yet. I have cars to sell and furniture to ship. By this time, the Hillman Hunter and the Volkswagen were gone. Before obtaining the Mercedes, I also went through a 1972 Plymouth Cricket, a 1969 Triumph Spitfire, and a 1970 Ford Galaxie. That was an authentic "Yank



1970 Ford Galaxie 500



Tank, “ as the Brits called it. I only bought it because my folks were flying over for a visit, and I wanted a car large enough for all of us to travel to Germany.

I do have to comment on the Galaxie. The four of us, plus my Mom and Dad, went to Germany to visit Barbara's family in that big Ford. Again, we took the overnight ferry with cabins. On the return trip, Barbara purchased a large chunk of Limburger cheese as it was difficult to obtain in England. I will not eat it as it stinks to high heaven, but she loves it. As we were approaching England, we returned to the car for disembarkment. This unbearable stink permeated the air when I opened the bulkhead door to the car deck. It even overrode the smell of the cattle trucks parked on the same deck. As we approached the car, Barbara and I exchanged glances and immediately knew it was the Limburger cheese. The smell would have peeled paint when I opened the trunk to put the overnight cases in! The worst part was the stares and whispers of the other passengers as they went to their cars. Needless to say, all of us were glad to drive off that ship.

I could not ship the Mercedes to the U.S. and needed transportation on arrival to get my family to Florida. I made the biggest mistake of my life! I purchased an AMC Pacer. The military had to have shipped a car over to ship a car back to the U.S. for free. The only car available to purchase was the Pacer. You can Google it, and you will understand.

On our furniture moving day, the movers, all English, arrived to pack. It was also the day of Prince Charles and Lady Diana's wedding. Wednesday, 29 July, 1981.

The TV was left on all day with the



AC-130H Gunship

movers and us glancing at it as often as possible. It was a fantastic day. Everyone was in a joyful mood. The TV was the last thing to pack. The movers paced themselves so they would not finish before the wedding, and that was fine with us. It was, after all, an extraordinary day! The car was shipped, and the furniture was gone. We moved into Temporary living quarters. It was an old Quonset Hut leftover from WWII. The exterior was painted an ugly dark green. It was livable, quaint, and rustic. It was a fitting and memorable ending to our six years in England.

Hurlburt Field, FL, 1981-1983

Barbara wasn't as distraught as the last time when I left to pick up the car upon arrival at McGuire AFB in New Jersey. The Pacer proved an unreliable highway cruiser as we visited Tennessee to visit family. I had to shop for a more reliable car immediately. I purchased a nice Dodge Aspen SE, which flawlessly got us to the Florida panhandle. I stoically drove the Pacer to Florida a few months later and used it to commute to and from work. I was now only a ten-hour drive from Cookeville, my hometown. This was the closest I was ever stationed to home in my twenty-



1976 Dodge Aspen SE

six-year career.

We moved into Eglin AFB Temporary Living Facility (TLF) and started looking for a house to rent as I in-processed the base. I relocated our children one and a half hours away to Tyndall AFB in Panama City, Florida. Our very good friends from England were stationed there. Our TLF unit had no Air conditioning and no projected repair date. In the summer, Florida is hot, humid, and miserable. After living in England for the past six years, it was just too much for the kids to bear. Barbara and I suffered through it, and our dear friends kept the kids until we moved into the rental.

Base housing was unavailable, and after a week or so, we rented a house in Mary Ester, a few miles from the base. Once again, we begin to establish a routine. Work is very different. I am assigned to the 834th Organizational Maintenance Squadron (OMS). It is very similar to the setup I described for the A-10. I spend a few weeks trying to get familiar with the AC-130H and its Fire Control Systems. It is a C-130 four-engine turboprop (turbine engine, propeller-driven) military cargo transport for those unfamiliar with this airplane. However, these “AC “ (attack cargo) airplanes have a 105 mm ground artillery canon, 40 mm antiaircraft, and 20 mm machine guns. They are all sticking out the left side of the airplane and are used for close air support for troops on the ground. They were developed for use in the Vietnam War. Try to picture a 9,000-foot-high ice cream cone, about one mile and a



USAF Meritorious Service Medal

half tall. The AC-130H is circling in a left turn bank at the top of the cone, and the target on the ground is at the bottom. It is a very lethal weapon with continuous ground coverage.

I started to get a working knowledge of how things worked when it was announced that I had been awarded the Air Force Meritorious Service Medal for my contributions to the 81 TFW. I was soon promoted to Master Sergeant (MSgt, E-7). My base pay is now \$1230.60 per month. Master Sergeants rarely carry toolboxes and do actual physical work on airplanes. I am now assigned as the Specialist Flight Swing



USAF Master Sgt



1947 Ford Coupe

Shift Supervisor. I have all of the avionics specialists (communication, navigation, autopilot, instruments, and fire control) and the airplane mechanical systems specialists (jet engines, propellers, hydraulic, pneumatic, and environmental systems along with heat and air conditioning) all working under me. I now have even more to learn. As a manager, I'm not expected nor required to know and understand the specifics of what all of those troops do. I have to manage their actions effectively to ensure they have the tools, parts, and knowledge to complete their work thoroughly, safely, and on time.

I am now learning the competency levels of the troops under me, a rudimentary understanding of the systems they maintain, and the terminologies associated with those systems. I'm also trying to understand the mission of special operations. It is different from Fighter Operations. A lot of the real-world work is clandestine and under-cover-type operations. The 1st Special Operations Wing always had a few aircraft deployed somewhere in the world. We always had a plane or two in Central America with a continuous personnel rotation every 30 days. At the home station, we flew training sorties with live fire on the local ranges. It was a busy flight line with a lot of things happening. I am now settled in and quite comfortable with work.

I stumbled across a 1946 Ford Coupe and bought it. I now have a hot rod! It's rough, but it's a good driver and I enjoy it. I drive it to work frequently.

When an opening for base housing became available, Barbara and I decided to take it. The kids would not have to change schools. After all, we're not going anywhere, are we?

We moved on base in the summer of 1982. In January 1983, I was part of a contingent chosen to deploy with two AC-130s and go TDY to Elmendorf Air Force Base, Anchorage, Alaska, to participate in exercise BRIM FROST '83 for two weeks. This is my first trip to Alaska, and it had to be in January! The trucks we were provided had to be left running the entire time they were in use and had to be plugged into block heaters when not in use. It was very cold.

Sometime after my return, my counterpart, also an MSgt in the Avionics Maintenance Squadron (AMS), responsible for the component repairs (mock-up), received orders to England.

Bob had spent most of his career on the gunships in Florida and had chosen to retire instead of moving to England. I was not particularly fond of the plane and jumped to get back on fighters. I called the Air Force Military Personnel Center (AFMPC) in San Antonio, Texas, and asked, "If I volunteer for England, would you give Bob's assignment to me?" He replied, "Yes, you are number three on the list for overseas anyway." I applied, got the orders, and then had to go home and tell Barbara and the kids, "Guess what! We are going back to England in June! "If looks could kill, I wouldn't be writing this part of my story. Nobody was



Meritorious Service Medal, One Oak Leaf Cluster (Second Award)

happy but me. That was the last time I made a significant decision concerning the family without consulting them. I was not so gently reminded that this would be our second “three moves in two years” scenario, and it had to be our last.

Once again, we prepare to move. I sold the Pacer, shipped the Dodge to England, and drove the '46 Ford to my brother in Tennessee, who had agreed to store it for me. After a visit with family in Tennessee, we depart for McGuire AFB en route to England.

RAF Alconbury Huntingdon, Cambridgeshire, England, 1983-1986

We arrived at RAF Alconbury and faced the same problem as last time: little to no housing! We soon found temporary housing just outside the base in a pub in the small and quaint village of Alconbury called the Alconbury Manor. It was adequate but small, but it would have to do.

I had shipped the Dodge out of New Orleans, and it had yet to arrive.



F-5E Agressors

Once again, I rent a car. This time, I'm ready! I had only been gone two years, and driving on the left side wasn't a problem.

I am assigned to the 10th Tactical Reconnaissance Wing and the 10th Component Repair Squadron as NCOIC of the F5-E Fire Control Shop. Soon after, I was presented with the Air Force Meritorious Service Medal 1st Oak Leaf Cluster (OLC), the second awarded medal.

The F5-E is a small single-seat fighter painted to resemble Russian MIG Fighters. Its role is Dissimilar Aircraft Combat Training (DACT). It provides realistic air combat training by simulating and flying Russian MIG tactics in air-to-air combat against our front-line fighters - very realistic training.

My shop repairs and aligns the Fire Control Radar Components brought or sent in from the Flight Line Fire Control Troops. It is a very simple system: a radar-ranging radar that provides a range of targets for the gun sight. That's it! There are no missiles, no tracking radar, just machine guns. I have a five-person shop, including me. I work with two others on the day shift and two on the night shift.

The Dodge arrives, and it has been about six weeks. We finally moved into a lovely three-bedroom bungalow owned by an RAF couple that is being

transferred to Cypress for three years - perfect timing for us and them. It is a 25-minute (14-mile) drive from the base to the village of Bluntisham - a village with one pub, shop, and post office combined. That's it! The kids ride the bus to the school on base. I purchased a VW Rabbit to commute to and from work, so Barbara has a car and isn't alone at home daily. I now have everyone in the shop fully trained on my duties, and anyone could step in and run the place in my absence. It is a nice, cushy job. And, Not a lot of work.

I'm starting to play darts again. I played while at Bentwaters/Woodbridge but could never get into any leagues due to my working nights all the time. This time is different. I have enough rank to remain on the day shift. I'm on the squadron team and, soon after, the base team. I have also proven myself in my local pub in the village, where I've been asked to join the pub team. Life is good with an established routine. In the spring of '84,



VW Rabbit



I was asked to join the village cricket team. I still have newspaper clippings announcing match results, and my statistics show runs scored and outs as a bowler (a pitcher). Around this same time, Sheila and Devlin, the owners of the local pub, The White Swan, asked Barbara to run the pub while they took a short trip to Spain.

We had become close friends, and Barbara occasionally would help in the pub, and they knew she had some bar experience. So they trusted her. Poor Barbara got scolded badly when drawing her first draft pint of beer. She pulled it German style with a foam head on the beer. The customer immediately told her, "That's not a pint! It's not full!" "An English beer has to be packed to the top of the glass. No foam! It was a standing joke in the pub when Barbara worked there: "Pull me a full pint, please, Barbara!" We had indeed become local villagers - members of the community.

In 1985, a Darts team was formed, which included the best players from the various American Air Bases in the East of England. I was asked to join that team. We called it Team America. We were well supported and used a military van to transport the team to the various match locations. We played exhibition matches against the English County Teams. We are competing at a very high level as the County Teams are where the players are selected to play for England. Ten games were to be played in a best-of-three-game format in our first exhibition. We didn't perform so well. I won the only match of the ten. To beat a county player is as good as it gets. I was elated. I had also accomplished my goal of beating ev-

ery member of the pub team. The pub regulars called me their "token Yank"! I played until I prepared to leave to return to America. I saved numerous newspaper clippings publishing match results with my name in them.

As soon as school ended for the summer, we took a trip to Hamburg for a family visit. Upon our return, I drove to the base to pick up our accumulated mail from the post office while we were gone. An acquaintance stopped and said, "Hi, welcome back. Congratulations on your new job." "New Job?" I asked. "You don't know?" he replied. "No. I don't have a new job." I replied. He said, "Oh yes, you do! You'll find out when you get back to work." This didn't sound good. Instead of going home, I decided to drop by work for a few minutes and find out what was happening. The Branch NCOIC said, "You will be the new Electronics Countermeasures (ECM) NCOIC. When you return to work, the Squadron Commander will brief you." "It's a done deal. His mind is made up.

I was briefed that the shop had failed more than a few Wing and USAFE Wartime scenario readiness inspections, and I needed to fix that. Looks like my efforts to make my shop self-sufficient worked too well. It could perform perfectly well without me!

The ECM shop has thirty-five airmen who maintain an Electronic Pod attached to the plane's exterior, like a bomb. But this wasn't dropped. It was to jam enemy ground radar to prevent the enemy from tracking and shooting down the airplane with Surface-to-air missiles (SAM). The pod is vital to



The White Swan



Cricket at bat

protecting airplanes during a shooting war and was developed during the Vietnam War.

The CO and I walked into the new shop. I was introduced to the on-duty personnel and was now their NCOIC. He then walked out with the former NCOIC and left me to clean up his failures. It turned out to be a reasonably simple task after a "come to Jesus" meeting to remind each shop member of their duties and responsibilities and that each individual would be held accountable for their actions. They were all smart, highly trained electronic technicians. They just lacked guidance. After applying essential leadership and managerial skills to the problem, things quickly turned around. I immediately assigned accountability, and with proper and rapid follow-up by me, the shop passed every exercise the base was tasked with through the following year with no failures or shortcomings. I was proud of the shop. They were all well-trained individuals. A distinct lack of leadership and defined expectations was all they lacked. I felt that I had accomplished what the CO had asked of me. I felt good about that.

I have failed to mention that a squadron of RF4-C reconnaissance airplanes was also assigned to RAF Alconbury. They have no weapons, just cameras.

The squadron commander (CO) has volunteered me to represent the United States Air Forces in Europe (USAFE) for an RF4-C support equipment allocation review to assess current authorizations and realign current quantities if needed. The ground support equipment for the RF4-C and the F4 were

the same except for a few select pieces. My 14 years of experience on the F4 helped me get selected. This TDY was to Hill AFB, Ogden, Utah. I added a week's leave to the trip and stopped and saw Mom and Dad for a few days on the return trip.

Before returning to work, I stopped by the post office to check the mail. You will not believe this, but the same thing happened ... again! An acquaintance stopped and said, "Hi. Welcome back. Congratulations on your new job." "New Job? I asked. "You don't know?" he replied. "No. I don't have a new job." I replied. He said, "Oh yes, you do! You'll find out when you get back to work." "Unbelievable," I think! I have a new job every time I leave the country and return!

After I arrived at work, I accompanied the squadron CO to the Deputy Commander of Maintenance (DCM) office. This is my Squadron commander's Boss - a full Bird O-6 Colonel. The DCM was impressed enough with my performance in the F5-E Fire Control and RF4-C ECM shops that he wanted me to be the new NCOIC of the RF4-C and F5-E Phased Inspection Sections!

You must remember that my experience and training have all been in Avionics. Except for that two-year stint as an expeditor with the A-10, all of my technical, supervisory, and managerial experience has been in Avionics. The Phased Inspection Section (Phase docks) is a whole new ballgame. I am being assigned to a new Squadron. The Equipment Maintenance Squadron (EMS) has no Avionics personnel. EMS is where all of the mechanical systems are maintained and repaired. The Phase section is manned by airplane mechanics and handlers, commonly called crew chiefs. They are airplane general mechanics (APG).

I am now totally out of my depth regarding the technical aspects of the actual job and dealing with airmen and NCOs in a different Air Force Specialty Code (AFSC). ECM was a different AFSC, but it was, at least, Avionics.



Rf-4C Phased Insection Docks

Once again, I remind myself I am not a technician but a manager. Phased Inspection has two docks - one for the RF4-C and one for the F5-E. The docks are in one giant hangar. On an "hours-flown" schedule, all airplanes are scheduled for a partial or complete teardown for inspection. Worn or failing parts and corrosion are the primary purposes for the inspections. During certain inspections, the engine(s) may also be removed for replacement. The airplane will also have to be jacked up for landing gear testing. Almost every exterior panel that can be removed will be. It is a comprehensive inspection. Meticulous and highly qualified airmen are required to accomplish a phased inspection. A test pilot must fly a functional check flight (FCF) after a phased inspection to ensure that all was completed successfully and safely. The aircraft will then be released from the phased inspection and returned to the flight line for regular duties.

On my first day, I shut down all work and met with all of the day and midnight shift personnel. I introduced myself and explained that the DCM assigned me as NCOIC because the Phase Docks had not finished a plane inspection on time for RF4-C or F5-E in the last 18 months, and I was there to fix that. I said, "I will spend some

time walking around the hangar, introducing myself individually to as many of you as possible. I will ask questions. I want you to tell me why you can't turn a plane on time. I'm looking for answers, so help me fix this." On day three, I privately met with the two Dock Chiefs. One was a Staff Sergeant (SSgt-E5), and the other was a Technical Sergeant (TSgt-E6). I asked them, "What is the problem? Why can't they get a plane out on time?" Their reply was in unison. "The old NCOIC will not stay out of our way and let me do my job." "He was disruptive, constantly interfering with the workflow plan." "He has no faith in my ability to get the job done." I replied, "How can I help you do your job and roll a plane on time?" They both replied, "Let me do my job." It was basically that simple. I turned them both loose. I told them to get their airplane safely and correctly out on time. I told them that I was there for them. To use me to run interference for them when outside shops were not responding when required. I told them to let me fix their outside problems, and they were to stay on the dock, finishing the inspection on time. I gave them what they wanted. This was breathing room and support. They gave me what I wanted. Inspections were satisfactorily



1984 Mazda 626

completed on time. There were growing pains and difficulties to overcome, and we did just that together. The next airplanes, RF4-C and F5-E, rolled out on time and successfully passed the Functional Check Flight (FCF). After every Phased Inspection, a Test Pilot had to test fly the airplane to ensure everything worked and that the aircraft was safe. We successfully passed every phased airplane until I left for my next assignment. It was an extremely satisfying job, and I enjoyed watching those Phased Dock personnel smile and display absolute confidence in their abilities as professional airmen. It was reasonably straightforward. I got out of their way, let them exercise their skills, and provided my support when needed. Simple.

Almost three years have passed; it is 1986, and I get orders for reassignment to Davis-Monthan AFB, Tucson, AZ. I'm excited. Barbara is excited. We were returning to the desert southwest that we had grown so fond of at George AFB. The kids are excited. Jennifer is 15, and Daniel is 12, and all they want is to



Senior Master Sergeant (E-8)

return to America, live like Americans, go to McDonald's, and watch MTV. MTV was innocent enough then, but there is no way I would ever let my children watch the filth that MTV spews to our children today.

Then the hiccup occurs, and it's a big one. The USAF is once again trying to save money, and they extended my tour for 60 or 90 days. I can't remember. The hiccup is that the owners of the house we are renting are returning from Cyprus, and I have no place to house my family. I immediately requested financial hardship curtailment due to the excessive cost of housing for my family. It is denied. Barbara and I decided she had to leave on time and leave me to move into the squadron barracks until I could join them. She would once again have to stay with my folks until I arrived.

We shipped our furniture and the car. I sold the Dodge six months ago and bought a newer 1984 Mazda 626. We decide to fly Barbara to Atlanta, rent her car, and let her drive to Tennessee and wait for me there. I shipped them out, moved into the barracks, and resumed work. Huh - oh!! There were two hiccups. I was promoted to Senior Master Sergeant (SMSgt-E8), and the Air Force Military Personnel Center (AFMPC) in Texas canceled my orders to Tucson. The reason? My new Rank put me in excess of Tactical Air Command requirements.

Where am I going? I don't know. I'm on the phone with AFMPC repeatedly. I finally got orders, which will let me choose where I go! This is over the phone, and they say, "Because you outrank the other person returning from overseas, you can choose between Griffiss AFB, Rome, New York, or Loring AFB, Limestone, Maine. " Both are Strategic Air Command (SAC) Bases with B-52Gs. One is in Rome, upstate New York, and the other is in Limestone, Maine, 6 miles from Canada. Bombers? I have never been assigned to a base with bombers! I've



B-52G

never been to SAC! This is going to be a real adventure.

I finish up my tour at Alconbury. I pick up the Mazda in New Jersey and meet with Barbara and the kids in Tennessee. We then headed to New York. We stopped in Pennsylvania to visit Bob and his family from Hahn and, later, my boss in Korea. Then, we went to Rome ... Rome, New York that is.

While this concludes Part 3 of my story, it is still not far from the beginning. Please see Part 4 in a future issue of the Pahrump Life Magazine. I am pleased that you are enjoying my journey with me as you wait to read Part 4 as the final part of my "written " story in the next issue. "See You There. "

Also, please remember that YOUR story could appear in the Our Veterans, Our Heroes section to allow you to share your STORY with the Pahrump Life Magazine readers around the world. Contact Tom Waters (Air Force Veteran) or Christine Butler (Owner & Editor) to share your story with the readers.



Strategic Air Command (SAC)

Pahrump Local • Call Now!

New HVAC Rebates up to \$2000



GUNNY'S

AIR CONDITIONING & PLUMBING

Call for Outer Lying Area Rates

Amana
HIGH PERFORMANCE HAS A NAME™

Goodman
Air Conditioning & Heating



Coleman



BOSCH

- Heating
- Cooling
- Plumbing
- Sales
- Installation
- Residential
- Commercial
- Refrigeration
- Repairs on All Makes & Models



yelp



OFFICE
(775) 727-6800
service@gunnysac.com

www.gunnysac.com

Lic #0087108 • MHL #0425

***Financing
Available***



**US MARINE CORP
VETERAN**

**INSURANCE COMPANY
PUSHING YOU AROUND?**



BULLY THEM BACK!

~ LET US REPRESENT YOU!

MOUNTAIN WEST LAWYERS

- * MAXIMUM COMPENSATION FOR YOUR INJURY CLAIM**
- * AUTO ACCIDENTS, SLIP/TRIP & FALLS, PREMISES LIABILITY**
- * INSURANCE BAD FAITH AND UNFAIR PRACTICES**

FREE INITIAL CONSULTATION WITH OUR EXPERIENCED ATTORNEYS

PAHRUMP

(775) 727-9500

Hours: Monday - Friday
8:00 AM - 4:00 PM

LAS VEGAS

(702) 873-0001

Hours: Monday - Thursday
7:30 AM - 5:30 PM

www.MountainWestLawyers.com

The High Cost of Cheap Convenience

How Price Wars and Instant Gratification Shape Our Economy

By Dr. Christopher Salute

I love my job... let me say that again... I love it. One of the many reasons I love being a thought producer in business and marketing is the idea that sometimes, I get to do the stuff. Once in a while, I get called by a radio station to answer a question. But, SOMETIMES... yes sometimes.. I get asked to consult. And, recently, many businesses have been coming to me wondering how they can compete on price or convenience with the big bad “Amazons “ of the world. And the answer is... they can't.

In today's world, we have been conditioned to expect everything to be cheaper, faster, and more convenient. Retail giants like Wal-Mart, Amazon, and countless online apps have built their empires on price wars and ultra-efficient delivery models, reshaping consumer habits and, in turn, the economy itself. While these innovations have made shopping easier than ever, they have also had far-reaching consequences: local businesses struggle to survive, wages stagnate, product quality declines, and consumer culture

is driven by impulse rather than intention. The solution to this economic race to the bottom? Slowing down, spending intentionally, and prioritizing quality over convenience.

Our economy is being destroyed... and the way it gets repaired? Changing. The. Game.

The Price War Effect: Lower Prices, Lower Wages, Lower Quality

The rise of big-box stores and online marketplaces has trained consumers to expect the lowest prices possible. Companies achieve this by cutting costs wherever they can—whether that means outsourcing labor to countries with lower wages, automating jobs, or pressuring suppliers to produce goods as cheaply as possible. The result? Many small businesses can't compete, and even major brands must compromise on quality to keep up with the demand for rock-bottom pricing.

A constant drive to cut costs means that wages for workers remain low, forcing many to rely on the same discount retailers that are driving their wages down. It's a vicious cycle—one that benefits corporate giants but leaves workers with little economic mobility.

The Cost of Convenience: What We Lose in the Name of Speed

Believe me... I get it. I've been on this train for a while. Before Instacart and other apps existed, I had my laundry delivered to my home, my dry cleaning brought to my car, and my groceries delivered by courier in New York. My dog was walked. My clothes were sent to me in a curated box, each month, hand-picked by a stylist. So, I'm here with you on the “fun “ of not having to “adult.”

One-click ordering, same-day delivery, and endless product options at our fingertips have fundamentally changed the way we shop. But the convenience comes at a price. Consumers no longer take the time to consider their purchases, leading to increased waste, overconsumption, and the rapid deterioration of product longevity. Instead of investing in durable goods that last, we are encouraged to buy cheap, disposable products that quickly wear out and need replacing.

At the same time, local economies suffer as small businesses struggle to compete with the shipping speeds and price points of global corporations.

“ If we continue to prioritize cheap prices and convenience above all else, we will see further declines in job quality, product durability, and local business viability. “

When we choose convenience over community, we divert money away from local economies and funnel it into multinational corporations that prioritize profit over people.

A Better Way: Intentional Spending and Quality Investments

Reversing this economic trend starts with a shift in mindset. Instead of chasing the lowest price and fastest shipping, we need to adopt a philosophy of intentional spending. That means:

- **Buying less, but buying better** – Investing in higher-quality, longer-lasting products saves money in the long run and reduces waste.
- **Supporting local businesses** – Shopping at independent retailers keeps money in the community and helps small businesses thrive.
- **Embracing patience** – Opting out of instant gratification by waiting for thoughtfully chosen purchases encourages mindfulness and reduces impulse buying.
- **Choosing ethical brands** – Supporting companies that prioritize fair wages, sustainable

practices, and high-quality craftsmanship helps drive change in the market.

Shaping a Sustainable Future

The economy we live in is a direct reflection of our collective choices as consumers. If we continue to prioritize cheap prices and convenience above all else, we will see further declines in job quality, product durability, and local business viability. However, if we choose to spend intentionally, valuing quality over quantity and supporting businesses that align with our values, we can help reshape the market for the better.

Our economic future isn't dictated by corporations alone—it's shaped by each purchase we make. Slowing down and making thoughtful, ethical choices isn't just better for our wallets; it's better for workers, businesses, and the economy as a whole.



DESERT SKIN

Thriving in the Harsheset Climate



Michael Roos, PA-C

By Michael Roos, PA-C

Living in the desert is both beautiful and brutal. Endless sunshine, dry air, and extreme temperatures create a perfect storm for skin issues—from sunburn and premature aging to persistent dryness and increased skin cancer risk. But with the right care, your skin can thrive, even in the harshest climate.

Sun Protection Is Essential

Desert sun is intense and unrelenting. Daily sunscreen use isn't optional—it's survival. Choose a broad-spectrum sunscreen with SPF 30 or higher and apply it generously to all exposed skin, including often-missed spots like the ears, neck, and hands. Reapply every two hours, especially if

sweating or outdoors for long periods. Complement your routine with wide-brimmed hats, UV-blocking sunglasses, and lightweight, long-sleeved clothing for extra protection.

Hydration, Inside and Out

Desert air pulls moisture from your skin, leaving it tight, flaky, and prone to irritation. Combat this with thick, fragrance-free moisturizers containing ingredients like ceramides, glycerin, or hyaluronic acid (I recommend Cerave brand cleansers and moisturizers). Apply immediately after bathing to lock in moisture. Staying hydrated internally is just as important to drink plenty of water throughout the day to support skin from within. Don't forget your lips: use a balm with SPF to prevent painful cracking and sunburn.



Monitor Your Skin

Living in a high UV index area increases the risk of skin cancer. Perform monthly self-checks for any new moles or changes in existing spots—look for asymmetry, irregular borders, color changes, or growth. Early detection saves lives, so schedule annual skin exams with a dermatologist, especially if you have a history of sunburns or skin cancer.

Desert Skin Myths Debunked

Myth: "I only need sunscreen in summer."

Fact: UV rays are strong year-round in desert climates—sunscreen is a daily must.

Myth: "Oily skin doesn't need moisturizer."

Fact: Desert air dehydrates all skin types; skipping moisturizer can cause more oil production and irritation.

Final Thoughts

The desert may be unforgiving, but your skin doesn't have to suffer. With consistent sun protection, deep hydration, and regular check-ups, you can enjoy the beauty of the desert while keeping your skin healthy and radiant.





4/5/25

I would like to start out by expressing how thankful we feel at Mohave Dermatology to be able to serve the communities of Pahrump, Las Vegas and Mesquite, Nevada. Our goal is to provide prompt, professional and efficient dermatologic care of your skin. With that being said, I want to express my sincere apologies for any extended visit waits or difficulty getting prompt appointments. As many of you know I underwent total hip replacement on both of my hips, one in November 2024, and the second one in January 2025. I felt that my recovery would progress much more quickly than it has and I may have returned too quickly, with my focus on returning to avoid any care delays for my patients. I have experienced difficulty with walking speed from exam room to exam room and my stamina. I have reduced my patient schedule to allow for my decreased pace, in an effort to avoid inconveniencing and upsetting patients. Please understand that I am seeing improvement in my walking speed and stamina with each day that passes. Please know that we sincerely feel that our time is not more important than the time of our patients. We move as quickly as possible while taking the time that is needed for every patient because each and every one of you deserve that. I hope you'll accept our promise to always focus on providing high quality dermatology care in a professional, respectful and efficient manner.

Sincerely,

Michael Roos, PA-C



LIGHTHOUSE GIFT SHOP

GIFTS ✨ AVON ✨ HOME & YARD DÉCOR



Call Judith at

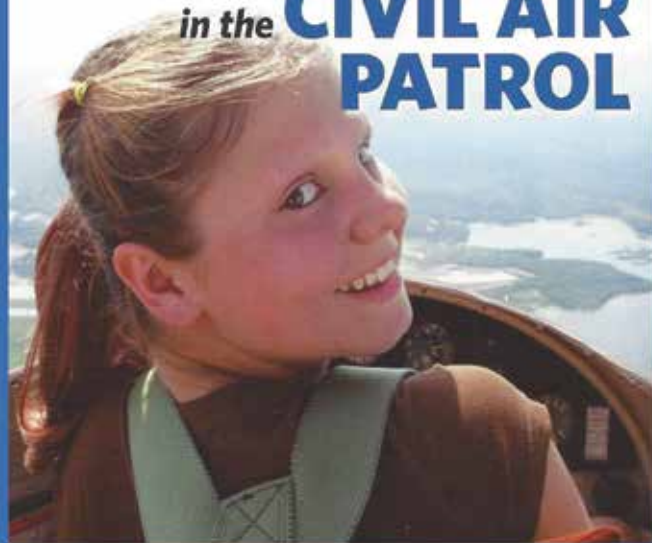
775-764-7660

1290 W. Fawn St. (off Red Rock Dr.)

HOURS

Monday-Saturday
10am-4pm

LEARN, LEAD, & SERVE
as a **CADET**
in the **CIVIL AIR
PATROL**



GoCivilAirPatrol.com



MOHAVE

DERMATOLOGY

Full Service Dermatology Practice

More Than 40 Years Combined Experience



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.

SERVICES



Skin
Cancer



Rashes



Psoriasis



Acne



Rosacea



Skin Tag
Removal



Mole &
Wart
Removal



Nail
Fungus



Hair Loss

★ Vets Helping Vets ★ Vets Helping Vets ★ Vets Helping Vets ★

LAS VEGAS

3975 S Durango Dr
Unit 107
Las Vegas, NV 89147
(702) 628-5333

MESQUITE

340 Falcon Ridge Pkwy
Bldg 400, Suite 404
Mesquite, NV 89027
(702) 346-5510

PAHRUMP

1420 E Calvada Blvd
Suite 100
Pahrump, N 89048
(775) 727-0900

OFFICE HOURS

Monday-Friday 9:00 AM - 5:00 PM • Saturday & Sunday - Closed

VISIT OUR WEBSITE

www.MohaveDermatology.com

Focus on Family

Hidden Wedges



Tim Sutton, Esq.

By Tim Sutton, Esq.
Sutton Law & Consulting Group,
suttonlawgroupllc.com

Samuel T. Whitman shared an account of a young boy who went out to explore his father's field. He came across a faller's wedge, a long, wide, heavy metal piece used to fell trees or large branches. The boy examined it, then carelessly placed the wedge between the limbs of a young walnut tree before hurrying home for dinner. Year passed and the wedge remained unseen and forgotten as the boy, and the tree continued to grow. Eventually, the boy became a man, married his high school sweetheart and inherited his father's farm.

One evening, a winter ice storm arose. It was nothing severe, so the young farmer and his wife were surprised the next morning to see the mighty walnut tree on the ground and in pieces. "In the chill silence of that wintry night, ... one of the three major limbs split away from the trunk and crashed to the ground. This so unbalanced the remainder of the top that it, too, split apart and went down. When the storm was over, not a twig of the once-proud tree remained." As the

farmer surveyed the remnants of the tree, his eyes caught a glint of metal on the ground. He recognized the wedge from his youth and the fateful day he placed in on the young tree.¹

Just as the feller's wedge prevented the limbs of the walnut tree from properly joining together to strengthen the tree, grudges can keep two hearts from joining together in a relationship. Spouses, friends, siblings, cousins, and others will inevitably experience the wedges of hurt, disappointment, or other ill feelings. Left in place, these wedges can become so deeply embedded in the heart that they eventually destroy the relationship.

We all know people who have become embittered by a particular grievance and walk around with a perpetual cloud over their heads. The grievant becomes obsessed with proving that they were right and the other person was wrong. They waste valuable time and energy perseverating on the offense until they shrink into soul-sapping sullenness. Perhaps you have become that person yourself. If so, it's never too late to change and free yourself from the bondage of a grudge-wedge.

"To be offended is a choice we make; it is not a condition inflicted or imposed upon us by someone or some-

thing else."² That's a powerful truth. No matter how grievous the harm is, the choice to be offended or to remain offended is always ours. Granted, some hurts are so deep, or have persisted for so long that they are nearly impossible to let go of. As with any challenge or struggle that is beyond our capacity, Divine aid is always available. God has commanded us to forgive,³ and He doesn't give us a commandment without providing means for us to keep it.⁴ But it always begins with us, and we have to make the decision to forgive. Once we do, the door is open, the path is clear, and we are on our way to healing. "You cannot erase what has been done, but you can forgive. (See D&C 64:10.) Forgiveness heals terrible, tragic wounds, for it allows the love of God to purge your heart and mind of the poison of hate. It cleanses your consciousness of the desire for revenge. It makes place for the purifying, healing, restoring love of the Lord."⁵

1. "The Peril of Hidden Wedges," *Ensign*, July 2007, 4.

2. "And Nothing Shall Offend Them," *Ensign*, November 2006, 89.

3. *Ephesians* 4:32 (KJV)

4. *1 Nephi* 3:7 (*Book of Mormon*)

5. "Healing the Tragic Scars of Abuse," *Ensign*, May 1992, 32-33.



Healthy Living

Is a Life Coach the Right Choice for You?

By Crystal Atwood

Life coaching is a relatively new phenomenon. The purpose of a life coach is to help you create a life that fulfills you. Many people have touted the benefits, saying that their life coaches have changed their lives for the better.

Benefits

If you're wondering about hiring a life coach, consider these benefits:

You can finally decide what you want to be when you grow up. Life coaches are great at getting you to actually choose what you want for your life. You'll get to design your ideal life to maximize your fulfillment. You can start living in alignment, learn how to match your habits and actions to what your deepest desires are. Too many times, we go through life on autopilot.

This is a chance to get out of autopilot and work on creating conscious choices that have a positive impact on your life.

You'll raise your standards. Many of your challenges likely result from having standards that are too low. Or perhaps you have "lost yourself." If we don't know who we are, how do we know what we want? You may be too quick to settle, taking jobs that are beneath your capabilities or getting into relationships that don't serve you. Your boundaries may be weak and undefined.

Overcome Challenges

A life coach will help you overcome these challenges. You'll be held accountable. If you decide on your own to start working out each morning and then you don't follow through, you can tell yourself that you'll start again tomorrow. On the other hand, a life coach will keep you to the task.

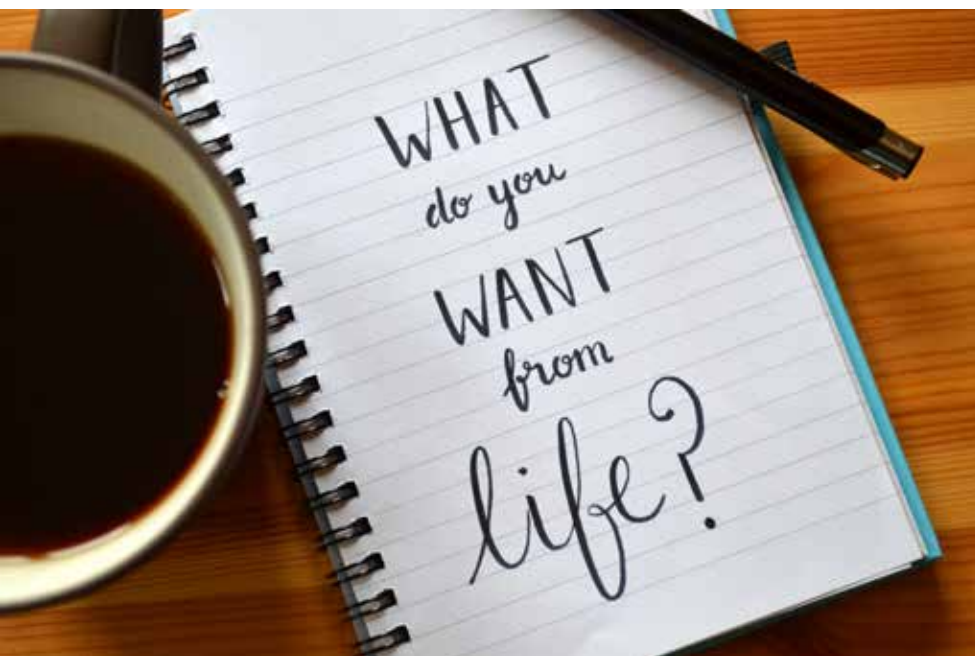
One reason this strategy works is because most of us find letting others down to be painful. And most of us don't like being in "trouble." Your life will become more balanced. We all tend to emphasize certain things and fail to give others enough emphasis. A life coach will force you to give adequate attention to all the areas of your life.

Stretch Yourself

You'll be forced to stretch yourself.

Have you ever noticed that some people never change? They're the same today as they were ten or more years ago. Life is about learning and applying that learning to get better results. If your life is always the same, you're either not learning or not applying what you've learned.

Your life coach will get you to do all of those things you should be doing and want to be doing but can't quite



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

“Sometimes all we need is a little encouragement and support. It can be a great way to get unstuck. “

get yourself to do. You'll work through your challenges with an expert to support you. Dealing with challenges can be intimidating. Having an expert in your corner can make all the difference. Two heads really can be better than one. Sometimes all we need is a little encouragement and support. It can be a great way to get unstuck.

You'll have someone that is just as excited by your successes as you are!

Have you ever done something that fills you with pride, only to find out that your family, friends, or significant other seems less than impressed? Having someone cheer your successes creates momentum. Momentum allows you to accomplish even greater accomplishments.

Solve Challenges

You'll solve challenges you didn't even realize you had. Typically, a coach is hired for a specific reason. But through the process of coaching, you'll find that there are other issues that might be just as important. There's no place to hide with a good life coach.

Life coaching can be a great idea if you feel that you're stuck and truly want to change. Do you recognize yourself in the points listed above? Have you been trying to change your life but been unable to? If so, a life coach is likely to make a huge difference in your life.

Consider your desires and your abil-

ity to bring them about on your own. If you feel you could use some help, seeking the help of a life coach might be one of the best decisions you've ever made.

Visit us online at <https://naturalvibeshealthandwellness.com/>

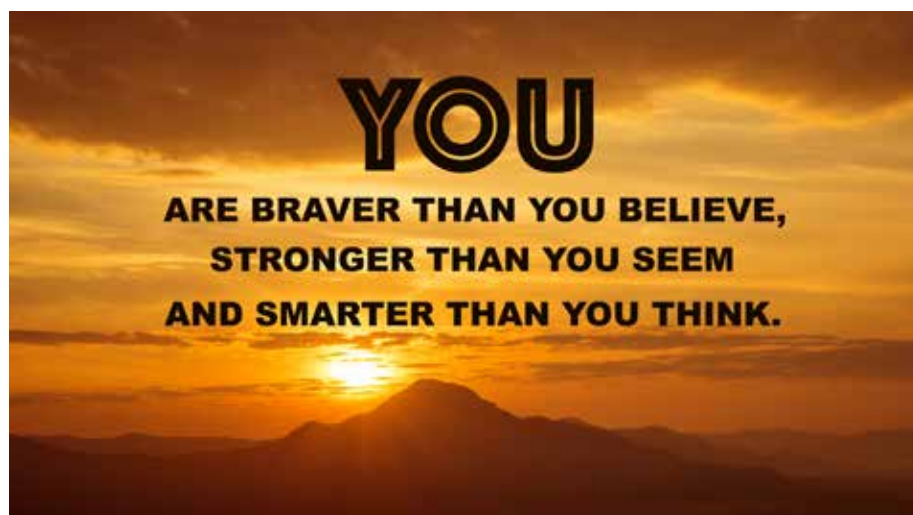
Or at our physical location right here in Pahrump

Natural Vibes

1240 East State Street, Ste 108 & 109

Tuesday - Saturday 10 am to 4 pm
and by appointment

775-505-1400



Recipe Box



SPRING COBB SALAD WITH YOGURT DILL DRESSING

By Crystal Atwood

<https://naturalvibes-healthandwellness.com>

10 ingredients

20 minutes

2 servings

Ingredients

- 4 Egg
- 1/3 cup Plain Greek Yogurt
- 1 tbsp Lemon Juice
- 2 tbsps Fresh Dill (chopped)
- 2 tbsps Water
- Sea Salt & Black Pepper (to taste)
- 5 leaves Romaine (chopped)
- 1/3 cup Radishes (thinly sliced)
- 1 cup Snap Peas (trimmed)
- 4 slices Bacon, Cooked (chopped)

Directions

1. Place the eggs in a saucepan and cover with water. Cover and bring to a boil. Once boiling, turn off the heat and let it sit for 12 minutes. Drain and run cold water over the eggs until cool enough to handle and peel. Quarter and set aside.

2. Meanwhile, in a small bowl or jar, combine the yogurt, lemon juice, dill, water, salt, and pepper. Whisk or shake the jar until well combined.

3. In a large salad bowl, add the romaine, radishes, peas, and cooked bacon. Add the dressing and toss to combine. Add the eggs and toss gently to incorporate. Divide evenly between plates and enjoy!



Notes

Leftovers. Refrigerate in an airtight container for up to three days. Add the dressing when ready to serve.

Serving Size. One serving is approximately 2 1/2 cups of salad and two eggs.

Additional Toppings. Crumbled blue cheese, nuts/seeds, and/or chives.

Nutrition (per serving)

Calories 294	Cholesterol 395mg
Fat 18g	Sodium 537mg
Carbs 10g	Vitamin A 7241IU
Fiber 3g	Vitamin C 18mg
Sugar 4g	Calcium 190mg
Protein 24g	Iron 3mg



AMERICA'S PRIME ELECTRIC BIKE BRAND

**10+ MODELS, SINGLE & DUAL BATTERY OPTIONS, AWD & SINGLE
MOTOR OPTIONS, MOUNTAIN BIKE AND STEP-THROUGH DESIGNS**



U.S. VETERAN OWNED

VETERAN & LOCAL DISCOUNTS AVAILABLE



281 SOUTH WOODCHIPS RD. PAHRUMP, NV 89048 | 702-960-2015

ECELLS.COM



How to Get the Best Shave at Home

By Anthony Castillo

Spanning millennia, the practice of shaving reveals a rich and varied history, far predating modern times. This act, deeply intertwined with evolving notions of masculinity, hygiene, and social status, demonstrates that hair removal is no recent invention. From humans utilizing rudimentary tools like sharpened flint and clamshells, to the refined polished copper razors discovered in ancient Egyptian tombs, and finally to the straight, safety, and electric razors of today, shaving has consistently reflected the changing times and generations that employ it.

Fast forward from ancient Egyptian times to the Golden Age of Barbershops. What did we see between the late 1800's to the 1940's? We saw the barbershop become a crucial hub for grooming and socializing. Men would routinely visit barbershops for daily or very frequent shaves before work. Then in the early 1900's Gillette began mass producing and marketing the safety razor which made home shaving more accessible and we saw a decline in barbershop shaves. Then the

great depression of 1930 struck and many men could no longer afford daily shaves.

Fast forward to 2025 and nothing has really changed. Facial hair has not ceased to grow, you can still get a hot towel/lather/straight razor shave at the barbershop and you can still do it yourself at home. Hence the question: How do I get the best shave at home if I can't make it into the shop?

Cleansing

Start by thoroughly cleansing your face with a gentle cleanser to remove dirt and oil, which can clog pores and interfere with the razor. Personally, I prefer to shave right after a nice hot shower. The hot steam and water penetrate the hair follicles, causing them to swell and soften. This makes the hairs easier to cut, reducing the force required from the razor and minimizing the risk of irritation. If a shower is out of the question because of time, then use warm water or apply a warm, moist towel to your face for a few minutes to soften the hairs. These steps are crucial for minimizing irritation and allowing the razor to glide smoothly. You will also need a high-quality shaving cream or gel, applied in a rich and even layer.

This is essential for providing lubrication and protecting the skin. DO NOT SKIMP on a good shaving cream or gel.

Shaving

For the shave itself, use a sharp, clean razor, and shave in the direction of hair growth to prevent ingrown hairs and razor burn. Short, light strokes are preferable to long, forceful ones. Rinse the razor frequently under warm water to clear away hair and shaving cream. Pay close attention to sensitive areas, such as the neck and around the mouth, and avoid pressing too hard. If you need to go against the grain for an extra-close shave, do so gently and only after the initial pass with the grain.

Rinsing

After shaving, rinse your face with cold water to close the pores and pat it dry with a clean towel. For the next step you are going to want to apply some sort of product that acts as an antiseptic and an astringent. You have two options for this. You can use an aftershave which is a very potent disinfectant and typically has a strong fragrance but it will burn or sting. Or you can use witch hazel. Witch hazel does all the above but is typically



“ What did we see between the late 1800's to the 1940's? We saw the barbershop become a crucial hub for grooming and socializing. “

milder than aftershaves since some formulas do not contain alcohol and are natural plant products. If you have sensitive skin like me, I would recommend applying a soothing aftershave balm or lotion to moisturize and calm any irritation. Look for products with ingredients like aloe Vera or witch hazel, which can help soothe the skin and prevent redness. Finally, inspect your face for any missed spots or irritation, and address them with a gentle touch. Consistent maintenance of your razor, avoiding using a dull razor and careful attention to your skin will result in a superior at home shave.

All of the products mentioned in this article can be found at your local Walmart, Target or even Sally's. The reality is that anybody can get a great shave at home. So how does the home shave differ from the shave you would get at a barber shop? Why get a shave at a barbershop if you can just do it at

home? Stay tuned and be on the lookout for the next article as we will answer all these questions and more!

Looking for a Barbershop?

Come on down to **Sharper Image Barbershop** for fast, friendly, affordable, and traditional services.

We're located at **1266 E Calvada Blvd**, on the corner of Pahrump Valley and Calvada Blvd. Feel free to call or text us at **775-910-2111**.

Hours of Operation:

- Monday, Tuesday, Wednesday and Friday: 9 a.m.–6 p.m.
- Thursday 9 a.m. – 4:30 p.m.
- Saturday: 9 a.m.–4 p.m.

Barbers:

- Anthony Castillo – Owner
707-563-7781
Tuesday through Friday
English and Spanish

- Richard “Dick “ Price
Thursday and Saturday
Primarily takes walk-ins
- Karla Carranza
702-619-2202
Monday, Tuesday, Wednesday,
Friday and Saturday
Walk-ins and appointments
English and Spanish

About Anthony Castillo

Anthony brings over 25 years of customer service experience, starting with his first job at In-N-Out and later working for the Nye County Sheriff's Office. Barbering has always been his passion, and after leaving NCSO, he trained in Las Vegas and has now been barbering professionally for five years.

Sharper Image Barbershop combines traditional services with modern practices, focusing on quality, customer service, and lasting community relationships.

Anthony has lived in Pahrump for eight years with his wife, Elvia, and daughter, Gianna. When he's not barbering, Anthony is a movie buff, a fan of In-N-Out, and a die-hard sports enthusiast. Go Raiders!

Medical Advice

Common Aches & Pains with Aging that “Can Be Helped”!

Part 1: Knee & Hip Care



*Dr. Stephen Schaefer,
PT, MBA*

By Dr. Stephen Schaefer, PT, MBA

With aging, our bodies change molecularly (at the cellular level) and can lead to some hard-to-pronounce conditions such as Osteoarthritis, Osteopenia, and Osteomalacia causing pain, increased risk of fracture, and loss of function. Body composition changes with aging, and the “fat to muscle” ratio changes. And let’s not forget about a lifetime of “wear and tear” – old injuries that may not have been taken care of properly may resurface as a worsening condition.

What are Orthopedic Conditions?

Orthopedic conditions are injuries and diseases that affect the musculoskeletal system. This includes muscles, bones, nerves, joints, ligaments, tendons, and other connective tissues. The information shared here is specific to orthopedic conditions.

What is Osteoarthritis?

We should spend a bit of time on this certain condition because it affects all of us with aging. Wherever bones rub together in a joint, there is a smooth “Hyaline Cartilage” coating (also known as Articular Cartilage) on the end of the bones that protects the bones. If you think of the end of a chicken leg, there is that white glis-

tening cartilage you might be familiar with. That is the articular cartilage, and is shown as white in the pictures below.

If the stress or compression on a joint is severe, repetitive, or changes, (such as weight gain, high impact workouts, muscle weakness, injury, tightness, posture, overuse and more), in time the articular cartilage surface starts to wear thin and eventually can be worn down to the bone. Now the surface of the bone is exposed. This is painful because there are nerve endings on the end of bone, while there are no exposed nerve endings or pain when a normal protective layer of articular cartilage is intact. Pieces of cartilage may also be frayed as they wear thin and can irritate the joint causing a reaction of swelling. As the osteoarthritis gets progressively

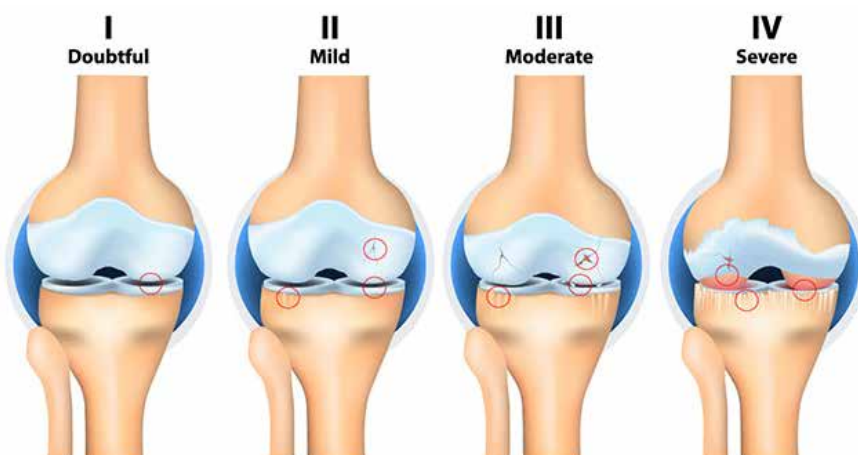
worse, usually over 2 to 3 years, the joints get more and more stiff and painful and usually swollen.

Osteoarthritis Knee Symptoms

Pain: Pain may be felt at the front of the knee, on the inside, or surrounding the entire knee. Pain is usually much worse the more you are standing and walking so the end of the day is usually the most painful

Swelling: There may be swelling around the entire knee, or behind the knee (Baker’s Cyst).

Weakness: Your knee may tend to go “in” toward the other knee, like “knock knees” when you do a mini squat. This is from a lack of strength in the thigh muscles.



Stages of Kneed Osteoarthritis



The four stages of osteonecrosis. The disease can progress from a normal healthy hip (Stage I) to the collapse of the femoral head and severe osteoarthritis (Stage IV).

Tightness: You may have lost the ability to bend and straighten your knee fully. The hamstrings behind the thigh and back of the knee get tight and you may lose the ability to fully straighten the knee. The quadriceps in the front of the thigh get tight and restrict how far you can bend the knee.

Function: Many things may get harder. For example, you may have a hard time getting up from a chair or toilet and must use your hands to help.

Osteoarthritis Hip Symptoms

Pain: Pain from hip osteoarthritis will be felt in the groin area. Pain is usually worse the more you are standing and walking so the end of the day is usually the most painful. Some positions, such as crossing your legs, can also increase pain. Over time, the muscles at the front of the hip and

top of the thigh may also become very painful.

Swelling: Swelling with hip osteoarthritis will be less noticeable than with knee osteoarthritis. There may be some puffiness at the outside of the hip, but that can be caused by other things as well.

Weakness: It may become increasingly difficult to lift your leg up, off the ground. Pain and spasm at the front of the hip makes using these muscles weak.

Tightness: The hip joint will get very tight over time; causing difficulty in crossing your legs, putting your leg behind you, or lifting your leg. All motions of the hip may be more strained.

Function: Many things may get harder. For example, you may have a hard time getting up from a chair or toilet and must use your hands to help. More importantly is that the hip joint

and muscles are needed for balance. As osteoarthritis progresses in the joint, balance will become increasingly more difficult and less safe.

What Can You Do?

Improving flexibility and strength are key to reducing stiffness/tightness, pain, and swelling; and to improve stability and balance while reducing the chance of falling. Here is some information along with some things you can do at home.

Principles of Stretching

If you think about Silly Putty if you gently pull on the putty with the same tension it “gradually “ stretches out. If you pull on the putty quickly or very hard.....it tears. Our bodies react to this kind of stretch in a similar way. You do not need to create pain or stretch “hard “. Do not bounce when stretching.



Sets: 3 Reps: 10 Resistance: -- Hold: 3 sec Rest: 3 seconds Times Per Day: -- Times Per Week: 3 days a week

Straight Leg Raise



Sets: 3 Reps: 10 Resistance: -- Hold: 3 seconds Rest: 3 seconds Times Per Day: -- Times Per Week: 3 times per week

Seated Knee Extensions

When you feel some “discomfort “ like a light burning sensation in the muscle, you’ve gone far enough. Just hold it and let it stretch out gradually. If you feel a “pain “, you’re going too far and can irritate the area causing additional pain and swelling. When you have the correct stretch, hold the gentle stretch for 10 seconds to start and work your way up to 30 seconds or even longer. Relax. Repeat the stretch 3 to 5 times. You can do these every day if you are not going to the point of pain. No matter how tight you are to start, flexibility always improves with stretching over time.

Principles of Exercise

Lucky for us, there is not an age when a sedentary person can start exercising and not have an improvement in strength. This is important because most musculoskeletal problems, in-

cluding osteoarthritis, require some strengthening to improve stability, posture, balance and/or function. Weights should be light enough so that you can do 30 repetitions (or 3 sets of 10) and be fatigued. If you can not complete 3 sets of 10 without changing your form/ technique, you are using too much weight. If you can do 30 repetitions easily, it’s likely not enough weight to maximize the strengthening exercise. A rule of thumb is that the last couple of repetitions should be difficult enough to cause the muscles to quiver/shake. Have planned days of exercise and rest. Every other day, or 3 times a week, is great. Repetitions should be slow and controlled, not too fast or slow.

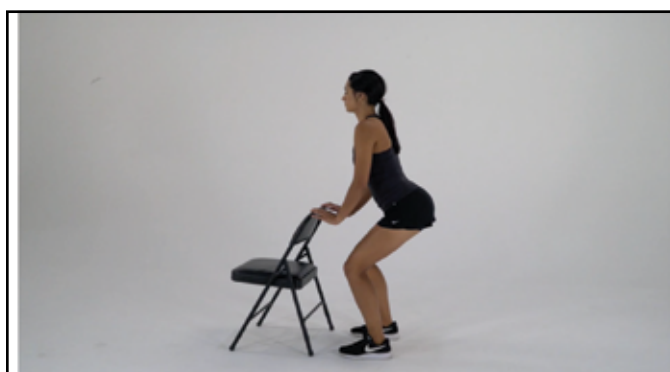
Osteoarthritis Summary

The wearing down (thinning and deterioration) of the protective articular

cartilage that covers the end of bones causes exposure to nerve endings that are now unprotected by this cartilage. This direct irritation of the nerve endings causes pain. With pain we reduce our activities, and over time the surrounding muscles get tight, causing limitations in range of motion; and get weak, causing instability with loss of balance, risk to safety, and ultimately quality of life.

Here are some things you can do for your hip and knee arthritis symptoms whether you are heading into surgery for a joint replacement, trying to avoid surgery, or just want to improve the joint functions to improve quality of life.

Lastly, reducing body weight makes a substantial impact on reducing joint compression and wear and tear. Low-Impact activities are preferred over



Sets: -- Reps: -- Resistance: -- Hold: -- Rest: -- Times Per Day: --
Times Per Week: --

Mini Squat with Support



Sets: -- Reps: 3 times on each side Resistance: -- Hold: as long as you can
Rest: 10 seconds Times Per Day: -- Times Per Week: 3 times a week

Single Leg Balance



Sets: 3 Reps: 10 Resistance: 4, 6, or 8 inch step as you get better Hold: --
Rest: -- Times Per Day: -- Times Per Week: 3 days a week

Step Up



Sets: -- Reps: -- Resistance: -- Hold: 10 seconds Rest: 10 seconds
Times Per Day: -- Times Per Week: 3 days a week

Tandem Stance with Chair Support

“If you think about ‘Silly Putty’...if you gently pull...with the same tension it ‘gradually’ stretches out. If you pull on the putty quickly or very hard, it tears.”

high impact exercises. For example, a stationary bike exercise only causes a fraction of the compressive stress through a hip or knee joint compared to walking on a treadmill.

Ovation Physical Therapy is an outpatient orthopedic physical therapy clinic in Pahrump that specializes in the treatment of musculoskeletal conditions. We provide free screening of your orthopedic problem to let you know if physical therapy can help you.



Bridge

Sets: 3 Reps: 10 Resistance: -- Hold: 3 seconds Rest: 3 seconds
Times Per Day: -- Times Per Week: 3 days a week



Sets: -- Reps: 3 times Resistance: -- Hold: 10 seconds Rest: 10 seconds
Times Per Day: -- Times Per Week: 3 days a week

Hamstring Stretch



Sets: -- Reps: -- Resistance: -- Hold: -- Rest: -- Times Per Day: --
Times Per Week: --

Standing Hip Flexor Stand on Step



Sets: -- Reps: -- Resistance: -- Hold: -- Rest: -- Times Per Day: --
Times Per Week: --

Runner's Stretch



Sets: -- Reps: 3 Resistance: -- Hold: 10 seconds Rest: 10 seconds
Times Per Day: -- Times Per Week: 3 days a week

Prone Quadricep Stretch (pillow under thigh)

OVATION

PHYSICAL THERAPY

QUALITY. ACCESS. SERVICE.



Stephen Schaefer
PT, MBA



Justin Graf
DPT

***NOW ACCEPTING ALL
HUMANA PLANS!***



**SPECIALIZING IN
MUSCULOSKELETAL
CARE AND RECOVERY**

We Accept Most Insurance Carriers and Plans

Humana • United Healthcare
Medicare • Medicaid
Workers Compensation
Aetna • American Specialty Health
Cigna • Molina • Optum
Sierra Health • Silver Summit
Tricare for Life • UMR
Attorney Lien • Cash Pay

*To confirm acceptance of your insurance plan,
contact your insurance company or call our office.*

***The Only Locally
Owned Physical
Therapy Clinic
in Pahrump***



702.702.5564

FAX 702.723.7123

**3610 S NV-160, Ste. 202
Pahrump, NV 89048**

OvationPT.com

**Monday-Thursday • 7am- 6pm
Friday • 7am-5pm
Saturday • 9am-1pm**

We Specialize in:

Total Joint Replacements

Osteoarthritis

Balance

Rotator Cuff Injuries

Strains and Sprains

Fracture Recovery

Fall Prevention

Work Conditioning

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.

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

921 Highway 160, #401 (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

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 Christine Butler

PVA Charter School Informational Meeting

April 12, 10am-noon
*Valley Electric Conference Center,
800 E. Hwy. 372*

Learn about this no cost educational opportunity for the 2026/2027 school year. Meet other parents, get your questions answered, discuss important information. Call Michelle Caird 509-995-3078.

Wild West Extravaganza

May 3-4
Petrack Park

After a one-year pause, the Wild West Extravaganza is returning to Pahrump. Bring back memories of the old west and many of the favorite events from previous years. There will be events for all ages. Some of the popular adventures returning include hayrides, music, gunfights, vendors, artwork, many animals, and games for all ages. Come join the fun and help celebrate Pahrump's heritage.

17th Annual Self-Guided Landscape Tour

May 10, 8am-noon

Come and join us for a fun filled day with the Pahrump Valley Garden Club. Learn what can grow in your own backyard.

You can buy tickets at the Cooperative Extension Office, Do It Best Hardware, and Farmers Market on Saturdays. And from Garden Club members.

Townhall Meeting

Friday, May 23, 2-4pm
*Valley Electric Conference Center,
800 E. Hwy. 372*

Should we reinstate the Pahrump Town Board? For more information please email twaters2015@gmail.com.

RECURRING EVENTS

Tumbleweed Tales - Poetry Roundtable

May 20, June 17, 2-4 pm

*Pahrump Valley Museum,
401 E. Basin Ave.*

Poets share original poems, short writings, or those of favorite authors. Creativity is celebrated! Come join us; gatherings are free but we help Pahrump Valley Museum with a donation at the door. For more information, please email Judy Strickland at jbsbrooks@yahoo.com or text 775-537-5859.

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

May 10, 1 - 4 pm
*Pahrump Senior Center
1370 W. Basin Ave*

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. Reservations are required. \$25.00 cash or check includes all supplies and guided instruction. To reserve your spot call Laurie McCaslin at 775-209-6200.

Artesian Cellars Winery & Vineyard

Monday - Wednesday, 11 am - pm

Thursdays, 11 am - 9 pm

Fridays & Saturdays, 11 am - 10 pm

Sundays, Noon - 5 pm

1731 S. Hwy 160, Pahrump, NV 89048

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

Old West Weekends

First Friday & Saturday of July and December

**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.

Pahrump Community Library

701 East Street

Closed for renovations. Watch for re-open day in late Spring.

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 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.

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.



CENTURY 21
AMERICANA



**1401 S. Highway 160, Suite A
Pahrump, NV 89048**

**The Most
Respected
Brand in the
Industry**

**Global Presence
Real Estate Pros
and Leaders**

**Local Knowledge -
Global Reach**



Betty Martinez, Realtor®

Lic. #S.0191856

Cell 707-815-4505 • Office 775-751-4088

Betty.Martinez8925@gmail.com

Hablo Español

Dedicated to Excellence, Integrity and Success

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(3) c organizations invite all golden ladies to join them in their sisterhood.



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

Clean up Pahrump®

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



MLK Foundation of Pahrump

Martin Luther King Foundation of Pahrump, MLK, is a non-profit organization. Here in Pahrump, we focus on hosting events that provide

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



Nevada Outreach Training Organization

NOTO is the umbrella organization for the Pahrump Family Resource Center, No to Abuse, and the Nye County Children's Advocacy Center.

We offer assistance with applications from community and government agencies (SNAP, TANF, energy assistance, unemployment, etc.), assistance in obtaining necessary documents, referrals and connections with other community resources, and material goods. We offer court-approved parenting, co-parenting, anger management/impulse control, and life skills classes. We also run Nye County's only supervised visitation program, providing court- and



DCFS-ordered visitation services to Nye County residents, a weekly women's support group for domestic violence survivors, advocacy services for victims of domestic violence and elder abuse, material goods, and referrals for community needs assistance. We provide advocacy services to families referred by the Nye County Sheriff's Office in cases of child abuse allegations.

Volunteers can help by processing donations to NOTO, property maintenance, office work, and outreach events. If you would like help or want further info, please call Darlene at 775-751-1118, ext. 113, Monday-Thursday, 8:00 to 4:30.

Never Forgotten Animal Society

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



The NyE Communities Coalition

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



Nye County School District

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



The Nye County Sheriff's Office Auxiliary Unit

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



Pahrump Valley Lions Club

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



Rocky Mountain Elk Foundation

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



RSVP Needs Drivers

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



The Salvation Army Pahrump Service Center

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



Silver State Chili Cook-off

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



Sleep in Heavenly Peace

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



Southern Nye County Search and Rescue

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



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

Tails of Nye County

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



West Star Ranch

If you love animals, West Star Ranch could use your help. We're always in need of folks to help with placing animals, light construction, help in the store, rescues, networking, and much more. For more information call 775-287-1436.



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

Dry Creek Saloon

1330 5th St.
775-505-5161

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

Moonshiners

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

O Happy Bread

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

Pour House - soon to be Steelbound Brewery

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

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

Caffé Chilly

960 Margaret St. at Hwy. 372
775-537-0700

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

1401 S. Hwy. 160
702-742-8621

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

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

Caffé Chilly

960 Margaret St. at Hwy. 372
775-537-0700

Dad's American Diner

1440 E. Hwy. 372
775-751-3237 (DADS)

Denny's Restaurant

240 S. Hwy. 160
775-751-3828

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

Jackpot Joanie's
820 S. East St.
775-727-5211

Jeanne's Gourmet Hot Dogs
1401 Hwy. 160 & Loop Rd.
Jeanneshotdogs.com

Johnny's
90 Emery St.
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

The Place To Go
921 S. Hwy. 160, #402
775-253-4952

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

Italian / Pizza

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

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



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, 9-11 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.



Jackpot Joanie's Café & Casino

Open and Ready for Business

Remember when you could have so many incredibly delicious meals at Irene's restaurant and casino? Well, this brand-new casino has it all! It is called JACKPOT JOANIE'S Cafe, Casino & Gaming. After so many months of waiting for the rebirth of this casino cafe, at last it has opened for all of Pahrump to enjoy.

Upon entering Jackpot Joanie's Casino, the first thing you might notice is that you are greeted with fresh air, bright colors, and beautiful, gleaming slot machines. The familiar sounds of winning slots intermingle throughout, enhancing the electric energy you feel, making you want to try your luck even if you're not a gambler!

As you can imagine, the food is quite good. The best news is they serve breakfast and dinner entrees anytime of the day, every day. Weekdays have specials (see photos) and the choices are many!

The wait staff, the bartender, and concierge are all there for you. They are a very friendly team and capable of putting a smile on your face! As crowded as it was when we first ar-



rived, the quick response to seat us was much appreciated. The order was quick to come to our table — and hot!

The casino bar is beautiful and inviting. It hosts a variety of your favorite drinks. Try their Bloody Marys if you are a fan of those. It's like a health



food with a boost -especially if you like it spicy!!

They are located at 820 East Street in Pahrump. If you have any questions, call (775) 727-5211 or you can visit the website at Jackpotjoanies.com.





Italian / Pizza

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

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

270 Dahlia St.
702-820-2281

Maria's Taco Shop

2301 S. Winery Rd.
775-751-0228

Maria's Tacos & More

Coyote Den
3971 E. Kellogg
775-253-0148

Rivas Mexican Grill 21

270 Dahlia St.
702-333-7800

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

Small Plates

Artesian Cellars

1731 S. Hwy. 160
775-600-7144

The Wine Down

250 Hwy. 160, #8
775-307-9463

Steak House

Stockman's Steak House

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

Montana Bar & Steak House

1231 S. Loop Rd.
775-209-2163



STORAGE UNITS AVAILABLE!

'FIRSTMONTH50'

for **50% OFF**
your first month!



WWW.PAHRUMPSTORAGEKINGS.COM

725-400-9900

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



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.
- Soup & Salad Bar** ALL YOU CAN EAT \$9.99



ADD SOUP & SALAD BAR TO ANY ENTRÉE FOR \$5.99

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

Breakfast Burrito **\$10.99**
Scrambled eggs, choice of meat, cheese, pico de gallo, hash browns.

Country Platter **\$11.99**
Biscuit & gravy, hash browns, two eggs any style, choice of bacon or sausage patties, and choice of toast.

Biscuits & Gravy **\$7.99**
Handmade buttermilk biscuits smothered in country gravy.

Cold Cereal **\$3.99**
Assorted flavors

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



BREAKFAST SIDES

One Egg **\$1.49**
Toast (white, wheat, sourdough, rye) **\$1.99**
English Muffin **\$1.99**
Hash Browns **\$1.99**
Bacon **\$2.99**
Sausage Patties **\$2.99**
Biscuit & Gravy **\$3.99**
Sliced Tomatoes **\$2.99**
Substitute Egg Beaters **\$1.99**

DESSERT

OUR SCRUMPTIOUS DESSERTS ADD A SWEET FINISH TO ANY MEAL

Bread Pudding **\$8.99**
Cobbler **\$7.99**
Brownie Sundae **\$7.99**



BEVERAGES

Soft Drinks, Iced Tea, Raspberry Iced Tea **\$3.49**
Coffee, Hot Tea, Hot Chocolate **\$3.49**
Milk, Chocolate Milk **\$3.49**
Juice (Orange, Apple, Tomato) **\$3.99**

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.

Leo Blundo's



DINE IN / To-Go / CATERING CALL: 775-751-1660

OPEN NIGHTLY 4PM – CLOSE

FOR STARTERS

EVERYONE'S FAVORITE GARLIC BREAD

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

FRIED MOZZARELLA

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

BRUSHETTA

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

CAPRESE

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

CHICKEN CAESAR

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

FRIED CALAMARI

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

ANTIPASTO

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

NON-ALCOHOLIC BEVERAGES

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

ITALIAN SPECIALTY DESSERTS

SICILIAN CANNOLIS

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

N.Y. CHEESECAKE

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

DECADENT CHOCOLATE CAKE
WE ALL LOVE CHOCOLATE CAKE.

EAST COAST PIZZA & CALZONES

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

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

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

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

CHEESE

EAST COAST STYLE PIZZA.

AMERICANO

PEPPERONI & MUSHROOMS.

MARGHARITA

TOMATOES & BASIL PESTO.

MEAT LOVERS

SAUSAGE, PEPPERONI & ITALIAN HAM.

CAPRICCIOSA

ITALIAN HAM, MUSHROOMS, ARTICHOKE & BLACK OLIVES.

SUPREME

PEPPERONI, SAUSAGE, PEPPERS, ONIONS & MUSHROOMS.

FLORENTINA

RICOTTA, SPINACH, GARLIC & PARMESAN. ADD CHICKEN 3

ITALIAN CALZONE

ITALIAN HAM & SAUSAGE.

FLORENTINA CALZONE

SPINACH & PARMESAN CHEESE.

BUILD YOUR OWN CALZONE!

MOZZARELLA, RICOTTA & YOUR CHOICE OF 3 INGREDIENTS.



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

PASTAS

NONNA'S SPAGHETTI & HANDMADE MEATBALLS

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

LUCA'S LASAGNA AL FORNO

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

CAPELLINI ALLA PESTO

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

SPAGHETTI MEAT SAUCE ALLA BOLOGNESE

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

ALFREDO REGGIANO

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

PENNE POMODORO & SAUSAGE

BRAISED HOMEMADE SAUSAGE OVER PENNE POMODORO. ROBUST & FULL FLAVOR.

BAKED ZITI

STUFFED FULL OF RICOTTA & MOZZARELLA.

MEATS

PARMIGIANA

POUNDED, EGGED & BREADED, BAKED AND SMOTHERED IN MARINARA & MOZZARELLA.
AVAILABLE WITH EGGPLANT, CHICKEN OR VEAL

MARSALA

TENDER CUTLETS SAUTÉED IN GARLIC, OLIVE OIL, MUSHROOMS & MARSALA WINE. A CLASSIC!
AVAILABLE WITH CHICKEN OR VEAL

PICATA

TENDER CUTLETS SAUTÉED IN GARLIC, OLIVE OIL, CAPERS, LEMONS & WHITE WINE. SAVORY & DELICIOUS.
AVAILABLE WITH CHICKEN OR VEAL

SEAFOOD

LINGUINE & SHUCKED BABY CLAMS

BABY CLAMS SAUTÉED WITH GARLIC, HERBS, A HINT OF SPICE & WHITE WINE.

ZESTY SHRIMP SCAMPI

FRESH SHRIMP SAUTÉED IN GARLIC, OLIVE OIL, HERBS, TOUCH OF SPICE & WHITE WINE.



FROM OUR FAMILY TO YOURS!

LEONARDO (LEO) BLUNDO WAS BORN IN RIDGEWOOD, NEW JERSEY - "BACK EAST, WHERE WE ALL EAT GOOD." HIS FAMILY OPERATED SUCCESSFUL RESTAURANTS IN MANHATTAN AND LAS VEGAS FOR MANY YEARS. THEY RELOCATED TO THE PAHRUMP VALLEY IN 2007, BRINGING THEIR EXPERIENCE AND KNOWLEDGE TO MAKE THE "BEST PLATE OF ITALIAN DELICIOUSNESS. I NAMED THE RESTAURANT IN HONOR OF MY FATHER, CARMELO, WHO IS A CHEF OF OVER 30 YEARS AND WAS BORN IN RAGUSA, SICILY. THIS IS OUR FAMILY BUSINESS AND LUCA LOVES TO COME AND MEET OUR GUESTS."

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

CARMELO, LUCA & LEONARDO BLUNDO



Mountain Falls—a place where your story begins



Discover two traditional communities and 55+ active lifestyle community

Mountain Falls is the ideal place to begin your story, home to spectacular resort-style amenities and an inviting masterplan perfect for making lasting friendships and planting roots. With a state-of-the-art golf course throughout the neighborhood, two resort-style pools, a play pool, a fitness center, a multipurpose room, a signature restaurant and more, you'll never run out of activities to fill your days.



Taylor Morrison is proud to be America's Most Trusted® for nine years in a row!



taylor Morrison.com | 702.213.9424



WARNING: THE CALIFORNIA DEPARTMENT OF REAL ESTATE HAS NOT INSPECTED, EXAMINED, OR QUALIFIED THIS OFFERING. Paradiso and Valencia at Mountain Falls are all-ages communities. Ovation at Mountain Falls is an age-qualified community intended for permanent occupancy of each residence by at least one person 55 years of age or older in compliance with all applicable state and federal laws, as well as the Community Declaration. Some residents may be younger under very limited circumstances and no one under 18 years of age in permanent residency. Complete details available. Taylor Morrison received the highest numerical score in the proprietary Lifestory Research 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, and 2024 America's Most Trusted® Home Builder study. Study results are based on experiences and perceptions of people surveyed. Your experiences may vary. Visit www.lifestoryresearch.com. Maps and plans are not to scale, all dimensions are approximate and are intended to represent an artist's depiction only of the existing and/or planned elements of the Community or Neighborhood. Prices may not include lot premiums, upgrades, and options depending on stage of construction. All homes subject to prior sale. No offer to sell or lease any property until Nevada Real Estate Division approval of the Public Offering Statement for the above-described Property. Complete details available. Please see a Taylor Morrison Community Sales Manager for details and visit www.taylorMorrison.com for additional disclaimers. ©April 2024 Robert Evon, Sales Manager #BS 0029612 SMGR; William Lyon Homes, Inc. dba Taylor Morrison, NSCL #0040722. All rights reserved.

Lisa Bond Real Estate, LLC

3130 S. Highway 160
Pahrump, NV 89048



MLS



ANDREA FINKLER, REALTOR®

Nevada License: S.0179035

Pahrump Land Specialist

- Ready to Build Now
- Investment
- Large Acreage
- Multi Family
- Commercial

Reach Out With Your Questions & Start Your Jump To Pahrump Today!
Direct: 775-419-5656 Office: 775-764-0990 Ext.603 Email:Andrea@LBRENV.com



GENESIS FIGUEROA, REALTOR®

Nevada License: S.0192903

Hablo Español

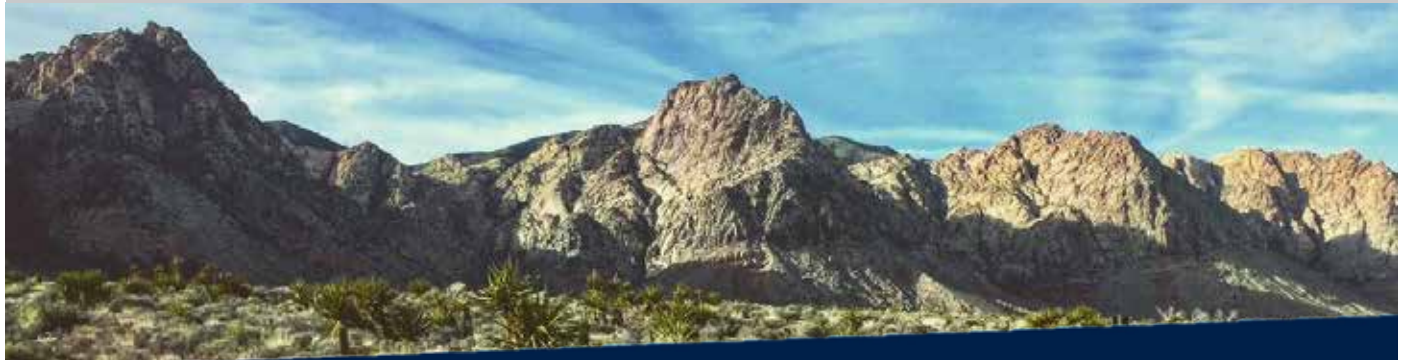
¿Necesitas Comprar o Vender?
Let Me Help You Discover Your Perfect
Piece of Pahrump!

- Site Built Homes
- New Construction
- Manufactured Homes
- Vacant/Improved Land

Call Me Today For Current Listings & Let's Get Started! - ¡Lláname Hoy!
Direct: 702-582-2883 Office: 775-764-0990 Ext.604 Email:Genesis@LBRENV.com



DEDICATED TO OUR CUSTOMERS ONE CLOSING AT A TIME.



PAHRUMP *OFFICE*



JOHN G. INGRAM
Sr. Escrow Officer
702-804-7762
jingram@ortc.com



DIANNA GOMEZ
Sr. Escrow Officer
702-804-7745
dgomez@ortc.com



HANNAH GARCIA
Escrow Assistant
702-804-7733
hannahg@ortc.com



SELENA FENTON
Escrow Officer
702-804-7761
sfenton@ortc.com



ESMERALDA LICEA
Sales Executive
702-427-4222
elicea@ortc.com



SONJA TARR
Sales Executive
702-278-3254
starr@ortc.com

We can do it all!
Residential • Commercial • Mobile Home transactions
Agricultural land • Subdivision and Land Development
BRE Processing • Mapping • Lot line adjustments & more!
Give us a call today!

3250 S. HIGHWAY 160, | SUITE 8 | PAHRUMP, NV 89048 | 702.804.7710



Moving Checklist

It's time to start your moving calendar.

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

Now you're ready to greet your Big Day!

Useful Phone Numbers



ELECTRIC

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



WATER

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



TRASH SERVICE

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



TELEPHONE – LANDLINE

AT&T 800-288-2020



INTERNET SERVICE

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



TELEVISION SERVICE

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



HOSPITAL

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



DRIVER'S LICENSE/VEHICLE REGISTRATION

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



LIBRARY

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



SENIOR CENTER

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



U.S. POSTAL SERVICE (USPS)

Pahrump Main Post Office 775-727-7055
2300 E Postal Dr.
Station 2775-727-8815
3001 E Kellogg Rd.
Station 3 (P.O. Boxes Only-No Service) . . . 775-751-8122
950 N Blagg Rd.



CHAMBER OF COMMERCE

Pahrump Valley Chamber of Commerce . . 775-727-5800
1301 S Hwy 160 - Nevada State Bank Bldg.



SCHOOLS

Nye County School District
Southern District Office 775-727-7743
484 S West St.



775 REALTY
 (702) 541-3228
 REALTOR® | S.0169359
 NV20171259585
 lindasellspahump@yahoo.com
 1041 South Hwy 160, Pahrump, NV 89048

A.B.B. Roofing, Inc.
 dba BEST ROOFING
 Lic. #68602
 COMMERCIAL
 RESIDENTIAL
 Skip Hadduck
 Crystal Hadduck
 ph. 775-751-6730
 fax 775-727-8915
 P.O. Box 1358 - Pahrump, NV 89041-1358



ACME
 GENERAL STORE
 Largest selection of
Premium Dog and Cat Foods
 in Pahrump
 Plus Fish, Reptiles, Birds, & Small Animals
 800 West Street
 Pahrump, NV 89048 • www.acmegeneralstore.net
 775-751-ACME (2263) • 775-751-BANG (2264)
 Open Monday-Saturday 8:30 am to 5 pm
Home of the Dog Food Depot

Advantage Self Storage
 1-775-751-9111 851 S Lola Ln

BestInTheWestPahrump.com
 Dry Cleaning
 Memorabilia
 Shoe & Leather Repair
 T-shirts
 Flooring
 Turquoise Jewelry
 Antiques
 Gifts
 Apparel
 Art
 Souvenirs
 Hats
 "The Best Way To Death Valley!"



CENTURY 21
 Americana
 1401 S. Hwy 160, Suite A
 Pahrump, NV 89048
 707.815.4505
 martbet@sbcglobal.net
 www.c21americana.com
 S.0191856
 Each office is independently owned and operated

Church of Pentecost
 "Pentecostal in Experience,
 Apostolic in Doctrine"
 Pastor James Monroe
 775.727.6681
 781 S. Woodchips Dr. • Pahrump, NV 89048

Service Times:
 Sunday Morning
 10:00 a.m.
 Sunday Evening
 5:30 p.m.
 Tuesday Evening
 6:00 p.m.
Do I really need Jesus Christ in my Life?
 Romans 6:23 "For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord."
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'"

CIVIL AIR PATROL www.gocivilairpatrol.com

EMERGENCY SERVICES
CADET PROGRAMS
AEROSPACE EDUCATION

Major Ezekiel Martin
Public Affairs Officer

Nellis Senior Squadron
2380 N. Rancho Drive.
Las Vegas, NV 89303
Cell: 702-610-3326
ezekiel.martin@nvwg.cap.gov
www.nss064.org

Civilwise Services Inc

Civil Engineering & Land Surveying

Soils and Geology, Water Rights,
Hydrology, Traffic Engineering, Boundary
Surveys, Residential and Commercial Site
Development Plans, Topography,
Construction Staking



1240 E. State St.
Suite 101
Pahrump, NV 89048
(775) 751-1413
(775) 751-3584
drichards@civilwise.com



Lisa Spahitz - Plassmeyer, LIA
Insurance Agent
1321 S Nevada Highway 160 Ste 8
Pahrump, NV 89048-4743
T 775.727.8920
M 775.513.5618
F 775.727.1556



lisa.spahitz@countryfinancial.com
www.countryfinancial.com/lisa.spahitz
AUTO | HOME | LIFE | BUSINESS

DR. KEITH KOHORST
OPTOMETRIST

1141 S. Hwy. 160 Ste. 8
Pahrump, NV 89048
Pahrump Office: 775-727-7100
Las Vegas Office: 702-456-1882



Contact Lenses | Glasses
EYE CARE FOR CHILDREN AND ADULTS

Danny
775-209-3837
LIC. #66566 - BONDED - INSURED

Pahrump Local • Call Now! New HVAC Rebates up to \$2000



GUNNY'S
AIR CONDITIONING & PLUMBING

OFFICE (775) 727-6800

service@gunnysac.com

www.gunnysac.com

Lic #0087108 • MHL #0425



- Heating
- Cooling
- Plumbing
- Sales
- Installation
- Residential
- Commercial
- Refrigeration
- Repairs on All Makes & Models



Financing Available

Call for Outer Lying Area Rates



US MARINE CORP VETERAN

HARVEY'S
BARBER SHOP
775-751-6655
MESQUITE
HWY 160
HOURS
TUE~SAT 9-4
CLOSED SUN AND MON

JOE'S
SANITATION
SERVICE

775-727-5587
WWW.JOESSANITATION.COM
1410 E. MESQUITE AVE.

- RESIDENTIAL & COMMERCIAL**
- SEPTIC & GREASE TRAP PUMPING & CLEANING
 - SEWER & DRAIN CLEANING
 - CLOG REMOVAL
 - FULL SERVICE HYDRO JETTING
 - PORTABLE TOILETS



Kustom Kolors LLC
Darren Mather
Owner
 2091 N Blagg Rd • Pahump, NV 89060
 PH: 775.537.1676 • Fax: 775.537.1676
 kustom_kolors@yahoo.com
 www.kustomkolorsautobody.com



THE SKY IS THE LIMIT
MORALES CONSTRUCTION Inc.
 Grading & Paving
 Morales Fencing
TOP RANK BUILDERS Inc.
 Commercial & Residential
ALL AMERICAN
 CONCRETE • MASONRY Inc.
775.751.2009
 0067102 - 0074890 - 0073748 - 0073639
 Pahump, Nevada
Rene Morales
 moralesrene74@yahoo.com **775-209-6092**

PAHRUMP
 Lock and Safe
 LLC **NEW**
Jim Hogsette
 Owner & Technician
 702-379-8441

CASH FOR SCRAP
PAHRUMP VALLEY DISPOSAL
OPEN MONDAY THROUGH FRIDAY
 Aluminum Cans
 Appliances
 Aluminum
 Car Batteries
 Insulated Copper Wire
 Tin • Iron • Lead
 Radiators
 Junk Cars
 Stainless Steel
 Copper • Brass
1410 E. MESQUITE AVE. | 775-727-6131
WWW.CANDSWASTE.COM



RECYCLING DROP OFF

 • **Walmart** Parking Lot
 300 S. Hwy 160
 • **Pahrump Valley Disposal**
 1410 E. Mesquite | 775-727-5777
 www.CandSwaste.com

 GLASS, PAPER, PLASTICS #1-#2, CARDBOARD, TIN/METAL, ALUMINUM CANS

RG PAHRUMP VALLEY GLASS, LLC
 LOCALLY OWNED AND OPERATED
STEVE & LEA NEAL - OPERATORS
 24 HR EMERGENCY SERVICE
 NV79657 #NV20121228657
 OFFICE 775-751-0909
 FAX 775-751-1423
 STEVEN@PAHRUMPPVALLEYGLASS.COM
 191 S. EMERY ST.
 PAHRUMP, NV 89048
 ORDERS@PAHRUMPPVALLEYGLASS.COM

RCT Inc. Storage
 2191 North Blagg • Pahump, NV 89060
 775-751-2252
 rctincstorage@gmail.com
Open Daylight Hours

Secret Sisters Boutique
 1240 E. State St.
 (By Mom's Diner)
 Pahump, NV 89048
775-727-4488



LOCAL

Business & Service

DIRECTORY

Karla Carranza

Master Barber

**Sharper Image
Barber Shop**

702.619.2202
775.910.2111



Sharper Image Barbershop

RICH PRICE

BARBER

TEL 775-910-2111

**1266 E. CALVADA BLVD
PAHRUMP, NV 89048**



**CASINO & BAR
775-727-7300**

At Blagg and Stagecoach Roads
100 West Stagecoach Road, Pahrump, Nevada 89060

Open 24 Hours



5801 S. Homestead Rd.
Pahrump, NV 89048

Group Realty
Pahrump

Debra Strickland
Broker

Office: (775) 727-4600
Fax: (775) 727-0430
Cell: (775) 209-5405

Email: debra1strickland@gmail.com

**TNL HANDYMAN LLC
& CUSTOM MADE SOLAR
SCREENS**

TONY CLARK

I Aim to Please!

HOME (775) 727-9640
CELL (775) 513-6923
GET-R-DONE RIGHT THE 1ST TIME
LIC.#NV20151041215
LIC.# T-5719-HL

tnl6264@att.net



Christine H. Butler
Copy She Wrote, LLC
Freelance Content and Copywriter
Phone: 520-403-8600

Christine@TheButlerWroteIt.com
www.TheButlerWroteIt.com



**Joelle
Bolton**

Owner/Operator

☎ 775-307-WINE (9463)
✉ joelle@thewinedownnv.com
🌐 thewinedownnv.com

Trish Rippie Realty

Broker for Freddie Mac, Fannie Mae and HUD Homes



Trish Rippie, Realtor
Broker, GRI, CRS, CFAC

3370 S Hwy 160 #1
Pahrump NV 89048

office (775) 727-4343
cell (775) 537-7062
fax (775) 727-4334

trishrippie@sbcglobal.net

Visit our website at www.buyandsellpahrump.com



advertiser index

2nd Amendment Guns & Accessories	25	Lighthouse Gift Shop	63
775 Realty, Linda Michelson	94	Lisa Bond Real Estate.	91
ABB Roofing	94	Living Free Café	41
ABC Service.	37	Living Free Gym	20
ACME General Store	94	Mohave Dermatology.	64
Advantage Self Storage.	11, 94	Morales Construction	96
Alvarez Landscaping	13	Mountain West Lawyers	59
American Family Insurance	12	Nathan Adelson Hospice	21
Artesian Cellars.	Back Cover	Old Republic Title.	92, 93
Battle Born Financial Advisor.	7	Ovation Physical Therapy	76
Best in the West.	94	Pahrump Life Magazine.	77
Carmelo's Restaurant	88, 89	Pahrump Lock and Safe.	96
Central Valley Baptist Church	37	Pahrump Prostate Cancer Support Group.	12
Century 21 Americana, Betty Martinez.	79, 94	Pahrump Rentals & Hardware	27
Charleston Peak Winery	Inside Back Cover	Pahrump Storage Kings	85
Church of Pentecost	94	Pahrump Valley Disposal Cash for Scrap	96
Civil Air Patrol	63, 95	Pahrump Valley Disposal Recycling Centers	96
Civilwise Services, Inc.	95	Pahrump Valley Glass, LLC.	96
Country Financial. Lisa Spahitz-Plassmeyer.	95	RCT Inc. Storage	96
David Bindrup Law Firm.	40	Secret Sisters Boutique.	96
Desert View Hospital	3	Sharper Image Barber Shop, Karla Carranza	97
Dr. Keith Kohorst	95	Sharper Image Barber Shop, Rich Price.	97
E-Cells E-Bikes	69	South Valley Baptist Church	25
Edward Jones Investments, Jeffery R. Dye.	45	Speak Geek Mobile Computer Repair	13
Full Throttle Excavating.	95	Stagestop Casino & Bar	97
Golden Entertainment.	24	T&M Group Realty, Debra Strickland	97
Great Computer Deals/Game Corner Arcade & Family Fun Center	21	TNL Handyman	97
Gunny's Air Conditioning and Heating.	45, 58, 95	TaylorMorrison.	90
Hargis Electric, Inc.	31	Terrible's Road House.	Inside Front Cover, 86, 87
Harvey's Barber Shop	95	The Butler Wrote It	97
Inspirations Senior Living.	17	The Wine Down	97
JM Concrete, LLC	17	Town of Pahrump Tourism	45
Joe's Sanitation	95	Trish Rippie Realty	97
John Michael Ferrari	24	Trusted Ally Home Care.	6
Kustom Kolors.	96		

Tasting Room Now Open!



CHARLESTON PEAK

ESTD WINERY 1992

**Tasting Room Hours: Thursday - Monday
12 PM - 5 PM**

3810 Winery Road Pahrump, NV 89048

Phone: 775.751.7800

CharlestonPeakWinery.com



AWARD WINNING WINES..EXCEPTIONAL FOOD AWESOME EVENTS..EVERY DAY OF THE WEEK!

Check out the latest at www.ArtesianCellars.com

At Artesian Cellars, we make exceptional wines using the best grapes from Nevada, California, and Washington State vineyards. Our winery is proudly located in the State of Nevada on the Historical Old Spanish Trail in the Pahrump Valley. Artesian Cellars is proud to be creating award winning wines worthy of Nevada's Battle Born Legacy.

RELAXED BEAUTIFUL TASTING ROOM & RESTAURANT
SPACIOUS OUTDOOR SEATING

FULL APPETIZER, ENTREE AND DESSERT MENUS
HAPPY HOUR & DESSERT HAPPY HOUR - MON THRU THURS
STAR ENTERTAINMENT!

1731 SOUTH HIGHWAY 160, PAHRUMP, NEVADA 89048
775-600-7144 | ARTESIANCELLARS.COM

Join Us For a Great Time!

