

Pahrump Life

JULY / AUGUST 2025

Who is the NyE Communities Coalition?



FEATURES

NEW NON-PROFIT THEATER COMPANY
A NEW ERA FOR THE ARTS IN NYE COUNTY
CHARLES MANSON FAMILY IN DEATH VALLEY

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Notes from the Publishers

Welcome to the July/August 2025 issue of Pahrump Life Magazine. Time goes so fast, it's hard to believe it's that time again.

Some good news for our town... by the time you read this, our public library will be reopened after a major restoration. It will be wonderful to have it back.

Our cover article this time is an in depth look at what the NyE Communities Coalition is all about. They are involved in many aspects of Nye, Esmeralda, and Lincoln Counties and provide very valuable services. Interviewing Stacy Smith, Chief Executive Officer and Tammi Ddegard, Chief Operating Officer was an eye opener as to what all they are involved with. They and their team provide many valuable resources to the communities they serve, and they keep on expanding. An easier question to answer might be, what aren't they involve in!

Josh from Tech Tips is back with some important advice on how not to become an NPC or non-playable character. The article is full of helpful advice. Also, in this issue we introduce a retired schoolteacher and her sister, a retired Veteran, who have purchased a franchise and are starting a totally new chapter in their lives. We wish them well. Shelly Poerio and Casey Jones talk about setting priorities and evolving with them.

Selina Lugtu is our featured artist for the Art Corner where she introduces her unusual form of art and talks about how she moved from her career in the casino industry to becoming a full time, successful artist. Dr. Christopher Salute gives us an update on the Arts Collective. Also learn about the new comedy group that just opened their new theater on Calvada with a very successful show. You'll want to follow them and have some fun.

We have lots more information for you and we're always looking for new topics to share with our readers. If there is something you want to learn more about, give us a shout and we'll do what we can. If you have some ideas for content, contact Christine at Christine@PahrumpLifeMag.com. If you want to purchase an ad, contact Jim at Jim@PahrumpLifeMag.com. We love hearing from you.

- Jim and Christine



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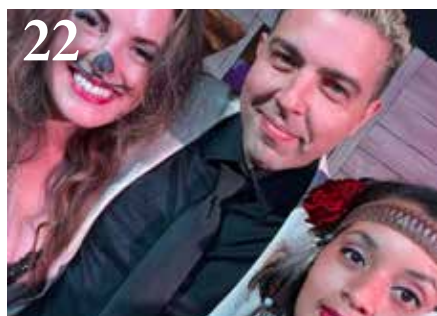
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Who is the NyE Communities Coalition... ...and What Do They Do?

By Christine Butler

If you've been in Pahrump for very long, you've undoubtedly heard of the NyE Communities Coalition. But do you really know what they are all about? We sat down with Stacy Smith (Chief Executive Officer) and Tammi Odegard (Chief Operating Officer) to discover the answer to that question. We were taken aback by the scale of their involvement in our community, the surrounding area, and the state.

Their name is a bit misleading in that it mentions Nye, but they cover more than just one County. They are also providing services in Esmeralda and Lincoln Counties. This is why their name ended up with the big "E" in NyECC. It stood for Nye 'and' ('y' in Spanish) Esmeralda when they changed it after Esmeralda joined. Their definition of who they are, as found on their website, reads: "We are building healthy communities across Nye, Lincoln, and Esmeralda Counties, and we welcome anyone interested in helping."

Their Mission Statement reads, "The

mission of NyE Communities Coalition is to grow Healthy Organizations, People, and Environments (HOPE) across Nye, Esmeralda, and Lincoln Counties by joining together individuals, organizations, and agencies in a cooperative and collaborative effort to increase service and opportunities." In short, they exist to help the people of our communities live meaningful lives, support them through the development of healthier choices, and provide more opportunities for them to be self-sufficient.

Their primary goal is to positively impact lives in these three counties. An example of what they do is becoming involved in the success of these communities, which includes helping start-up organizations accomplish what they set out to do. Stacy stated that they "help cut ground, plant seeds, and harvest ideas, systems, services, and infrastructure to help organizations get started, grow, and be successful."

When were They Formed?

The organization was created when the local school district had a committee that was working on



youth substance misuse prevention in 2000. In 2002, NyE Communities Coalition was funded and accredited by the Nevada Bureau of Alcohol and Drug Abuse and IRS as a non-profit organization. Its original objective was to help schools prevent their students' use of alcohol, tobacco, and other substance. Then, their role kept expanding, and it continues to do so. They continue to identify the needs of the communities and find solutions and resources to meet those needs.

Stacy Smith, current CEO, has been with the agency from the beginning. Tammi Odegard, Chief Operating



Officer, has been an employee for 10 years and prior to that served on the Board of Directors and was involved in coalition committees.

How is the Coalition Structured?

Currently, there are four divisions within the organization. They include Physical Health and Wellness, Career and Financial Health, Mental & Behavioral Health, and Systems & Organizational Health. Their goal is to continue to meet the needs of the people and organizations throughout the three counties. The staff spends the majority of their time working with the residents of the communities, teaching about opportunities, and providing assistance.

Physical Health & Wellness

There are many programs at NyECC that directly impact the physical health of our community members. Teaching people how to manage chronic diseases for themselves or their loved ones, teaching about the dangers of drug/alcohol/tobacco use, and providing assistance to quit using, and teaching parents and caregivers about child seat and crib safety are just a few examples of the impact of the programs within this division. NyECC also has a robust education program where people of all ages are taught about healthy nutrition and physical activities, including yoga which is taught at the campus.

Career & Financial Health

NyECC has several very impactful workforce development programs. They have highly skilled staff members who work with members of the community to prepare them to enter the workplace or to improve their skills to open doors to better careers. There is a resource room where local jobs are posted on a job board, computers are available to complete job applications

and resumes, and staff members are ready to provide assistance. Employers are supported also, not only with posting the jobs in the state system, but also with screenings and testing for employees. Job Fairs help everyone, at least quarterly the employers and employees connect during these events.

Mental and Behavioral Health

Behavioral health includes substance abuse and the issues surrounding it. One of the items they provide training for is how to use Naloxone, which can be administered to someone to reverse or block the impact of either a legal or illegal opioid based drug to help restore normal breathing to someone who has taken an overdose.

They teach how to store and dispense medications safely. They also have an Rx take-back program twice a year to collect drugs and safely and correctly destroy them. This includes any drugs. As an example, if a family member or



friend passes away, they will help get rid of any of their medications in a proper way. One of their goals is to get any dangerous drugs off the streets and protect our people and environment. Many residents still depend on septic tanks and wells in the area, so we as a community need to be cognizant of that issue and discard medications properly. You can also take unneeded drugs and pills to the Desert View Hospital lobby here in town any time, and they will properly dispose of them as well in the disposal bin provided by NyECC.

Do you know how to respond to a mental health crisis? NyECC staff members are trained in this and provide training for others. They provide this service at several places around the area. In addition, they help people prepare for self-reliance for when they get out of treatment for mental health issues.

Another one of their commitments is to help community members transition from jail to become active contributors in the town. This transition of getting back into the community and getting their feet back on the ground is not easy. They discuss the risk factors and provide the necessary services to help them become functioning members of society. They also help these people connect with services, treatment, and work. Community health workers continue to work with them on an ongoing basis, helping them identify opportunities and options for felons once they are out and begin participating in the community again.

Systems & Organizational Health

One extraordinary role that NyE Communities Coalition plays throughout the area is that they bring together people and organizations who have a similar goal or who are serving the same people. This role strengthens our communities by fostering collaboration, reducing duplication and building a supportive network. Within this division, NyECC has



worked on building a strong workforce of Community Health Workers, supporting local food banks through food purchases, and supporting other agencies by providing drug/alcohol/tobacco prevention education. In the past, NyECC worked on building public transportation systems and establishing social workers in the schools, then handed over the project for long term support. They also have a goal to help other non-profits to build the capacity and resources in the community. Coalition meetings are held in Pahrump, Tonopah, and Panaca each month. Consider attending one and getting involved. The next meetings are listed on the nyecc.org website.

Who Funds NyECC?

Almost all (95%) of their funding comes from grants – federal, state, local, and foundations. They do a little fundraising, and some money comes in from non-solicited donations. Stacy is the primary grant writer, and it keeps her very busy. It's a large part of her responsibilities in addition to overseeing more than 50 employees. She's been developing a strong grant writing team over the last few years and together they write over 65-70 grants a year. The turnaround on grants can take 6-9 months before you know if it is being awarded, so it's an ongoing process and takes lots of planning. NyECC has been very successful in acquiring support when and where it is needed.

Coalition work relies upon systems development and that takes trust,

collaboration, forward thinking, and communication. The partnering organizations and members of the coalition are what creates such great events and opportunities. Much of the success that the community and NyECC have experienced has been due to the collaboration with other organizations and agencies where everyone works toward one vision and they identify additional needs. They count on their volunteers and staff to help implement the vision that comes from these collaborations. In addition to their 49 staff members, they have several thousand volunteers who help throughout the year at various events and activities.

Key to their success is being responsible with the funding they receive. The NyECC team must be accountable for every penny. According to Stacy, Tammi is the money expert and keeps things on track. There's a "ton" of regulations for funding, and everything must be identified and be within the regulations. They must report everything. They are working with 55 grants right now. Most of them are monitored annually and reimbursements are reviewed monthly. They must show how every cent is accounted for through their system.

OTHER PROGRAMS

What is RAM?

RAM stands for Remote Area Medical and is a very successful program that NyECC offers once a year. It was started in 2003 and is so needed; people line up the night

before to attend. It is provided by an organization out of Tennessee that Stan Brock, often referred to as The Medicine Man, began. RAM is considered a lifesaving event. Dental services including extractions, cleanings, and fillings; medical exams, minor treatments, women's health, and more; mental health screenings and support; and vision exams, prescriptions, and glasses (cut and assembled on site) are all part of the extensive services provided over this two-day event for hundreds of people. Because of its popularity, NyECC needs many volunteers to help manage the event. It takes place at Pahrump Valley High School in the Pathways Building, 501 E. Calvada Blvd, in Pahrump. It is scheduled for Oct. 4 & 5, 2025 this year and they are still seeking more volunteers – both medical providers and regular lay volunteers.

Have You Been to the Back-to-School Fair?

The annual Back to School Fair is held in July a week or so before school starts. The students that attend are provided

“...they bring together people and organizations who have a similar goal...”

with a backpack and school supplies so that they are prepared for school. There are physical health screenings for students that are participating in sports or general screenings for non-athletes. Information about school immunization and other requirements are provided to parents and they are given information on how to access the vaccines. Other nonprofits and social services agencies attend and provide school supplies, information about services, and other supports. Several hundred families attend this event, providing them with the supplies and services they need so that they can start their school year off right!

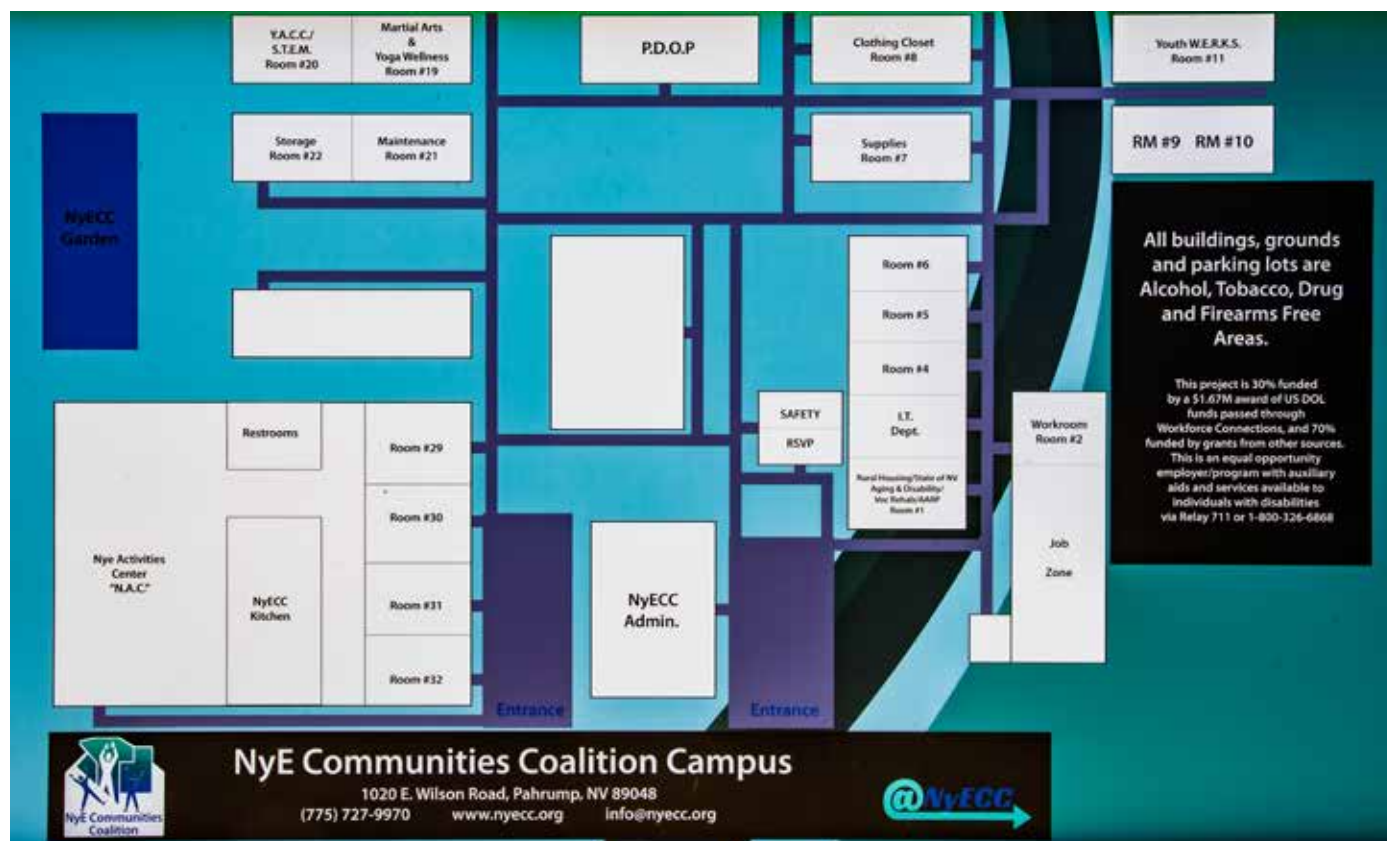
Check out Their Staffing Service

Aside from the grant-funded programs, NyECC also offers a temporary employment agency. This service involves a pool of people

looking for temporary work or people willing to work a temporary job while waiting for a permanent job. Employers can get assistance with posting jobs through NyECC and not have to worry about all the details when they are not ready to employ someone on their own. Employees can find temporary or day labor work when they are between jobs or training.

Want to Learn More About NyECC?

If you are interested in any of the topics mentioned here or want to learn more about their offerings, there are many places to turn. They have a website at <https://nyecc.org> and their newsletters can be found online there. They are on Facebook and Instagram, and they are also often found in the local newspaper, as well as local radio and TV. Or, if you have questions, you can call them directly at 775-727-9970.



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*- Morgan Freeman
in “The Shawshank
Redemption”*

Retired School Teacher and Retired Veteran Open a New Business

By Christine Butler

When many people retire, they look forward to slowing down, relaxing, sitting back, and enjoying life. But not the Adams sisters, Denise and Rebecca Adams. When they retired, they immediately began searching for a franchise to start a new business. They found one and are extremely excited about it. They are now the proud owners of The Groutsmith franchise in Nevada. Their territory includes all of Nye and Clark Counties, and they are currently the only franchise of this company in Nevada.

What Is It They Do?

The name of their company is The Groutsmith, and its primary function is to clean tile and grout, restoring them to look new. They work on showers, countertops, backsplashes, and floors. They do not work on floors made from wood, parquet, vinyl, or laminate. They only work on tile and grout. They are also capable of performing some minor repairs, as well as cleaning, and their specialty is matching the colors of the



grout to the tile. Because we don't have a lot of humidity here, mold is not a big problem, but the grout and tiles still tend to stain. Therefore, keeping them clean regularly is beneficial. Additionally, after a newly built home has settled, some damage may need to be addressed.

They have yet to replace entire tear-outs, but they do replace broken or damaged tiles and perform rebonding.

When Did They Start Their New Business?

They were incorporated on January 17, 2025, and opened for business on March 17, 2025. This followed a collectively intense three weeks of



Rebecca and Denise Adams

training in Florida. It was hands-on, real-time training, and they were grateful for the experience. It raised their confidence in their own capability so they could begin their new adventure with self-assurance. Training together worked well for them as they discovered each other's strengths and how they complimented each other. Overall, it was a very positive experience.

What Is Their Business Strategy?

Rebecca had a dry-cleaning company for 18 years, which gives them some business experience, but they are learning fast and looking forward to



the new adventure. They currently have two employees, and they want their business to be a different kind of small employer. They envision providing paid vacations, paid sick leave, and top-of-the-line health, dental, and vision care. They are hoping to have at least two teams of two people established by the end of the year. They will also have individuals working alone. They do want to expand into industrial locations, so they will need to size their company accordingly. Ben has been with them from the start and determines the estimates. Their second employee has only been with them for a few weeks. They hope that their generous offerings will secure several loyal employees on whom they can build. Their current plans include a schedule of 8: a.m. to 5:00 p.m. Monday through Friday, but they will make the necessary adjustments to meet their clients' needs.

A Little Background on the Company

Jonathan Smith started this company in 1992 in Sarasota Florida. From the beginning, he used his own products and offered 10–30-year warranties depending on the product. It was a



valuable experience for Denise and Rebecca to train at the company headquarters where it all started, and they feel very comfortable with their new company.

They are the Only Groutsmith Company in Nevada

Their new company is the only Groutsmith business in Nevada. As their business grows and they add more employees, the Adams Sisters plan to expand their offerings. They will train the employees when they are hired. They believe that endurance, along with precision and attention to detail, are more important than physical strength.

This is the Second Career for Both of Them

Denise is a military veteran and was in the Army Reserves for eight years. In addition to her dry-cleaning experience, Rebecca is a retired schoolteacher. She taught science to students in sixth through eighth grade. They both feel their backgrounds provide a good base for their new vocation.

They feel very confident in their



choice of a Franchise to pursue. Their company is only four months old and ready to turn a profit. They believe their product is recession-proof, and the franchise structure is penalty-capped. They see opportunity for tremendous growth and reasonably low overhead.

They studied numerous different franchises, and this one even provided them with a marketing platform. They are working hard for more local support. They mentioned that it's gratifying to see customers enjoying their floors again. It's a great way to spruce up your home a little.



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tech tips

By: Josh

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Don't Live Life Like an NPC *Why You Need to Be the Main Character*

By Josh Osborne

In video games, NPCs – or non-playable characters – are the background people. They repeat the same lines, follow the same routines, and don't make real choices. They're just there, existing, but not really living. Their sole purpose is to facilitate the hero or antagonist of the story.

Now, you're probably thinking, "I don't play video games, so what does this have to do with me?"

More than you might think.

Today, people sometimes use the term "NPC" to describe someone who's just going through the motions—waking up, watching TV, doing the same routine, never asking questions, never engaging deeply with the world around them. In other words, someone who's let the spark go out.

But here's the thing: *you weren't meant to be an NPC.*

You're the main

character in your story – no matter your age.

What Does "Living Like an NPC" Look Like?

- **Letting the news or routine fully control your thoughts**
- **Not trying new things because "that's not for me"**
- **Feeling like your best days are behind you**
- **Letting others make your choices for you**
- **Avoiding change, even if it might make you happier**
- **Tuning out from learning, growing, or connecting**

It's easy to slip into this kind of autopilot – especially in retirement, when you're no longer working or raising a family. The

structure you once had may be gone, and the world can start to feel like it's moving without you.

But it doesn't have to be that way.

Why It's Never Too Late to "Take the Controller Back"

You may be older, but you're also wiser. You have stories, experiences, and perspective the world needs. Every day is still a chance to live fully, not passively.

Here's what "taking control" might look like:

- **Learning something new:** Whether it's a tablet, an online class, or a hobby you always wanted to try – curiosity keeps your mind young.
- **Having an opinion:** Your voice still matters. Speak up. Ask questions. Don't just accept what you're told – engage with it.
- **Saying yes to adventure:** Travel, join a group, volunteer, or simply strike up a conversation with someone new.
- **Caring about the world:** The world still needs your wisdom. Pay attention. Stay informed. Vote. Mentor. Share your values.



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The Dangers of Living Like an NPC

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

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About Josh Osborne

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

to understand. Josh is a 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.





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CALVADA THEATER

PAHRUMP'S NEW NON-PROFIT THEATER COMPANY

By Christine Butler

You may have heard of Pahrump Theatre Company performing here in Pahrump. They now have a new theater to call their own: Calvada Theater. Their initial performance in the new space ran on May 31, with additional shows on June 1, 2, and 4. The play was *A Midsummer Night's Dream*, but it wasn't exactly Shakespeare's version. Set in Pahrump during the 1800s, the cast promoted the show using their own personalized wanted posters.

They write and produce most of the plays they present. The current

ensemble includes four performers who write and perform their own sketches under the name Desert Hatz. Usually, they have one month to assemble the material, but they also perform improv.

They've got other creative projects in the works. One idea is *The History of Pahrump*, which they hope to perform regularly at the Pahrump Museum to help raise its profile. (If you haven't visited the museum, it's worth a stop, especially if you're curious about the town's past.)

They're also developing *Pahrump: The Musical*, which they hope to debut by summer 2026. The long-term plan is

to run the musical as a resident show in a local casino.

Who Makes Up the Theater Group?

The leadership includes Oliver Jones (President), Karen Jones (Secretary), and Rhea Chavez (Treasurer). They have access to a database of around 100 actors, kids and adults alike, to cast for various shows. They're currently looking for a new technical director after the recent passing of Keith Jones (no relation), who originally handled lighting and sound.

They recently acquired 501(c)(3) tax-exempt status and are pushing ahead.





No one is paid yet—it’s all volunteer-driven and fueled by passion. Oliver shared that it often feels like “building the plane while flying it,” but so far, things are unfolding organically. Their shows have been successful and warmly received by audiences.

Who is Oliver Jones?

Oliver has been involved in theater since 2002, when he started acting as a freshman in high school. He’s written over 20 short plays and two full-length shows—one in a single act, and one in two acts. He moved to Pahrump five years ago after a temporary house-sitting gig for family. He was supposed



“They’re also developing Pahrump: The Musical, which they hope to debut by summer 2026.”

to stay for eight months but ended up falling in love with the quiet, peaceful life. Previously, he lived off Fremont Street in Las Vegas and says he “welcomes the peace and quiet.”

Getting a Fresh Start

Their first planned season ran into some roadblocks, but things took a turn when they found their new home in mid-April. Since then, they’ve been transforming the space into their own. Oliver credits actor Alex Lannin—who jokingly “didn’t want to do Shakespeare in the desert”—for helping them secure the theater financially.

On July 25, 2025, the company will host a fundraiser and announce its 2025–26 season. The event will include performances, food, drinks, and fun awards.

Looking Ahead...

Future plans include a “Five Nights at Freddy’s”-inspired haunted house in October, more original work, musicals, and a bit of absurdism. Spring 2026 will feature *Godspell* with a hip-hop twist inspired by the 1980s and 90s, and *Rossum’s Universal Robots (R.U.R.)* by Karel Čapek, the 1920 sci-fi play that introduced the word “robot” to the world.

Oliver is excited to finally have a permanent space to plan, write, build, and perform. The Pahrump Theatre Company’s new home is the Calvada Theater at 1266 East Calvada Blvd, Pahrump. Come join the fun and enjoy some truly unique local theater!



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Shelley Poerio

Setting Priorities - and Evolving Them *The Essential Role of “Course Correction” Based on Changing Situations or Stages of Life*

By Shelley Poerio with Casey Jones

Managing to have a productive and happy life typically involves having a plan or roadmap that reflects the values, goals, and a realistic assessment of what you can accomplish. Any plan should include priorities to create guidelines for how a person makes decisions, and tradeoffs required to achieve the desired outcome. And while it's a fact that plans change – it is critical to have that plan in place to review and update based on changing circumstances. Trust me, if you don't develop goals and a roadmap – it's highly likely that others will develop them for you!

Your initial plan should be based on your current knowledge. And be prepared! Your plan might expand

or contract in terms of scope. This typically occurs when you get added information that changes the context.

Having a “measuring stick” by which you can regularly re-evaluate your personal roadmap is an essential part of continuing to move toward any goal. Typically, what constitutes a measuring stick is milestones. Before you can evaluate if you're on the right track to accomplish objectives, it's important to have a clear, time-delineated written roadmap for what you need to accomplish in each stage.

Goals and Milestones

When articulating goals, it's important to identify the concrete steps you need to take to progress. Thoroughly thinking through the sequence of steps required to arrive at the goal is a necessary component.

You can think of this as a series of “mini-goals” – or small steps to take to arrive at the “destination.” If your goal is learning a new language, it's almost useless to have “be fluent in Spanish” – unless you identify the frequency with which you will practice when starting out, and what measurements will define “fluency”. Job-setting goals such as “get promoted” is only useful if you think through what you'll need to do to progress in your career - the building blocks you'll use to ascend a corporate or entrepreneurial ladder. And a goal such as “achieve five years of sobriety” requires identifying the lifestyle choices that you need to make to stay sober, and the action steps that will eventually become second-nature as you move to, and beyond, five years.

Resources

Understanding what type of support is available to you can impact the success or failure in achieving any goal. Resources can include financial (such as checking or savings account balances and loan opportunities), relationships that offer support and counsel (family, friends, and colleagues), time you can allocate to your projects - and even organizations you can join to expand your resource pool. Assessing resources helps you set realistic expectations for what is attainable. One of the most important classes of resources is relationships. Having people you can use as a sounding board - tell them your plan, ask for their advice - prevents you from making decisions in a vacuum. If your goal is to learn a new language, you will benefit from having access to educational courses, native speakers, and the time to devote to the endeavor. If career advancement is your aim, colleagues who can assist or advise you are key components. If staying sober is the goal, the most significant resources are healthy relationships, a strong sober social support network, and related organizations that support you in your quest.

Timeframe

This is the part of your planning that will help you make and manage your progress. One of the biggest challenges most people face is developing realistic and simple milestones to measure progress. Having only an end goal in mind - for language learning, career advancement, or even lifestyle changes to support sobriety - is a recipe for the kind of procrastination that results from lacking direction. "Freezing" and feeling "lost" will hamper forward movement.

Once you have the goals and resources identified and the time frame in place, then the next part becomes easier: the regular tuning of the components in order to fuel forward momentum. It's always easier to edit than to create - so

once you've done the more challenging work in the three steps outlined above - the rest is much easier.

Evolving Your Plan

I've written before about the importance of being flexible or "pivoting" when situations change. In accomplishing goals, it's important to have the same mindset that allows flexibility but reflects your commitment toward achieving your goals.

- **Set up regular "checkpoints":**

This might be weekly, monthly, or quarterly. I suggest starting weekly to review your goals, plan, and resources.

- What progress have you made?
- Is this sticking to your milestone for this period?
- If not, why not?

- **Review what unexpected events happened** - good or bad - and brainstorm what to do next.

- Involve your resources to help you do this assessment.
- Get input from them about what you might do differently going forward.
- If you're ahead of schedule - brainstorm what should change in goals or milestones.

As with every endeavor, it's important to figure out first what you want to

accomplish and second how you can get there. So much of success in life - and in staying sober - is taking charge of what you *can* control. Setting priorities with goals and an understanding of resources and milestones is one "trick" to being successful and accomplishing what you want to accomplish with your life.

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

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

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





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Focus on Family

Spiritual Momentum: Strengthening Families in a Shifting World



Tim Sutton, Esq.

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

In a fast-paced world where families face increasing pressure—from packed schedules to digital overload and moral uncertainty—holding a family together spiritually can feel like pushing against the tide. But what if the key isn't fighting against the current, but building "momentum" in the right direction?

President Russell M. Nelson, a respected Christian leader and former heart surgeon, described spiritual momentum as a force that "propels us forward" toward faith, peace, and purpose. Like pedaling a bicycle, once we start moving spiritually — individually or as a family — the forward motion can help us stay steady and navigate life's bumps with confidence.

Let's explore how families can build and sustain spiritual momentum together, one faithful step at a time.

1. Set a Shared Spiritual Focus

Every journey starts with direction. Families grow stronger when they align around shared spiritual goals—

whether it's praying together, playing games, or simply living with intention and love.

Setting a spiritual focus might be as simple as deciding to eat dinner together without screens or reading a verse from the scriptures each morning. These seemingly small acts form the rhythm that keeps faith alive in the home.

Jesus said, "For where two or three are gathered together in my name, there am I in the midst of them." (*Matthew 18:20*). When we make room for God as a family, He meets us there, with strength greater than our own.

2. Practice the Power of Daily Kindness and Forgiveness

Momentum builds through repetition. In families, that means grace on repeat. No family is perfect. But when we learn to apologize quickly, forgive freely, and speak kindly, we build habits that soften hearts and welcome the Spirit into our homes.

Love isn't just an emotion, it's a discipline. The Bible reminds us that "love is patient, love is kind" (*1 Corinthians 13:4*). Each act of patience and kindness, however small, fuels the momentum of peace and trust.

3. Protect Your Family's Peace

In today's noisy world, spiritual momentum can easily stall when we allow contention, busyness, or distractions to crowd out what matters most.

Setting boundaries, on screen time, schedules, or even attitudes, protects the sacred space of your home. Make quiet moments sacred again. Let your family know that peace isn't just the absence of noise, but the presence of God.

As *Psalms 46:10* reminds us: "Be still and know that I am God." Stillness invites strength.

4. Pray Boldly. Believe in Miracles.

President Nelson encouraged believers everywhere to "seek and expect miracles." Families that pray together and watch for God's hand often experience it in surprising ways — through healing, opportunities, reconciliation, or sudden peace in the middle of a storm.

Teach your children to pray not just when things go wrong, but when they go right. Look back often and remember the ways God has already

shown up for your family. Gratitude feeds faith and faith fuels momentum

Jesus assured us, “If you have faith as a grain of mustard seed... nothing will be impossible unto you” (*Matthew 17:20*).

5. Let Joy Lead the Way

Spiritual momentum doesn't have to feel heavy or somber. In fact, it should feel light. Joy is one of God's most powerful gifts. It gives energy to our faith and endurance to our efforts.

Let your children see your joy in the journey. Laugh often. Celebrate progress. Praise each other. Make Sunday a day of rest and renewal, not a checklist of tasks. Show your family that following God is not a burden—but a blessing.

Final Thoughts: Keep Moving Forward

Life will bring setbacks. Spiritual fatigue is real. But momentum doesn't require perfection—it just requires movement. As long as your family is moving toward God, however slowly,

you're headed in the right direction

And the beautiful thing about momentum is this: the more you nurture it, the more it sustains you. One prayer, one act of kindness, one shared moment in God's presence is all it takes to start, or restart that movement

So, if your family or marriage feels spiritually stalled, don't panic. Just begin again. God meets us wherever

we are. And when we walk with Him, He helps carry the load.

Family Reflection Prompt:

What is one small, spiritual habit our family can start, or restart this week to build positive momentum?



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Systemic and Cutaneous Lupus

By Michael Roos, PA-C

Systemic Lupus Erythematosus (SLE)

SLE is the most common and severe form of lupus. It can affect the skin, joints, kidneys, brain, lungs, and cardiovascular system. Symptoms are highly variable and may include fatigue, joint pain, fever, chest pain, photosensitivity, and the hallmark malar (butterfly) rash over the cheeks and nose.

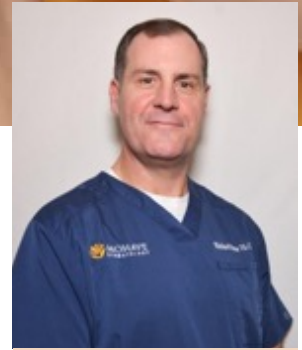
Causes: The exact cause of SLE remains unknown, but it is believed to result from a combination of genetic susceptibility and environmental triggers such as ultraviolet light exposure, infections, and certain medications. Hormonal influences also play a role, especially estrogen.



Treatment: Management focuses on controlling inflammation and preventing organ damage. Common treatments include hydroxychloroquine (Plaquenil), corticosteroids, immunosuppressive agents (such as azathioprine or mycophenolate), and biologics like belimumab. Regular monitoring is essential to adjust therapy and assess disease progression.

Cutaneous Lupus Erythematosus: (CLE)

CLE primarily affects the skin and may occur with or without systemic involvement. The three major subtypes are:



Michael Roos, PA-C

- **Acute CLE:** Often presents with a butterfly rash and usually occurs in the context of systemic lupus.
- **Subacute CLE (SCLE):** Characterized by red, scaly patches in sun-exposed areas, often mistaken for psoriasis or ringworm.
- **Chronic CLE (Discoid Lupus):** Results in thick, scarring plaques typically on the scalp, ears, and face, which may lead to permanent hair loss and pigmentation changes.

Causes: Similar to SLE, cutaneous forms of lupus are thought to arise from genetic predisposition and environmental triggers, particularly sunlight. Smoking has also been strongly associated with CLE, especially with treatment-resistant cases.

Treatment: Topical corticosteroids and calcineurin inhibitors are first-line treatments for localized CLE. Systemic therapy may include antimalarials like hydroxychloroquine or methotrexate for more extensive disease. Strict photoprotection with daily sunscreen and sun-avoidant behavior is critical in managing all forms of CLE.

Lupus Systemic Lupus Erythematosus (SLE) common symptoms



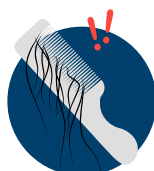
red rash on the face



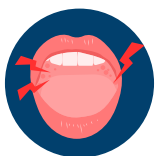
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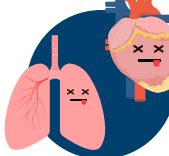
swollen legs



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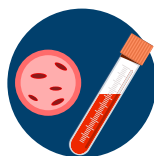
sores in the mouth



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Dr. Jaldeep Daulat is a Board Certified Dermatologist with over 32 years of Dermatology experience. He opened Mohave Skin and Cancer in 1984, balancing his life between Las Vegas, Laughlin, Kingman, Lake Havasu City and in 2017 expanded into Mesquite and Pahrump, Nevada with Mohave Dermatology. Dr. Daulat is trained to perform highly specialized microscopic skin cancer surgery known as Mohs. He has successfully performed well over 25,000 surgeries and reconstructions. Dr. Daulat has been an instructor and speaker and has given numerous dermatology residents the opportunity for hands on learning and practicing under his guidance.

Michael Roos, PA-C, is a skilled physician assistant. Mr. Roos is a **veteran**, serving as a medic in the **United States Army**, and has a strong commitment to medicine and his patients. His service includes tours in Germany, Iraq, Kuwait, and Oklahoma. Michael received his undergraduate degree in biology and later became a Physician Assistant. He trained in dermatology with Dr. Daulat and treated all types of dermatology conditions, ranging from acne, psoriasis, and autoimmune diseases, to surgical removal of moles, cysts, basal cell, squamous cell, and melanoma cancers. He has over 22 years of experience in cosmetic injectables and laser treatments.



*Se Habla
Español*

Nicholas Benites, PA-C, is an exceptional physician assistant practicing in the Las Vegas area for over 10 years, with eight years in dermatology. He is a **veteran**, having served in the **United States Army** for almost 20 years in both the **Nevada Army National Guard** and the **United States Army Reserve**. He is currently a major in the Army Reserve. Nicholas completed his medical training in the military's Interservice Physician Assistant Program. Nicholas treats various skin conditions from acne to skin cancer. He brings expertise from his work with multiple dermatologists and practices over the years.

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Karuna Reiki Master

By Selina Lugtu

My name is Selina Lugtu, and I moved to Pahrump

in 2021 from Henderson, NV. I am an artist, a certified Karuna Reiki Master Teacher, and an intuitive channel.

I began my art journey in 2017, creating fun abstract acrylic pour paintings for myself and friends/family. I quickly realized that accessing the creative energy within was a great

way for meditation to bridge the gap between ego and soul.

In 2019, I left my career in the casino industry and began a business offering reiki energy healing sessions, sound bath meditations, and other spiritual services, but that came to an end in the middle of covid, and my partner, Larry, and I decided to sell my house in Henderson and move to Pahrump.

In 2022, I began creating things with resin such as fun trays, candle holders and orgonite pyramids, jewelry and keychains. I also opened a new business



Selina Lugtu

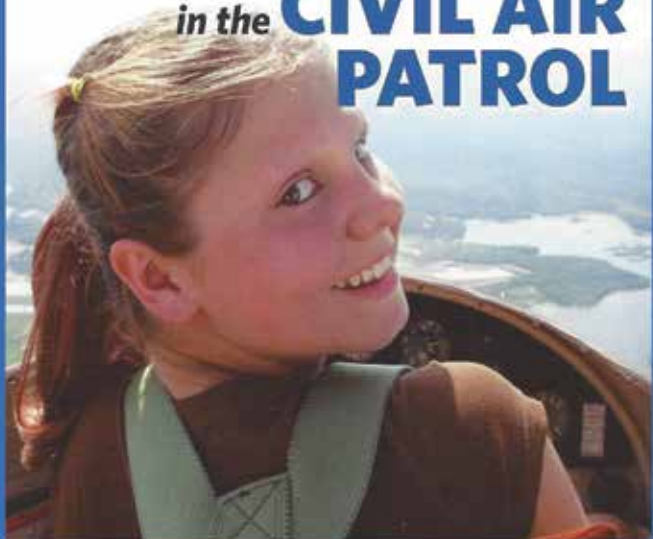


selling beautiful and unique crystal pieces. In 2023, I discovered dot art and it has become my number one form of meditation. Art has become more than just a way to generate income. Art and accessing the creative channel within has become my spiritual practice and I'm so grateful to be able to share that with others.

My future goal is to create a space where I can fuse my two passions, art and spiritual practice, to be able to share with/teach others who share these passions or are curious to learn more about them. “



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water wise



4 Truths in Pahrump Valley

By Jacky Walker

It's no secret that our reliance on water increases as temperatures rise. Hot dry cracked earth is a familiar part of desert living at this time of year. During the heat of July and August, it's critically important to put on our water conservation hats to help protect our water supply in Hydrographic Basin 162, the only source of water for everyone in the Pahrump Valley. We asked Budd Watkins, Chair of the Private Well Owners Association, how to cope and conserve water when the temperatures hit triple digits and our lips are dry.

To start our water conservation conversation, Budd gave a little lesson

about the Four Truths About Water in the Pahrump Valley:

Truth 1 - Water is Life

Water is the lifeblood of the Pahrump Valley. Without water there is no life and no livable homes or viable businesses to service residents.

Truth 2 - We Have Only One Water Source

Basin 162 is the only source of water for the entire Pahrump Valley, whether you draw water from your private well or buy water from a utility company's well. All of us are sticking our straws down through layers of rock and silt and sipping from the same underground lake.

Truth 3 - We Rely on the Water Cycle

Our water in the Pahrump Valley is not limitless and is solely dependent on the dynamics of nature for replenishment, which for us is rainfall and snowpack in the Spring Mountain range. Modern hydrology tells us that Basin 162's groundwater is "recharged" by precipitation, which seeps into the earth or forms rivers and lakes. Heat-triggered evaporation from oceans, lakes, and streams, as well as moisture from plants, creates condensation which rises into the very clouds that release the much-needed rain and snow over the Spring Mountains. Last winter's snowfall was above average according to the Desert Research





Institute, which is heartening since we are now in a drought period again.

Truth 4 – We Are All in This Together

Water shouldn't be taken for granted, especially in this arid place where we've chosen to live. While it may seem obvious not to waste water, some folks think that conserving water is not important. However, responsible water usage is everyone's obligation. We are all in this together.

Now that we've covered the "Four Truths About Water in the Pahrump Valley," here are a few simple steps to take in July and August to ramp up your water conservation practices:

Bathroom

We spend a lot of time in the bathroom, and consequently, approximately two-thirds of all water used in the home is used in the bathroom. Toilet flushes account for the most use, followed by showers and other bathing/grooming, and brushing teeth. **IDEA!** Turn off the tap and spend more time brushing than racing to finish because the water is running! You can also:

- 💧 Flush the toilet less frequently and make sure it is not leaking
- 💧 Take shorter 5 minute "car wash" style showers (get wet, soap up,

turnaround, you're done). Some experts also say taking a bath uses less water.

Kitchen

You may think washing dishes by hand is more water conservative than using a dishwasher, but not if you have a habit of letting the faucet run while you suds the plates, pots, and pans. If you do, then you are likely using more water than your 2-hour dishwasher cycle!

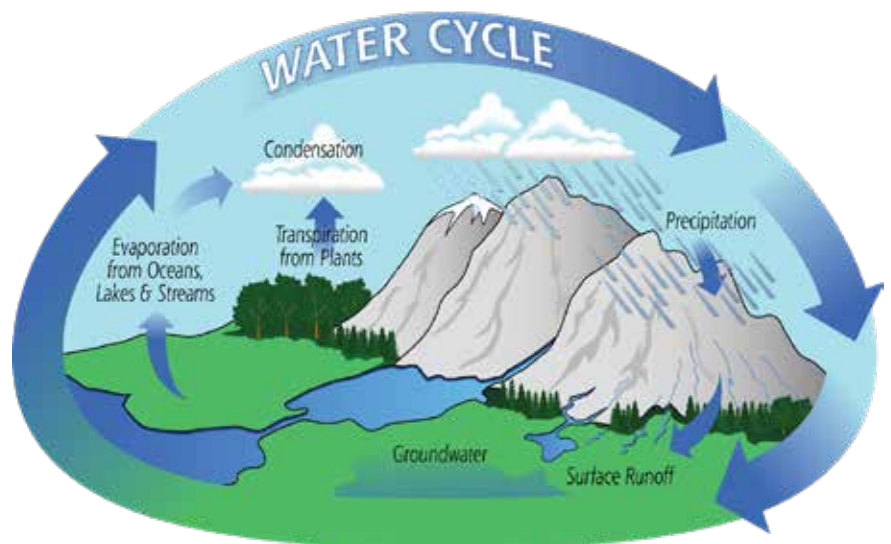
IDEA! Fill a bowl with soapy water and wash all your dirty items, then stack them off to the side together, then rinse them all with a sprayer. This way you leverage all the water drops and cleaning up takes less time too!

"We meet on the first Wednesday of each month at 10 a.m. at the Pahrump Valley Museum."

You can also:

- 💧 Clean fruits and vegetables at one time using a bowl of water.
- 💧 Install low-flow aerators to reduce the amount of water used.
- 💧 Keep pitchers and bottles of drinking water in the fridge to avoid running the tap to get cooler drinking water.
- 💧 Check for leaks every month and fix promptly to catch problems early.

HINT! Often the hot water valve will deliver cooler water from your tap than your cold water valve. Your cold water may feel warm at first since it travels through underground pipes that can be heated by our desert sun (depending on their depth), whereas the pipes coming from your water heater carry cooler water that's usually protected by insulation, walls, and air conditioning.



Laundry

Staggering laundry loads instead of doing partial loads one after another can help prevent copious amounts of water from flooding your septic or sewer pipes. Remember, septic returns water directly into the hydrographic cycle versus sewer which must be treated first. IDEA! Create a household schedule for doing your laundry so everyone knows to collect their “dirties” accordingly.

You can also:

- 💧 Do only full loads
- 💧 Soak clothing in the sink or a bucket instead of using the washer’s soak cycle.

Outside/ Lawn & Garden

Water drought resistant plants and trees and any lawn you have in the early morning or evening, and only when needed. Your lawn will benefit if you let the grass grow higher (3”) and give it a deep soak, so the moisture gets to the roots. IDEA! Add mulch around the base of your trees and plants to prevent evaporation.

You can also:

- 💧 Fix leaks and drips whenever you see them. Make sure your adjustable nozzle (trigger style) doesn’t leak as well. Sometimes all it takes is a washer.
- 💧 Wash that sticky Pahrump dust



off your car with a bucket of soapy water and use the hose only for a quick rinse (don’t let water from a hose run on the ground). Better yet, go to a car wash that uses recycled water.

- 💧 Clean dust and dirt off the porch or sidewalk with a broom instead of a steady blast of water from your garden hose. It’s good exercise, too.

So, now you’re all ready for the hottest days of our desert summer. According to PWOA Chair Budd Watkins, there is only one **Basic Water Rule: Turn off the water when you are not using it.**

Learn more:

The Private Well Owners Association’s primary mission is to inform, educate and assist you in learning about and protecting Hydrographic Basin 162, understanding well-related issues, and water conservation topics. We meet on the first Wednesday of each month at 10 a.m. at the Pahrump Valley Museum, 401 E. Basin Ave. We hope to see you there.

PWOA: [privatewellowners.com](https://www.privatewellowners.com)

Drought Conditions in Nye County: <https://www.drought.gov/states/nevada/county/nye>

EPA Watersense: <https://www.epa.gov/watersense/drought-watersense>

Drought Conditions for Nye County

42,992

people in Nye County are affected by drought

- No change since last week
- No change since last month

97.8%

of people in Nye County are affected by drought

- No change since last week
- No change since last month

37th

driest April on record, over the past 131 years

↓ 0.4
inches from normal

25th

driest year to date over the past 131 years (January-April 2025)

↓ 1.44
inches from normal



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LIFE after 18



The “Unromantic” Truth About Marriage

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

As we're approaching the traditional wedding “season,” a lot of young brides-to-be are probably all caught up in choosing a venue, shopping for dresses, planning the parties, and all the romance leading up to the big day: the wedding day. Yes, this is where you can just call me a “buzz” killer because I'm here to share the parts of a marriage that a lot of people don't talk about or even realize until after their wedding.

I'll begin with this: As an adult you need to realize that marriage is a legally binding, financial, business arrangement. You will be sharing a home with someone which involves signing contracts together for either an apartment or a house. You might also be getting joint bank accounts and joint credit cards. All these tasks involve legal and binding contracts or leases. Neither one of you can get out of any of these agreements without the other's cooperation.

That said, it's a really good idea for

you and your other half to have some serious discussions about finances and make sure you both agree on how household finances are to be handled. This discussion should cover decisions about paying bills, how much of your combined income is “disposable,” (aka, spending money), how much should be saved and for what.

You should also discuss whether you want to have kids, if you want to buy a house, and when to retire. This is not a complete list of things you should discuss with any potential spouse, but

it should get you headed in the right direction. If you and your spouse-to-be don't agree on these main topics, you should seriously consider not marrying that person.

When you have decided to get married, there are a few other things you must do; some are legally required, some are not:

- Prenuptial Agreement: Yes or No?
- The Marriage License: Where, how much and when?
- To have a wedding, or not: Who's



Janet M. Nast





paying?

- Will you change your name?
- Will you be updating your Social Security Card and Driver's License with your new name: Yes or No?
- Filing Taxes: joint or separate?
- Housing: rent, or buy, house or apartment?

And one last, very important, tip:

All the chemistry in the world ain't worth a dime if you don't value the same things.

As you can see, there are a lot of things that will legally tie you together. A smart person will be aware of this before the engagement!

So, what happens if you get married and then realize that things are just not lining up?

The Big "D" - Yuck!

I'd be remiss in sharing information about marriage if I didn't give some voice to the other, not so wonderful side of the coin, divorce. Going through a divorce is when you truly learn that a marriage is more than just chemistry and romance:

It's a legally binding financial agreement.



Briefly, divorces can go one of two ways:

In a friendly divorce, or one where there's really nothing (*no real property, children or pets*) to split between the two of you, you could just work with a paralegal to assist you with completing all the legal paperwork and filing it with the family courts.



In a nasty divorce where there's a lot of fighting going on, I strongly suggest you consult a divorce lawyer in order to protect yourself and your finances.

In either situation, here are just a few things to consider:

- A friendly or "amicable" divorce (in California-every state is different) will take a minimum of six months from the minute you file the initial paperwork in family court to the day it's finalized.
- In order to protect yourself financially, file for a legal separation immediately. This will cut your responsibility for any debt your spouse incurs during the divorce proceedings.
- Make copies of all bank account statements and credit card statements. This will help both of

"...you need to realize that marriage is a legally binding financial, business arrangement."

you determine what debts (money owed) and assets (money and property owned) you share.

- Close any joint credit cards as soon as possible. This will protect both of you from one spouse running up more debt just to upset the other.

This is by no means a complete list of things that have to be dissolved. A more comprehensive list is included in the book, "Life After 18, The Things You Don't Learn in School" (*Available on Amazon.com*) or you can check out the *Long Term Relationships* lesson on LifeAfter18.com.

Bottom line, a marriage is not something one should walk into without being aware of all the legal aspects of it. Put all the romance and chemistry aside for a day and really give these issues some serious thought. Here's hoping you make the best decision for everyone involved!

Say, if you're not sure about your current relationship, I'd be happy to help you out with a free PDF of my "Perfect Match Worksheet." Shoot me an email and I'll get it right to you! jan@lifeafter18.com





A New Era for the Arts in Nye County

By Dr. Christopher Salute,
Arts Collective Board President

The arts in Nye County are getting a bold new look- and a fresh sense of purpose.

After 18 months of thoughtful restructuring, the Arts Collective of Nye County is officially stepping back into the spotlight. Formerly known as the Pahrump Visual and Performing Arts Council, the newly rebranded organization has emerged stronger, more transparent, and better prepared to support a thriving creative community.

At the helm of this transformation is Dr. Christopher Salute, who has served as President since the beginning of this revitalization effort. Under his leadership, the organization has spent the past year and a half reimagining its mission, refining its structure, and building a foundation that can support future growth. That work included a complete audit of finances, a careful archiving of historical records, and a rewriting of the organization's bylaws to align with a more inclusive and modern vision.

One of the most exciting changes? A brand-new website - www.artscollectivenv.org

"Let's create something beautiful together."

- Dr. Christopher Salute

artscollectivenv.org - that provides information on current initiatives, events, and ways to get involved. Additionally, the Collective has launched a members-only Discord server to foster deeper, real-time engagement among artists, supporters, and volunteers. You can also find them on their FaceBook page: <https://www.facebook.com/profile.php?id=61560698073146> or just search Arts Collective of Nye County.

But this is just the beginning.

Now, the Arts Collective is calling on residents of Pahrump and beyond to help shape the next chapter. Community members are invited to attend board meetings, join advisory and committee groups, and share ideas that can guide future programming. Whether you're an artist looking for connection, a creative professional seeking opportunities, or a community member who simply values the power of art to bring people together - your voice is welcome.

"We are ready to serve again," says

Dr. Salute. "We've done the hard work behind the scenes, and now we're excited to open our doors and hear from the community. What kind of arts programs do you want to see in Nye County? What would help you feel inspired, connected, and included?"

The Arts Collective is also actively welcoming new members. Membership support is not just symbolic - it provides the resources needed to apply for arts grants, launch new initiatives, and ensure sustainable programming for years to come.

If you've ever wanted to make a difference in your community or be part of something creative and collaborative, now is the time. Nye County is ready for an arts renaissance - and it starts with you.

To learn more, get involved, or share your ideas, visit www.artscollectivenv.org or reach out directly to Dr. Christopher Salute at csalute@pvpac.org (still the old email address for now).

"Let's create something beautiful together."



“The Arts Collective of Nye County empowers artists all over Nye County to create. Join our community and find resources to help you grow your art!”



OUR VETERANS OUR HEROES

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

Part 4

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

Well, we finally made it to Part 4 of my story. I hope you have enjoyed traveling with Barbara and me from Part 1 through Part 3 and now on to Part 4 and the conclusion of my written story. I say “written” because I’m still here and the “real life” story continues.

As stated in the previous versions, there is NO introduction required by Tom Waters as we allow Senior Master Sergeant Charles Benson to tell his story in his own words. Here goes ...

I was asked to write my “story” by Dr. Tom Waters, Lt. Colonel USAF (Ret), to be published in the Pahrump Life Magazine. I didn’t realize how excited I would be to tell my story until I realized that I was also writing it for my two children, five grandchildren, and their children.

Is my “story” worth telling? I don’t think so. I’ve done nothing spectacular or heroic and never made the news. I still can’t play an instrument, and I can’t even sing, except in my car, alone, with a loud radio!

My biggest accomplishment is being happily married to my lovely wife, Barbara, for the past 53 years. That marriage gave us two fantastic children, our daughter Jennifer and our son Daniel. We have five grandchildren and, so far, four great-grandchildren. We are equally thankful for all of their excellent health. So, now that I have told you about my major accomplishment, what can I say? My “story,” I guess. It is written “chapter by chapter” for ease of reading.

I also want to make one correction to Part 3 that will be clear for anyone who understands the Air Force rank structure. The Air Force changed the insignia for MSgt, SMSgt, and CMSgt insignia on 1 October 1991. I retired on 31 October 1991, so I chose to wear the stripes I had always worn, not the newly designed stripes which weren’t mandatory until 1996. I wrote this



CMSgt insignia

story to be as accurate as possible for my grandchildren and beyond. After I am gone, no one will be left to make these corrections. Now, let’s jump right into Part 4.

We ended Part 3 as I was preparing to leave for Rome ... Rome, New York that is.

Griffiss Air Force Base, Rome, NY, 1986-1989

I was initially assigned to the 416th Bombardment Wing, 416th Avionics Maintenance Squadron (AMS), as the NCOIC of the Fire Control Shop. Then, local politics played its hand, and I was reassigned to 416th Organizational Maintenance Squadron (OMS). This is the same type of Squadron as the Gunships at Hurlburt Field. However, this time, all the Specialists had been assigned to OMS only two weeks prior.



From what I was told, the respective shops took the personnel transferring to OMS along with their tools, test equipment, and technical orders, dropped them off at the OMS Hanger, and left. Nothing was organized regarding any organization or control of the Specialists. No one knew who was working where or what additional work was awaiting them. It was very disorganized.



416 Bombardment Wing B-52G

No one was happy with the transfer of specialists to OMS, which was traditionally home to airplane mechanics. Avionics personnel were in the Avionics Maintenance Squadron (AMS), and Mechanical Specialists were always in the Field Maintenance Squadron (FMS). The inter-squadron rivalry was alive and well, from inter-squadron sports to bragging rights to who was most important and who was the smartest. One group was always talking down to the other. This was all in good spirits and genuine camaraderie.



B-52G take-off

Now, you have all of these “rivalries” thrown together in one Squadron, working together side by side. There were a lot of growing pains, especially for someone working and taking orders from someone outside their specialty. This may all sound confusing, so I’ll clarify. Traditionally, almost all of the USAF had four Squadrons that maintained aircraft. The aircraft mechanics (crew chiefs) were in OMS. The avionics specialists were in AMS. The mechanical specialists were in FMS, and the weapons and ammunition personnel were in the Munitions Maintenance Squadron (MMS). When OMS required specialist support to repair their respective systems, they would contact the centralized Maintenance Control via radio and request the appropriate specialist to report to the aircraft needing repair. Throughout the years, this system worked well. But as time passed, the newer airplanes were very sophisticated, and computer (removed hyphen) controlled. It was much more reliable and required less maintenance. Most specialist jobs were being combined as more and more testing and repairs could be done with a laptop computer plugged into the airplane. It then told what components were to be replaced, as all of you can testify to with your own computers and cell phones. You did not attend school to learn how to operate it; you just followed directions that it displayed for you. So now all of these “Specialists” are working the flight line and doing a lot of “cross training” to learn to work on systems other than their own. Within OMS, the personnel were divided into two Crew Chief Flights and one Specialist Flight. At least three crew chiefs were assigned to each bomber, splitting them into two flights for twenty-four-hour coverage.

This was the scenario that I walked into as the specialist’s first flight chief. I had my work cut out for me. As the months passed, my counterparts on the swing and mid-shift and I slowly molded and integrated the specialists

into every organized and cohesive part of the Bomber Branch. Started a new paragraph

This was a new concept for the Strategic Air Command (SAC) and the strategic bomber forces. Until then, SAC was primarily concerned with nuclear response toward Russia. I had six fully loaded Nuclear B-52Gs on Alert 24/7/365, ready to be launched immediately, as were the multitude of other bomber bases spread throughout America, and there were many of them.

However, SAC could see the writing on the wall that Russia was on the verge of collapse. And their role as a deterrence was fading. All of this is “my opinion”, and many Senior NCOs concurred with my opinion. To justify their existence, SAC had to prove to the USAF that they still had a purpose, i.e., conventional warfare like they did during the Vietnam War. The USAF sent me and many other Senior NCOs from TAC to SAC for the purpose of training SAC supervisors who are unfamiliar with decentralized maintenance.

Shortly after arrival, I was awarded the Air Force Meritorious Service Medal 2nd OLC for my efforts at Alconbury. (NOTE: Alconbury Royal Air Force Base near Huntingdon,



My third Meritorious Service Medal



TDY Fairbanks, AK with B-52Gs in '87

Cambridgeshire, United Kingdom) My monthly base pay is now \$1,872.85.

In the fall of 1986, I was tasked to develop a deployment package identifying personnel, tools, test equipment, and spare parts to support a three-plane deployment to Fairbanks AFB, Alaska, in March 1987 to participate in Exercise Busy Eskimo '87. Before this, no conventional warfare deployment plans existed. The deployment was a resounding success, and the plan was used for future deployments. In 1987, I spent many more months expanding the deployment package to a six- and nine-ship package.

As NCOIC for maintenance, I deployed to Clinton-Sherman Industrial Air Park, Burns Flat, Oklahoma, in January 1988 to prove our bare base deployment capabilities. This was a B-52 Air Force Base in the 1950s- '60s and closed in '69. The "bare base" was correct. It had a runway, taxiway, hanger, and hundreds of vacant and abandoned base housing. Other than the early deployment of some Civil Engineer personnel to connect electricity and gas for heat, it was a proper bare-base deployment. All personnel slept in empty base housing on army cots and military sleeping bags and ate Meals Ready to Eat (MREs) for the entire deployment of ten days. Most of the base housing had only cold water.

I'm sure this will not impress the Army and Marines reading it, but I joined the Air Force for a reason. There is something to be said for concrete under your boots and a roof over your head, which appealed to me.

We were scheduled to depart Griffiss

AFB on Wednesday, January 9th, with three B-52s and two KC-135 Aerial refueling tankers. I failed to mention that every B-52 base had a squadron of KC-135 tankers assigned to the Wing. All non-flying maintenance personnel flew on the K5-135s with all the support equipment needed for the deployment.

Burns Flat, Oklahoma, had an extremely rare 18" snowfall two days before our scheduled deployment. It's cold. The snow is not going to melt. There is no snow removal equipment. The civilian base caretakers did have a road grader and would clear the 13,000-foot runway and taxiways the evening before our departure. They were still clearing a few roads to base housing when we arrived. The exercise was successful. We proved that we could deploy and operate in austere conditions.



Clinton-Sherman bare base exercise

We returned to New York, and I was again selected for deployment as Maintenance NCOIC. This time to Moron Air Base, Spain. It is about 35 miles southeast of Seville. By this time, the Bomber Branch was proficient in deployment. We took two B-52s and a tanker.

I wanted to take a spare engine, but it would not fit in the upper deck of the tanker. Guess what? One of



Moron Air Base, Spain



Engine change

the bombers landed with an engine problem requiring replacement. The B52 has eight engines and can fly with one not running. But this is peacetime, and we will not jeopardize crew safety. I am now trying to find a B-52 engine. One is found stored in England in War Readiness Material (WRM). It is flown to us on a C-130. The Spanish Air Force loaned us a large crane, and the engine was changed. The rest of the deployment was uneventful and successful.



Bullfight

My officer-in-charge (OIC), the deployment OIC, and I found time to travel to Seville and attend the bullfights. None of us had a basic understanding of Spanish to know the difference between Sol and Sombra when we purchased the tickets. Sol was cheaper, so Sol it was. We soon realized the difference as we sat in the hot sun instead of the shade!

Shortly after my return to Griffiss AFB, I was again selected to deploy to Roosevelt Roads Naval Air Station, Puerto Rico, as part of a team to assess whether the Station could support the deployment of B-52s if needed. We had to determine if the runways and taxiways were strong enough to support the Bombers. We had to determine whether wingspan clearances during taxi and parking were adequate. Were



the refueling systems adequate to support such a large amount of fuel? Etc, etc. These questions had to be answered.

When I returned from this deployment, I discovered I had been reassigned to Lowry AFB, Aurora, Colorado, reporting in August 1989. I was thrilled. My old boss from RAF Alconbury was there and was instrumental in getting me reassigned there.

So, we say goodbye to Rome, New York, and depart on a road trip to Colorado. We still have the '84 626 Mazda. We also have my 1984 Dodge pickup and our daughter's VW Rabbit. I towed the rabbit to Tennessee with my truck, and Barbara followed with the Mazda. We leave our daughter in Tennessee to attend Tennessee Technological University in my hometown of Cookeville, and the three of us drive to Colorado by Dodge truck and Mazda.



Lowry AFB, Aurora, CO, 1989-1991.

We arrived at Lowry AFB in August 1989. This time, there was an abundance of housing to choose from. We decided to buy again and purchased a three-bedroom, two-story, two-car



Lowry AFB. Back where I started in 1965

garage house in Aurora. We got Daniel enrolled in school. Barbara went to work at JC Penny in Aurora. She had worked with them in New York and transferred her position to Colorado.

I am again in the Air Training Command (ATC), where I started. However, my job was primarily administrative. I was assigned to the 3415th Supply Squadron, LGXS Office



(Integrated Logistics). Lowry was a training base with many airplanes converted to full-time, non-flyable trainers almost exclusively used for weapons loading training. In addition to the Fire Control Radar Systems training at Lowry, the munitions skills, conventional and nuclear weapons maintenance, loading, and release are also taught there. The LGXS office was responsible for maintaining configuration control of those trainer planes. All military aircraft are constantly being modified, and systems are continually being upgraded as technology advances. It was the office's job to ensure that when the active fleet of USAF aircraft was upgraded/modified, the trainers at Lowry

were included in the modifications/upgrades if that modification/upgrade affected the weapons systems being taught. This oversight also included all of the test equipment utilized during training. Configuration Control means we have to ensure the trainers and associated equipment utilized at Lowry stay in the same configuration used in daily operations.

We didn't want troops to be trained on one thing, arrive at their operational Base, and maintain a system different from that being taught. This control required a lot of travel to the manufacturers proposing or producing the upgrade/modification to ensure that we were included in the final end item quantity produced and the various components required to repair those components.

The typical job was to fly out commercially on a Monday, pick up the rental car, check into a motel, and spend three days consulting with whatever manufacturer I was visiting. Then, I returned home on Friday, spending the next week or two catching up on paperwork and producing after-action trip reports. Then, I would repeat the same procedure again at various locations. It was a lot of paperwork and record-keeping.

The Berlin Wall fell on November 9, 1989. By October 1990, West and East Germany were reunified, triggering the swift collapse of the other East European regimes. The writing was on the wall. The "Cold War" existed throughout my entire military career, and I served over 12 years in Europe, training to win that war, which was rapidly ending. The US was not going to have any "enemies."



Berlin Wall falls

In the wisdom of the Department of Defense (DoD), no enemy meant a lot less money appropriated for defense. The DoD started cutting back on purchasing, which meant DoD contracts were being scaled back or canceled. Fewer USAF personnel were required. What is the easiest way to cut personnel? Force an earlier retirement for all who are eligible. My high year of tenure (HYT) for SMSgt (E8) was twenty-eight years of service. I now have twenty-five years in, with three more to go. I was then notified that I had one more year to serve as the HYT for E-8, which was rolled back to twenty-six years! Great. Just Great. I served for twenty-five years to become disposable. That decision hurt me. But, once again, life must go on.

Due to the extensive training by the USAF, all of us Electronic Technicians could quickly be hired by a myriad of DoD contractors with excellent pay and benefits. That avenue became unstable due to the DoD canceling contracts to save money. There was no "enemy," remember? That avenue of employment was put on the back burner. I am preparing to retire and dealing with severe civilian employment concerns. I am becoming a civilian for the first time since I was 19, back in 1965. All of a sudden, 1991 starts flying by. I retired on 31 October 1991.

From basic training to retirement,



Retirement

I served 26 years and 18 days, including 14 years, five months, and 25 days of overseas duty. I served on 14 different Bases. I was assigned to numerous squadrons, including Field Maintenance Squadron (FMS), Armament & Electronics Maintenance Squadron (AEMS), Avionics Maintenance Squadron (AMS), Consolidated Aircraft Maintenance Squadron (CAMS), Aircraft Generation Squadron (AGS), Component Repair Squadron (CRS), Organizational Maintenance Squadron (OMS), and Supply Squadron.

I served in Air Training Command (ATC), Tactical Air Command (TAC), Pacific Air Forces (PACAF), United States Air Forces Europe (USAFE), 1st Special Operations Wing (AFSOC), Military Airlift Command (MAC), and Strategic Air Command (SAC).

I was awarded: Four AF Meritorious Service Medals / Three AF Commendation Medals / Four AF Outstanding Unit Awards / AF Outstanding Unit Award with a V for Valor / Eight AF Good Conduct Medals / National Defense Service Medal / Armed Forces Expeditionary Medal / Vietnam Service Medal / Five Republic of Vietnam Campaign Medals / One Republic of Vietnam Gallantry Cross with Palm.

Other Recognition: Presidential Unit Citation / Instructor Abilities Award, NCO Leadership School 1973 / Expert Marksman M-16 / Expert Marksman .38 Revolver / NCO of the Month, 8th AMS, July 1974 / NCO of the Quarter 8th TFW, 3rd Quarter 1974 / NCO of the Quarter 581st AGS 2nd Quarter 1979 / Class Vice President TAC NCO Academy December 1981 / Maintenance Person of the Month 834th OMS April 1982 / Maintenance Person of the Month 10th CRS March 1985 / Maintenance Person of the Month 10th TRW March 1985 / Maintenance Person of the Quarter 10th TRW 1st Quarter 1985 / Supervisor/Manager of the Year 10th TRW 1985 / NCO of the Month 416th OMS January 1988 / NCO of

the Quarter 416th OMS 1st Quarter 1988 / Senior NCO of the Year 416th OMS 1988 / Senior NCO of the Year 416th Bomb Wing 1988 / Supervisor/Manager of the Year 416th Bomb Wing 1988.

During a pre-separation briefing, I was told there are only three things to consider when seeking civilian employment.

1. What do you want to do?
2. Where do you want to do it?
3. How much do you want to be paid for doing it?

Arrange those three items in the order of importance, and then start your second career search.

I fell in love with Denver during training back in '66. Now we are here, and we all love it as much as I did back then.

Number one is where. / Number two was how much do I make? / Number three was what I do?

I didn't care what I did as long as I could make the most money in Denver. It was not a good time to be seeking work. The country was in a recession. The recession severely depressed job markets throughout the country, with unemployment rising from a low of 7.2% in October 1989 to a high of 12.1% in November 1992 and it would take ten years before unemployment recovered to a 7.2% level. Dozens of resumes produced almost nothing.

Wells Fargo, Denver CO, 1992

In January, I finally accepted a job with Wells Fargo ATM Services. I drove alone in a white, unmarked, armored Ford Aerostar van with bulletproof glass, gun ports, and a heavy-duty safe.

I restocked ATMs with cash on a daily different route. ATMs were pretty new in those days. The ATMs held 5-10-20 dollar bills. Twenty-dollar bills are the smallest dispensed these days. I serviced King Soopers Grocery stores and 7-11 convenience stores five days a week. I worked alone, wore a bulletproof vest, and carried a .38



revolver - all for \$7.35 per hour with no benefits!

I would work overtime on Saturdays or Sundays for extra money, performing on-call ATM repairs or emergency money restocking. During my pre-retirement job searches, I learned that the USPS had to offer all veterans applying for employment every exam they had provided to the general public during the years they were in uniform. They offered me every exam administered by the postal service from 1965 to 1991. I signed up to take them all. Shortly after retirement, I took a lot of exams. I passed and was qualified for everything the Postal Service does. As I waited for a vacancy to be offered, I took the Wells Fargo Job.

United States Postal Service, Boulder, CO, 1992

Reflecting on those times, I found myself at a crossroads. My current employer, Wells Fargo, had made a counter-offer, urging me to stay. They promised a raise to \$9 per hour with no benefits. However, with its part-



time city carrier position in Boulder, Colorado, the USPS was also on the table. After careful consideration, I decided to take the leap with the USPS, a decision that would shape my future.

New paragraph

My journey at the USPS was a learning curve. I quickly discovered that the organization offered entry-level positions to new recruits, with a strong emphasis on internal promotion. Despite having passed all the Maintenance/Electrical/Electronic exams, I realized that some of my colleagues had also cleared these exams through in-house testing and were awaiting promotion. This insight into the USPS's internal dynamics was a valuable lesson for me.

So, I took the USPS job. The Federal Minimum Wage was \$4.25 in FY 1991. I started at \$9.33 per hour part-time with no benefits.

I started my postal career in Boulder, Colorado, in the late spring or early summer of 1992 as a part-time flexible (PTF) city carrier. My first day on the job was to case mail. Casing mail is when I stand or sit at a letter case and sort the letters, one at a time, and put them into the appropriate location for the address on that mail. There is one slot for every address on the route assigned to that case. Each route has its own case. Almost all cases are three-sided, left, right, and center, containing slots for mail, and I stand or sit in the center surrounded by those mail slots. The regular carriers have the cases memorized and can accurately place those letters 30-40 pieces per minute.

Now, back to my first day. The regular carrier had already left to deliver his route, and I was to case the bulk business mail (junk mail) for the next day's delivery. It was a prolonged process. I read the address and scanned all three cases for the street name. Found it! I now have to find the house number. Found it! It only took about a minute. A few hours pass. I'm starting to feel comfortable. Letters are handled in two-foot trays, with the letters standing with the postage at the



Casing Mail using the RIGHT Hand

top left. I have cased around six feet. The regular carrier can case six feet in about 30-40 minutes. The carrier returns from his route and takes over, casing the route. He immediately let out a very long sigh and started removing all the mail I had spent all morning casing. I had cased the mail backward! I'm left-handed. I held the piece of mail in my left hand, read the address, and placed the mail facing left. All mail is cased facing right! Nobody told me! The case is set up in a delivery sequence. The first stop is at the top left, and the last is at the bottom right. My left-facing mail would have reversed the delivery route! The last stop first and the first stop last. I never repeated that mistake.

My second mistake was testing my dog's repellent spray. Make sure you know how the wind blows before you do a test spray. Don't spray it into the wind! Don't ask me how I know this.



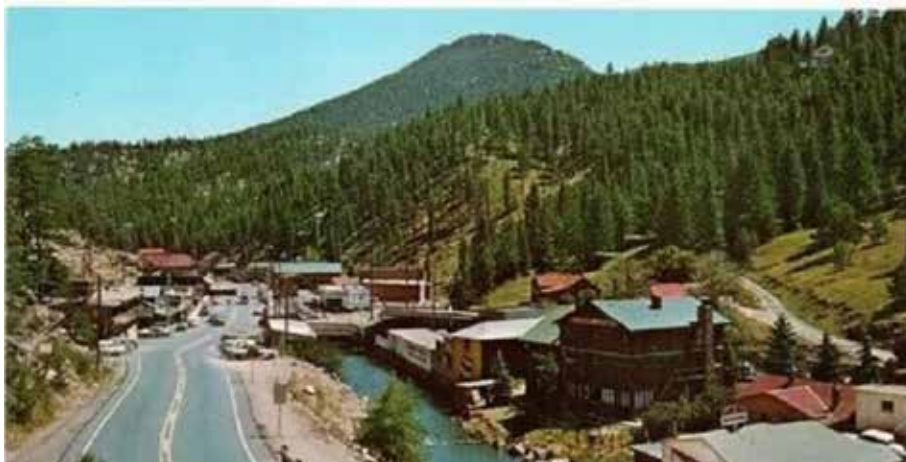
Dog spray



United States Postal Service, Evergreen, CO, 1992-2003

Some 60-90 days later, I was offered a job at another post office in a small mountain town called Evergreen, 40 miles west of downtown Denver. I traveled through Evergreen weekly while working for Wells Fargo. It is a lovely town at 7300 feet above sea level with a lake created by the local dam and a charming downtown main street. (Chapter 18, Photo 1a)

I accepted the job as a rural letter carrier substitute and was dual-hired as a casual. Both jobs offered no benefits. When not delivering mail, I worked in the post office loading and unloading the mail delivery trucks, moving, unpacking, sorting mail inside the office, and delivering it to the carrier cases. I had to purchase a mail delivery vehicle, the same as the rural carriers. I bought a ten-year-old Jeep Wagoneer to get through the snow in the wintertime. My Dad was a retired Rural Letter Carrier, so I generally knew how the system worked.



Evergreen, CO

After a year, a part-time-flexible (PTF) mail clerk position became available. I applied and was hired. Remember a while back, I mentioned that the USPS promotes from within? This is how it works. I am now beginning the slow ascent up the career ladder. I am guaranteed four work hours per week and now earn annual and sick leave. The 4-hour guarantee usually translates to 40-plus hours per week plus overtime. I no longer deliver mail, so I am selling the Jeep. My primary job is now casing mail for the routes. I no longer have to learn house numbers, just streets. I now memorize every road and street and which route they belong to. We had twenty-four routes, and I sorted the mail to the appropriate route. The route carriers then case their mail in the proper delivery sequence by address.

Another year passes, and a regular clerk position becomes available. I applied and was accepted. I am a full-time clerk with full benefits, a retirement plan, and a guaranteed 40 weekly hours with scheduled days off.

We had previously purchased a home, and Barbara had acquired a job at a local high-end fine jewelry store. She had jewelry experience from JC Penney in New York and Denver.

Our house was at 8500 feet, another 1200 feet higher than Evergreen's downtown. We had a 1-acre timbered lot, one mile up a dead-end dirt road. The county line ended three houses



Our mountain home

past us. Wildlife was abundant. We frequently had Elk in the yard.

I was still driving my 1984 Dodge pickup that I had purchased in New York and had driven to Colorado in 1989. We gave our son the 1984 Mazda 626 that I had purchased in England,



Our Elk Viewing back yard

and Barbara was driving a Dodge Caravan Minivan. Life was routine and comfortable when I had a Mid-life crisis in 1998 and bought myself a Motorcycle!

I was 52. I had never ridden a motorcycle. Never. I attended a Motorcycle Riders Safety Course in Denver before picking up my new black and chrome Yamaha V-Star Classic. I purchased it in Castle Rock, Colorado. That was 63 miles from our house.



1984 D100

Barbara drove me to Castle Rock and dropped me off at the Motorcycle shop. The bike was ready! All chrome, windshield, saddlebags, and fully loaded, sparkling in the sunlight. I kept telling myself to breathe. I was ready; preparing to enter the unknown was a little scary. I had never ridden over twenty or twenty-five mph, and that was in a parking lot during the safety course! I rode this new and unfamiliar bike several times up and down the street, getting used to starting, shifting, and stopping. I did one last check, took a deep breath, eased out the clutch, and took off for home, some 60-odd miles away. The trip was uneventful, and I kept that bike for ten years.

In late 2000, a window clerk position became available. You see these folks behind the counter when visiting the Post Office. I applied and was accepted. Being a window clerk was the only way to get Saturday and Sunday off. Everyone worked split days off. They have Sunday and another weekday. A couple of the senior folks did have



Postal window clerk (NOT me)

Sunday-Monday off. All the regular window clerks got Saturday and Sunday off, and the PTF folks worked the window on Saturdays.

Around this time, I purchased my first Mercedes-Benz since leaving England, a 1995 C220. It felt good to be back in the saddle of a Mercedes.

After a year as a Window Clerk, I decided to get into Maintenance again. I missed those Air Force days of turning wrenches. In January 2003, I traveled to Denver, took the Maintenance Exams, passed them all, and started looking for a job outside Colorado. We loved living there, but a 73-inch snowfall in March 2003 left us snowbound for a week. We had enough. It was time to look for warmer climates.

New Paragraph

I found an opening in Las Vegas, Nevada. In May 2003, I flew there and interviewed for the position. I was accepted and told later when to report. I was told to report to work on 21 October 2003 in June. Somehow, between June and October, we had numerous yard sales, donated my Pickup to charity, sold the house, and successfully moved to Las Vegas.

Las Vegas, NV, 2003-2018

I started working as a mail processing equipment mechanic (MPE) at the Las Vegas Processing and Distribution Center (P&DC) at Sunset and Paradise on October 21, 2003. There is not much to say about the job, but it was highly satisfying. In 2006, I was promoted to Electronics Technician (ET). I loved maintaining, repairing, and calibrating



1995 Mercedes-Benz C220

those mail-processing machines.

Barbara was house shopping while I worked. The year 2003 was not a good time to be house shopping. Prices were rising by at least \$1000 per week. After a month of looking, we finally bought a house. It was a lovely three-bed, three-car garage, two-bath, three-year-old home. Our realtor met us and gave us the keys to our new house in North Las Vegas the day after Thanksgiving 2003. As we entered the house, we were greeted by the old owner. He had not moved out! We had closed correctly, and the house was ours. He stated, "I'm broke and cannot move until I get my money from the house sale." We are left standing there dumbfounded, looking at each other and speechless. All of his furniture is still in place. It's my house. I have the keys. I go to the police. They tell me to hire a lawyer. It is a civil matter. We are lost. We don't know what to do. We extend our stay at the Quality Suites for another week, hoping he will move as soon as he gets our money from the house purchase. He did move out in the middle of the following week. But if he hadn't? Word to the wise. Don't ever close on a house until the house is empty and you inspect the property.

We bring Barbara's Dodge Grand Caravan to Las Vegas, towing a U-Haul with my motorcycle and assorted boxes. I drive my 1991 Thunderbird Super Coupe. We position my Mercedes at the Denver Airport. Two days later, Barbara flies to Denver, picks up the car, and drives it to Las Vegas.

This is our first house with a swimming pool and a three-car garage. We're happy and made good use of that pool. The job transfer produced



1998 YaMAHA



New home at Zebra Court

enough extra income that Barbara never had to work again. I am very proud that she was able to quit in her early fifties. That was possible due to our disciplined financial management throughout our life. I soon discovered riding a motorcycle in Las Vegas is nothing like riding in Colorado. All those straight roads, stop light to stop light, in full leathers, in the heat, are no fun. I kept riding it less and less.

Barbara and I did the whole Las Vegas thing those first four or five years. We saw more shows and ate at more buffets than I can count. We grew tired of the whole scene.

After a couple of years, I started wanting to acquire a replacement for that 1971 Mercedes that I had in England. I had always missed it. I started looking. After a year, I eventually found one in Tennessee and bought it in 2008. It was virtually a twin to my one in England, which was exactly what I was looking for. I was thrilled. I drove the car from Tennessee to Las Vegas on I-40 all the way to Kingman, Arizona, and then Highway 93 into Las Vegas. The trip went well until I was



Proud new owner, day 1, 1971 Mercedes

approaching the Oklahoma border. The car slowed to almost walking speed on the Interstate. At a gas station with a mechanic, I discovered that my gas tank was rusty and the fuel filter was clogged. They blew out the fuel line and replaced the fuel filter. I spent the next two days and twelve hundred miles changing the fuel filter every four hours. (Chapter 19, Photo 4) I limped into a home on the third night. I began my restoration soon after. The gas tank was the first repair. I soon discovered that I had just driven 1800 miles with no back brakes and only one pad working on each of the front brakes! Most folks call it a frame-on restoration that consisted mainly of a complete paint and upholstery re-do. I sold the motorcycle to pay for the upholstery. It was in the paint and body shop for five months. The floor was replaced. From acquisition to completion, it took approximately three years.

We became regular attendees at the local “cars and coffee” gathering every Sunday Morning for many years. You could call us regulars up until we moved to Pahrump in 2018. I still have that car. It is mainly restored to its original condition, and I have been awarded numerous trophies while participating in car shows. We have driven the car as far away as Durango, Colorado; Cedar City, Utah; Lake Havasu, Arizona; and Ridgecrest, California.

In 2007, we bought Barbara our first and only new car. She had always admired the Dodge Magnum, introduced in 2005, and she strongly desired to own one. She loved its long, low look, but it had to be black! I traded in her Dodge Grand Caravan and bought her one in black. She still has it today.



2007 Dodge Magnum SXT

Barbara is originally from Hamburg, Germany. She had the “HAMBURG” license plate on her Caravan in Colorado for a long time. A couple of years after moving to Nevada, the “HAMBURG” license plate became available. She now has that on her Magnum, and if you see a black Dodge Magnum with Hamburg License plates, wave or honk. It will be her.

I retired from the US Postal Service at age 65 in 2011 and applied for Social Security.

I served 26 years with the USAF and 18 years with the USPS.

Pahrump, NV, 2018- Present

On February 20, 2018, we moved to Pahrump, Nevada. We again purchased a house with a three-car garage and a pool. Barbara joined the Shadow Mountain Quilters. She was a Las Vegas Desert Quilters member for many years before moving to Pahrump. She has also fully supported me in my car hobby with the Mercedes. When I was working in Las Vegas, she would attend the local Cars & Coffee meet on Sunday mornings in the Mercedes and take photos of all the cars so I could look at them when I came home from work. I worked on Sundays. The Mail



O Happy Bread Sat Mornings

never stops! No new Paragraph She always accompanied me in Pahrump when our local car community meets every Thursday at Rubalcaba's Restaurant and Saturday Mornings at O' Happy Bread.

Barbara currently manages a Facebook page called Pahrump Car Shows, etc. Through it, she tries to keep everyone in the local community updated on happenings, events, and local car shows. In addition, she highlights all attendees' cars by photographing and sharing those photos with all of her followers. The page is reasonably successful as she now has 2800 followers from all over the world. I guess folks enjoy looking at beautiful automobiles.

For our 50th Wedding Anniversary in 2021, we purchased a 1934 Dodge Street Rod for her.

During those years, she supported me with my various car endeavors, and she needed to be rewarded. She consistently migrated to the long 1930s sedans, the Al Capone, Bonnie, and Clyde-type cars at every Car Show we attended. I was fortunate to discover it was for sale locally in Pahrump. I purchased it from the original builder: a charming lady named Diane D. Thanks, Diane. I will be forever grateful to you for allowing me to



Rubalcaba Restaurant Thursday afternoon

acquire Barbara's dream car. We have made numerous acquaintances and friends between the car community and Barbara's quilting group. We have been delighted these past seven years living in Pahrump. We never intend to move again after residing in fourteen homes since 1971.



1963 1/2 Ford Falcon

JUST IN!! A few months back, I added a 1963 1/2 Ford Falcon Futura Fastback to my stable – "Hot Rod Red," of course. I have longed for one since they were new. I still have a few bugs

to iron out, but it is a really fun and fast car to drive. It is my first standard transmission car since I sold my AMC Pacer back in 1983.

FLASH!! I now have a delivery date for my new two-car garage: the week of June 9th!! I am one happy camper. Thanks to Barbara for continuing to write those checks!!

Finally, I wish to give a never-ending thanks to my companion, friend, lover, and wife these past 54 years. I would not be the person I am without Barbara's continuing encouragement and support. She truly is and has always been the Wind beneath my wings!!

As Porky Pig eloquently stated, "Th,th,tha,tha, that's all folks."

While this concludes my 4-Part story of my career, it is only the beginning because the journey continues. I hope you read Parts 1 through 3 in past issues of the Pahrump Life Magazine. I am excited with anticipation to hear what the readers think of Part 4 of my story. "Thanks for joining me on this fantastic journey."

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.



1934 Dodge Brothers



Healthy Living

A Surprising Truth About Personalized Nutrition

By Crystal Atwood

Did you ever buy a diet book because a friend raved about it, but your experiences were like night and day? She felt invigorated and lost weight. You dragged yourself around and wondered if your bathroom scale was broken.

Scientists are starting to prove what you probably suspected for years. Different people respond differently to the same foods.

Recent studies show that individual genetic traits and metabolism rates determine what foods will help you lose weight and stay healthy. Even the government has modified its one-size-fits all nutritional recommendations to take into consideration factors like age,

gender, and levels of physical activity.

It's time to find a diet that works for you. See why you need a personal food plan and learn how to develop one.

Why You Need a Personal Food Plan

- **Build confidence.** It's easy to doubt yourself when your sincere efforts fail to pay off. *A diet that's designed with you in mind will reward you with success.* Each milestone you reach inspires you to keep going.
- **Manage chronic conditions.** Personalized nutrition is especially important if you're dealing with serious health issues. For example, if you have diabetes, you need to know that the glycemic index is just an average

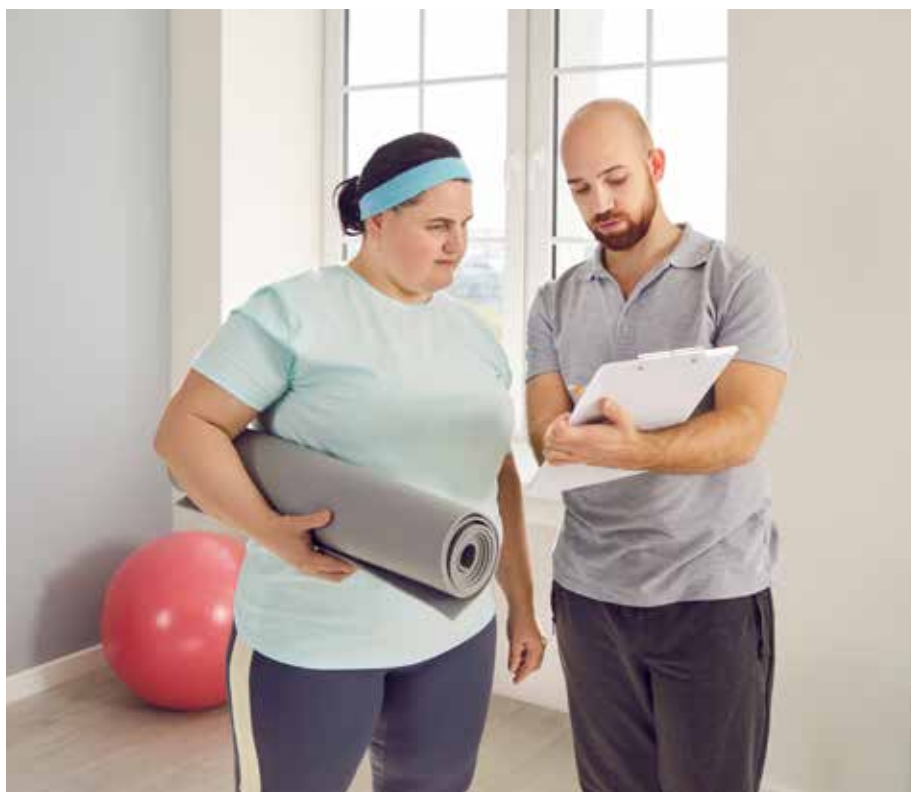
figure. Any specific food may have a smaller or greater effect on your blood sugar levels.

- **Keep weight off.** *More than 80% of adults who lose weight gain at least that much back within two years.* Permanent lifestyle changes that are realistic for you will help you to stay in top condition for the long haul.

Creating a Personal Food Plan

- **Consult a professional.** For additional assistance, your physician may refer you to a nutritionist or dietitian.
- **Keep a journal.** Whether you work with a professional or on your own, a journal is a useful tool. Spot patterns by writing down what you eat and when.
- **Act your age.** Your dietary needs change as you age. You may need to cut back on calories, and watch out for side effects of various medications.

“More than 80% of adults who lose weight gain at least that much back within two years.”



- **Understand your BMI.** Your body mass index and related metabolic rate are two concepts that can help you estimate your calorie needs. *Search for free online calculators* or ask your health team about how to take your measurements.
- **Consider your gender.** Dietary recommendations are similar for males and females until about age 10 when puberty and hormones create a new scenario. At that point, women generally need fewer calories and more calcium and iron than men.
- **Explore your genes.** Genetic counseling raises sensitive issues such as privacy, but may continue to play a larger role in health care and nutrition. Learn about your family's medical history and talk with your doctor about your concerns.
- **Budget your time.** Design a diet that fits your schedule. Do you enjoy spending hours in the kitchen or do you need a list of healthy take-out options?
- **Seek support.** Programs like Weight Watchers consistently



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

score high ratings because of the social support they provide. *Let your family and friends know what they can do to help you eat healthy.*

- **Exercise regularly.** As always, physical activity is the other side of the equation. The safest way to lose weight includes more whole foods and daily exercise.

If you're tired of generic advice that lets you down, start looking into personal nutrition. A diet that suits your personality and lifestyle will be easier to stick to and more likely to deliver the results you're looking for.



Recipe Box



COCONUT WATER LEMONADE

By Crystal Atwood

<https://naturalvibes-healthandwellness.com>

4 ingredients

5 minutes

4 servings

Ingredients

- 4 cups Coconut Water
- 1/4 cup Lemon Juice
- 2 tbsp Maple Syrup
- 1/2 Lemon (small, sliced)

Directions

1. Add the coconut water, lemon juice, and maple syrup to a pitcher and stir well to combine. Pour into glasses and garnish each one with a lemon slice. Enjoy!

Notes

Leftovers. Refrigerate in an airtight container or pitcher for five days.

Serving Size. One serving is approximately 1 cup.

More Flavor. Add orange or lime juice.

Nutrition (per serving)

Calories 73	Cholesterol 0mg
Fat 0g	Sodium 65mg
Carbs 18g	Vitamin A 1IU
Fiber 0g	Vitamin C 30mg
Sugar 16g	Calcium 28mg
Protein 1g	Iron 0mg



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SINGER/SONGWRITER





financial focus

with Jeffrey R. Dye

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



Financial Moves for a Growing Family

If you're adding a child to your family, it's an exciting time, and you have much to anticipate. Of course, this new addition will bring many changes in your life, so you'll want to be prepared — especially in terms of your finances.

What financial moves should you make as you welcome your new child? Here are a few to consider:

- **Estimate expenses — and create a new budget.** You will likely have several new expenses associated with a new child, ranging from relatively minor purchases — car seat, stroller, crib, etc. — to potentially much larger costs, such as a vehicle with more space or even a new home. You'll need to estimate what you can afford for these initial expenses and then work in to your budget the everyday additional costs — food, clothing, uncovered medical expenses and so on.
- **Look at options to support taking time off work.** Depending on where you live and where

you work, you might have some sources of support if you take time off from work after the arrival of your child. These options may include paid time off — such as sick leave and vacation time — paid family leave, short-term disability insurance, and some benefits from the Family Medical and Leave Act.

- **Determine how childcare will be provided.** Childcare can be expensive and, in some areas, hard to find. Well before the arrival of your child, start looking for childcare, so you can explore your options and start factoring in the costs to your cash flow and monthly budget. During your search, look at offerings from local community centers, religious institutions and nonprofit organizations, some of which may offer low-cost childcare programs.
- **Contribute to your emergency fund.** It's generally a good idea to keep up to six months' worth of living expenses in a liquid, low-risk account to pay for unexpected costs — and with a

growing family, these costs may well increase as your child grows older.

- **Look at your tax situation.** You may want to consult with a tax professional to determine whether you qualify for credits or deductions, such as the dependent care credit, the federal child tax credit, and adoption-related credits (if you adopted a child). Also, you may want to update your Form W-4 to add a dependent — a move that may lower your tax withholding and increase your take-home pay.
- **Start your education planning.** It's never too soon to think about paying for costs associated with your child's education. You might want to consider a 529 education savings plan, which offers tax benefits and can be used for college and many vocational programs, as well as some K-12 costs. A financial advisor can help you explore all available education savings options.
- **Check your insurance.** You'll need to add your child to

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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*****

your existing health insurance, but if you don't have insurance, see whether you qualify for Medicaid or the Children's Health Insurance Program (CHIP), or look for a marketplace plan at [healthcare.gov](https://www.healthcare.gov). You might also need to purchase additional life insurance coverage. And with a growing family to support, you might want to add disability coverage to protect your income against short- or long-term disabilities.

Bringing a new child into your life is certainly a joyous occasion — and by being financially prepared, you can make the whole experience even more enjoyable.



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Wills & Trusts

It's Best to Plan Ahead and Be Prepared

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

This year marks 11 years that David Bindrup Law Firm has had an office in Pahrump. As the saying goes, “the days are long, but the years fly by.” Pahrump has continued to grow and develop over the past 11 years, and we look forward to continuing to have the privilege of serving this community for many years to come.

Whether you're new in town or have been around a long time, many are not Pahrump natives, but have relocated to Nevada from all over the country. One of our favorite parts of meeting new clients is learning about what brought them to Pahrump. According to the US Census Bureau, one-third (1/3) of Pahrump residents are over the age of 65, and the average household size is just over 2 people.

When you came to Pahrump, you may have brought your estate plan with you. There are a few things you should consider when reviewing your estate plan now that you live in Pahrump.

First, it's important to understand when you live in a largely rural community with many retirees like Pahrump, that with the beauty and peace of living in such a spread-out community, also comes danger. With the average household size barely exceeding two (2) people, it is not unusual to live alone here. However, with homes spread out and beautiful, spacious yards, comes the risk that it may take some time to realize that a neighbor or friend hasn't been seen in a while.

Because of that, it's important that you have a good system built-in to your routine of checking on those you know to make sure everyone is

healthy and safe. Part of this includes reviewing your estate planning to make sure you have a properly designated guardianship nomination, as well as a health care agent and financial agent who can act under properly drafted and executed powers of attorney.

With these documents, if you are struggling, you can have those you trust step in to help manage your affairs, instead of relying on elected officials or government employees to handle intimate decisions about your wellbeing and finances. If these designations are not properly made, it is all too easy for these strangers to step in and become involved in your life in a way you may never have wanted or anticipated.

Another common concern is whether your trust or will “works” in Nevada. Would it be accepted by Nevada courts if the need arose? How will it be carried

“According to the US Census Bureau, one-third (1/3) of Pahrump residents are over the age of 65, and the average household size is just over 2 people.

on if you pass while you are a Nevada resident? What happens if you die out of state? All of these questions can be answered by a competent and carrying Nevada-licensed attorney who can review your documents to make sure they comply with local and State laws in these vulnerable situations. Your documents may not need to be updated at all, but the only way to be sure is to have them reviewed to ensure accuracy and legality.

Last, it's important that you understand the way community property and separate property function under Nevada law. This area- mine, yours and ours- is very complicated, and often varies from state to state. Whether you live on

your own or with a partner or spouse, it's helpful to know how these laws function to help you protect yourself and your loved ones, no matter what (or who!) life brings us.

Whether you're here for a season of your life or the rest of your life, hopefully you have found solace in the slower pace, space and culture that abound in rural Nevada. But the best way to really feel at home is to make sure that your legal documents that control everything you have and have earned are properly drafted so that when you need them the most, the peace you feel in this beautiful valley will continue to permeate your life. After all, since the days are long, we might as well enjoy them, right?



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!

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The Straight Razor Shave at the Barbershop

By Anthony Castillo

In the previous article we mentioned that we were going to be focusing on the straight razor shave you get when you go to a Barbershop. What comes to mind when you think about classic barbershop services? I don't know about you, but I think about haircuts and shaves. The straight razor shave really hasn't changed much since the days when your old man or grandfather used to frequent the shop for what is considered perhaps the manliest of services at the barbershop. This article will answer two questions. Why get a shave at a barbershop and what can you expect?

The straight razor shave is a relaxing and luxurious service that will leave you feeling refreshed, pampered and rejuvenated as you indulge in a superior service that allows you to unwind. Your barber will start with a hot towel to help to open up pores, soften facial hair, and relax your muscles. This is a key part of the experience and feels incredibly soothing. Multiple hot towels might be needed if you have

barbed wire for facial hair! Ha! Next your barber will prep the skin with a pre-shave oil/lotion or a rich warm lather depending on your facial hair. Next comes the actual shave portion of the service which should not be painful or uncomfortable. Once this is completed your barber will apply an after shave followed by a cold towel to close the pores, reduce redness and provide a refreshing sensation. Next your barber will use some kind of after shave balm/lotion that will help moisturize your skin and reduce any irritation. Some barbers, while applying an after shave balm, will include a brief facial massage as part of the post-shave treatment, further enhancing relaxation and promoting circulation. The service typically will last 30-60 minutes. It's not a quick in-and-out service, but rather a deliberate and enjoyable process.

Still not convinced? Here are a few more reasons that might change your mind:

Reason 1

A relaxing service like a hot shave at a barbershop offers a surprising

array of benefits for men, extending far beyond just a clean face. These benefits touch on physical well-being, mental health, and the importance of self-care. In our fast-paced lives, men often carry significant stress from work and family responsibilities. A hot shave forces a pause. The barber chair becomes a sanctuary where worries can momentarily fade.

Reason 2

We mentioned in the previous article that men were accustomed to getting shaves at the barbershop regularly between the late 1800's to the 1940's. This practice has diminished and now we see men frequenting the barbershop for a shave less and less. Which in turn means that this practice/tradition isn't being handed down to our children which means that they will not hand it down to theirs. Let's keep the tradition alive!

Reason 3

A lot of men have never had a traditional hot towel, warm lather and straight razor shave. Some come in wanting a shave because they want to be able to check that off their list and sometimes they get hooked. This may not be the case for you but if you're thinking about it and end up pulling the trigger, then you can at least say that you crossed it off your BUCKET LIST.

Here are a few additional tips if you decide to get a shave. 1) Resist the urge to make continuous eye contact with your barber while they're shaving you – it can make things a little awkward for both of you and a bit distracting for your barber. 2) Silence during the shave is crucial for your safety; talking increases the risk of cuts. 3) For your safety, it's essential to let us know if you are currently on any blood thinners or anticoagulants. We would be unable to perform a shave under these circumstances due to the increased risk and difficulty in controlling bleeding.

Ultimately, every man should experience a professional straight razor shave at least once. It's more than just grooming; it's a therapeutic ritual and a rite of passage that isn't just about looking good but feeling profoundly better.

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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

“The straight razor shave is a relaxing and luxurious service that will leave you feeling refreshed, pampered and rejuvenated...”

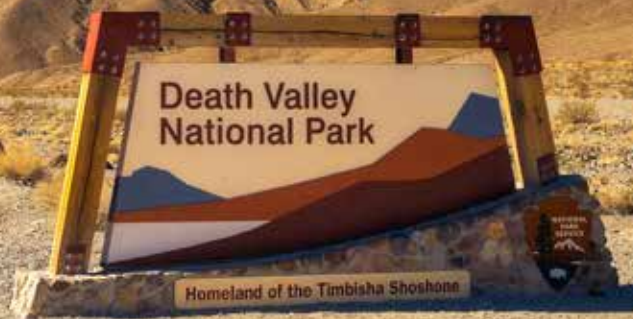
passion, and after leaving NCSO, he trained in Las Vegas and has now been barbering professionally for five years.

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!



THE CHARLES MANSON FAMILY IN DEATH VALLEY



By Mary Ann McNeill

Can you believe that the Charles Manson Family exploits extended to the streets of Pahrump while they hid away from law enforcement in a remote area of Death Valley?

Well, that's exactly what a woman told me who said she lived with the Family for a brief time. I have recently written a book that re-tells some of the stories she told me while I was the Manager of the Death Valley Chamber of Commerce. Christine Butler, one of the Publishers of Pahrump Life Magazine, was kind enough to offer me a story about my book to appear in the magazine.

I call the woman who told me the stories Patty Sue—which is a composite of the names of two of Manson's Family members—Susan Atkins and Patricia Krenwinkel. They were two of the people convicted of

taking part in the infamous murders that happened in late 1969 and early 1970. Those murders were the Tate/LaBianca murders, among about nine others, that law enforcement suspected were performed by the Manson Family around that time. She was a middle-aged woman with long, dark hair pulled back in a messy bun. Lis Wiehl was a long-time television journalist who wrote a best-selling book about the Manson murders. She included photos of three of the Manson Family women who were convicted of participating in the murders—Susan Atkins, Patricia Krenwinkel and Leslie Van Houten. These three women looked very much alike and the average person probably couldn't tell them apart with a casual glance unless they knew them well. The woman who talked to me looked very much like the photos, but aged over 35 years later, when she walked into the museum where I worked. Ms. Wiehl's book is one of the 20-30 best-

selling true crime books on the market about the Manson murders that I used in research for my own book. If the Pahrump Life Magazine (PLM) readers want to read about or refresh their memory of the Tate/LaBianca



The road to Pahrump, Nevada, the largest town near Death Valley, where members of the Family did much of their creepy crawling.



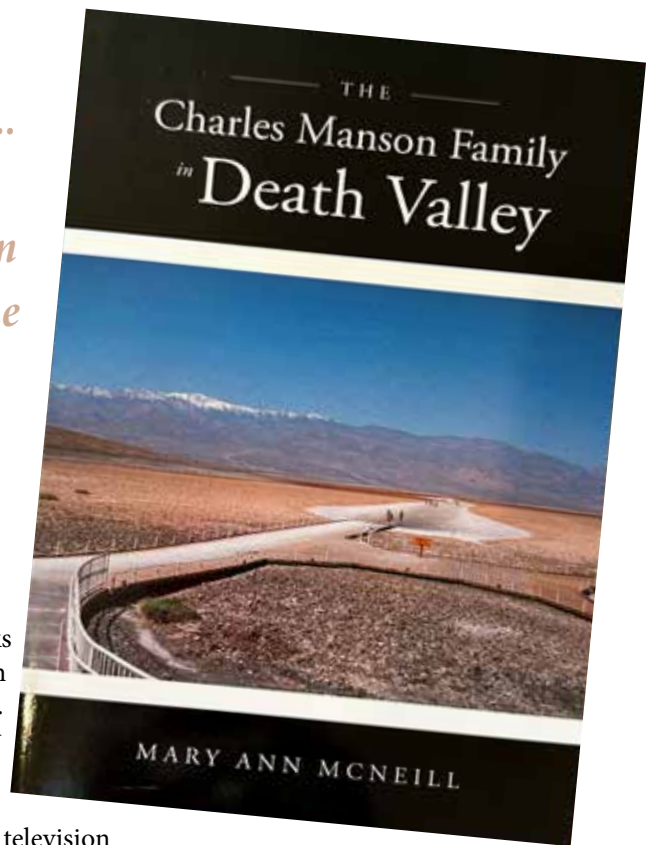
The famous/iconic entrance to the Ranch at Death Valley where members of the Family often visited.

murders, they should see the most famous one of these books, which is the prosecutor Vincent Bugliosi's book "Helter Skelter." Helter Skelter is the name that Manson called his greater plan of causing mayhem and so much panic and chaos to the American public, that common community structures would collapse and then he and his Family could rise up and take over governing the country. Manson had very grandiose ideas! Helter Skelter was a song taken from the Beatles' use of the word in their album, named "The Beatles", which is also called "The White Album." Manson fancied himself a musician and wished to meet the Beatles, Elvis and Dennis Wilson of the Beach Boys fame, whom he sought out to help him break into the popular music business.

My book is not about the murders. That story has been done to death

"...my book is a description of... what Family members did in their spare time and methods they used to panhandle tourists..."

with all those books and numerous television stories about the crimes. The crimes are still very much discussed among true crime enthusiasts. Just recently, there was a television show about the alleged mind control experiments that the government tried to use to make its soldiers ruthlessly go after enemies to defeat them. It was alleged that Manson became a part of those experiments and that he used some of those methods to control members of his family so that they would go out and commit the murders and steal for him. Also, the trial of Bryan Kohberger, who is accused of killing the four University of Idaho students in 2022, is being played out as I write this. It was thought by many that Kohberger took inspiration from the Manson murders to do his nefarious deeds.



Rather, my book is a description of the Death Valley area and how the Family had to live in the hot, sparse climate with little to eat and protect themselves from the natural hot and dangerous conditions of the area. It also discusses what Family members did in their spare time and methods they used to panhandle tourists for money to buy necessities. It also discusses the psychological reasons that middle-class kids from good families would leave their relatively comfortable life to go live with strangers in a sparse, hot, dry, and encounter mostly uncomfortable conditions in an area far away from the normal life they are used to. I have changed the names of the characters, all except Manson, to "protect the guilty." Most people who know this story know all the names, but those who want to be reminded, can find them in the Wiehl and Bugliosi books.

The DV Chamber office where Patty Sue came and told me her stories, was housed in the Shoshone, California museum, which is a 30-plus mile drive



The Inn at Furnace Creek



Badwater Boardwalk where members of the Family did most of their panhandling.

out Highway 372 as you would be driving West toward California from Pahrump, Nevada.

There were many, many tourists traveling through the greater area going towards Death Valley National Park in California during my time at the Chamber, and I didn't pay a lot of attention to the woman's story at the time. The museum served as a visitor center for the park, housing pamphlets, maps and other information about the park and the natural features of the area. I had some wonderful helpers who managed the cash register out front in the museum, but I would often leave my back office desk where I performed administrative and budgetary work, and go out front to the museum display areas to greet visitors, do a little minor cleaning and straightening of the books and gift items that were for sale there. Patty Sue was one of those people who frequently visited the store and walk around the displays. We would get in brief conversations and I thought she was a local, among many other locals who frequented the store—perhaps living in Tecopa, California, Pahrump, Beatty, or the mountains to the West of Shoshone.

According to 20 or 30 of the true crime books that I researched for my book, the Family lived in the Barker Ranch area of Goler Canyon—a very remote area of the Death Valley

National Park in the far Southwest corner. This was after they lived in the Spahn Ranch area. That was an old, mostly abandoned movie ranch and studio north of Los Angeles. Manson thought that area was too easy and convenient for law enforcement to find them after they did their Creepy Crawly activities, and steal vehicles to alter, disguise and re-sell so that they could buy food and clothing. That is when he found the more remote ranch in Goler



Canyon in the Death Valley area.

The term “Creepy Crawling” was what the Family used to describe their main activity of raising money to provide for their lifestyle of not holding down proper jobs. The activities consisted of silently entering campsites, and later, private residences, late at night when the residents were asleep. The Family could enter and leave without the residents even knowing that they were there. They sought out



Near Manson hideout at Goler Canyon in Death Valley National Park



The Amargosa Hotel at Death Valley Junction where members of the Family did most of their creepy crawling.

“The term ‘Creepy Crawling’ was what the Family used to describe their main activity of raising money...”

houses that did not appear to have a dog who could alert their owners of their presence. Once silently entering the house, they looted through closets, chests of drawers, and anything else that they could find that they thought they could sell, or, hopefully, find stashes of cash, which they didn't have to further find a way of disposal. They started out going through the campsites located in Death Valley National Park. The most lucrative was the larger Furnace Creek Camp in the center of the Park business area. When those activities didn't produce the necessary amount of cash or loot, they looked toward the East and the more lucrative housing areas of Pahrump to make their nightly visits.

Charles Manson died in prison on November 19, 2017 In Bakersfield, California. Most of his cult followers have been convicted and serving life sentences in prison, or have also passed on.



The Shoshone Village where the Family came to purchase food and supplies.

My book is available for purchase on Amazon, Barnes and Noble, iTunes, and Google Play. It has also been listed in many similar websites in other countries and there is a Kindle edition available. The Manson Family in Death Valley book should also be available in the local retail locations of Death Valley Marketplace, the Pahrump

Walmart, CVS, Walgreens, Smiths Food and Drug, and Albertsons, as well as the Pahrump Museum. If you cannot locate it, ask to talk to the manager and ask if he/she is carrying the book—it may be sold out!

Thank you to everyone who may be interested in reading this story!



Charles Manson's truck can be seen at the former ghost town of Ballarat near Trona, CA

Medical Advice

Total Knee and Total Hip Replacements

Knee & Hip Problems with Aging - Part II



*Dr. Stephen Schaefer,
PT, MBA*

By Dr. Stephen Schaefer, PT, MBA

Last month's issue of Pahrump Life Magazine covered osteoarthritis of the knee and hip – including symptoms, with stretches and exercises that may help. Now we will cover surgical options for advanced osteoarthritis of the knee and hip, when you just can't put it off any longer.....

Thinking about Having a Knee or Hip Replacement?

Are you considering having a total hip or knee replacement? If so, you've probably been thinking about this for a long time and wondering when the right time is. From my experience most people wait until they can't take it anymore. The typical progression of osteoarthritis takes two to three years. Over this time the stiffness, soreness, weakness, and swelling get worse, and then "it's time"!

It's More Than Just the Bones Who Need Attention

With osteoarthritis, the smooth articular cartilage that protects the bony surfaces in the joint continues to wear thin, eventually down to the bone, causing pain. The joint is not getting normal lubrication (synovial fluid) of the joint surfaces, and the joint gets stiff. Movements like getting up out of a chair or off the toilet become increasingly difficult and you may find

yourself using your hands to help get up. So, we (yes we, I had a total hip replacement too) get sedentary over time which takes a toll on the muscles, which get very weak and tight.

Weakness: Patients are usually shocked when I point out how much muscle mass they've lost on their bad side. The large quadriceps muscles on the front of the thigh lose a lot of size and tone, called atrophy. Atrophy occurs very quickly when a person becomes sedentary, and this usually isn't noticed until surgery is considered. Now that it's summer, pull up those shorts and have someone look at your thigh muscles. (See the May/June issue of Pahrump Life Magazine for exercises you can do).



Weak thigh muscles

Stiffness: A problem that occurs over a long period of time is the stiffness that develops in the muscles and tendons.

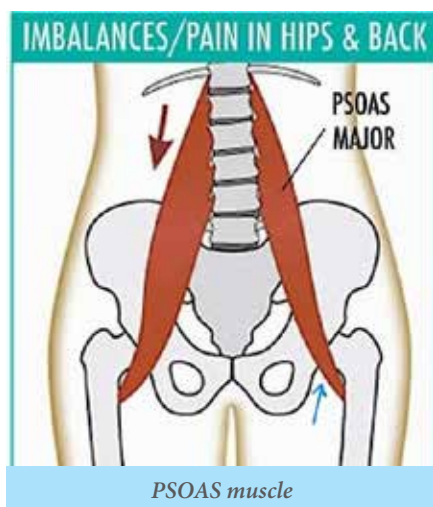
For the knee, there should be full extension of the knee, so the leg goes completely straight without a

remaining bend (lag) at the end. With osteoarthritis, over time the knee loses its ability to go fully straight in many cases, and so the hamstring muscles that normally get stretched when the knee is straight, get very tight. After a total knee replacement, the knee joint can now swing fully into extension (straight leg). However, the tendons (semitendinosus and semimembranosus on picture) get so tight behind the knee over time from not being stretched, that even when the knee joint can move after surgery, the person cannot straighten the knee. Sit in a chair and see if you can straighten your knees fully, then feel behind the inside of the back of the knee, where the blue arrow is. See if it's tender.



Hamstring muscles

For the hip, there should be hip extension so that when you are walking the hip goes “behind” the body (extension) while the other leg is stepping forward (flexion). But when the hip flexors (Iliopsoas muscles) in the front of the hip (top of the thigh) get tight due to hip osteoarthritis, the hip loses flexibility and restrict movement. In some cases, you may notice that when you walk the “bad” leg steps out forward with a normal step, however the opposite (good) side may step forward only half a step. This occurs because the muscles on the front of the hip are so tight they can no longer allow the thigh/hip to move backwards. This is called an Iliopsoas Syndrome and can be very painful.



Hey! I Thought We Were Talking About Joint Replacements?!

I bring up these two specific problems that may occur because they are very common and even after a knee or hip replacement, these items will need to be addressed in physical therapy. The tight hamstring tendons behind the knee get really irritated, and a painful nodule of scar tissue may develop. The knee will not go fully straight until these tendons are addressed, usually through manual therapy (deep massage, stretching, more). The Iliopsoas Syndrome with tight, painful hip flexors will also benefit from physical therapy for various manual therapy techniques. Both issues may

take a significant time to get better, even with physical therapy, so it's best to work on these prior to surgery! (See last issue of Pahrump Life Magazine for stretches)

Total Knee Replacement

A Total Knee Replacement (TKR) is also known medically as a Total Knee Arthroplasty (TKA), so the terminology is interchangeable. The surgical techniques and outcomes have dramatically changed over my career. The actual hardware (prosthesis) has improved from stock sizes that were not specific to your knee, to technologically driven pieces that fit your body much better. Even 3D printed knees are used for a highly compatible knee replacement for a better fit and outcome. Knee joints with more or less movement are available depending on normal activity level. However, it is my opinion that the approach to rehabilitation accounts for as much improvement with outcomes as the actual knee joint hardware. In the “distant” past, doctors may or may not have referred patients to physical therapy after a joint replacement, and patients did not do well in many cases.

It was found through trial and error over many years that early movement is essential to a good recovery. Patients are now walking the same day as their knee replacement. Patients in some cases are going home the same day as surgery. Patients now have exercises to do at home before surgery (pre-hab) and some of the new knee joints even have Bluetooth Connectivity that sends your activity information (like number of steps a day) directly to your phone, and the doctor's office so they can keep track! Starting physical therapy quickly after surgery either through home health if you are homebound, or outpatient physical therapy is a critical component to recovery after surgery.

What To Expect After Your Knee Replacement

“The most consistent thing that I've come to expect after knee replacements is: Nothing is consistent”

I had a patient that had both knees replaced on the same day. It is not common but can be done in certain cases. On the right knee the part of the incision that goes slightly above the front of the knee developed a thick scar tissue that was attaching (adhering)



itself to the thigh bone (femur) above the knee. Bending the knee pulled on this tight area and was painful and limited motion. However, on the opposite knee that was done the same day, there was no excess scar tissue in the front, but rather the medial hamstring tendons (see above) were inordinately tight and firm preventing the knee from going straight. Two knees, same patient, same day, same surgeon. One knee cannot bend, the other cannot straighten. The knees benefitted from massage and stretching to different areas, but both knees eventually did well.

“Aside from seeing different problems in patients after surgery, the problems themselves may change over time.” An unusual finding after total knee replacement is that symptoms may come and go, change location and intensity. A knee replacement that usually has pain to one side of the knee may now have pain on the other side of the knee. Swelling may pop up in an area that was not present before, like a bursitis that arises. To keep your sanity, it takes a little bit of rolling with the punches. Don’t get discouraged. Changes in symptoms are frustrating, but normal.

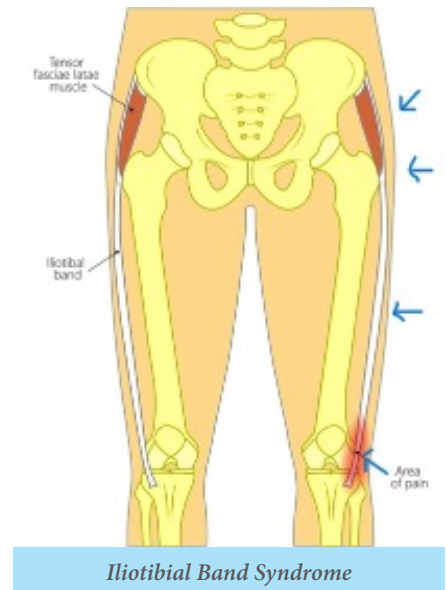
Total Hip Replacement

A Total Hip Replacement (THR) is also known medically as a Total Hip Arthroplasty (THA) and can be used interchangeably. Old school thinking was that a total hip replacement is easier to recover from than a total knee replacement, so the need for formal rehabilitation is not as important. “You can do these stretches at home” may have been the orders from the surgeon. However, as discussed around the change to early movement after knee replacement, the same is true with hip replacements. The bones (which have nerve endings) are cut or sawed causing pain, and the trauma to the soft tissue (muscles, tendons) from incisions and retraction (pushed out of the way for surgery) creates muscle spasm in the hip muscles. In addition

to the Iliopsoas Syndrome described above with spasm with the hip flexors, there are other common side effects after surgery including pain running down the outside of the hip and thigh, called an Iliotibial Band Syndrome (ITB Syndrome). The muscle just above the hip joint towards the outside, the Tensor Fasciae Lata (TFL) continues down the outside of the thigh all the way down just below the knee joint as the ITB. The tightness can also cause a rubbing on the outside of the new hip joint, causing an irritation and forming a bursitis, a painful swelling on the outside of the hip. Unfortunately, these hip problems (hip flexor spasm, TFL spasm, ITB Syndrome, and bursitis) can be fairly difficult to get rid of. It is essential to have this area looked at and treated, if necessary, after surgery as they can last an indefinite time period in some cases. Treatment to these areas usually requires a lot of hands-on therapy by your physical therapist and performing activities to rebalance the weak muscles, relax the muscles that are in spasm, and stretch the tight muscles causing limitations.

How Do I Know Who to See?

Similar to the advancements in surgery hardware, surgical procedures, and rehabilitation, there have been great improvements with our options to see



great orthopedic surgeons in Las Vegas. Each group of orthopedic surgeons has one or more docs that specialize in hip and knee replacements. Talk to your primary care physician or someone that’s had a replacement to get their feedback and recommendation. You have great choices.

Also choose your physical therapist wisely. Stop by and visit the local physical therapy clinics and ask around. We have good options here in Pahrump and driving 60 miles to Las Vegas is no longer necessary to get great care.



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Charleston Park Ward

Bishop John Toomer
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Manse Springs Ward

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Gamebird Ward

Bishop Joe Gent
General Congregation Sunday Service 10:30am

Homestead Ward

Bishop Jeff Hammar
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781 S. Woodchips Rd. (775) 727-6681
www.PentecostalsOfPahrump.com
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www.ChurchOfTheHarvestPahrump.org
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www.OasisOutreachNV.AdventistChurch.org
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www.OurLadyOfTheValleyChurch.org
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By Christine Butler

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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

July 12, Aug. 9, 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

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



Over the Hump Offroad Club

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



Nye County Dirt & Desert Riders

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



Pahrump 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 Marilyn Davis at PahrumpMuseum@att.net.

Pahrump Farmers' Market

Saturday, May- Sept, 7:30-11:00 am
Tractor Supply, 900 East NV Highway
372 at Bolling Rd.

Get to know your community neighbors by attending the local farmers' market on Saturday mornings from 7:30 am to 11 am May through September and 8:30 am to noon October through April. Support local vendors, farmers, and gardeners while enjoying home-grown food.



Your Ad Could Be Here!



Pahrump Life Magazine publishes and distributes 45,000 magazines annually - the largest distribution of magazines per issue in our market! Your message can reach this market for less than 1/2 cent per issue. Each issue is packed with interesting stories and useful information pertaining to our area.
Make your advertising dollars pay off!

**CONTACT JIM
FOR RATES!**

Jim@PahrumpLifeMag.com
520-444-7007

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



Pahrump Valley Lions Club

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



Rocky Mountain Elk Foundation

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



RSVP Needs Drivers

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



The Salvation Army Pahrump Service Center

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



Silver State Chili Cook-off

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



Sleep in Heavenly Peace

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



Southern Nye County Search and Rescue

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



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

Tails of Nye County

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



West Star Ranch

If you love animals, West Star Ranch could use your help. We're always in need of folks to help with placing

WEST STAR RANCH
Animal Rescue & Thrift Store

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

Sushi Yong's

1720 E. Calvada Blvd.
775-372-7757

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

Winging It

921 S. Hwy. 160
775-253-4952

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

Iceology Shaved Ice Co.

1330 Hwy. 160, #130

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

Thrifty Ice Cream & Deli

1021 E. Gamebird Rd.
702-328-8614

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

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



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.

(continued on page 85)



Mystery Diner

Sushi Yong's

What A Delicious Experience

If you like sushi, this is the place to go, but don't limit yourself. They have all kinds of delicious rice bowls, and noodle bowls, and refreshing (non-alcoholic) drinks. So much to pick from.

This tiny restaurant is so clean and cozy. They even have a back room for large parties.

The wait staff are well trained and each server shares duties with all the others. A perfect example is when I dropped my fork the nearest waitress immediately picked it up and brought me another one — I didn't have to wait for our assigned waitress to come over. Such a truly happy eating experience.

The size of the numerous rolls was startling to me. Not only are they gourmet but are a complete meal alone. My goal is to have one of everything before Christmas!

If you like oysters on the half shell, you really must try them! I cannot remember when I've had any that were fresher! I will be back tomorrow to try more!

Their address is: **1720 E. Calvada Blvd.** No reservations are required. The current hours are listed here, but they have been making some changes

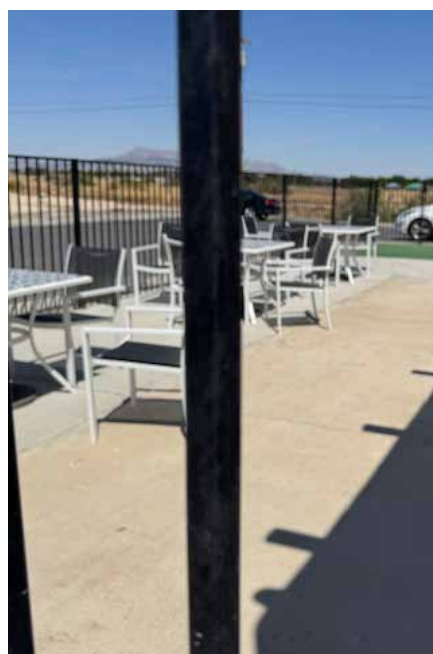
so check ahead at 775-372-7757.

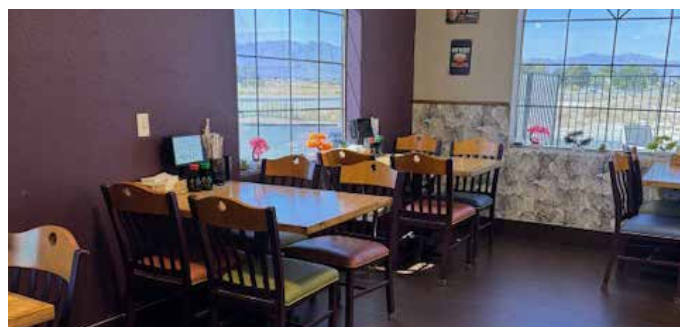
- Tuesday through Sunday 12 noon to 8PM
- Mondays – Sushi Bar closed but new menu from 11AM-7PM
- Japanese Brunch all day, with breakfast starting at 7AM.

I have not tried a Monday meal but will as soon as my schedule permits!!!

Oh, and did I forget to mention they have an outside area if you want to be seated outdoors in the warm desert sun, weather permitting!!!! This place has it all!!!

Try it, you'll like it!





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.



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

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

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

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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

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Hwy. 372)
702-579-5972

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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.



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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!!)

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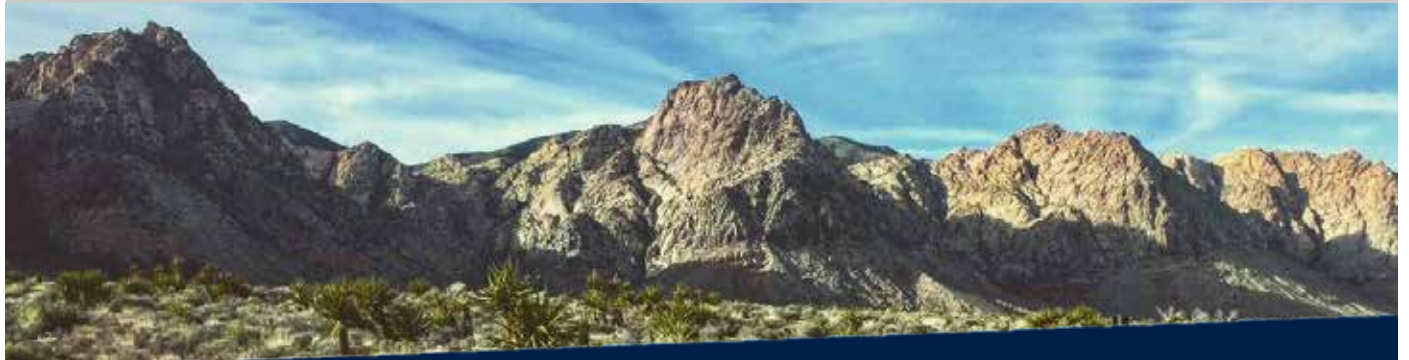
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Moving Checklist

It's time to start your moving calendar.

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

Now you're ready to greet your Big Day!

Useful Phone Numbers



ELECTRIC

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



WATER

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



TRASH SERVICE

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



TELEPHONE – LANDLINE

AT&T 800-288-2020



INTERNET SERVICE

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



TELEVISION SERVICE

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



HOSPITAL

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



DRIVER'S LICENSE/VEHICLE REGISTRATION

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



LIBRARY

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



SENIOR CENTER

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



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.



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Nye County School District
Southern District Office 775-727-7743
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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.'"
 www.pentecostalsofpahrump.com

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