



SKYE CANYON

EDITION

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VOLUME 1, NUMBER 3 | DECEMBER 2024

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Sweet Eats

Pinkbox Doughnuts unveiled its new prototype shop with its grand opening in Centennial Hills

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Custom Blends

Skye Canyon resident Karina Stafford's Catalyst Tea is all about creating custom teas to meet specific wellness needs.

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Membership Drive

The new Valor Direct Primary Care to provide personal medical services in Skye Canyon through a unique membership approach. *Page 4*



Photo by Ben Robertson/Silver Tree Films



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It takes a great staff to create a great paper

I'm the owner of a small business, and take my word for it, Hyperlocal Media Nevada is as small a business as there can be. It's basically just me as the only the actual employee.



But in reality, it includes a network of business professionals and freelancers who have helped me successfully launch three community newspapers in the last four-plus years.

Let's start with Christine Bryner. She runs her own graphic design company called Studio 509 LLC. About 20 years ago, I hired Christine

when I was editor of Gannett Pacific publications in Phoenix to design ads and magazines for that company.

I knew she was a keeper, as a person who is not only very creative in her design, but also extremely fast and with a great attitude to boot.

When I left that company to go off on my own to start my own community magazine in the town of Gilbert, Arizona, I enticed her to come along to handle all the design for my new company.

I'm not ashamed to say much of the success of that magazine was due to the outstanding work she did creating great ads and layouts.

In Arizona, I also had an outstanding photographer that really put a lot of pride into his work.

I have that here too in Ben Robertson from Silver Tree Films. I've known Ben for a little over a year now and we met through our referral group called LeTip. This group

has a wide variety of business professionals, but it was easy for a newspaper/magazine publisher to gravitate toward a photographer.

Ben has photographed all three cover subjects for 215News-Skye Canyon and I couldn't have asked for better images.

He takes real pride in making sure he's providing images that meet the subject matter. I give him some direction, but make sure to always add, "If you have a better idea, just go with it."

One of the cool things about Ben that won't show up on these print pages is that he's also an accomplished filmmaker. He's produced a number of short films, documentaries and commercials.

So my face is what you see taking credit for what I think is a very good publication, but rest assured there are many others responsible as well

—Kirk Kern

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Physician assistant Ben McGarvey, left, and Dr. Bret Heerema recently opened Valor Direct Primary Care, providing personalized primary and urgent care needs for a membership-based clientele. Their office is in the Skye Canyon Marketplace. (Photo by Ben Robertson/Silver Tree Films)

Skye Canyon medical practice puts patients first

By Kirk Kern

Dr. Bret Heerema and Physician Assistant Benjamin McGarvey met while both serving in the U.S. Air Force and working in Las Vegas at a military hospital. Eventually they both moved on to different posts before returning to Las Vegas. Upon retiring from the military, the two decided to start their own medical care facility.

They recently opened Valor Direct Primary Care, a unique membership-based direct primary care practice located in the Skye Canyon Marketplace.

“After a career of service to the military, I still wanted to be of service to patients,” Heerema said. “But do it in a way that puts the patient first.”

Putting the patient first means limiting the practice to only 600 members, with unlimited

visits with no copay and providing primary and urgent care needs. They can also offer same-day or next-day appointments.

“I am incredibly frustrated with how our society has become ‘OK’ with allowing health insurance agencies to dictate medical decision making,” McGarvey said. “When I learned about direct primary care, I was immediately drawn to the simplicity of a doctor, physician assistant or nurse practitioner being able to spend more time with less patients and ultimately deliver better care.”

They chose Skye Canyon because there aren’t any other direct primary care practices in the northwest valley.

“We wanted to bring our practice to our patients,” McGarvey said. “This area is growing and our community deserves great medical care in close proximity”

According to an article published in Medical Economics, direct primary care membership are seeing an average annual growth of 36 percent, reaching a total growth rate of 241 percent from 2017-2021.

McGarvey said a typical medical provider has between 1,250 to 1,500 patients enrolled to them. They spend an average of eight minutes face-to-face with each of the 20 or more patients on their daily schedule.

“We all know how difficult the process of seeing your medical provider is,” McGarvey said. “They’re booked out for months.”

At Valor Direct Primary Care, the doctor and physician assistant will share the maximum 600 patients, allowing them to offer their full attention and time to each of its members. The

> See **VALOR**, Page 12

Let's Light Up Skye Canyon!

Holiday Home Decorating Contest



Top three chosen will receive prizes. Participants must reside in Skye Canyon. Deadline to enter is Dec. 18

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Mayor-Elect Shelley Berkley and Judith Perez Siegel, vice president of Pinkbox Doughnuts, show off one of the fun displays at the new Centennial Hills location. (Submitted photo)

Pinkbox Doughnuts brings new concept to new northwest location

215News - Skye Canyon

The first Pinkbox Doughnuts in Centennial Hills opened recently, unveiling a new prototype design featuring a 12-foot doughnut at the shops entry and first-ever 20-foot by 31-foot doughnut that cars will drive through when exciting after getting their choice of more than 70 creatively designed doughnuts.

“We are very excited to share our newest prototype for our shops with our iconic over-the-top design and our first ever drive-thru doughnut experience,” said Judith Perez Siegel, executive vice president of Pinkbox Doughnuts. “As always, the shop will feature whimsical décor, unique doughnut designs, delectable flavors, and penchant for fun with everyone in this fast-growing area of the Las Vegas Valley.”

The grand opening ribbon-cutting ceremony brought out a number of local dignitaries, including Las Vegas Mayor-Elect Shelley Berkley, city of Las Vegas Councilwomen Francis Allen-Palenske and Nancy Brune, Nevada State Senator

John Steinbeck and Nevada State Assemblyman Brian Hibbetts.

Michael Crandall, chief business officer of Amazing Brands, said Centennial Hills has been on the company’s radar for some time.

“We’ve always known we wanted to open a location there to serve the incredible community that calls it home,” he said.

The Centennial Hills shop will be open seven days a week from 5 a.m. to 1 a.m.

“People in Las Vegas, including Centennial Hills, work a variety of shifts at all hours of the day,” Crandall said. “If we can offer them doughnuts and coffee whether they’re heading to work or coming home, we’re more than happy to do so.”

The Pinkbox Doughnuts shop in Centennial Hills created several dozen jobs. It is the 13th location for the fast-growing Vegas-born doughnut brand, which currently boasts locations across the metropolitan Las Vegas Valley in addition to a shop at the Arizona/Nevada border in Laughlin, at the California/Nevada border in Primm and in St. George, Utah.

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Tea business is catalyst of success for new Skye Canyon resident

By Kirk Kern

Carina Stafford grew up in a Russian countryside, but now she's living the American dream.

Stafford, a Skye Canyon resident, opened Catalyst Tea Company in September of 2019 with the idea of creating kits with individual herbs and teach people how to blend their own teas.

"Nature and tea were always a big part of my life," she said. "One of my favorite memories is going into the forest with my grandma to collect wild herbs. She would teach me about their properties and how to use them, which sparked my life-long passion for plants and teas."

She studied journalism in school in Russia and then went on to pursue a master's degree in Europe. Her first career path started in the food industry as an analyst, but it all shifted when she came to the United States.

"That's where I discovered my love for blending teas and turning it into something meaningful," she said.

She moved to Las Vegas in 2018 for her husband's work and the desert terrain inspired her to pursue her original passion while growing up in Russia.

"I was immediately captivated by (Las Vegas') unique nature," Stafford said. "The Joshua trees, which look like they're from another planet and the vast deserts—it was unlike anything I'd ever seen. What I really love about Las Vegas is that it offers the best of both worlds. You get the excitement of the city, but you're also just a short drive away from incredible landscapes."

Catalyst Tea Company is primarily an online service in which customers can create specific blends of

teas to suit their individual needs. They also offer 15 unique blends designed for different needs, such as better sleep, more energy or women's wellness.

"I wanted to empower people to explore herbal teas in a hands-on, personal way," she said.

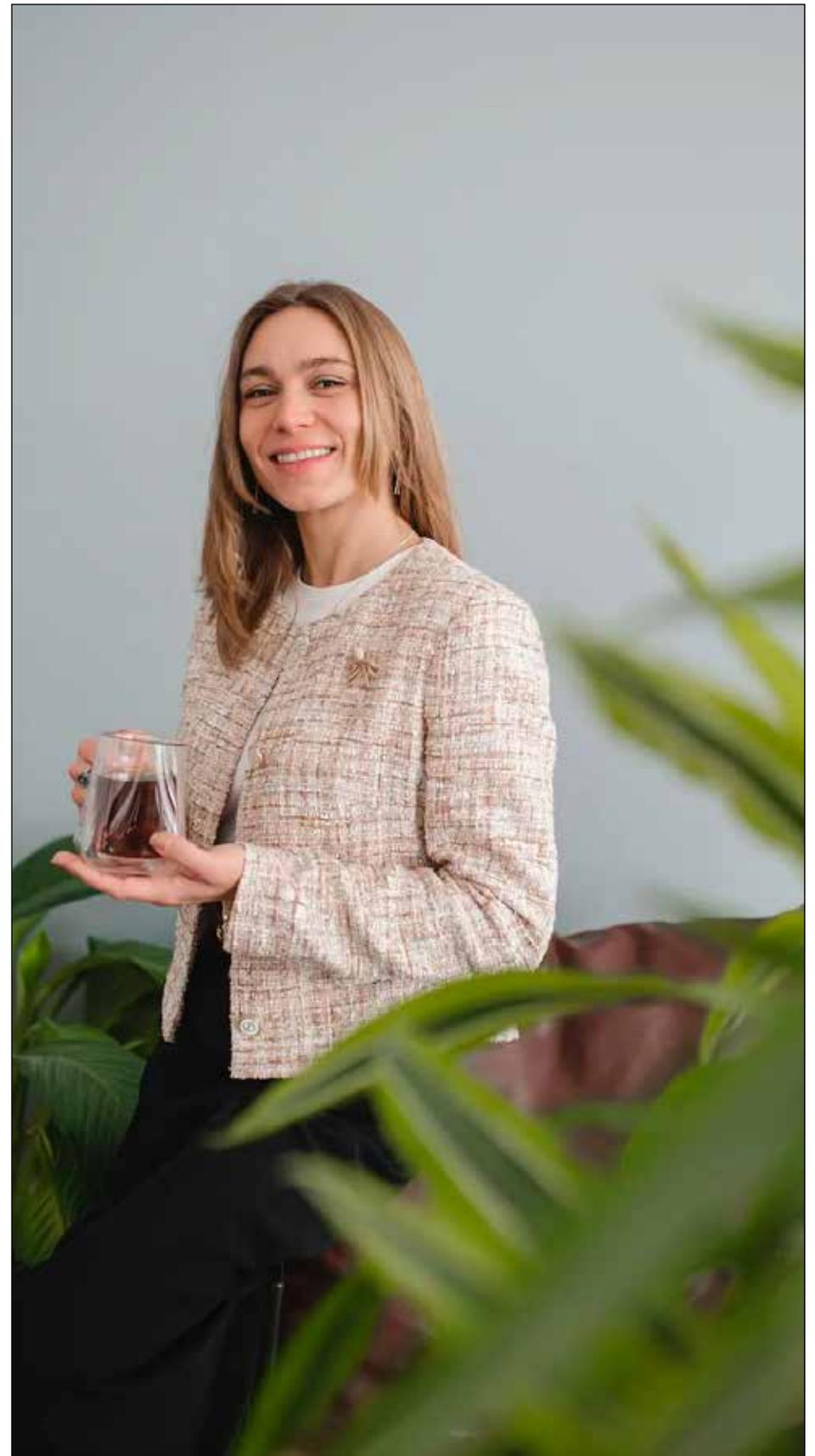
There are two ways she accomplishes this. One is through individual sessions where the customer tells her what they're looking for and she developed the proper blend. The other is through DIY kits available on her website that allow the customer get a variety of teas to create their own blend.

"Catalyst Tea Company is all about creating unique, hand-blended teas tailored to specific needs," Sutton said. "Every blend is made with love and care, using high-quality, organic ingredients. What sets my business apart is the personal connection I have with my customers. I love teaching people how to blend teas and offering them the tools to create their own rituals, turning tea into more than just a beverage—it becomes an experience."

Some of her most popular blends are those that help with relaxation and sleep—something so many people need these days. The Dream Catcher blend, made with chamomile, peppermint and bilberry fruit, is a favorite for winding down after a busy day. Another customer favorite is The Empress, which supports relaxation, sleep and women's health.

"During the holiday season, my chai blends really shine," she said. "These black tea blends are spiced with ingredients like cinnamon, cardamom, and cloves, offering a cozy and festive flavor perfect for cold winter days. My

> See TEA, Page 12



Carina Stafford, a new Skye Canyon resident, owns a business called Catalyst Tea Company, which provides different blends of teas to help people with a variety of health and wellness issues. (Submitted photo)



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Four new pickleball courts are under construction at the new Igor Soldo Park on Shaumbert Drive just north of Skye Canyon Park Drive. (Kirk Kern photo)

Skye Canyon pickleball court options expanding in 2025

By Kirk Kern

For the last few years, Skye Canyon residents have only had two pickleball courts in the community ... and recently those courts have been unplayable recently because of broken nets.

That will all change in 2025 as the city will add courts at the new Igor Soldo Park on Schaumbert and the homeowners association is building six more courts at the Skye Center for residents only. The Skye Center courts are expected to be completed in April.

"The developer, Century Communities, saw the need for the additional courts since pickleball is the fastest growing game in the country," Olympia Management stated.

"I live in Skye Canyon and am looking forward to the new courts," said Corina Tucson. "We have two other courts in Skye Canyon but they are always busy since people from other communities are using it too."

Daniel Mosqueda added, "It's great that they're bringing some here. But I hope they take care of

them a little better than the two we have now. Haven't been able to use them because someone messed with the nets."

Justin Fernando hasn't played much pickleball, but with new courts on the way he will take it up.

"I'm super excited about those courts," he said. "A bunch of my friends play pickleball and it looks like fun. My wife and I can't wait to start playing."

The Skye Center expansion will also include a roller hockey rink, a dog park, additional walking trails and a cell tower.

The Igor Soldo Park is named after the fallen police officer who was gunned down inside a Las Vegas restaurant in 2014. Planning for the park began in 2015, along with another northwest park named for the other officer killed in the shooting, Alyn Beck.

The Officer Alyn Beck Memorial Park opened in 2020 at Skye Canyon Park Drive and Iron Mountain. The park was paid for by the Olympia Companies, the original Skye Canyon developers.



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Valor

continued from Page 4

practice offers a variety of services, including preventive care, chronic disease management, on-site medications tailored to its patients and minor procedures. They can also offer telemedicine appointments for added convenience.

Members also get access to specialists contracted by Valor Direct Primary Care with inexpensive cash prices. These include local laboratories and imaging centers.

Here is an example of how the practice works.

McGarvey said a member cuts their finger while rushing to make a later dinner. They text the provider at 8 p.m. asking for advice. The provider has the patient text a photo of the wound. If the wound is small enough, the provider tells them how to clean and dress the wound until they can see the patient when they open in the morning.

However, if the wound requires sutures, then the provider will leave his home, open the clinic and the patient will meet them there 20 minutes after the cut

Meet the providers

Dr. Bret Heerema retired from the United States Air Force after serving 30 years. He graduated from the Air Force Academy as a nuclear physicist before attending medical school. Dr. Heerema also holds a Master's degree in Public Health from Harvard University.

Benjamin McGarvey (PA-C) retired from the United States Air Force after serving 25 years. He has been a Nationally Certified Physician Assistant since 2009. He was also a member of the White House Medical Unit for two separate administrations.

occurs. The wound is cleaned, sutured and dressed right away. The patient is in and out, with no wait, no copay and no insurance bill.

"We take care of our patients like we would want someone to take care of our loved ones," McGarvey said. "We're not concierge and not available 24/7. But we always do our best to take care of our members."

Tea

continued from Page 8

herbal Christmas blends, like Christmas Delight, are also big hits. It's a peppermint and vanilla blend that's light, refreshing, and full of holiday cheer. These seasonal teas add a special touch to people's celebrations, making them wonderful gifts or treats to enjoy by the fire."

Besides working virtually with customers, Sutton also does regular workshops about tea blending. She also offers party favors for events, such as weddings, baby showers and birthdays, and gift baskets.

Sutton moved to Skye Canyon in September after previously living in the southwest part of the valley.

"I wanted to explore a different area of the city," she said. "What drew me to Skye Canyon was how close it is to the mountains. I love the stunning views here—driving through the area always feels refreshing. The neighborhood itself is so green and peaceful, with beautiful parks. There's one right next to my house where I often go to relax, drink tea, and soak in the scenery.

"At night, the stars here are incredible. It feels darker than in other parts of the city, and I enjoy stepping into my backyard to stargaze. It's such a grounding experience and makes me feel connected to nature."

Her teas are available by visiting catalystteacompany.com.

Enchanted Village takes over ballpark

Enchant Christmas returns to Las Vegas Ballpark through Dec. 29. Journey into the heart of a magical holiday tale at Enchant Christmas, home of the World's Largest Christmas Light Maze experience.

Set against the backdrop of a captivating original story, your adventure leads you through 80,000 square feet of breathtaking light sculptures as you search for the missing pieces of the tale to save Christmas!

Glide along the ice skating trail, savor seasonal food and drink, visit Santa and Mrs. Claus, and take in a bird's-eye view of the dazzling lights from the Ferris Wheel.

At Enchant Christmas, magical holiday memories are made. Join us this year for an experience brimming with joy, wonder, and the true spirit of Christmas.

Holiday revelers can look forward to an array of joyful activities and cherished experiences, ensuring a season full of happiness and wonder, including:

The World's Largest Christmas Light Maze: Wander through a mesmerizing labyrinth of twinkling lights and discover the magic within

every corner. This experience is story-based – as a guest of Enchant, it's your mission to save Christmas by finding the missing sculptures throughout the maze.

Ice Skating Trail: Glide through a stunning ice skating trail adorned with sparkling lights. Whether you're a seasoned skater or a beginner, this winter wonderland experience is sure to delight.

Santa's Landing: Meet Santa Claus and share your holiday wishes and then enjoy storytime with Mrs. Claus. Capture the moment with a cherished photo that will become a treasured holiday keepsake.

Live Entertainment and Musical Performance: Enjoy live performances from local artists as well as select nights of Christmas Karaoke, ugly Christmas sweater contests, and more.

Enchant Village: Shop for unique gifts and festive treats from a curated selection of local artisans and vendors. From handmade crafts to delicious holiday goodies, there's something for everyone.

Seasonal Food and Beverage: Savor seasonal favorites and indulge in flavors you've eagerly awaited all year.



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CONSTRUCTION ZONE



Construction is under way at the corner of Hualapai and Grand Teton Drive for a project that includes a convenience store with gasoline pumps, a police substation and a park. The city and Las Vegas Metropolitan Police Department plan to break ground on the substation in early 2025 and doors opening in late 2026. *(Kirk Kern photo)*

Crime Report – 89166

Information gathered from LVMPD Open Source Date from Oct. 26-Nov.. 23.

ASSAULT

10/27, 11:51 p.m., 10200 block of Rockridge Peak Avenue
10/29, 11:26 a.m., 10600 block of Nantucket Ridge Avenue
11/4, 10:56 a.m., 8200 block of Grand Canyon Drive
11/6, 12:56 a.m., 10300 block of Ironwood Pass Avenue
11/9, 11:35 a.m., 7400 block of Hadnot Street
11/9, 6:08 p.m., 6100 block of Foxes Dale Street
11/11, 10:21 a.m., 10600 block of Ostend Avenue
11/13, 3:48 a.m., 8000 block of Mercury Skye Street
11/14, 1:26 a.m., 10200 block of Ruggles Mansion Avenue
11/16, 1 a.m., 7000 block of North Hualapai Way

BURGLARY/BREAKING AND ENTERING

10/30, 4:54 p.m., 5200 block of Acadia Leaf Street

CREDIT CARD/AUTOMATIC TELLER FRAUD

11/7, 8:37 a.m., 8200 block of Grand Canyon Drive

DESTRUCTION/DAMAGE/ VANDALISM OF PROPERTY

10/30, 4:06 p.m., 6100 block of Foxes Dale Street
11/4, 9:56 a.m., 9800 block of Skye Canyon Park Drive
11/6, 10:13 a.m., 9500 block of Havasu Canyon Avenue

LARCENY/THEFT

10/30, 10:11 a.m., 10100 block of Copper Meadow Ave
11/7, 8:40 a.m., 10300 block of Terra Landing Ave

MOTOR VEHICLE THEFT

11/2, 8:30 a.m., 8600 block of Grand Canyon Drive
11/2, 12:25 p.m., 10600 block of West Centennial Parkway
11/2, 1:05 p.m., 9800 block of Skye Canyon Park Drive
11/13, 11:56 a.m., 10100 block of West Darrell Lane

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October home sales

The Skye Canyon home sales market saw 31 homes close in the past 30 days, ending on Nov. 23.

The most expensive home sold was for \$1.175 million, on Cielo Canyon Street. The 3,626 square-foot, two-story home was built by Toll Brothers Homes and closed on Oct. 28. The price was \$324 per square foot.

The least expensive home was on Roadrunner Ravine Street, a 1,570 square foot home that sold for \$476,000. The home was originally built in 2022 and sold for \$303 per square feet.

Following is a list of home closed for 30 days. Information is from Zillow.com.

8102 Skye Dragon St., 2,397sqft, \$552,500
 8091 Skye Bridge St, 2,276 sqft, \$595,000
 8117 Skye Foothills St, 1,805sqft, \$480,000
 10466 Vanhoy Crest Ave, 3,418sqft, \$757,690
 8118 Majestic Bighorn St, 2,325sqft, \$735,000
 8048 Skye Falls St, 2,128sqft, \$485,000
 9740 Hiking Ave, 2,326sqft, \$690,000
 8425 Skye Crossing St, 2,822sqft, \$680,000
 8430 Footpath St, 3,570sqft,

\$744,000
 8826 Roadrunner Ravine St, 1,570sqft, \$476,000
 9974 Canyon Field Ave, 1,847sqft, \$655,000
 9006 Coastal Oaks St, 2,161sqft, \$700,000
 10209 Bismarck Palms Ave, 3,249sqft, \$835,000
 10221 Bismarck Palms Ave, 3,139sqft, \$838,316
 10332 Terra Landings Ave, 3,432sqft, \$831,905
 10338 Terra Landings Ave, 3,682sqft, \$864,774
 8978 Cielo Canyon St, 3,626sqft, \$1,175,000
 9074 Cielo Canyon St, 2,653sqft, \$699,995
 8921 Wallner St, 2,328sqft, \$570,000
 10608 Deibel Ave, 1,859sqft, \$498,990
 10614 Deibel Ave, 2,114sqft, \$533,990
 10649 Deibel Ave, 2,114sqft, \$523,990
 10661 Deibel Ave, 1,859sqft, \$495,990
 10667 Deibel Ave, 2,114sqft, \$529,990
 8669 Faxom St, 2,114sqft, \$534,990
 8681 Faxom St, 1,859sqft, \$505,990
 10649 Valletta Ave, 2,126sqft, \$534,210
 10667 Valletta Ave, 2,126sqft, \$541,990
 10673 Valletta Ave, 2,126sqft, \$548,490
 8909 Faxom St, 2,126sqft, \$549,990
 8921 Faxom St, 2,328sqft, \$572,990



Savannah Anderson

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Rates are dropping. Now is the time to get a cash-out refi.



Lori Marra
 VP of Mortgage Lending
 NMLS 493529
702-809-8078
 Lori.Marra@rate.com
 1120 Wigwam Pkwy Ste 100,
 Henderson, NV 89074

With rates dropping for the first time in years, there's no better time than now to tap into your home equity with a cash-out refinance. Getting extra funds through a cash-out refi could help you:

- Consolidate high-interest debt
- Pay for a large home renovation project
- Fund a down payment on an investment property

And so much more!

Applicant subject to credit and underwriting approval. Not all applicants will be approved for financing. Receipt of application does not represent an approval for financing or interest rate guarantee. Refinancing your mortgage may increase costs over the term of your loan. Restrictions may apply, contact Rate for current rates and for more information.
 1 - Using funds from a Cash-out Refinance to consolidate debt may result in the debt taking longer to pay off as it will be combined with borrower's mortgage principle amount and will be paid off over the full loan term. VA Cash-out Refinance not available in Texas. Contact Rate for more information.
 2 - Source: Bank Rate, Cash-out refinance: How it works and when to do it, 2023; https://www.bankrate.com/mortgages/cash-out-refinancing/ (20240806-2956486).
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CALENDAR

WEEKLY

Farmer's Market: 2-6 p.m., Skye Canyon Park, 1011 W. Skye Canyon Park Drive. Support local farmers by shopping for your produce from the comfort of your community center. Rod's Produce Market brings fresh organic produce from Reedley, California.

TUESDAY, DEC. 3

Tinsel & Tidings Tree Trimming Party: 8:30-10 a.m., Centennial Hills Active Adult Center, 6601 N. Buffalo Drive, 702-229-1702. For ages 50 and up. Help the center get ready for the holidays! The center has a tree in every room and they all need trimming. Have extra holiday decorations at home? Bring them and have fun with others decorating the trees. Homemade cocoa and doughnuts will be served.

SATURDAY, DEC. 7

Cowboy Christmas: 10 a.m. - 2 p.m., Floyd Lamb Park at Tule Springs, 9200 Tule Springs Road. Come out for a classic car show, arts and crafts fair, live music, student performances and a visit from Santa. Free admission and open to the public.

Ginger Bread House Decorating Party: 3-5 p.m., Skye Canyon Community Center, 10111 W. Skye Canyon Park Drive. Whether you're a seasoned decorator or a first-time builder, this class is the perfect way to embrace the holiday spirit and create your very own gingerbread masterpiece. Everything provided. Open to residents and non-residents. \$30 per person. Visit corksncrafts.com to register.

Serpentine Fire - Tribute to Earth Wind & Fire: 8 p.m., Santa Fe Station, Chome Showroom, 4949 N. Rancho Drive. Serpentine Fire brings the sounds of Earth Wind & Fire with songs such as September, After the Love is Gone, Reasons and many more. 21-and-up. General admission

Wrap it Up

"Wrap, Sip & Play," a free gift-wrapping service is scheduled from 11 a.m. - 2 p.m. at the Northern Terrace Clubhouse in Providence, 7610 Silver Run Peak. Got a last-minute gift or two you forgot to wrap? Come on by. A team of volunteer wrappers will get it all wrapped up. While you wait, enjoy a cup of hot cocoa and let the kids play in a designated play area. Mingle with fellow Centennial Hills, Skye Canyon and northwest residents.

The event is hosted by Northwest Las Vegas Network - Creating Community in Centennial Hills, Las Vegas Parent Connection and Run LV.

Activities include:

- Free gift wrapping services from a volunteer team of your fellow neighbors (all wrapping supplies are on site unless you want to bring special wrapping paper for your gift)
- Kids sensory play area sponsored by Crazy Daisies Nonprofit
- Kids Coloring Station
- Photobooth with the GRINCH!
- Hot Cocoa Station
- Pop up vendors for Littles of Las Vegas mom group, Ladies of Las Vegas, POGO Pass, & Las Vegas Parent Connection and Run LV. Those interested can visit the website www.nwlvnetwork.com.

ticket is \$25 plus tax/fees. Visit Ticketmaster.com

SUNDAY, DEC. 8

Navidad Con Colibres: starting at 11 a.m., Floyd Lamb Park at Tule Springs, 9200 Tule Springs Road. This free event will include: Escaramuza Charra presentations, a posada presentation, plus steer rope show, charro horse exhibition, barrel racing and more. Food, coffee and hot chocolate will be provided while supplies last. For more information, contact Yudit Pinedo at 702.776.1313.

WEDNESDAY, DEC. 11

Small Business Breakfast: 8:30-10 a.m., Centennial Hills Community Center/YMCA, 6601 N. Buffalo Drive. Are you a small business owner or an up-and-coming entrepreneur in Ward 6? Join Ward 6 councilwoman Nancy Bruce and business leaders from the community to discuss your needs and to network. RSVP by emailing Ward6@lasvegasnevada.gov.

Holiday Luncheon (ages 50+): 11:30 a.m., Centennial Hills Active Adult Center, 6601 N. Buffalo Drive. Cost is \$10 per person. Enjoy gingerbread kisses and peppermint wishes at this festive

holiday lunch! Advance registration required; space is limited. Call 702-229-1702 for reservations.

THURSDAY DEC. 12

Pray for Snow: 3:30-7:30 p.m., Skye Canyon Community Center, 10111 W. Skye Canyon Park Drive. Train rides, winter crafts, holiday shopping, s'mores station, food trucks, letters to Santa and more. Holiday photos \$10 for residents, \$20 for resident guests.

SUNDAY, DEC. 14

Farmer's Market: 9 a.m. - 2 p.m., Floyd Lamb Park at Tule Springs, 9200 Tule Springs Road. Take in the fall colors and browse local vendors. Second and fourth Sundays of the month.

Winter Showcase: 9 a.m. - noon. Centennial Hills Active Adult Center, 6601 N. Buffalo Drive. Fitness members from the center will showcase their amazing talent for family and friends. Please bring a dessert to share and register at the front desk. Call 702-229-1702.

Holiday Mixology Workshop: 6:30-8:30 p.m., Skye Canyon Community Center, 10111 W. Skye Canyon Park Drive. Learn and create three holiday cocktails. Ages 21 and up. \$55 per person.

Visit SkyeCanyonEvents.com/ Register to sign up. Hosted by Corks N Crafts.

THURSDAY, DEC. 19

Centennial Creative Club Crafting (ages 50+): 10:30 a.m., Centennial Hills Active Adult Center, 6601 N. Buffalo Drive. Cost: \$7 per person. Make new friends and a holiday wreath. Advance registration required; space is limited. Call 702-229-1702 to reserve your spot.

SATURDAY, DEC. 21

Mindi Abair's I Can't Wait for Christmas Tour: 8 p.m., Santa Fe Station, Chome Showroom, 4949 N. Rancho Drive. No. 1 Billboard charting artist Mindi Abair adds a fresh twist to one of smooth jazz's highly anticipated holiday traditions. General admission ticket is \$47.50 plus tax/fees. Visit Ticketmaster.com

THURSDAY, DEC. 23

Bocaditos with Brune: 8-9:30 a.m., Centennial Hills Community Center/YMCA, 6601 N. Buffalo Drive. Come out and visit with Ward 6 councilwoman Nancy Brune to discuss issues related to the area.

TUESDAY, DEC. 31

New Year's Eve Bash (ages 50+): 11:30 a.m. to 12:30 p.m. Centennial Hills Active Adult Center, 6601 N. Buffalo Drive. Cost: \$10 per person. Say goodbye to the old year and welcome the new with good friends and food! Advance registration required; space is limited. Call 702-229-1702 to reserve your spot.

Three Queens of Motown Tribute: 8 p.m., Santa Fe Station, Chome Showroom, 4949 N. Rancho Drive. Lea Sweet as Tina Turner, Stacy Carter as Diana Ross and Samantha Alexes as Aretha Franklin. 21-and-up. General admission ticket is \$40 plus tax/fees. Visit Ticketmaster.com.

Gratitude: Your secret to a joyful holiday season

By Cheri Petroni

The holiday season is here, bringing both joy and its fair share of stress. Between endless to-do lists and mounting expectations, it is easy to feel overwhelmed.



What if the key to a peaceful holiday is doing less while appreciating more?

The Meaning of Gratitude is actively focusing on what you have rather than what is missing.

It's a simple yet powerful practice that can transform not only your holidays but your entire outlook on life.

Studies show that practicing gratitude reduces stress, improves sleep and boosts overall well-being. According to the Greater Good Science Center, those who practice gratitude experience 25% less stress and greater satisfaction in their daily lives.

Gratitude improves relationships both at home and work. At home, focusing on the good, like the laughter of children or the warmth of a shared meal, creates a calmer, happier atmosphere. In the workplace, gratitude boosts morale, strengthens teamwork, and increases productivity.

By shifting your mindset from obstacles to opportunities, gratitude can make every area of life more fulfilling.

Here are simple ways to weave gratitude into your day.

Gratitude Journal: Keep a notebook handy and jot down 3-5 things you are thankful for daily.

Morning Boost: Write down what you are looking forward to.

Evening Reflection: Reflect on small wins or positive moments.

Gratitude Walks: A daily stroll will enhance the beauty around you: the crisp air, the mountains, or a kind wave from a neighbor.

Gratitude Jar: Create a jar at home or work. Encourage others to add notes sharing what they are grateful for and read them together for a collective mood boost.

Give Back: Spread positivity with small acts of kindness, like writing a thank-you note, giving a compliment, or helping a neighbor.

Gratitude trains your brain to see the positive, reframing challenges into opportunities.

It also stimulates the release of brain chemicals like dopamine and serotonin, often referred to as the "feel-good" neurotransmitters. These chemicals enhance mood, reduce stress, and promote a sense of well-being.

By consistently practicing gratitude, you activate the brain's reward system, which strengthens neural pathways associated with positivity and resilience.

Over time, this creates a cycle of emotional growth and a greater ability to face challenges with optimism and confidence.

This holiday season, reflect on life's blessings, connect with loved ones, and let gratitude transform the mundane into something meaningful. It will be the best holiday gift you give to yourself and your loved ones. Cheers to a season of joy, connection and abundance!

Cheri Petroni holds a MEd focused on Early Childhood from UNLV, as well as a multitude of certifications in aesthetics, energy healing, as well as holistic wellness, mindset, and transformation coaching. She created Oasis to Zen Transformation Spa in 2012, where she started this transformational work, before expanding to the online coaching community in 2017.



LeTip is more than just a professional networking group. It's about forming lasting relationships and personal growth. The Desert Springs Chapter meets every Thursday at 7 a.m. at Red Rock Country Club. It's a category-exclusive organization that meets weekly to exchange qualified leads, build solid business relationships, develop strong presentation skills and become proficient networkers.

Name	Category	Business	Phone Number
Lianna Alvarez	Real Estate Residential	LA Realty Group	702-497-3730
Johnathon Bascones	Electrician	BAR Electric	702-604-9176
Ernest Bendicion	Property Management	Landbank realty	702-210-9828
Inga Budaeva	Home Improvement	Closet Factory	603-986-3062
Luis Castellanos Zarate	Landscaping	Lu's Lawn Care	702-612-6113
Lorraine Castillo	Insurance Residential	RDP Insurance	702-665-7011
Salvador Diaz III	Financial Advisor	Strategic Retirement Partners	702-329-1147
Chris Droge	Computer Repair	SpeakGeek PCS	702-472-8229
Nathan Hess	Printer	Hess Design Studio	702-625-2212
Roger Ibrahim	Insurance Commercial	Farmers Insurance	702-719-4678
Pamela Johnson	Gift Shop	Simply Perfect Gifts	702-205-2485
Rae Kelly	Chiropractor	Kelly Chiropractic	702-870-9200
Ashleigh Kendall	Caterer	Harvest Divine Elegance	832-692-6114
Kirk Kern	Publishing	Hyperlocal Media Nevada	775-316-2335
Bradley Koror	Web Development	MD Marketers	725-251-7672
Matthew Laidlaw	Flooring Restoration	Vegas Valley Flooring Pros	818-800-5034
Tana Magel	HVAC	Gold Medal Service	702-425-0508
Lori Marra	Mortgage Loans	Guaranteed Rate	702-809-8078
Aaron Merrill	C.P.A.	Heck Wealth Management	702-823-3350
Adam Muslusky	Attorney Personal Injury	Muslusky Law	702-286-7077
Nicki Perna	Home and Property Inspector	Bridge Home Inspections	702-722-2222
Joey Petersen	Security Systems	ADT Security Services	702-460-7949
Ruby Polisano	Travel Specialist	Cruise Planners	702-755-9602
Elaine Qian	Interior Design	Horizonte	702-321-7217
Taylor Rivera	Restoration Damage and Cleanup	My All Dry	702-762-5880
Ben Robertson	Photographer	Silver Tree Films	702-487-2669
Rudy Romano Jr.	Signature Real Estate Group	Rudy Romano	702-202-9489
Scott Root	Contractor Plumbing	MC Plumbing	702-341-5719
Jason Sadow	Attorney Wills Trusts and Estates	Sadow Law Firm	702-249-0160
Laura Simms	Bookkeeper	LM Financial Solutions	702-885-5888
Gabriel Suarez	Insurance Employee Benefits	Brown & Brown	702-325-2389
Jennelle Tolley	Barber	Bonnie & Clyde's Barbershop	833-239-6847
Cody Williams	Pool Service	Nautical 7 Pools	775-209-2946
Chad Worthen	Pest Control	Vantage Pest Control	702-534-1000
Alice Young	Insurance Supplements	AFLAC	714-351-1110
Andrea Zavala	Mobile Bartender	Elevated Bar Services	702-661-5140
Tyree Jackson	Solar	Tempo Solar World	775-346-0569
Bradley Koror	Web Development	MD Marketing	725-251-7672
Rey Trotter	Hair Stylist	JUMP 900 Enterprises	702-286-7246

Those interested in attending a meeting can call Kirk Kern at 775-316-2335.

PUZZLES

THEME: FAMOUS BUILDINGS

ACROSS

1. Performer's time to shine
5. Selfie, e.g.
8. One of five Ws
11. TrE's _____, or very stylish
12. Mandolin's cousin
13. Knitter's unit
15. Aren't, colloquially
16. Mimicked
17. *Like House with Oval Office
18. *The Hunchback's home (2 words)
20. Listening devices
21. Flirtatious stares
22. Salt, in Spanish
23. * _____ State Building
26. TV shows, e.g.
30. Will Ferrell's "Funny or _____"
31. Steve McQueen's "The Great _____" (1963)
34. Toss a coin
35. _____ & Young financial services company

37. Kimono tie
38. Sweating room
39. Short skirt
40. Batter (2 words)
42. Lake, in French
43. Anise seed (1 word)
45. * _____ of Versailles or Buckingham _____

47. _____ of war
48. Sinbad the Sailor's home
50. Not good
52. *St. Basil's in Moscow or St. Paul's in London
56. *The Parthenon in Athens is made of this
57. Capital of Norway
58. Aeneas' lover
59. More slippery
60. Animal protein
61. Independent chieftain
62. High degree
63. TV program interruptions
64. Retired, abbr.

DOWN

1. CAT or PET, e.g.
2. *Key Tower, tallest building in this Buckeye state
3. Laundry room fire hazard
4. Type of local tax

CROSSWORD											
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5. Pupa, pl.
6. Things
7. Give up a state
8. Dam-like structure
9. Not misses
10. Football's extra point
12. Soup scoopers
13. Make a solemn promise
14. *Burj _____, tallest building in the world
19. Wading bird
22. "Monkey _____, monkey do"
23. Bodily swelling
24. Rice wine
25. 1/100th of Finnish markka
26. Rotisserie skewer
27. Spurious wing
28. Cancer-treating machine, acr.
29. * _____ Needle, Seattle
32. For boys and girls
33. Lawyers' org.
36. * _____ Chapel, Vatican City
38. Flat replacement
40. "_____, borrow or steal"
41. Eventual outcome
44. Leonhard _____, Swiss mathematician (1707-1783)
46. Portable stairs
48. Headquartered
49. Road-tripping guide
50. Carve in stone
51. Emptiness
52. Vegetative state
53. Ice crystals
54. Passage in a coal mine
55. Voldemort's title
56. Small amount of drink

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