



# SKYE CANYON EDITION

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VOLUME 2, NUMBER 2 | NOVEMBER 2025

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## Couple's Bold Move

Skye Canyon's Stephen and Amy Miller moved to Vegas in 2009 with no jobs. Now they own their own insurance agency.

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## Neon Diary

Doug Puppel writes about a northwest valley art hub: the Rita Deanin Abbey Art Museum.

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## Home Sales Report

Check out which Skye Canyon homes sold in the month of October.

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# Family Affair

Skye Canyon's Lisa Story has written a book about her uncle Walt Reza ... also known as the infamous D.B. Cooper. See Story Page 4

Photo by Ben Robertson | Silver Tree Films

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# Cover story is a little intimidating to write

I usually don't have any particular feelings about writing an article. I just try to come up with an interesting lead and then let the rest of the story take shape.



But this month, I'm writing about someone

who has actually written a book—a published author, Lisa Story.

I've never written a book, nor have I ever really had the desire to. Still, now I find myself comparing my writing to that of someone who has published two books (not to mention being a professional public relations specialist).

Lisa reached out to me a couple of months ago, pitching the idea of an article about her new book. As a Skye Canyon resident, she had just written about her uncle, who she believes was the infamous D.B. Cooper.

I was a bit skeptical at first. A quick Wikipedia search still describes Cooper as "an unidentified man who hijacked Northwest Orient Airlines Flight 305 and then parachuted out of a Boeing 727 with \$200,000 into a remote part of southwestern Washington."

He was never found.

Wikipedia lists 15 potential suspects as the real D.B. Cooper, including Walter Reza—Lisa's uncle.

Even if Wikipedia isn't convinced that Reza was the real D.B. Cooper, I figured this would make a great story for 215News—Skye Canyon, especially since Lisa wrote 323 pages of a well-researched case.

So, check it out. Hopefully my article is as good a read as her book.

You'll also want to take a look at another feature this month from Skye Canyon's own elementary school, Somerset Academy. I worked with the school's athletic director, Paula Hammack, on a story updating the school's sports teams as they head into the playoffs.

Middle and elementary school sports programs get little to no coverage from mainstream news outlets—actually, they get no coverage. That's why 215News—Skye Canyon is the perfect outlet for this type of story.

I remember back in my youth, my hometown paper covered all kinds of youth sports. It was a thrill to see your name in print.

These days, maybe getting a mention online or in a Facebook group is as good as it gets.

Hopefully, the kids featured in this article will get as much of a thrill as I did back in the day.

— Kirk Kern



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# Skye Canyon author has a good story to tell

By Kirk Kern

Lisa Story always knew her uncle, Walt Reca, had lived an adventurous life. But when one of Reca's close friends told her that he was actually D.B. Cooper, she was more than a little skeptical.

"I thought it was possible," she said. "But I wasn't completely convinced. Walt lived an adventurous life filled with crazy skydiving stunts and several military enlistments, including serving in Special Forces and Intelligence Units."

She also knew he had a criminal past, including robbing a restaurant. But hijacking a 727 airplane, demanding \$200,000 in ransom and parachuting off the plane over rural Washington state? That seemed like a stretch.

So, she went to the man himself.

"When I asked Walt about the hijacking, he didn't deny it—but he also wouldn't admit to the crime until 2011, when Marla Cooper made national news saying her uncle was D.B. Cooper," said Story, a Skye Canyon resident who recently published "Better Dead than Poor," a book that lays out the case that Reca was indeed D.B. Cooper. "Walt sent me a news clipping with a sarcastic note about Marla's childhood memory."

Story spent more than 11 years researching and writing "Better Dead than Poor," gathering much of the information directly from her uncle.

Some of the evidence she presents includes:

- Audio recordings and a written confession typed by Reca's best friend, Carl Laurin.
- A first-hand account of post-jump survival, supported by eyewitness testimony.
- Evidence that Reca offered both stolen cash from a 1965 robbery and ransom money to stewardess Tina Mucklow.
- Details of Reca's work with shadowy paramilitary operations following the hijacking.
- Insights into a never-publicly-



**Lisa Story shows off her new book, "Better Dead than Poor," which lays out a case of her uncle actually being the infamous D.B. Cooper. (Ben Robertson, Silver Tree Films photo)**

released sketch of the hijacker, described by airline staff as "100 percent accurate."

Story said Laurin traveled to the area and began asking around the small town about a man who drove a lumber dump truck in the 1970s and played in a cowboy band. It was when Laurin tracked down an eyewitness—Jeff Osicadacz—that Story became convinced Reca was the hijacker.

"For years, Jeff had told his family and friends about the soaking-wet, beet-red stranger who was carrying

his coat around something and who had asked him for directions to a friend's house," Story said. "Jeff said he didn't call the authorities because the FBI believed the hijacker had jumped much farther away than where he met my uncle. He just assumed the stranger was 'one French fry short of a Happy Meal.'"

"I've met Jeff three or four times over the past few years, and he's a straight shooter known in town for his honesty. His story—and the other information I found during my research—con-

vinced me Walt was telling the truth."

Story spent a lot of time with Reca, who died in 2014. They became pen pals when she was in high school and he was overseas working in the oil industry—or so she thought. She later learned he had served in private military operations. After her grandmother died in 1999, Story and her mother visited Reca each summer. They also stayed in touch through regular letters and phone calls.

> See **STORY**, Page 17

# PREPARED .. TO SELL



Cub Scouts from Troop 440 in Skye Canyon were out recently selling popcorn as a fund-raiser in front of the Smiths in the Skye Canyon Marketplace. (215News-Skye Canyon photo)

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# Millers' moving gamble to Las Vegas pays off with business success

By Kirk Kern

Like many people in 2009, Stephen and Amy Miller found themselves at a crossroads. Living in Saratoga Springs, New York, both had recently lost their jobs.

But instead of pounding the pavement in search of new employment in upstate New York, they decided to head in a different direction — west.

“We didn’t own a home and didn’t have any kids, so we felt like we could go anywhere,” Amy said. “The lack of income tax and the favorable weather made Nevada attractive. We also liked the proximity to numerous national parks and the ability to get outdoors.”

So they sold most of their possessions at local swap meets, shipped the rest of their belongings, packed their two dogs into the car, and made their way across the country.

“We did a lot of touristy things along the way,” Amy said. “We vlogged our travels for our family. It was a great experience.”

When they arrived in Las Vegas, they didn’t have jobs lined up but settled into an apartment near where Skye Canyon would eventually be built.

“Things got real very quickly when I found out I was pregnant,” Amy said.

She soon landed a job in telecommunications, while Stephen earned his insurance license and opened a Farmers agency.

“We didn’t know anyone here, so we had to get creative to drum up business for him,” Amy said. “From putting fliers on cars in the Walmart parking lot to sitting outside the DMV writing insurance for people in need, Steve slowly built a pretty successful business.”

That success led to the purchase

of their first home in Providence. When they outgrew that home, they moved to Skye Canyon.

Eight years ago, the couple decided to work together and opened Blue Sky Insurance.

“We’re independent agents and offer auto, home, umbrella and commercial insurance, but we also specialize in Medicare,” Amy said. “We really embrace technology in our agency and even have our own app for clients to manage all their policies and insurance needs.”

Amy said their goal is to find the most affordable insurance options without sacrificing coverage. In the Medicare field, she said they strive to make the process of switching from private insurance as simple as possible.

“Helping people transition into Medicare at retirement is probably one of the most rewarding professional experiences we have,” she said. “It can be a little overwhelming for people, and it feels good to help them through the process.”

Transitioning from their first home in Providence to Skye Canyon has also gone smoothly for the Millers. Amy runs the Skye Canyon Ladies Social Club on Facebook, and the whole family — Stephen, Amy, and their two daughters — loves to play pickleball at nearby Skye View Park.

The family is involved with their daughters’ school sports at Faith Lutheran and is active in their church, St. Anthony of Padua.

“I like to think we’ve lived the American Dream,” Amy said. “We had nearly nothing and have built a very comfortable life with a little blood, sweat, and tears. We don’t have family here in Nevada, so our community and friends have become our family.”

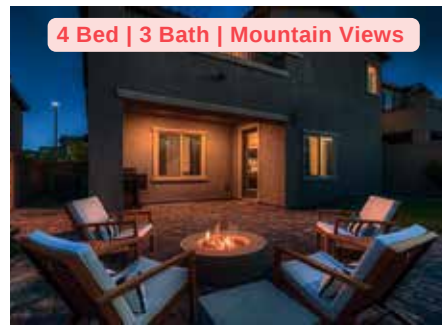


**Skye Canyon residents Stephen and Amy Miller have found success with their own insurance agency. (Submitted photo)**

# RAIDING SKYE CANYON



Las Vegas Raiders' star Maxx Crosby recently signed autographs at the Smith's in the Skye Canyon Marketplace as part of a promotion of his Recover beverage. (215News-Skye Canyon photo)



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The Somerset Skye Canyon volleyball team: Back Row, Coach Broscheit, Tatum Mathis, Mia Knowles-Oden, Brynn Lueck, Skye Morgan, Coach Irving. Middle Row, Aubrey Madland, Savannah Valdez. Front Row: Kami Roze, Ava Vantine, Scarlet Irving, Karyna Horlador, Ke'ala Unga. (Submitted photo)

## Somerset Skye Canyon sports teams prepping for playoffs

Submitted by Somerset Academy  
Skye Canyon Athletics

Somerset Skye Canyon's fall sports season is coming to an end for the regular season. However, hopes are high that they will see six out of their twelve teams advance to the playoffs during the week of November 3rd.

Skye Canyon is not a stranger to bringing home championships, both on and off the field.

Last year their 3rd-5th Girls Volleyball team, Middles School Girls Soccer team, and their Battle of the Books team took home championships. It looks like they are hungry for more. If all goes well Skye Canyon could see its Varsity, JV, and 4th-5th Flag Football teams advance on to playoffs.

In addition they have their 3rd-5th Girls, JV Girls, and Varsity Girls Volleyball teams positioned, as well, to advance to the playoffs. Their Var-

sity Girls team has been on fire this season and remains one of only six teams in their division undefeated heading into playoffs.

The success of the Varsity team is largely due to the experienced players they have on the court. Three 8th grade student-athletes lead the flock with their expertise. Skye Morgan, Savannah Valdez, and Brynn Lueck have played on the Varsity team since their 6th grade year. Their dedication, energy, leadership, and skill are what the rest of the Varsity Volleyball Cardinals depend on to remain on top.

Lastly, the Skye Canyon's Cross Country team deserves a mention.

They are slated to have their Championship meet and have three stand out athletes that will likely see top ten finishes.

Bella Wassmuth, a 7th grader, has

> See **SPORTS**, Page 9

est. 1997

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# Sports

continued from Page 8

shown incredible determination and growth this cross country season. She has placed in the top ten in all of her meets with her most recent coming away with an impressive 2nd place in a pack of 90 student-athletes.

Valentina Veitia-Ortiz has also been tearing up the course. She started the year running a mile in 11 minutes 26 seconds placing 13th. However, through hard work and determination she quickly climbed the ranks finishing in the top ten in four other meets and achieving her all-time fastest speed with a time of 10 minutes 14 seconds.

Lastly, though he may be one of their younger runners, Oliver Hutchison, is turning heads with his efforts. He has placed in the top 10 in every race but one and has cut off a whole minute off his time. Not bad for a young man who has never ran for a team.



**Valentina Veitia, left, and Bella Wassmuth run cross country for Somerset Skye Canyon.**

Skye Canyon most definitely is soaring high this fall sports season and chocks up their success to the support these student athletes receive from their parents, coaches and teachers.

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Broadway veteran Philip Fortenberry sits at the grand piano while Alexandria Le speaks to the audience at the inaugural RDA Performs concert series at the Rita Deanin Abbey Art Museum. In attendance were members of the Las Vegas musical community, a top PR exec, and one of Le's high school teachers.  
*Tag Team Productions*

## Take note: Concert series extends cultural map into the northwest valley

Homegrown classical music star Alexandria Le adds the role of “artistic director” to “concert pianist” during the inaugural season of RDA Performs at the Rita Deanin Abbey Art Museum.

The museum, just south of Centennial Parkway and Grand Canyon Drive, is positioning itself as a northwest valley arts hub. Along with housing the works of one of Las Vegas' most important artists, it plays host to concerts, lectures,

yoga sessions, and photo shoots.

“I’m continually amazed by how her art and the architecture can breathe with music,” says Le, a product of Las Vegas Academy and a Carnegie Hall veteran.

The Las Vegas native says the far northwest has “a real treasure” with the museum — “it’s like visiting MoMA if it were in the desert.”

The museum selected Le to develop RDA Performs: four Saturday afternoon concerts spanning fall through spring. The series opened on Oct. 11 with “Piano Portraits: A Piano Duet Dialogue,” featuring Le in a “four-hand” concert with veteran stage performer Philip Fortenberry.

This eclectic series ventures into

> See **NEON**, Page 11



**DOUG PUPPEL**  
NEON DIARY

# Neon

continued from Page 10

Broadway, Baroque, and the haunting desert soundscape.

That was by design — a quiet homage to Rita Deanin Abbey, who thrived in many styles and mediums. “It felt fitting that the music would be just as diverse,” Le says.

The museum features the works of the late artist at what used to be her home and studio at 5850 N. Park St. The museum is open Thursday through Sunday, 10 a.m. to 5 p.m., by appointment.

**POLICE ACTIVITY:** By the time you read this, work should be underway on the new Metro substation serving Skye Canyon and the far northwest valley.

The Skye Canyon LVMPD substation broke ground in late October at West Grand Teton and North Hualapai. A city park will go in alongside it, with both set to open

in about a year.

No one’s watching the progress more closely than Las Vegas Councilwoman Nancy Brune, who represents the area: “This station will reduce response times for our law enforcement teams, increase law enforcement visibility, and enhance public safety.”

More on the substation — and what it means for the northwest — in the next issue of 215 / Skye Canyon.

**HAPPY TALE:** Amy, the Dalmatian puppy that stole the show at a recent charity photo shoot to benefit A Home 4 Spot has found a forever home. She was featured in last month’s column with some stunning models bringing attention to the dog rescue charity. Also, A Home 4 Spot’s fundraiser concert at Sicilian Guys Trattoria, 9800 W. Skye Canyon Park Drive, was its best ever, reports charity founder Diana England.

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# Dream big, earn bigger: The college scholarship mindset

Kimberley McGee

November is National Scholarship Month, and if your saving's plan is like ours, "figure it out later," this is your friendly nudge to add it to your list, no matter your child's age, grades or gifted status.

I have to admit, we were clueless. As my twins toddled through kindergarten, I thought it was too early to think about scholarships. Now that they are teens with dreams of expensive careers, I worried we missed the boat.

That changed when I spoke with Rhea Watson of My Scholarship Solutions. Known as The Scholarship Doctor, the award-winning author didn't just talk about money. She talked about opportunity, legacy and freedom.

It doesn't take much and there's an abundance of scholarships to choose from. The sports, art and writing contests or hobbies kids explore can be great fodder for funds.

Some of the young entrepreneurs in our Vegas Kids Zone Kidpreneur Markets have learned how to flex their scholarship muscles and turn their experiences into cash for college as well as their nonprofits.

Each month, kids set up their booths, sell their creations, and talk to customers face-to-face. It's confidence training in action. More than that, these experiences are gold when it comes time for scholarships.



They show initiative, creativity, and community impact. Insider tip: these are all things scholarship committees love.

And they would love to hear from more of you. More than \$100 million in scholarships go unclaimed every year, according to National Scholarship Providers Association, and billions in federal grants as well! Why? No one applied! It's one of the many myths we dispel in our November cover story for Vegas Family Insider, including:

- Scholarships aren't just for straight-A students or star athletes. Some may have GPA minimums of 2.5 or lower.
- It's never too early, or too late, to start. Watson has had parents apply for future funds for their infants.
- There is a wealth of scholarships, including those for kids who volunteer, run small businesses, love to bake, make TikToks, or even write about their pets.

So, if you haven't started, don't panic. Pull out a notebook, sit down with your kids, and brainstorm their passions. Every experience, every skill, every act of kindness can become part of their story and a step toward earning scholarships.

And please, learn from this mom's lesson: start early. Getting scholarship smart is empowering, and one of those things you know you should do sooner than later.

Read more about the power of starting early in the November issue of Vegas Family Insider. It's never too soon to help your child dream big and earn bigger.

Kimberley McGee is a twin mom, award-winning journalist and publisher of Vegas Kids Zone Media. Visit the website at [www.vegaskidszone.com](http://www.vegaskidszone.com)

## SCCA, Olympia schedule toy drive

215News

The Skye Canyon Community Association in partnership with the Olympia Companies Charitable Foundation is hosting a holiday toy drive from Monday, Nov. 17 through Thursday, Dec. 11.

Those interested are invited to bring an unwrapped gift for a child in need or make a monetary donation online.

Drop-off boxes will be placed at both Skye Center and Skye Fitness, and donations can also be made at [olympiacompaniesfoundation.org](http://olympiacompaniesfoundation.org).

## October home sales

The Skye Canyon home sales market saw 18 homes close in the past 30 days, ending on Oct. 22.

The most expensive home sold was for \$725,000 on Vista Argento Avenue. The 2,668-square-foot, two-story home was originally built in 2024 and closed on Oct. 3. The price was \$270 per square foot.

The least expensive home was a two-story home on Sariah Skye Avenue, a 2,140-square-foot home that sold for \$440,000 on Oct. 16. The home was built in 2020 and sold for \$206 per square foot.

Following is a list of home closed for 30 days, ending Oct. 22. Information is from Lance Sherman - Keller Williams.

9730 Wildflower Vista Ave, 2,165sqft, \$590,000  
8104 Switchback Run St, 1,785sqft, \$453,000  
8111 Switchback Run St, 1,486sqft, \$455,000

8107 Skye Quarry St, 2,669sqft, \$573,000  
10663 Sariah Skye Ave, 2,140sqft, \$440,000  
9827 Mojave Mountain St, 1,623sqft, \$450,000  
9032 Skye Canyon Ranch St, 2,028sqft, \$609,000  
8724 Scalpay St, 2,597sqft, \$570,000  
9276 Marler St, 2,905sqft, \$700,000  
10392 Vista Argento Ave, 2,668sqft, \$725,000  
10326 Scalata Ave, 2,897sqft, \$715,860  
8873 Howell St, 2,328sqft, \$539,450  
8958 Faxom St, 2,259 sqft, \$569,000  
10725 Vernon Woods Ave, 2,119sqft, \$550,340  
8656 Vanhoy Creek St, 1,943sqft, \$500,090  
8480 Vanhoy Creek St, 1,943sqft, \$500,090  
8481 Vanhoy Creek St, 1,742sqft, \$499,000  
8465 Vanhoy Creek St, 1,816sqft, \$573,340

## Crime Report – 89166

Information gathered from LVMPD Open Source Date from Sept.. 22 - Oct. 22.

### ASSAULT

9/28, 12:43 p.m., 9700 block of Alpine Style Drive  
9/29, 6:52 a.m., 10900 block of Cilantro Avenue  
9/29, 9:59 p.m., 8500 block of Oslo Blanca Road  
9/30, 9:34 a.m., 6400 block of Cameron Park Street  
10/3, 10:05 a.m., 10800 block of Dobbs Avenue  
10/5, 8:57 a.m., 10700 block of Bayview House Avenue  
10/9, 1:02 p.m., 9300 block of Daffodil Sun Avenue  
10/10, 4:5 a.m., 10200 block of Duchess of York Avenue  
10/11, 7:19 p.m., 6500 block of Castalnova Bend Drive  
10/11, 9:11 p.m., 8100 block of Caspian Moon Drive

### BURGLARY

10/17, 7:15 a.m., 10900 block of Doresta Avenue

### DESTRUCTION/VANDALISM

9/29, 3:37 a.m., 6500 block of Chinatown Street  
10/16, 1:58 a.m., 8600 block of Vanhoy

Creek Street  
10/16, 2:15 a.m., 8400 block of Vanhoy Creek Street

### FRAUD OFFENSE

9/24, 3:37 a.m., 7500 block of Edgartown Harbor Street

### LARCENY/THEFT

9/28, 4:39 a.m., 10400 block of Hammer Lane  
9/30, 7:34 a.m., 10300 block of Farm Road  
10/1 1:48 a.m., 8900 block of Wallner Street  
10/10, 5:44 a.m., North Alpine Way and Rocky Avenue  
10/13, 6:43 a.m., 8600 block of Cloverbelle Street  
10/13, 7:13 a.m., 6800 block of Marjoram Street  
10/17, 8:r45 a.m., 10600 block of Centennial Parkway

### MOTOR VEHICLE THEFT

9/28, 4:27 a.m., Severence ZLane and Chesapeake Cove Street.  
10/17, 1:13 a.m., 9100 block of Bright Blue Sky Avenue  
10/17, 1:15 a.m., 8000 block of Mosaic Sunrise Lane

### SEX OFFENSE

10/13, 10:28 a.m., location unavailable

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# CALENDAR

## WEEKLY

### Thursdays

**Farmer's Market:** 4-8 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. The farmer's market is produced by Fresh 52, farmers and artisan markets.

### Saturdays

**Sythe and Deanne:** 5-8 p.m., Sicilian Guys Trattoria, 9800 W. Skye Canyon Park Drive, Suite 190. The dynamic bling duo perform all genres and decades of music. Never the same show twice. 702-331-6873.

## SATURDAY, NOV. 1

**Document Shredding and RX Disposal:** 10 a.m. - noon, Centennial Hills YMCA, 6601 N. Buffalo Drive. Bring your documents and expired prescriptions to the east parking lot. Shredding services are available until truck capacity is reached, or noon.

**25 or 6 to Faux — Tribute to Chicago:** 8 p.m., Santa Fe Station Chrome Showroom, 4949 N. Rancho Drive. An incredible multi-media show featuring world class musicians celebrating one of America's most dynamic and prolific hit makers. General admission tickets \$25 plus tax/fees. All ages, with 21-plus. Purchase at Station Re-

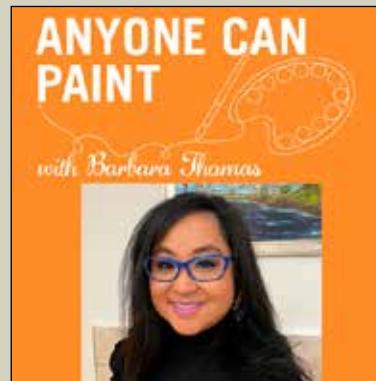
## Library offers learn-to-paint adventure

Come join us for a super fun learn-to-paint adventure on Nov. 21 at the Centennial Hills Library, 6711 N. Buffalo Drive, from 3-5 p.m.

You'll get the chance to use acrylic paints to create a wonderful themed work of art that you get to take home! Instructor Barbara Thomas walks you through all the steps, and helps everyone from beginners to experts tap into their creative abilities. All supplies are included. Space is limited, please register using the link to the left.

Thomas is a Las Vegas based artist known for incorporating many mediums, including painting and mixed media. She shares her love of art by teaching others how to find their voice through painting and creativity.

For ages 16 and up. Online registration is required. Registrants who arrive 5 minutes late to the program will be unable to participate.



wards Center or online at Ticketmaster.com.

## WEDNESDAY, NOV. 5

**Bunco:** 10 a.m., Centennial Hills Active Adult Center, 6601 N. Buffalo Drive. Creamy chicken noodle soup. 702-229-1702.

**Humana Health Education Series:** 10 a.m., Centennial Hills Active Adult Center, 6601 N. Buffalo Drive. Eating the Mediterranean Way. 702-229-1702

**Book Club:** 1:15 p.m., Centennial Hills Active Adult Center, 6601 N. Buffalo Drive. The Women, by Kristen Hannah. 702-229-1702

## THURSDAY, NOV. 6

**Ward 6 Town Hall Meeting:** 6-8 p.m., Centennial Hills YMCA, 6601 N. Buffalo Drive. Councilwoman Nancy Brune, LVMPD and city departments will discuss efforts to keep Ward 6 clean and safe. Free event. RSVP at eventbrite.com

## SATURDAY, NOV. 8

**Bonkerz Comedy:** 8 p.m., Santa Fe Station Chrome Showroom, 4949 N. Rancho Drive. Alex "Koolaid" Ansel with Matt Cole and MC Warren Durso. No cover. 21-and-older.

## TUESDAY, NOV. 11

**Garden Meeting:** 9 a.m., Centennial Hills Active Adult Center, 6601 N. Buffalo Drive. Education on gardening in a desert climate. 702-229-1702

## WEDNESDAY, NOV. 12

**Small Business Breakfast:** 10 a.m. - noon, Centennial Hills YMCA, 6601 N. Buffalo Drive. Join in to network with other small business owners and hear from a knowledgeable guest speaker over breakfast. RSVP at evenbrite.com

**Friendsgiving Luncheon:** 11 a.m., Centennial Hills Active Adult Center, 6601 N. Buffalo Drive. Turkey, stuffing mashed potatoes, gravy, creamed corn, sweet potatoes, cranberry sauce, pumpkin pie and yeast rolls. 702-229-1702

## FRIDAY, NOV. 14

**Blood Drive:** 11 a.m. - 4:30 p.m., Centennial Hills Library, 6711 N. Buffalo Drive. To schedule an appointment, please visit redcrossblood.org and use sponsor code CENTHills. Walk-ins welcome. 1-800-RED-CROSS.

**Parents Night Out:** 5:30-8:30 p.m., Centennial Hills YMCA, 6601 N. Buffalo Drive. Let your child ages 3-12 have a fun night at the Y. Theme is Pokemon Pajama

> See **CALENDAR**, Page 15



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# Calendar

continued from Page 16

Party. Cost is \$10 per person. 702-522-7436.

**Bee Gees Fever:** 8 p.m., Aliante Casino Access Showroom, 7300 N. Aliante Parkway. Transport dance to 1980s dance club scene with great songs by the sibling trio. Tickets start at \$40 and are available at Ticketmaster.com.

## SATURDAY, NOV. 15

**Special EFX All-Stars:** 8 p.m., Aliante Casino Access Showroom, 7300 N. Aliante Parkway. Grammy-nominated Chieli Minucci brings his Special EFX All Stars to play its Billboard Jazz No. 1 hit Meant to Be, along with other favorites. Tickets start at \$76 and are available at Ticketmaster.com.

## TUESDAY, NOV. 18

**Guest Lecture:** 10 a.m., Centennial Hills Active Adult Center, 6601 N. Buffalo Drive. Estate Planning. 702-229-1702

## WEDNESDAY, NOV. 19

**Bingo:** 11 a.m., Centennial Hills Active Adult Center, 6601 N. Buffalo Drive. Mini pumpkin cheesecakes. 702-229-1702

## THURSDAY, NOV. 20

**Centennial Creative Club:** 10 a.m. - noon, Centennial Hills

Active Adult Center, 6601 N. Buffalo Drive. Wood Snowman Ornament. Cost \$7. 702-229-1702

## WEDNESDAY, NOV. 26

**Foodie Tour:** 10:30 a.m., Centennial Hills Active Adult Center, 6601 N. Buffalo Drive. Holiday shopping and lunch. \$7. 702-229-1702.

**Diner Days:** 10:30 a.m., Centennial Hills Active Adult Center, 6601 N. Buffalo Drive. Pancakes, bacon and hot cocoa. \$10. 702-229-1702.

## MONDAY, NOV. 24

**Family Art Painting Program:** 5:30-7:30 p.m., Centennial Hills Library, 6711 N. Buffalo Drive. Bring the whole family to make art. Seating may be limited. Call 702-507-6107.

## FRIDAY, NOV. 28

**Parents Night Out:** 5:30-8:30 p.m., Centennial Hills YMCA, 6601 N. Buffalo Drive. Let your child ages 3-12 have a fun night at the Y. Theme is Gotta Craft 'Em All. Cost is \$10 per person. 702-522-7436.

**Bailing a la Mexicana:** 10 p.m., Santa Fe Station Chrome Showroom, 4949 N. Rancho Drive. Dance the night away from 10 p.m. to 2 a.m. No cover charge. Must be 21-and-older to attend.

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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
Lorraine Castillo	Insurance Residential	RDP Insurance	702-665-7011
Salvador Diaz III	Financial Advisor	Strategic Retirement Partners	702-329-1147
Nathan Hess	Printer	Hess Design Studio	702-625-2212
Roger Ibrahim	Insurance Commercial	Farmers Insurance	702-719-4678
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
Tana Magel	HVAC	Gold Medal Service	702-425-0508
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
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
Chad Worthen	Pest Control	Vantage Pest Control	702-534-1000
Alice Young	Insurance Supplements	AFLAC	714-351-1110
Josey Lesmeister	Social Media Marketing	Cobalf Media Marketing	503-680-1740
Quinn Panganiban	Social Media Consultant	Quinning Marketing	702-209-8840
Markeita Roush-Wedlake	Mortgage Loans	Cross Country Mortgage	858-688-2787
Lucas Whelan	Business Consultant	Whelan Partners Consulting	702-715-3150
Nolan Burke	Bankcard Services	Cardconnect	702-470-5848
Kennedy Hill	Restoration Damage and Cleanup	Independent Restoration Services	615-498-5533
Jason Scott	Fire Protection	AAA Fire Protection	702-460-6977
Sass Moreno	Barber	Bonnie & Clyde's Barbershop	310-994-1378

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

## 7 secrets to enjoying the holidays without putting on the pounds

By Dianna Whitley

Let's face it: the holidays are filled with delicious temptations. Everywhere you turn there are cookies, bowls of candy, or invitations to big festive meals. But enjoying the holidays doesn't have to mean gaining weight. You can savor the season and still feel good in your body come January.



ger. Keep water handy and sip between bites and between drinks. If you're having alcohol, alternate every drink with a glass of water with lime. It keeps your energy steady and helps you stay clear-headed enough to enjoy the evening without regret.

### 5. FOCUS ON PEOPLE, NOT PLATES.

Remember, the holidays are about connection. Engage in conversation, dance, or help in the kitchen—anything that keeps you moving and socializing. The more you focus on the fun, the less food becomes the main event.

### 6. DITCH THE GUILT

Guilt adds stress—and stress raises cortisol, which actually makes your body store more fat. Enjoy what you eat, then let it go. One meal never made anyone gain weight, just like one salad never made anyone lose it. It's your habits over time that matter most.

### 7. END THE DAY WITH GRATITUDE, NOT REGRET

At the end of each holiday gathering, take a moment to be grateful for the people you love, the laughter you shared, and the wonderful food you enjoyed. Gratitude is one of the healthiest habits you can cultivate.

You can enjoy every bite, feel relaxed, and still stay in control. The key is balance, not perfection. When you eat mindfully, stay hydrated, and focus on connection instead of consumption, the holidays become joyful rather than stressful.

So go ahead—raise your glass, savor that pie, and celebrate the season. Because the real weight you'll want to carry into the new year is the warmth of good memories.

*If you want to see how hypnosis can help you feel your best during the holidays and beyond, text Dianna at (714) 331-6699 for a free consultation*

### 1. CHANGE THE GOAL—FROM “DON'T GAIN” TO “ENJOY MINDFULLY”

The minute we tell ourselves don't eat something, our inner rebel wants it even more. Instead of restriction, shift your focus to presence. Slow down and actually taste what you're eating. Notice the flavors, textures, and smells. When you give yourself permission to enjoy, you naturally stop sooner because the experience feels satisfying.

### 2. DON'T ARRIVE HUNGRY

Showing up to a party starving is a setup for overeating. Have a small protein-rich snack beforehand—a few almonds, a boiled egg, or a slice of turkey. That way you can enjoy the food without inhaling it!

### 3. CHOOSE YOUR INDULGENCES

You don't need to try everything on the buffet. Pick your favorites—the dishes that make you light up—and skip the ones that are just “meh.” One slice of homemade pie enjoyed slowly is far more satisfying than grazing through a dozen so-so treats.

### 4. HYDRATE AND PACE YOURSELF

Dehydration often feels like hun-

# Story

continued from Page 4

“I knew him as the eccentric, good-natured uncle who had lived an adventurous life,” she said. “His friends knew him as the daredevil, soldier, and criminal that encompassed his adult life.”

The D.B. Cooper saga wasn't Recca's only adventure—and it wasn't the sole subject of a book Story wrote about him. In 2023, she co-authored “Pardon Me, Father: The Mostly True Story of a Diamond-Smuggling Priest” with Laurin.

“I created a spreadsheet of my uncle's military enlistments, crimes, travels, work history, and major events to try to keep the facts straight,” she said. “And I did the same for the FBI reports. I'm still discovering information about Walt's past and about others with whom he was associated. Right before I published the book, I uncovered several more CIA ties to him and his friends.”

Story self-published “Better Dead than Poor” and is currently working to get it onto multiple platforms before approaching local bookstores. It's available on Amazon, as is her first book, “Pardon Me, Father.”

While her uncle's exploits have inspired several books, Story herself has led a more traditional life. She works in public relations for a local utility company and describes her life as “the boring path of going to college, getting a job, getting married, having a family, getting divorced and

**“I knew him as the eccentric, good-natured uncle who had lived an adventurous life. His friends knew him as the daredevil, soldier, and criminal that encompassed his adult life.”**

**AMY STORY**  
AUTHOR

trying the love connection again—with much better results the second time around.”

Her family moved to Las Vegas in 1976 when she was in high school, and she has mostly lived in Henderson and southeast Las Vegas. She and her husband moved to Skye Canyon because he worked at the Nevada Test Site and wanted a shorter commute.

“I didn't even know Skye Canyon existed until we drove off the freeway to look at model homes,” she said. “I was hesitant about living this far north and far from family, but we've been here since 2017 and we love it.”

She enjoys that the community has several parks and beautiful landscaping.

“We can walk to at least six parks within a few minutes,” she said. “I love that we sit at a higher elevation at the base of Mount Charleston, which provides stunning scenery and ever-so-slightly cooler temperatures.”



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# Thanksgiving blessings can be a yearly reset of gratitude

By Cheri Petroni

Thanksgiving is a time of gratitude. If not for the help of Native peoples—especially the Wampanoag—those early colonists might not have survived, and our country's beginnings could have been a very different story.

Today, Thanksgiving is a yearly reset, honoring humble beginnings and the blessings in front of us.

It's less about perfect photos and more about presence. That's why gratitude belongs here.



It is not just a thanks-feeling, but thanks-giving.

Gratitude works best as an active process: notice — name — do. Start noticing who or what made a difference in your day.

Next, name it out loud. Finally, do one thing in return. Action reinforces appreciation, steadies stress and turns warm feelings into trust.

Practiced regularly, notice-name-do becomes a habit that changes how we show up for one another.

## OUT-OF-THE-BOX WAYS TO PRACTICE

**Community Assist:** Once a week, scan for a tiny, place-specific favor—roll a neighbor's bin

back before the wind kicks up, bring water to a delivery driver, check on a porch package.

**Skill-Share Sunday:** Share one small skill with someone in need. Change a light bulb, troubleshoot a computer, or walk the dog for your neighbor. Keep it simple.

**Thank-You Relay:** Write a three-line note to someone who helped you. Hand it off and ask them to pass thanks forward to a third person. Watch the chain grow.

**Borrow & Return Better:** If you borrow a roaster, folding chairs, or a power drill, return it clean with a tiny upgrade: a spice packet, batteries, or a printed thank-you card.

A steady gratitude practice trains your brain to scan for what's working, settles stress, and nudges helpful action. Research ties it to better mood, sleep, and relationships. Most people feel a lift within 30 days, and with months of practice, the benefits grow as habits and friendships deepen.

Gratitude doesn't erase hard things, it gives you energy and allies to face them, so everyday life feels lighter and more doable. Try one idea daily this month and see how your life can change.

Cheri Petroni owns *Oasis to Zen Transformation*, where she started this transformational work. You may reach her at [oasistozen.com](http://oasistozen.com) or by calling 702-691-6035.



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