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Wall Street

How will Las Vegas solve
homelessness?



World Leader

Susan Rice and reclaiming America's ideals

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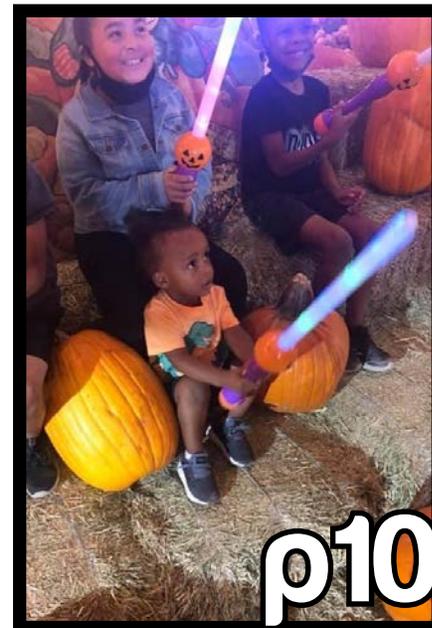
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what's inside:



p8



p10



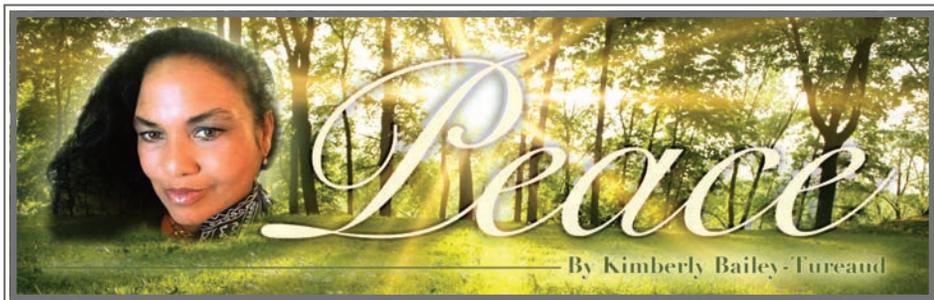
p13



p5



p16



Personality feeds the soul

Once, while I was listening to Oprah Winfrey, she dispensed one of the nuggets of wisdom that has placed her among the iconic voices of our time: “Use your personality to feed your soul.”

It is sage advice on how to connect to our true destiny. In our day-to-day search for meaning and direction toward success in those areas that we are passionate about, we sometimes forget about the gifts that have been refined throughout our life journey. Indeed, they shape the person we are today. Our lives are being constantly reshaped by experiences — and our personalities are enlightened and direct the path to reconnecting with our souls.

The key is to stay awakened to shifts that serve as direction and food for your soul. This is your yellow brick road toward a purposeful life — one that connects to humanity and the good in your-

self and others. Your universal presence will be led with intention.

We must wake up each day with good intentions and love — always approaching life from a position of gratitude. Being open, not judgmental, as we embrace thankfulness for the opportunity to live another day. Peace is there, blanketed in love.

Each day is yours. Put the good of your personality to work and allow it to guide you toward the magnificence of your full potential. You can use your smile, heart, and mind to create what feels good in your soul. Your lifetime is a school that equips you with discernment to always maintain positivity.

“You are the master of your faith and the captain of your soul” — so choose wisely and never forget that you had the power all along. Use it!

It was all on the ballot

By Louie Overstreet



Our nation will remain divided — but by the time many of you read this column, the election will be over. However, the filing of lawsuits (and heaven forbid, violence in the streets) will just be getting started.

In the November 2020 election, in addition to the usual assortment of crooked and not-so-crooked persons seeking elective office at the local, state, and national levels, several things were on the ballot — most notably, democracy itself.

Throughout our nation, persons were elected to local school boards with about as much of a chance of solving America’s educational crisis as the proverbial man in the moon.

At the state level, legislators and governors are so strapped for revenue they are between a rock and hard place — facing the dilemma of voting to raise taxes to meet state constitutional requirements to balance revenues with expenditures, yet exhibiting the craven desire to be re-elected. They are scared “crapless”!

However, far and away the most serious question is who will serve as Pres-

ident and Vice President of the United States of America. All one has to do to validate my assertion that democracy was on the ballot is to observe the behavior of the current prevaricating president and the criminal conduct engaged in by a number of his appointees.

However, should you still doubt my assertion, then answer to yourself, the following questions:

- Knowing that justice in America is often defined as “just us,” do you think the appointment of 200 conservative judges and three Supreme Court justices are good things?
- Is overturning the Affordable Care Act something you support?
- Is the current racial division that exists in America good for our nation’s domestic tranquility?
- Is becoming the laughingstock of the world okay with you?

If not, then I am sure your butts voted. Right?



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Remembering Black Wall Street



Black Wall St. burns in 1921

Hundreds of Black Americans died during a violent race riot that took place in Tulsa, Oklahoma in 1921. And it happened in one of the largest, most prosperous Black communities in the United States: Black Wall Street. The riot ignited after a Black teen was falsely accused of assaulting a white woman and an armed white mob flooded the African-American district to loot and set homes, churches, and businesses on fire. When it was over, 35 square blocks

of homes and businesses had been destroyed. A 2001 commission found that 168 people died in the violence, but other reports put the number as high as 300 with more than 800 wounded.

To date, a recent discovery of 11 bodies was made in Oklahoma City in an unmarked mass grave site at Tulsa cemetery, where investigators were searching for victims of the 1921 Tulsa Race Massacre.

Before 1921, most of Tulsa's 10,000

African-American residents lived in the vibrant Greenwood District with flourishing black-owned businesses, two newspapers, several churches, a hotel and library. Many referred to Greenwood as "Black Wall Street."

Black Wall Street was a self-sufficient community where black people ran prominent businesses. It was a thriving community in which centers of cultural institutions, banks, theaters, churches, schools and houses set the blueprint for

Black people to create healthy and vibrant neighborhoods.

Black Wall Street was destroyed during the 1921 race riot, but rebounded and rebuilt the community. However, the civil rights movement gave Black people the option to shop at stores once reserved for whites, which meant they spent less money in their community. Unfortunately the district of Greenwood declined in the late 1960s and 1970s as urban renewal projects transformed the inner city.



How can Las Vegas' homelessness crisis be solved?



Tiffany McNeely

Creating programs that get the homeless back into the workforce, professional development, and trade school. Also, they need assistance with resources in order to have their basic needs met while teaching them to be self-sufficient again.



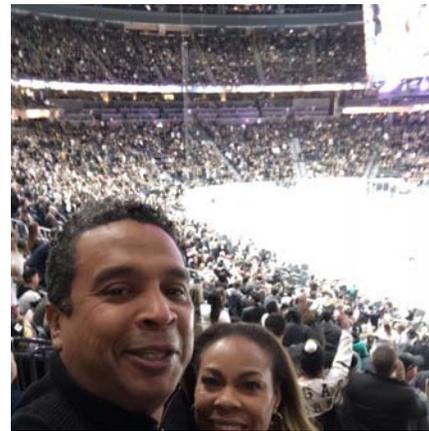
Angel Brock

This is a multifaceted issue that every city faces. The causes range from mental illness and financial problems to distrust of "the system." In my opinion, there needs to be a mobile outreach program (or more) to actually go directly to the homeless versus them having to go to shelters/outreach programs. Many of them are homeless because of finances — so how can someone attend programs if they cannot find a way?



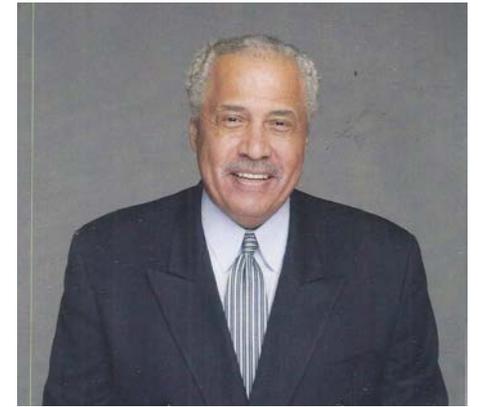
Cassandra L. Gailor

Start with the youth. We need more programs for safety and well-being and more churches to help with all of it. Instead of banning the homeless from stuff — open up the community centers for school since we are homeschooling now. Set up rides to doctor appointments. Give referrals to WIC and help with better housing. As a veteran, I see riders from the city bus who just want a 99-cent cup of coffee from the canteen. Don't shun the homeless — help them. Homeless youth, adults and vets need us! Also as a mom who is studying psychology, the pain makes me want to hug them all. Even before a shower. Let's go!



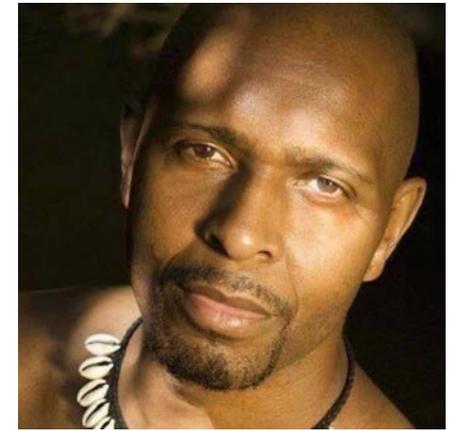
Stephen Munford

The problem started in the late 1980s and 1990s. Money left mental health and drug rehab centers and instead went to law enforcement and jails. Drug addicts and mental health cases ended up in jails and the legal system instead of in mental health beds or drug rehab beds. Homelessness was a way lower priority in the 1990s. Understand that Black and Brown people are the main ones impacted by the change in the flow of money for mental health and drug rehab for people of color. It's still terrible.



Louie Overstreet

Not sure — but I do know one size doesn't fit all. Maybe managing rather than correcting the problem is a more workable outcome.



Kelvin Gordon

Just one avenue to attack this problem is racism in the workplace. Another avenue is mental illness and mental health.



Tamar Burch

I would speak to those who are actually handling the homelessness population and get their take.



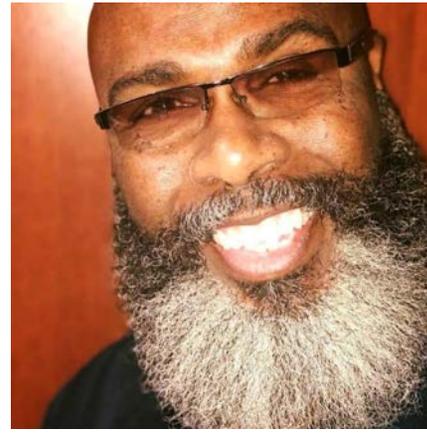
Joan Latasha Charleston

I worked at US Vets as a case manager. And before we can give jobs or any type of responsibilities to the homeless, we first have to address the mindsets, mental illness, and underlying issues. So they won't end up in the same situation down the line.



Tim Cunningham

My thoughts on fixing the homeless issue is taking a few abandoned buildings at the end of a bus line and converting them into barracks style of living quarters. Social services would be available and liability issues need to be hashed out with property owners.



Ausby Slay

It's my humble opinion that too much emphasis is being put on the "homeless" aspect of homelessness — and not the actual causes. I think more money should be allocated to programs that treat mental illness, drug dependency and alcoholism.



Stephanie Hughes

Las Vegas needs mental health facilities along with drug and alcohol facilities. Also, some are homeless by choice — not by circumstance.



Nikki Smith

Create a mental health system that works! Also, create wraparound services that can assist the whole person — not just some broken parts.



Valerie Johnson-Wiggins

When I moved to Vegas in 2005, Mayor Goodman had received millions of dollars which was supposed to be used to build housing for the homeless. What happened to that money?



Marsha Kimble-Simms

It's a federal and state issue with a shortage of housing. Feds need to allow apartment buildings as tax shelters. The wealthy used to build most apartment buildings because they could write them off. Once that's done, they can put money back into mental health services.



Abriana Tuller

Not only should there be grants to help the homeless attain housing, jobs, food, clothing. There should also be mental health services provided to help homeless people overcome the mental strain of being on the streets and to help them develop behaviors that will make them successful.



Paul Mark Maclin

Use the military to build eight camps around Las Vegas for transitional housing in parking lots and use Sam Boyd Stadium as a permanent homeless hub.



Tina Rane

They need to renovate those vacant homes and hotels downtown and offer the homeless life skills, job skills and other resources that they need to get them back on their feet.



Jackee Cahee

There are apartment communities that are empty that can be used as apartments for the homeless.



Linda Bussell

My friend said there is a homeless building that is empty. She said there are 200-300 rooms. Why is it not open?

Restoring the Soul of America

Susan Rice has spent a lifetime fighting to defend and uphold the country's values, and is standing strong for Joe Biden in his bid to become the 46th President of the United States.

By Kevin Liao

Ambassador Susan Rice is a highly skilled and accomplished diplomat with a wealth of experience fighting for American values. As Ambassador to the United Nations and National Security Advisor to President Obama, she represented the best of America. She has strived to use public service as a channel for making the world, and our country, fairer and more just. Throughout her career, she has been a strong advocate for issues like mitigating climate change, reducing global poverty and promoting gender equality.

During the Obama Administration, Rice was one of the President's most trusted advisors — and as UN Ambassador, was the first Black woman to represent the United States at the United Nations. In that role, she drew on her wealth of diplomatic experience cham-

panioning human rights and democracy across the globe. In President Obama's second term, she became the head of the President's National Security Council, and oversaw the Administration's national security and foreign policy agenda.

Ambassador Rice's background in government and foreign affairs runs deep. She grew up in Washington, D.C., the daughter of an economics professor and an education policy scholar. After receiving an undergraduate degree in history from Stanford, Rice was awarded the prestigious Rhodes Scholarship and earned her Master's degree and Ph.D in International Relations at Oxford University.

She worked as a foreign policy aide and consultant before becoming Assistant Secretary of State for African Affairs in the Clinton Administration in 1997. At

32 years old, she was the youngest Assistant Secretary in our country's history. As Assistant Secretary, she shaped American foreign policy for 48 countries in Sub-Saharan Africa and managed over 5,000 foreign service employees stationed at over 40 embassies on the continent. It was during her Senate Foreign Relations Committee nomination hearing for that role when then-Senator Joe Biden vouched for her. Since then, Ambassador Rice has worked closely with Vice President Biden in a variety of roles — culminating as the Obama Administration's National Security Advisor.

Throughout her decades-long career working in government, Ambassador Rice has promoted, both here and abroad, American values like equality and progress. She embodied those values through her hard work and perseverance. And it

is those values that drove her to become a vocal advocate for change following four years of President Donald Trump. She believes Joe Biden should be president.

Throughout the campaign, Ambassador Rice has expressed dismay at President Trump's handling of the COVID-19 pandemic and how he has repeatedly stoked the flames of racial division. Ambassador Rice has become outspoken in her support of the Vice President and her desire to see America led by someone who is competent and compassionate. Through hard work, she believes our country can recover from this challenging period. To Ambassador Rice, Joe Biden will be the President that will uphold the American values she has spent her career fighting to defend and uphold.



To Ambassador Rice, Joe Biden will be the President that will uphold the American values she has spent her career fighting to defend and uphold.



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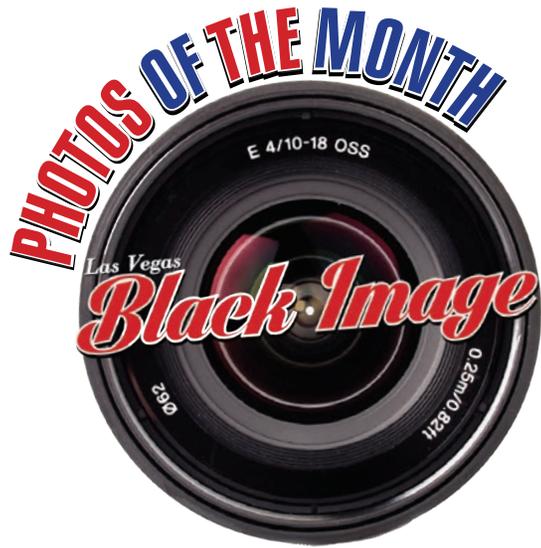
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Cassandra L. Gaitor is an essential worker and Navy Vet



County Commissioner candidate Dave Washington and friend



Alex Thomas



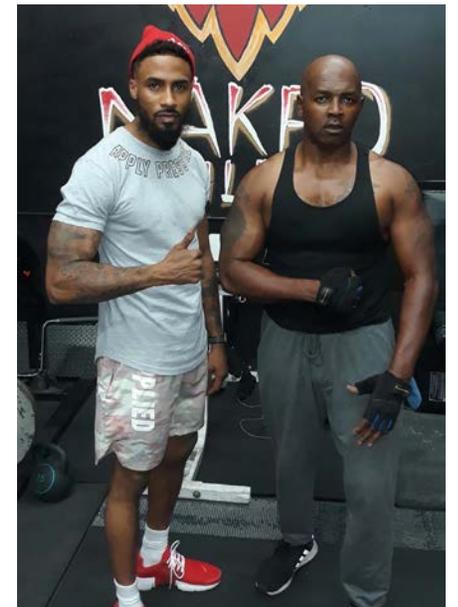
Bette Gaines Snyder and Diane Day Crump-Richmond



Dave Blakely gets out to vote



Our beautiful Pumpkins



Harvey Pery Sr. and Chris Littles



Lauren Myree at the grand opening of All-In Recruiting Offices



Keith Bowen and Byron Birdsong



Will Pettaway

YOU! HAVE THE POWER

Twenty power moves for 2020

By Dr. Ellen Brown

The only place from where we can take action on anything is where we are at that point in time. Even though the activity may be in the future, its planning process must occur as an action in real time. The cliché that comes to mind is, “Today is all we have; when tomorrow gets here, it’s today and when we look back it’s yesterday.”

Wherever you are today in your thinking, planning, or doing, what action can you take? Now is not the time to throw up your hands, shake your head, roll your eyes, and wait for someone’s next move. Our lives in this country will go on, with or without the baggage of the past 4 years. Some things will continue, others will not.

How will you prepare for the future? There’s no question: for many of us, 2020

has been the worst year of our lives, but we have made it through 10 months – even if hanging by a thread. Now is not the time to give up. Here are 20 power moves we can make to go forward “from where we are”:

- Keep the faith!
- Step out on faith!
- Pray. Meditate. Think.
- Stay positive!
- Talk about your frustrations
- Help others by sharing what you have
- Know that one thing is for sure: “This, too, shall pass”
- Get rid of that which is no longer relevant



• Open up to new, “never thought I would do that” ideas

• Stay involved, get involved, involve others

• Embrace the new normal; embrace the future

• Downsize

• Never give up

• Remember those who gave their lives and whose

lives were “stolen”

• Support those who are out there doing what is important to you

• Donate \$5, \$10, \$17 to a NEW cause

• Laugh out loud

• Look to the future through eyes of today

• Get involved to become part of the next solution

• Make a commitment to contribute to change from where you are

• YOU! Only you have your power!

Dr. Ellen Brown, an Affiliate Faculty member at Regis University, Denver, CO, writes on political topics that encourage interest, discussion, and action. Have a comment, question, or idea? Contact Dr. Brown at ebrown.nci@gmail.com

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Caring for those who served

By Cassandra Cotton, Nathan Adelson Hospice Community Outreach Manager

As Veterans Day approaches, we cannot forget those who have worn the nation's uniform and whose journey of life is coming to a close. The older adult population is the most rapidly growing population in the United States, and veterans are no exception: 42% of veterans are age 65 and over and nearly 1.2 million veterans are at least 85 years-old.

Veterans can find their needs during end-of-life care complicated by recurrences of PTSD, the prior loss of comrades who understood their situation, and even the need for validation of their time of service.

We Honor Veterans is a program pioneered by the Veterans Association and hospices nationwide to provide specialized care to those who served and training for those caring for veterans at the end of their lives. Nathan Adelson Hospice recently achieved Level Five in the We Honor Veterans Program. By achieving this level, the hospice is recognized as an organization that actively works to increase access to hospice and palliative care for veterans in our community. Nathan Adelson Hospice will continue to provide veteran-centric education for staff and volunteers, identify patients with military experience, build profes-



sional and organizational capacity to provide care for veterans, and develop and strengthen partnerships with the VA and other veterans' organizations.

"It is our honor to support local veterans who have valiantly served our country. In 2019 we had the privilege of serving over 1,000 veterans," said Karen Rubel, President and CEO of Nathan Adelson Hospice. "Our organization remains committed to meeting the unique and varied needs of veterans residing in southern Nevada. No veteran should ever end the journey of life alone, afraid or in pain."

Nathan Adelson Hospice addresses the unique health care needs of veterans, both physical and emotional, including the psychological toll of war and how it impacts their end-of-life journey. Our veteran patients are paired with volunteers who have also served their country and share a unique and honorable bond. In addition, Nathan Adelson Hospice also recognizes the military service of veterans with special pinning ceremonies and awards.

If you or a loved one is a veteran and have questions, call Nathan Adelson Hospice at (702) 733-0320.



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Riding for awareness

Reflecting on the huge success of the 3rd Annual Las Vegas Black Image Caravan for Mammogram



Las Vegas Caravan for Mammogram participants

Las Vegas Black Image Magazine's 3rd Annual Las Vegas Caravan for Mammogram took place on the first Saturday in October – and was a tremendous success in kicking off Breast Cancer Awareness Month. Over 124 Black women signed up to participate in the event that was sponsored by Comprehensive Cancer Centers of Nevada, Dr. Annette Mayes' All Women's Care, Assemblywoman Connie Munk, Metro Police Volunteers/McGruff and Jacinta Boutique in Town Square.

Women came out to participate in the one-of-a-kind caravan while being health conscious with masks and social distancing. They parked in their designated parking spaces and decorated their cars in pink and black for breast cancer awareness. This engaging event brought breast cancer awareness and education to Clark County during the 15-mile drive to the Las Vegas Strip and Town Square.

The event concluded at Town Square – where Jacinta Boutique hosted a lunch along with a Pretty in Pink fashion

show featuring the Caravan for Mammogram ladies. They modeled their pink clothes and danced to uplifting R&B sounds as they went down the Jacinta Boutique fashion runway.

According to founder and coordinator Kimberly Bailey Tureaud (publisher of Las Vegas Black Image), "This year's 3rd Annual LV Caravan for Mammogram was so uplifting and it was a blessing to have so many breast cancer survivors join us. We all decorated our cars and then proceeded to drive down the Las Vegas Strip where the international tourists cheered us on. Thank you to everyone who made this year's event such a success and brought breast cancer awareness to African American women who die from the deadly disease at disproportionate rates."

For additional information on Las Vegas Caravan for Mammogram and how you can participate next year call, (702) 615-8216 or (702) 810-5631.

continued on page 15 >>



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HEALTH IS THE NEW HAPPY!

Rest and relax!

By Tiffany McNeely

I came home and could only make it to the couch. Unfolded laundry was piled on the other side of me and there were toys on the floor. As I called out for my daughter to get my wallet — so I could just order pizza — my mind was telling me to



get up. But my body would not listen. I couldn't even lift my legs!

Have you ever been so tired that your body just gave out? That was me after three hard weeks of working out, going through my day-to-day at work, keeping the normal routine at home, and trying to squeeze in an adult social life for my own peace of mind. Sometimes we are so focused on go-go-go that we forget that rest is very important for our health.

Many of us find it hard to rest because we're perfectionists or fear failure (per-

haps both), according to Kelly Vincent, PsyD, a registered psychological assistant who works with young adults, women, professionals and athletes in Lafayette, Calif. "Even though we may not recognize it as perfectionism," she said, "at times we are desperately trying so hard to be perfect by doing, accomplishing, and achieving everything we set our minds to."

I can say that as a woman I am always trying to do it all — because I have been conditioned to be strong no matter what. I find that when I skip resting and just doing nothing that I lose my mojo or that pep in my step. Once I finally give into rest I can snap back with more energy and clarity.

We should plan time for rest throughout the week, to ensure we are getting enough time to recharge. As a busy single mom, I have to plan ahead for my re-

charge time. Every three months I go on a weekend trip without my kids. It gives me time to do something without having to think or have anyone depending on me. No work phone calls. My kids give me that time without non-stop calls for things they may need. During the month I try to pick a few nights to go out and have my own free time. I also work out at least three times a week to focus on my physical and mental health.

Find a schedule that works for your family. Sit down for a conversation about how to carve out time for yourself. Sleep is also important and a great form of rest. Waking up later on a day off or taking a cat nap recharges us more than we think. Here are some ways that you can rest and clear your mind: Try getting a massage, taking a hot bath, doing yoga, meditating, listening to music without words, sunbathing, taking a peaceful walk, or reading. Don't wait to rest and relax — you deserve it!



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HEALTHIER YOU

Women and diabetes

By Dr. Annette Mayes OB/GYN

Women with diabetes have more to manage. They have to stay on track by checking their blood sugar more often, eating healthy and staying active.

Diabetes affects women differently. Diabetes increases the risk of heart disease (the most common diabetes complication) by about four times in women but only about two times in men, and women have worse outcomes after a heart attack. Women are also at higher risk of other diabetes-related complications such as blindness, kidney disease, and depression.

Not only is diabetes different for women, there are also racial and ethnic factors: African-American, Hispanic/Latina, American Indian/Alaska Native, and Asian/Pacific Islander women are more likely to have diabetes than white wom-

en.

Many women will get a vaginal yeast infection at some point, but women with diabetes are at higher risk — especially if their blood sugar levels are high. More than 50% of women will get a urinary tract infection (UTI) in their lifetime, and your risk may be higher if you have diabetes. Causes include high blood sugar levels and poor circulation (which reduces your body's ability to fight infections). Also, some women have bladders that don't empty all the way because of diabetes, creating a perfect environment for bacteria to grow.

To prevent yeast infections and UTIs,



keep your blood sugar levels as close to your target range as possible. Other ways to prevent UTIs: drink lots of water, wear cotton underwear, and urinate often instead of waiting until your bladder is full.

Changes in hormone levels right before and during your period can make blood sugar levels hard to predict.

You may also have longer or heavier periods, and food cravings can make managing diabetes harder. You may notice a pattern over time or you may find that every period is different.

Diabetes can lower your interest in sex and your ability to enjoy it. For some women, vaginal dryness can make inter-

course uncomfortable or even painful. Causes can include nerve damage, reduced blood flow, medications, and hormonal changes — including those during pregnancy or menopause.

Gestational diabetes is high blood sugar during pregnancy. It can develop in women who don't already have diabetes. It affects 2% to 10% of pregnancies in the United States every year. Any woman can have gestational diabetes, but some are at higher risk — including those who are overweight or have obesity, are more than 25 years old, or have a family history of type 2 diabetes.

For more information, call Las Vegas All Women's Care at (702) 522-9640. Or visit us at 700 Shadow Lane #165 in Las Vegas.

Surviving Grief

Author Dawn Cochrane King has written a new book called “Survivor’s Nuggets,” geared toward helping readers manage the often overwhelming feelings of grief that come with the death of a close relative or friend.

“I describe my book as a tool to help guide readers through the process of grief,” she said. “The goal is to help find hope and peace through stories that illustrate the meaning of each stage of grief — and what can be learned with each experience.”

Cochrane King was initially inspired to explore her own feelings about mortality when she joined Mountaintop Faith Ministries and was asked to lead the Bereavement Ministry. She was asked by several church leaders on numerous occasions, but kept declining the offer — until one day, she recognized her own struggles with a fear of death. She wasn’t sick or working in a



Author Dawn Cochrane King



life-threatening profession; but after close examination of her feelings, she recognized that her fears stemmed from going through a divorce that left her unsure of what would happen to her only child if she were to pass.

“The fear of death started to consume me,” she said. “I had to put two and two together given my situation in life at that time. So I decided to accept the offer to serve in the bereavement ministry and get more involved in volunteering in hospice and grief support groups. Slowly, my own fear of death started to dissipate.”

We all have to face the reality of death. Cochrane King’s book outlines strategies for surviving grief and achieving acceptance. “I think the major key is actually making a choice to live,” she said. “When I finally said, ‘I would rather have a great quality of life,’ I had no reason to think I was going to die. The key is making a choice because life is about making decisions. It’s making a choice to live fully versus worrying about dying. We have no control over when it’s our time to pass on and leave this world.”

“Survivor’s Nuggets” offers three takeaways for readers: a step-by-step guide on how to recognize grief; lessons on how to journal grief for lessons and acceptance; and how to write your own life story to celebrate with friends and family while you are still alive.

For additional information, go to thejourneylessons.com.

<< continued from p13

Caravan for Mammogram



Rhayne Thomas shows her spirit at Caravan for Mammogram



Brenda Reardon and Kerri Condratovich of Comprehensive Cancer Center raising awareness at Caravan for Mammogram.



Iris Moore and friends



Cars decorated in pink cruise the Las Vegas Strip at Caravan for Mammogram.



Metro Police volunteers and McGruff at Caravan for Mammogram



Real Organic Chef.

Grass Fed Prime Rib Roast (au Poivre)

Ingredients

- 1 8-pound prime rib beef roast (about 4 ribs), excess fat trimmed
- 2 tablespoons of the best Dijon mustard you can find
- 4 teaspoons minced garlic
- 2 tablespoons plus 1 teaspoon mixed coarsely crushed whole peppercorns,
- 1/3 cup minced shallots
- 1/3 cup chopped rosemary
- 1/2 cups canned beef broth
- 1/3 cup good Cognac or Brandy
- 1/2 cup of heavy whipping cream

Directions

• Preheat to 450F and place the oven rack in the center of the oven. Place rib roast, fat side up, in a shallow roasting pan of your choice. Sprinkle roast with salt. Mix mustard and garlic and rosemary and thyme in a small bowl. Spread mustard mixture over top of Roast. Sprinkle 2 tablespoons crushed peppercorns over mustard mixture.

• Roast the beef for 15 minutes. Reduce heat to 325F. Roast until the meat thermometer inserted into the center of your beef registers 125F. For medium-rare, make a tent out of foil loosely if the crust browns too quickly; about 2 hours 45 minutes. Transfer roast to platter. Tent with foil to keep warm.

• Pour pan juices into a 2-cup glass measuring cup (do not clean pan). Put juices in the freezer for about 10 minutes. Rendered fat off top of pan juices with a spoon, returning 1 tablespoon fat to roasting pan. Keep the juices.



• Melt fat in the same roasting pan over medium-high heat. Add minced shallots and sauté until tender, scraping up any browned bits from the bottom of the pan, about 2 minutes. Remove pan from heat. Add organic beef broth, then Cognac. Stand back because – liquid may ignite – but make sure to burn off the alcohol. Return pan to heat and boil until liquid is reduced to 2 cups, about 12 minutes or longer. Add pan juices and remaining 1 teaspoon crushed peppercorns reduce and add heavy cream. Reduce until creamy to make (au poivre) then transfer pan juices to the sauceboat.

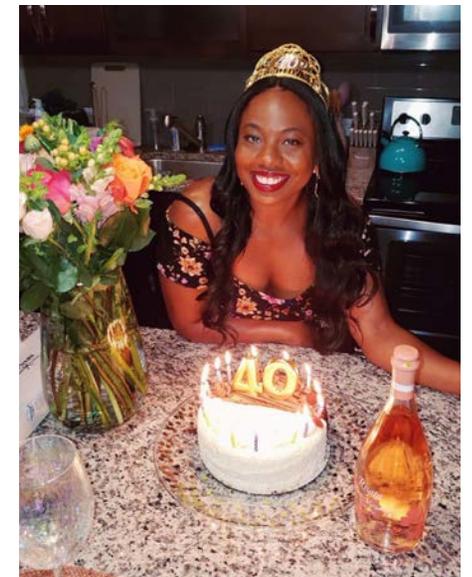
• Carve roast and serve with your favorite veggies – and don't forget the mashed or roasted potatoes. Have a wonderful Thanksgiving from our family to yours!



Michael Elliott



LiNijah and Tyson operating their successful business, Freeze Brain Slushiez



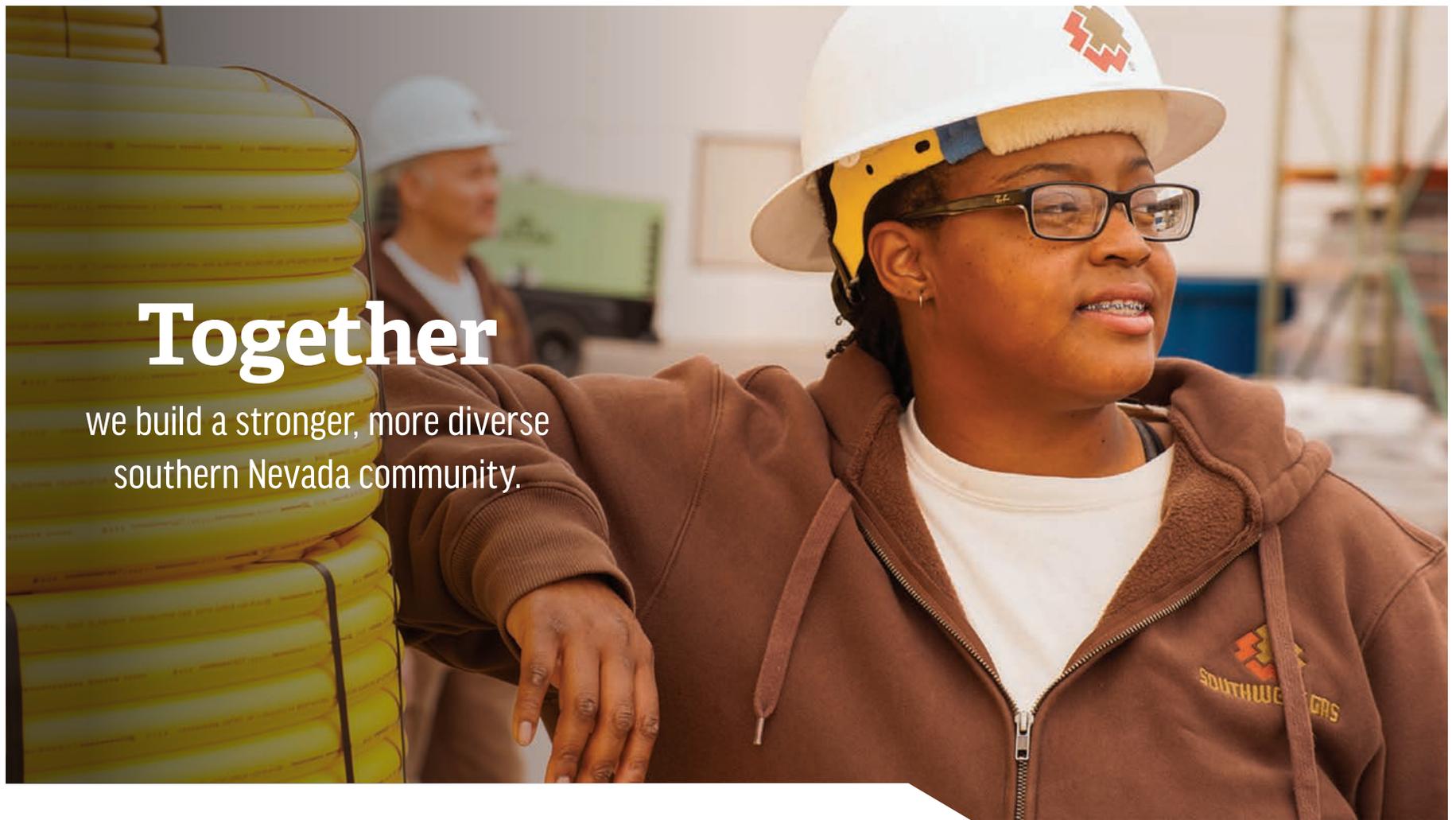
Nicole A Wright celebrates her 40th birthday



Michael E. Tre Jackson voted on his 18th birthday



Josh Jackson celebrates his 18th birthday



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we build a stronger, more diverse
southern Nevada community.

Southwest Gas celebrates diversity and the many contributions people of all backgrounds have made to southern Nevada. We are committed to continuing to build a richly diverse Southwest Gas community that will create opportunities for the next generation of Southwesters.

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Our response began before the crisis did.



COVID-19 changed everything. But UMC was ready. Our team of infectious disease doctors had prepared for this moment their entire careers. We'd practiced pandemic drills over and over. Our stockpile of critical equipment was ample and robust. And we blazed new trails in large-scale testing, including every patient we admit, making us the safest hospital in the state. When Nevada needed us, we were there. Just as we've always been. Just as we always will.

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Will you do it for **ME?**



I get a flu shot every year so I can be here for the customers I serve each day, especially to protect older adults and those with chronic health conditions like heart disease and diabetes who are more at risk from complications of the flu. Will you do it for me, so I can be here for you?



- The best protection against the flu is to get your flu vaccine. It takes 2 weeks for the vaccine to fully protect you. A few tips to remember: practice good handwashing, stay away from others if you're sick, clean and disinfect surfaces, avoid touching your eyes, nose and mouth, and cover your cough and sneeze.
- Don't confuse the common cold for the flu. The flu is a serious disease. While similar in symptoms, the flu is a highly contagious viral infection of the nose, throat, and lungs. The influenza virus can cause severe illness, more than 200,000 Americans are hospitalized and tens of thousands die every year.
- The flu shot doesn't cause the flu. The flu vaccine contains a dead (inactivated) virus or no flu virus at all. Some people experience side effects, such as soreness or redness where they get the shot. The reaction goes away in a day or two.
- People 65 and older are at higher risk of flu-related complications, but those who are young and healthy are vulnerable to getting very sick with the flu too. The CDC recommends that everyone 6 months and older get a flu shot every year.

If you would like to find a FREE or low cost flu vaccine location near you visit [ImmunizeNevada.org](https://www.immunizenevada.org). The Southern Nevada Health District offers flu vaccines by appointment at their clinic locations. Call **702-759-0850** to protect yourself and your loved ones from the flu.



www.gethealthyclarkcounty.org
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Made possible with funding from the Centers for Disease Control and Prevention.

Physician assistants (PA) are licensed health care providers that receive their medical education in graduate school. PAs practice in all fifty states, and in all medical specialties.

PA student candidates must have a bachelor degree and prior medical experience in order to be admitted to a PA program. PA students go through rigorous didactic medical training and receive over two thousand hours of clinical training in family practice, emergency medicine, surgery, women’s health, pediatrics, internal medicine, and geriatrics.

Program Highlights

- Extensive hands-on clinical experience in laboratory classrooms and mobile clinic
- Ultrasound embedded into curriculum
 - International rotations and large base of local rotations
 - First & Second year students provide healthcare to underserved
 - Accessible and involved faculty
 - Cadaver Dissection

Important application dates

CASPA Open: Mid-April
 CASPA Application* Deadline: Sept. 1
 Touro Nevada Application Deadline: Sept. 15
 Interviews June, Aug. - Oct.
 Orientation/Classes Start: Early July



Scholarships Available

Touro Nevada received a five year, \$3.25 million as part of a HRSA Grant to provide Scholarships for Disadvantaged Students in the PA program.

This will provide 10 \$35,000 scholarships to first year students and 10 \$30,000 scholarships to second year students for five years.

LEARN MORE

tun.touro.edu/PA
 702-777-1750

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