

Las Vegas

Black Image

DECEMBER 2020

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Diversity is becoming Nevada's political destiny



Inside |

Breaking down the 2020 election • Fulfilling a dream with model behavior
Holiday essentials for us, by us

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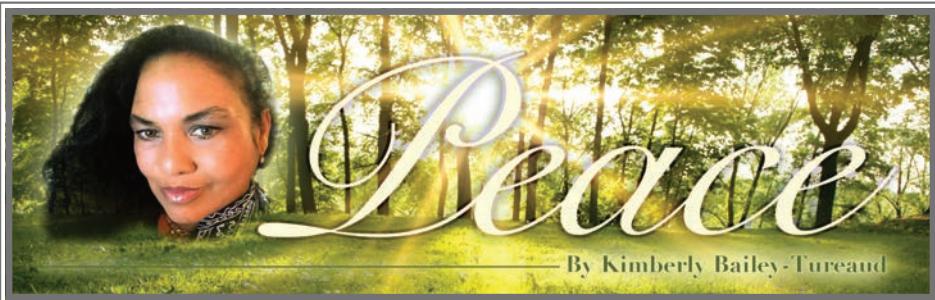
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The control we set free

Society often demands that we stay in control given the positions we maintain. The consistent discipline that the world depends on is itself dependent upon our ability to assimilate and regulate our comfort. But sometimes the universe demands that we stop and release. Let go — and trust the motion of the earth to turn in the direction of destiny.

Many have faith — but few practice it when it is required most. Our lives have programmed us to perform when the lights come on and to dim the lights when attention is magnified. Tugging is often our constant. Tug in the direction we perceive we must go. Pull until our bodies land on the side of acceptance.

But what if we were to float in the sea of the universe and dip under un-

til sound is mute? Allowing the waves of circumstance to float us into a direction of love. Love that is all embracing with no time limit. The Tik Tok clicks no more; rather, the rhythmic motion only leads by vibrations of the soul.

Yes, let go! Relax and trust the will of the universe. Wake up when there is no sun. Feel the breeze of total freedom. Freedom of the mind that leads to creative funk. The colors of the world will guide your journey towards grateful surrender.

Forgiveness is there in the quiet of your push. Peace is there in the drop of the hold. Empty allowing the new to grow and develop into the spark that lights up your sky. The inevitable is there in the release.

Our lives have programmed us to perform when the lights come on and to dim the lights when attention is magnified.

America Needs To Take The Holidays To Search Its Soul

By Louie Overstreet



America, as a functioning democracy, needs to seriously search its soul. Further, too many of us chose not to do anything when we witnessed Trump damn near bludgeon democracy to death.

First, we have to stop opposing good ideas on the sole basis of whether they were proposed by a Democrat or a Republican.

America, and we as citizens, need to reflect upon how the following crisis level needs can be addressed, based on good ideas that produce positive outcomes.

- Treat the defeat of COVID-19 as our nation's top priority.

- Immediately improve the living standards of caged immigrant children and make every effort to reunite them with their parents. Personally, I think Stephen Miller should be charged with crimes against humanity and brought to trial at the Hague.

- Amend, not end the Affordable Care Act.

- Demand that our federal government come up with a plan that is the economic equivalent of Roosevelt's New Deal and finance it with revenue generated by repealing Trump's tax giveaway plan that he signed into law in December 2017.

- Pass a new Bill of Rights for veterans, with priorities on health care and jobs.

- We should stop using sayings that are no longer true about America: "This is not who we are." Also, "We are better than this." Clearly we are not.

- Stop believing lying is an acceptable new normal.

- America needs to stop paying the mind-boggling cost of racism that harms us here at home and places us at a tremendous competitive disadvantage internationally.

- Stop believing scientific knowledge is the bogeyman.

- Congress should make the restoration of provisions of the 1965 Voting Rights Act gutted by the SCOTUS, a priority.

- Pass a law making it illegal not to pay equal wages for the same work.

- Pass a law establishing a livable, means tested, national minimum wage.

- Rescind all executive orders issued by Trump that lessened the effectiveness of environmental standards and those that removed America's participation in international organizations.

- Establish a commission to study our presently unjust justice system.

If we fix the above, America's "better angels" will soar again.



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Black Paper Party's 2020 Christmas Collection



Traditionally, Christmas gift-giving is embodied by happy people enjoying the warmth of the season. But rarely have the faces of Santa Claus or the joyful families been Black.

According to fatherly.com, only about three percent of all department store Santas in the U.S. are African American.

The Black Paper Party aims to shift that narrative a bit.

The company – developed by a trio of women familiar with the lack of diversity with Christmas choices in the big box stores they worked for – creates ornaments and gift-wrapping paper with children, families and Santas that look like them.

"Coming from corporate retail, we noticed a deficit of products featuring people of color – especially during the holidays when a high percentage of money spent on holiday shopping is by Black Americans," says Madia Willis, one of the founders of the BPP. "We saw creating wrapping paper and holiday ornaments as a necessity."

BLACK PAPER PARTY

Although the lack of Black holiday-themed products is hardly new, the current climate and constant reminders of unequal treatment make it more important than ever to have as many positive Black images on screens, in stores and on shelves across the U.S.

In that vein, the BPP team was encouraged to create a series of positive, joyful holiday characters including Papa and Nana Claus, sassy Aunt Holly and other uncles and aunts, including some that are same-sex couples. Christmas Babies are present, too, as is the Christmas Collective – ladies who help guide the Christmas Babies' adventures by providing them with Christmas narratives and lessons to learn from throughout the season.

"Not only should Black children and Black people see themselves represented on holiday wrapping paper and gifts, but Black representation should not be an afterthought or trend. It should be commonplace and available to all," added co-founder Jasmine Hudson.

All wrapping paper in the line is made in America. The BPP 2020 Collection is available at BlackPaperParty.com



What's your Christmas 2020 blessing for the community?



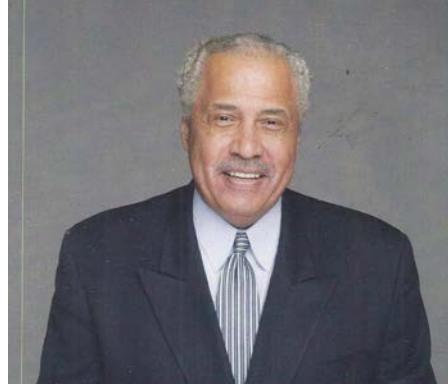
Tasha Robinson-White

My blessing and prayers are that we all consider everyone's situation and understand. Some are not the same although we have all had to pivot some through this pandemic. This is our time to focus on serving, not receiving.



Kashia Sherrie Collins

I am blessing my community with my new business on December 20. I speak life into my non-profit organization dealing with high risk females ages 15 to 21. I was a troubled teen so I know first-hand what they're in need of."



Louie Overstreet

My hope is that everyone is blessed with the ability to discern what is true and what a lie is.



Albert Murray

My wish is that I can get my wife to fall back in love with me.



Kathy Lattimore

My prayer is not just for our community but our nation to be healed from racism, hatred, and bigotry.



Michelle Maria

My prayer is we can come together as a community and help one another.



Cassandra L. Gaitor

My blessing is that no one will go hungry and without a gift for Christmas. Not just the children, but the adults also. I wish everyone can have a nice warm hat and gloves — that can make anyone smile.



Jackee Cahee

My blessing is that there will be peace, unity, and love. As we continue to recover, heal, pray for one another, our family, friends, and the United States of America.

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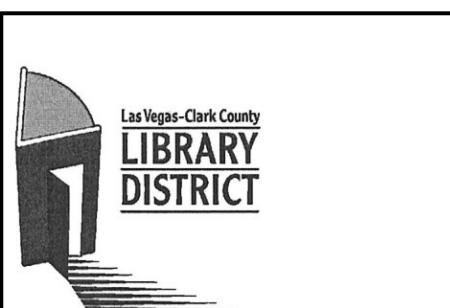
Belinda Denise

Appreciate your present circumstance.



Alaine Mobley Jr.

#UnityThroughCommunity!! Amen.



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Runway to her dreams

Arianna Robinov's Las Vegas boutique is more than a destination — it's a destiny.

Jacinta Boutique, located in the Town Square Mall, offers more than the typical retail shopping experience. Why? It's a personal touch made even more powerful because it is the fulfillment of a lifelong dream.

While growing up in Seattle, owner/operator Arianna Robinov knew at a very young age that she wanted to be a player in the fashion and beauty industry. "I was 13 when I knew I wanted to be a model. And I knew ... the agency I wanted to model for: John Roberts Powers Modeling and Talent Agency," she recalled. "I reached out to one of their agents and the next day I received a response. He was so impressed with me because he had never received an email from a 13-year-old who knew what she wanted."

As a young girl, Arianna was transfixed by her mother's beauty routine and the clothes she wore on nights out. "I was infatuated with the process of just getting ready, making yourself look good, and being presentable when going out," she said. "I think that is very import-



ant. I grew up seeing that — and knew that one day I would become a model."

After building an international modeling portfolio, Arianna went on to teach runway modeling at the Powers Agency, and then became a leading makeup artist after leaving the agency at 19. "I realized that I didn't want to remain in the modeling industry and became a makeup artist for Lancôme and Sephora," she said. "The modeling industry is very hard and requires very thick skin. I just didn't want to be a part of an industry that made women feel bad about themselves."

As a young adult, Arianna began contemplating her next move. Growing tired of Seattle's weather, she decided to relocate to either Las Vegas or California. "I knew that California would be a place that required a higher cost of living and I would have to get roommates to afford an apartment there," she said. "So I decided on moving to Las Vegas because I enjoyed the weather and it was affordable."

Shortly after moving to Las Vegas, Arianna met Richard, the man who would become her husband. He decided to invest in his wife's dream of becoming a business owner.

"Initially we didn't know what kind of business we wanted to start in Las Vegas. First, we thought about opening a

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HEALTHIER YOU

Self-care and wellness are gifts for the holidays

By Dr. Annette Mayes OB/GYN



The toll taken by COVID-19 has awakened us to the idea that health and wellness must stay atop our holiday wish lists. That's why I'm encouraging all readers — especially women — to give the gift that keeps giving: by committing to a thorough physical checkup to start the

New Year.

It is just as important for men to make wellness a priority with regular exams — but women are the heartbeat of many households, and must address their physical health with conscious intention. Even when they are feeling fine.

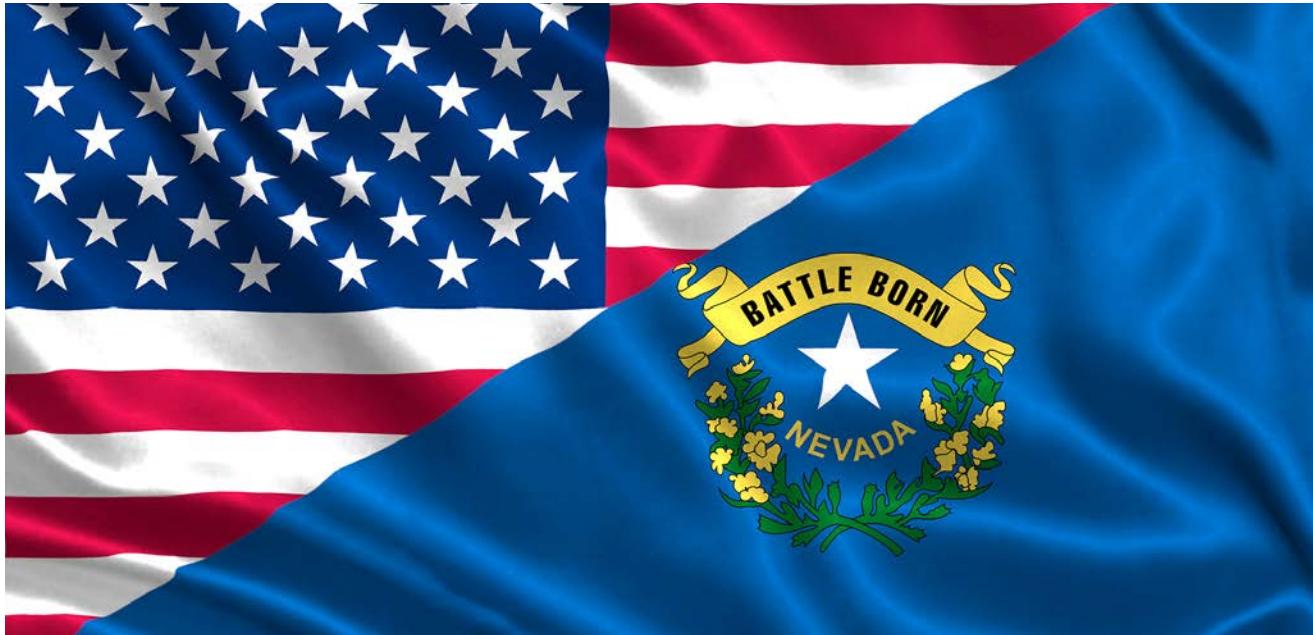
Skipping doctor's appointments is a game of Russian roulette that you can't afford. Stress is an underestimated but nonetheless debilitating health condition that can serve as a springboard to other diseases. The good news is that a blood test can bring clarity to how stress levels

are affecting your health — even in hidden ways. Blood tests can also give you a reading on hormones that may be causing conditions that you are facing, such as hair loss, weight gain, mood swings, pain and more.

Let's give ourselves the gift of wellness by scheduling and keeping health checkups.

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.

NEW DAY



How the 2020 election put Nevada's political diversity on display for the nation.

There was a time when Las Vegas was known as the "Mississippi of the West," a reputation owed to pervasive racial discrimination in housing, employment, and education during most of the 20th century.

The November elections cemented the reality that our state is in a new era of inclusion: Nevada helped catapult Joe Biden and Kamala Harris to the White House, and local and statewide candidates of color made history up and down the ballot.

Las Vegas Black Image Magazine celebrates and congratulates some of the political leaders of color who prevailed in 2020.



Nevada Attorney General Aaron Ford



Assemblywoman Clara "Claire" Thomas



Clark County Commissioner William McCurdy II



Justice Dee Butler Family Court



Justice Jasmin Lilly-Spells District Court



Re-elected Assemblywoman Daniele Monroe-Moreno



State Senator Dina Neal



Assemblywoman Shondra Summers Armstrong



Re-elected Congressman Steven Horsford

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A close-up photograph of a smiling senior woman with grey hair, wearing a white V-neck sweater, holding a young child. The child has dark curly hair and is looking off to the side. They are both smiling.

Clinical Research at
Comprehensive has led to

100 New FDA Approved Cancer Treatments

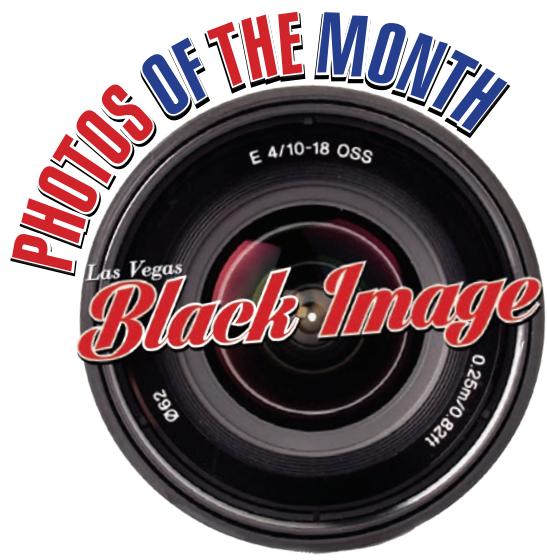
This means more precious moments with my grandkids

Comprehensive Cancer Centers has participated in the development of 100 new FDA approved cancer treatments. With 170 ongoing clinical research studies, right here in Southern Nevada, we are entering a new age in cancer treatment — where people are no longer entrenched in their battle against cancer, but instead *living with cancer*. These new cancer therapies are increasing the quality of life for our patients and their families, and most importantly, giving them the opportunity to live their lives to the fullest.



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Wisdom's first time seeing her Grandpa Bo



Eliana Cruz



Alana Simon loves her new Frenchie pup named Bear.



Entertainer and author Brittney Soul



Families remember Thanksgiving before COVID



Ida Collins and Teyane Wallace have lunch at M&M Soul Food Restaurant



Amy Rucker

YOU! HAVE THE POWER

Power Demonstrated

By Dr. Ellen Brown

One year ago, my December 2019 column reflected on the American Dream. My story was that of my parents – who began their lives together in the 1940s when they married and months later my Dad-to-be was whisked away to serve in the US Navy in the South Pacific theater.

I can only imagine what the country was like at this critical time under President Harry Truman and World War II. Patriotism in the '40s was Power. People believed in America and trusted Truman to protect the American people. Power Demonstrated.

Roosevelt is credited with helping the American people regain faith in – of all things – THEMSELVES! Later, in 1948, Truman signed Executive Order 9981, which desegregated the Armed Forces and created the Committee on Equality

of Treatment and Opportunity in the Armed Forces. Both Roosevelt and Truman did the “right” thing instead of the popular thing – in favor of the People. Power Demonstrated.

Seventy-two years later, the Presidential election of 2020 will go down in history as the President vs. The People. Why? Because he discounted the legitimacy of the voice of the people in favor of his own interests. Power Demonstrated.

But the power of the people prevailed. There is no right or wrong; good or bad. The statistics demonstrate the power of the majority: Joe Biden is the victor in the 2020 presidential race. The numbers are staggering:



- Most votes cast in a U.S. Presidential election

- In 2020, the number of Black Americans eligible to vote reached a record 30 million.

- Nationwide, Black voters equal 12.5% of the U.S. electorate, up from 2000

- For the first time, Hispanic voters in America became the largest non-white segment to vote in a Presidential election, outnumbering Black voters

- Record number of voters say they would vote by absentee or mail-in

Power still resides within the people. Voters spoke loud and clear and the majority won the debate. Unfortunately, sore losers won't leave the stage. This result is less about Republican versus Democrat;

it is respect versus disrespect of the people. In the end, the very electorate needed by the incumbent was the one vilified: suburban, college-educated, white, independent, immigrant and Republican.

The real power has spoken. Let it go! POWER DEMONSTRATED!

Express yourself! Email me your comments on the election process and the future as you see it.

Dr. Ellen Brown is an affiliate faculty member at Regis University, Denver. Contact Dr. Brown at ebrown.nci@gmail.com

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I can't say enough **good things** about Dr. Uche. **She listens**, she explains and she is **very thorough**.

-P3 Patient



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Getting through grief during the COVID-19 holidays

By Cassandra Cotton, Nathan Adelson Hospice Community Outreach Manager

The COVID-19 crisis has been stressful and isolated many of us.

Unfortunately, the pandemic is worsening. The first signs of the holiday season usually bring cheer and anticipation – but most families now have to consider modifying their holiday plans. Many will celebrate alone or with only their immediate household, which can increase feelings of isolation and loneliness.

To those dealing with grief, these additional burdens are even more difficult. Those mourning a loved one dread that empty chair at gatherings. Memories, objects and even holiday tunes can trigger intense emotions and make grief feel fresh. There is hope. For those dealing with grief during this COVID-19 season, always keep in mind these essential activities: C-P-R.

Care for yourself and others. Know your limits and check in with yourself frequently. If you need to cry or be sad that's okay. There is no law that mandates participation in the holiday season. Give yourself space to mourn.



Plan for the day and events before the day. Make an itemized list of things to do. Decide what you will do the same, what you will not do, or what you might do differently. Thinking ahead and preparing can keep you from being overwhelmed.

Remember your loved ones if you can. Remember the things your loved one shared with you and your family. Find ways to show how grateful you are for the time that you had with them (and it's more than okay to wish that you had more). Remembering your loved ones with a special ritual or a donation in their name to a special charity can add meaning and comfort to your holiday celebrations.

Remember that even though grief can be relentless – especially during the holidays, know that the love that you carry for the people in your life is relentless as well. And this will last long after the presents are wrapped, the lights are down, and the credit card bills come due.

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

A Message From DeMarlo Beals



Inspirational Scripture

The word says in Psalm 86:15: "But thou, O Lord, art a God full of compassion, and gracious, longsuffering, and plenteous in mercy and truth."

Keywords in the Scripture

- But thou | Psalms 86:5; Psalms 103:8; Psalms 111:4; Psalms 130: 4, 7
- Mercy | Psalms 85:10; Psalms 98:3; John 1:17; Romans 15:8, 9

From Nigeria With Love: UNLV Medicine Physician Kenneth Izuora

By Paul Harasim

Dr. Kenneth Izuora, who heads the UNLV School of Medicine Division of Endocrinology, grew up in Nigeria — nearly 8,000 miles from Las Vegas. When he flies to see members of his family, it takes nearly 16 hours in the air.

To many Americans, particularly those who pay attention to the critical role fossil fuels play in the global economy, Nigeria — where Izuora spent his early years and graduated from medical school — means oil. The former British colony is Africa's largest oil producer, generally a top 10 oil producer worldwide. To those who follow the demographics of the huge African continent, Nigeria is Africa's most populous nation. One in five Africans is Nigerian.

An associate professor in the medical school's department of internal medicine as well as a member of the UNLV Medicine COVID-19 Task Force, Izuora still speaks with wonder about the endocrine system, which involves an intricate network of glands producing hormones that regulate a number of functions in the body — including respiration, metabolism, reproduction, sensory perception, movement, sexual development and growth.

"In disease," he points out, "when the hormones are too high or too little, those functions they regulate become abnormal. Diabetes, for example, is from too little effective insulin and hyperthyroidism — which can cause unintentional weight loss and a rapid or irregular heartbeat — is from too much thyroid hormone."

Izuora remembers that the power of a microscope first turned him on to science as a little boy in his hometown of Ogid, Nigeria.

"My dad was a biology teacher, so I got to use his microscope. What I saw was so amazing," says Izuora, who became an American citizen in the last decade. Under the microscope, an organism he may have seen with his na-



Dr. Kenneth Izuora

ked eye that seemed smooth was actually covered in scratches -- or something he thought was round actually had straight edges and angles.

"I fell in love with a whole new world," says Izuora, whose mother was an elementary school principal. "I feel I have always loved science. I enjoy understanding how things work."

At one point during high school, he thought his love for science would manifest itself in a career in engineering. But the human dimension of medicine won out. "I came to think of medicine as a sort of engineering of the human body to keep it running healthy for as long as possible."

After medical school in Nigeria, he completed an internal medicine residency in New York at the University of Rochester/Unity Health System and a fellowship in endocrinology and metabolism at Georgia's Emory University. He also had previously done research and received an MBA in health administration at the University of Colorado.

"Beyond medical school, my first exposure to endocrinology was while conducting diabetes-related research at the University of Colorado," says Izuora, who is married and the father of two young boys. "I was amazed by the effect of receiving the right treatment on alleviating the anxiety and improving the health of patients with endocrine disorders."

The technology he was able to use during his post-graduate training went a long way toward convincing him to stay in the U.S. "The technology allows you to make a difference with more people," says Izuora, whose considerable research on the endocrine system has appeared in peer-reviewed publications that include the Journal of Investigative Medicine.

About half of Izuora's patients today have diabetes — Type 1, an autoimmune

disease, and Type 2, a metabolic disorder. Both can lead to chronically high blood sugar levels, increasing the risk of diabetic complications, which include cardiovascular disease, nerve and kidney damage, and now an increased risk of COVID-19 complications.

In the U.S., a government study found that nearly 40 percent of people who've died with COVID-19 had diabetes. COVID-19 appears not only to thrive in a high-sugar environment but also to exacerbate it. High blood sugar can weaken the immune system or damage vital organs. The virus often targets the heart, lungs and kidneys, organs already weakened in many diabetes patients. Studies now suggest the virus may also trigger

continued on page 16 >>

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HEALTH IS THE NEW HAPPY!

A Life with Balance

By Tiffany McNeely

Did you know that your dedication to healthy habits and living will create more productivity at work? This is great news!



I remember a time when I would resort to drinking after work to unwind. We all do it. I just realized that a glass of wine turned into a bottle of wine and I wasn't feeling so great during the week. My cravings for fast food and junk

became a norm in my busy life. I wanted to sleep in more than I wanted to get up to work out. I found that my focus shifted from being goal-oriented to just wanting to hang out all the time.

I am not saying that having a drink is bad or that you should stop. What I am suggesting is balance. Once I found balance again, my life seemed to flow with ease. It's also important to focus on your body's needs and listening when your body speaks. One habit leads to another habit – whether it's healthy or not.

So being able to identify when you're starting to go down the wrong path is vital to keep you from straying off the plan. Additionally, support is important.

You have to look at your life and set it up with support systems in place to set you up for success.

A healthy lifestyle is not just eating properly and working out. It means getting enough sleep, eating foods to supply your body with nutrients that can elevate your mind and uplift your spirit, enjoying leisure, engaging in physical exercise that is invigorating, and developing social networks that are beneficial and promote positive growth.

• Keep your routine even when you do not want to. If I did something that would affect me going to work out or change my eating habits, I stayed disciplined and still followed my routine. No giving in to

exchanging good habits for bad habits

- Work out daily to fight depression and to keep your sanity.
- Change your social capital. This is the network of people you are associated with. Birds of a feather flock together! You are the company you keep.
- Give your body time to reboot and recharge. Rest!
- Free your mind and read! Reading is a great way to promote self-development.
- A glass of wine is better than a bottle of wine!

Piper Overstreet Joins Griffin Company

The Griffin Company is pleased to announce the addition of Piper Overstreet as President of Government Affairs.

Overstreet is a seasoned government affairs professional with a foundation in grassroots mobilization and a penchant for coalition building. She has spent two decades working in both the public and private sectors.

Overstreet started her professional career as a congressional district representative in Nevada. She went on to serve in various roles in corporate government affairs; ventured into entrepreneurship; and most recently managed regional public policy efforts for one of the world's most recognized brands, Uber Technologies Inc.

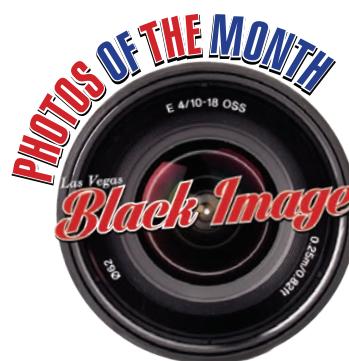


Piper Overstreet

According to Overstreet, "I'm thrilled to join the Griffin Company, which is a team of well-respected professionals with deep roots in the Nevada political landscape," Overstreet said. "I've collaborated with the partners on past projects and

I look forward to contributing to successes on behalf of their clients as an official member of the team."

Overstreet received her bachelor's degree in Political Science from Hampton University, one of the nation's top historically black colleges and universities. She earned a master's degree from University of Nevada Las Vegas.



Jordan and Aaliyah take a special photo with a camel.



Iris Moore and her brother Johnny B. Moore spend family time.

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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Berkshire Ham Christmas Dinner



Ingredients

- 10 to 12-pound bone-in Berkshire smoked ham
- 1- 1/2 cups packed light brown sugar
- 1/2 cup raw organic honey
- You can also add tsp. clove powder to your brown sugar
- You can also add cup pineapple juice to level out the flavors

Preparation and cooking time

- 3 hours and 25 minutes
- To adjust the total roasting time for a smaller or larger ham, calculate 20 minutes per pound. Check for “doneness” by inserting a thermometer into a meaty spot (not into fat or touching the bone). It should register 155 degrees F.

Directions

- Adjust the oven racks to accommodate a large roasting pan. Fit the pan with a shallow roasting rack. Preheat the oven to 350 degrees.
- Unwrap the ham and rinse it under cold water.
- Place it on the rack in the roasting pan. Cover with foil and bake 1 hour 40 minutes. Meanwhile, combine the brown sugar and honey, clove and pineapple juice in a saucepan and cook over medium heat until the mixture is smooth, and the sugar has dissolved.
- Pour the brown sugar glaze over the ham and continue roasting for an additional 1 hour 40 minutes more, basting at least twice with the drippings in the roaster.
- Let the ham stand 15 minutes before slicing to allow the juices to set. (You can make the ham up to 2 hours ahead; tent with foil and serve at room temperature.)

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new cases of diabetes.

A former president of the Nevada Chapter of the American Association of Clinical Endocrinologists (AACE) and a current member of the National AACE Board of Directors, Izuora says the risk of catching the virus isn't higher in patients with diabetes than anyone else's. But they can have worse complications if

they do get exposed.

"I keep telling my patients to take all precautions not to be exposed," says Izuora, who as a member of the UNLV Medicine COVID-19 Task Force has helped guide clinical decisions related to the virus. "Just wearing a mask can help so many of my patients keep free of the virus."



Dr. Izuora and family

<< continued from page 7

smoothie shop using marijuana leaves that are considered a superfood," she said. "You don't have an effect when you consume the leaves or get high from the leaves — it's just the best greens you can have out of all the greens."

After going back and forth discussing business ideas to open, Arianna decided on what she knew best: fashion. She decided to open a retail store. "We had the best grand-opening for our store in Town Square Mall in January — and three months after we had to close our business pursuant to the Governor's mandate because of COVID-19," she said. "It was the worst time to open our business and we really didn't get a chance to build on our plans for Jacinta Boutique. But, I am so hopeful and excited to have our business doors opened with offering customers a premier shopping experience."

The Jacinta Boutique prides itself on being interactive with its customers

while offering the best in customer service.

"Customer service is one of the main reasons I wanted to open up my Jacinta Boutique," said Robinov. "It's so important to make people feel special and that you understand their needs. We set ourselves apart from others by offering a total feel-good-while-looking-good experience. You can try on, shop for the latest trends in fashion, enjoy some champagne, and walk down the famous Jacinta Boutique runway with your friends. I genuinely care about making women feel good. That is what I think anyone will take away from my boutique."

For additional information about Jacinta Boutique you can visit www.shopJacinta.com, find ShopJacinta on Instagram, or call at (702) 815-5824. All Nevada residents receive 30% off all items at Jacinta Boutique.



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<< continued from page 8

NEW DAY



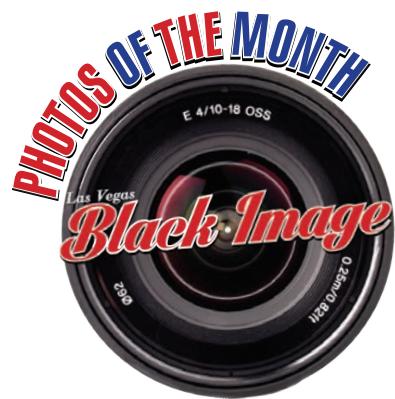
Re-elected State Senator Pat Spearman



Justice Belinda T. Harris North Las Vegas Justice Court



Assemblyman Jason Frierson



Leatha Hubbard and Michelle Hatter share sister love and Jessica Stewart did the sister's hair and makeup.



Marva Elane DuPree Burr brings in the holiday spirit.



Melisa Clark and her husband Walter Jr. enjoy a loving holiday.



Ken Young joining the gray beard gang



Rickey Mickey Ormond and long-time friend Anthony Aulicino



Shirley Lawson



Tyffani Marie remembers her late grandmother, Dee Whitaker



Will you do it for **ME?**

I get the flu shot every year to protect my family, especially my daughters and their grandparents who are at a higher risk of flu-related complications. The CDC recommends that everyone 6 months and older receive a flu vaccine each year. Will you do it for me so we can protect our families?



- 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. 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.



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 - First & Second year students provide healthcare to underserved
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- 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.

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