

*Las Vegas*

# *Black Image*

MAY 2022

FREE



**YOU SIN ME**

*Michelle Williams and Tina Knowles-Lawson on the dangers of obsession*

**Inside**

Celebrating Our Mothers • Planning a new library for West Las Vegas  
Exploring the African origins of yoga



Las Vegas-Clark County  
**LIBRARY**  
**DISTRICT**  
LVCLLD.org

# SUMMER CHALLENGE

Summer Reading & Activities +  
Coloring Contest for Kids, Teen & Adults!

MAY 15-JULY 31, 2022

Where else can you  
earn great prizes  
just for having a  
blast this summer?

Keep your child's education on track

Looking for solutions this summer? The Library District has the answer with our FREE Summer Challenge program, where kids of all ages can win prizes while sharpening their school skills.

It's not just for kids anymore!

Parents, caregivers, and ALL adults ... you are invited, too! Participate in Summer Challenge for Adults and win prizes on your own or alongside your child.



## AWESOME PRIZES!

For Kids, Teens & Adults

Scan the QR Code or go to [LVCLLD.org/SummerChallenge](http://LVCLLD.org/SummerChallenge) to check out the fantastic assortment of prizes available!

## TWO WAYS TO TRACK YOUR PROGRESS

### BEANSTACK FOR ALL AGES:

Go to [LVCLLD.org/SummerChallenge](http://LVCLLD.org/SummerChallenge) to sign up for Beanstack and track your progress online.

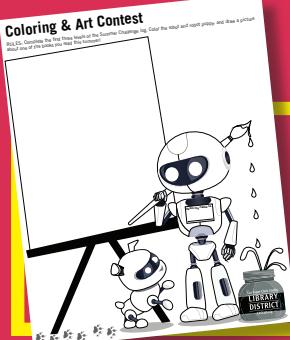


### PAPER LOG

\*Babies – Grade 12

\*Adults

You can pick up a log in your favorite branch, OR go to [LVCLLD.org/SummerChallenge](http://LVCLLD.org/SummerChallenge) to download a log to print at home.



## ANOTHER CHANCE TO WIN!

### Coloring & Art Contest for All Ages!

Pick up a Coloring & Art Contest entry form at your favorite branch OR download and print one at home at [LVCLLD.org/SummerChallenge](http://LVCLLD.org/SummerChallenge). Fill it in with your original design and bring it in to your nearest library branch for a chance to win a \$25 art supply gift card\*!

\*One winner per age group, per branch.

Library District employees and their families are not eligible to win Summer Challenge prizes. Winners will be announced in August.

CDA MEDIA RELATIONS

EDITING

JAMES CARTER

DESIGN

ADVERTISING

CDA MEDIA

CDALASVEGAS@GMAIL.COM

FOR ADVERTISING INQUIRIES, CALL

(702) 615-8216

**CONTRIBUTING WRITERS**

DEE BROWN

DR. ELLEN BROWN

CASSANDRA COTTON

CRAIG KIRKLAND

DR. ANNETTE MAYES

LOUIS OVERSTREET

CLAYTEE WHITE



Publishers  
 CHARLES TUREAUD  
 KIMBERLY BAILEY-TUREAUD

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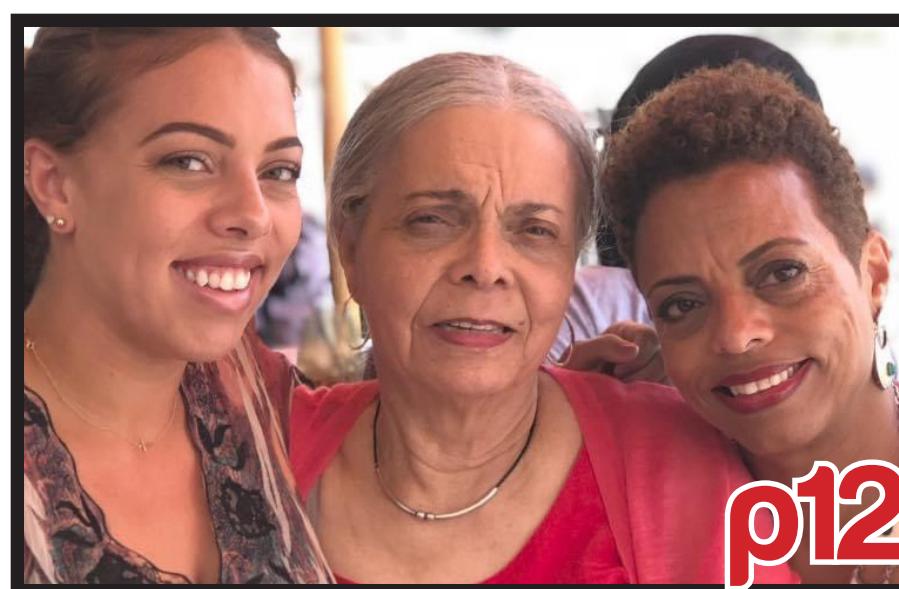
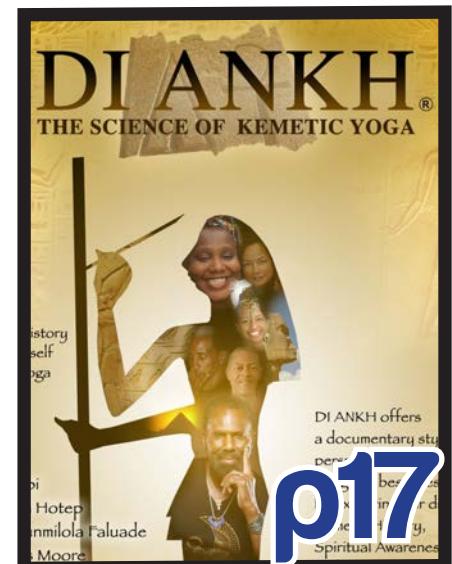


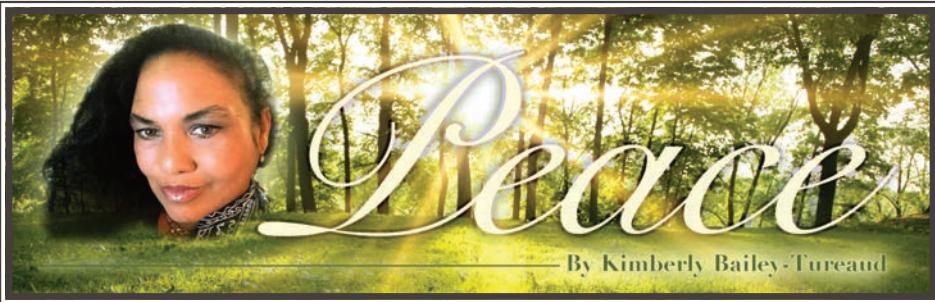
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# what's inside:





## A Mother's Love Is Peace

The feeling of ultimate love is the love from a mother. A mother whose embrace is unconditional, ordained by the universe. The breath a mother uses to speak life into any situation serves as the guide to travel. Wisdom is a mother's embodiment that is expressed to serve as the ultimate reference point.

The nourishment a mother lends to grow her children in the right direction is both intellectual and instinctive. The earth revolves around the mother's will to make the wrongs right in accordance with His plan.

The eyes of a mother see all things and choose to navigate towards progress. The lessons taught are both verbal and wordless, but they serve as the ultimate directive. She makes no apologies for sitting on her throne.

Mother, Mom, or Mama is our cry to feel her warmth. She answers always with consistency. There is no expiration date for a mother's love for her family and children. Her orders have been written in stone and stand strong like the pyramids in Egypt. The mystique is forever a marvel.

The river runs through her every movement, weaving in rhythmic motion to meet the unexpected. The house is built and maintained with spiritual flow. Love is its own foundation, opening closed doors to experience the gift of life.

Her beauty is mirrored through the flowers, oceans, trees, and green grass that is granted her glance.

Mama is SHE, HER, and more importantly our PEACE. Thank you!

## America is not in a good place

By Louie Overstreet



Our nation is in a bad place, due to the fact that we — as individuals, members of a tribe, and our institutions — are failing us, and our federal government always has one foot in and one foot out of a global crisis.

Sadly, we could (with reason or common sense) move away from the bad places we presently find ourselves living in.

If our present situation existed when we entered WWII, there is no way we could have defeated the Axis forces in three years and eight months. Today, we cannot organize a political weenie roast as evidenced by the RNC pulling the plug on future presidential debates.

Bad places include the following:

- Routine traffic stops resulting in the death of unarmed Black men.
- Failure to pass reasonable gun laws, resulting in insane levels of individual and mass murders.
- One tribe's control of institutions that promote unfair and unjust actions to create advantages for themselves — most notably the rich and privileged in American society.
- Mega churches abandoning the teach-

ings of the Bible to become mostly Republican political pawns.

- Acts of insurrection.

Our foreign policy initiatives seem to always result in armed conflicts that now have the world on the brink of total annihilation.

Reason is the Slim in the parable about Slim and none, where Slim has left

town, which leaves us with Common Sense. He recently died, as reported in the London Times, and was the last surviving member of his family. His parents Truth and Trust died years ago. His daughter Discretion and son Responsibility both suffered untimely deaths: Discretion died due to the unavailability of a safe abortion; Responsibility died from a gunshot wound, after a traffic stop.

Thus, unless Slim returns to town or Common Sense is resurrected, the only advice I can offer Americans nowadays is this: women and children first, and every man for himself.

Whether you choose to believe Ripley, the editor who answered Virginia's letter to Santa Claus or me for that matter, one thing is certain: America is really in a bad place.

## National Coalition of 100 Black Women to Honor Las Vegas Difference Makers

The Las Vegas Chapter of the National Coalition of 100 Black Women, Inc. will host its 16th Annual Madam C.J. Walker Awards Luncheon, recognizing and honoring distinguished Black women in the Las Vegas community.

Madam C. J. Walker's legacy as an entrepreneur, philanthropist, political, and social activist is a role model to many. To continue her legacy, the chapter will honor ten outstanding Las Vegas Black Women who have served and impacted our community through their leadership, business skills, and contributions to its economic empowerment.

This year, MGM Resorts is sponsoring the signature fundraising event inside the beautiful MGM Grand Conference Center on Sun-

day, May 22, 2022, at 2 p.m. You can register and purchase tickets at Eventbrite Las Vegas NCBW.

The Chapter is looking forward to installing its newest members at this event and introducing them to Las Vegas community, as well as having great entertainment. Ms. Zenja Dunn will serve as mistress of ceremonies.

Everyone is welcome to join in celebrating the legacy of Madam C. J. Walker and supporting this fundraising event. A vendor's market will also be available.

Proof of a COVID-19 vaccination and wearing a mask are required for attendance. For additional information please call (702) 350-1264 or email info@ncbelasvegas.org.

### TRAILBLAZERS

Judge Karen Bennett-Haron  
Judge Belinda Harris  
Jerrie Merritt

### MOTHER/DAUGHTER

Dr. Truvella Reese  
Payton Reese

### YOUTH ADVOCATE

Sylena Skye

### PIONEERS

Claytee D. White  
Dr. Beverly L. Neyland  
Brenda Williams

### INNOVATORS

Roxann McCoy  
Kimberly Bailey-Tureaud



Zenja Dunn, MC

**Sunday, May 22, 2022**

1:00 PM Vendors' Market  
2:00 PM Program begins

**MGM Grand Conference Center**  
Premiere Ballroom, Room 318 - 320  
Parking available on Koval Lane

Proof of COVID-19 Vaccination & Mask required

\$100.00

# Welcome to the Mother of All Editions

**H**appy Mother's Day!

This special issue pays tribute to our wonderful Queen Mothers. We are excited to have Beyoncé's mother, Tina Knowles Lawson, on the cover as she debuts her acting career in "Wrath: A Seven Deadly Sins Story," alongside former Destiny's Child member Michelle Williams on A&E's Lifetime Channel. Hoping Knowles-Lawson's non-stop career moves inspire other mothers to never stop pursuing their dreams — even when your children go on to live their best lives.

We thank the community who participated in our Community Speaks section to share how their mothers used loving discipline that put them on the positive pathways to live successful lives. The celebration continues with a pictorial tribute featuring community mothers who are always giving their best.

The Las Vegas Black Image executive publishing team never fails with optimal graphic design, editing, distribution and printing. We thank them all.

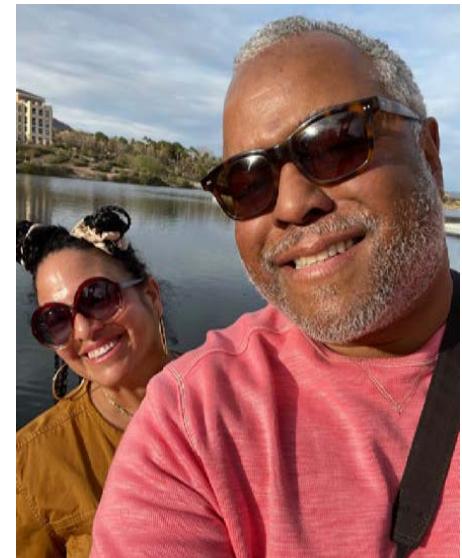
To our writers: we appreciate you and continue to rise because of your insight-

ful, engaging, educational and inspirational monthly contributions.

Remember to email us at [cdalasvegas@gmail.com](mailto:cdalasvegas@gmail.com) if you have any interesting stories you want to see in Las Vegas Black Image.

Thank you again to all our loyal readers, advertisers and supporters who have made it possible for Las Vegas Black Image Magazine to continue publishing now for 15 years.

*Charles Tureaud &  
Kimberly Bailey Tureaud  
Publishers*



Las Vegas Black Image publishers Charles Tureaud and Kimberly Bailey Tureaud

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# YOU SIN ME

As a mother and daughter in “Wrath: A Seven Deadly Sins Story,” Michelle Williams and Tina Knowles-Lawson showcase the dangers of obsession.

**A+E** Network’s Lifetime Channel recently featured the film “Wrath: A Seven Deadly Sins Story,” starring Michelle Williams and Tina Knowles-Lawson. Beyond their roles in the thriller, which is executive-produced by T.D. Jakes, Derrick Williams, and Shaun Robinson, the two have a longstanding connection: Williams was a member of Destiny’s Child, one of the most successful recording groups of all time; and Knowles-Lawson — a fashion designer, entrepreneur and philanthropist — happens to be Beyoncé’s mother.

The movie, which is an entertaining thriller but also a modern morality tale of sorts, follows single attorney Chastity Jeffries (Williams), who thinks she has met the man of her dreams, Xavier (Antonio Cupo). As his affection turns to obsession, Chastity realizes that she has been swept up by Xavier’s passion and abandoned her principles. When Xavier’s jealousy and wrath lead to suspicious actions and dangerous threats, Chastity confides in her mother Sarah (Knowles-Lawson) and turns to her former childhood boyfriend Roger Thompkins (Romeo Miller). But in the end, it is Chastity that will have to fight to save herself.

As we celebrate Mother’s Day this May, it is noteworthy that Knowles-Lawson’s portrayal of Sarah centers on the character providing various moments of maternal wisdom. Knowles-Lawson began her career as a stylist for the superstar group Destiny’s Child and later designed for Beyoncé’s world music tours, television performances and red carpet appearances. As a designer,



she created successful clothing lines, House of Dereon, Dereon and Miss Tina. Her philanthropic work includes the establishment of The Knowles-Rowland Center for youth in Houston Texas, the Survivor Foundation and Miss A Meal. Tina is the author of “Destiny’s Style”

and is now working on her second book. With husband, actor Richard Lawson, her latest philanthropic initiative is the launch of the non-profit WACO Theater Center in Los Angeles. The WACO Theater is dedicated to the empowerment of artists within a diversified pool of L.A. communities and creates a space where art can be made and artists can thrive.

As part of their many initiatives, the center offers community mentorship programs,

which includes Tina’s Angels, a year-long mentorship program and platform that focuses on the education and empowerment of girls and emphasizes the importance of proper etiquette, dental and personal hygiene and exposure to arts and culture. The overall goal of the

mentorship program is to provide experiences that will improve the young people’s quality of life and encourage them to dream big.

As for Williams, she reunited with Beyoncé Knowles-Carter and Kelly Rowland in 2018 for a long-awaited Destiny’s Child reunion performance during both weekends of the Coachella Valley Music and Arts Festival. She has also recorded four critically-acclaimed albums as a solo artist — including “Journey to Freedom,” which featured the certified gold single “Say Yes.”

Between recording projects, Williams made her theatrical stage debut in the title role of the hit Broadway musical “Aida.” Williams has since appeared in productions of “The Color Purple,” and Broadway and London’s West End productions of “Chicago.” She also was featured in the acclaimed stage play “What My Husband Doesn’t Know,” and a national tour with the musical “Fela!” Williams also starred in the Oxygen network series “Fix My Choir” and has served as a guest host on the talk shows such as “The View,” “ET,” “The Real” and many more. In 2019, after making it to the semifinal round, Williams was revealed as “Butterfly” on the #1 rated FOX television show, “The Masked Singer.”



Executive Producer Shaun Robinson with singer Eric Benet



# POP-UP PRODUCE MARKETS

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**MAY 4, JUNE 1 - 12:30 PM**  
while supplies last

**SOUTHERN NEVADA HEALTH DISTRICT**

**MAY 11, JUNE 8 - 9:00 AM**  
while supplies last

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# Who you gonna call? Inflation Busters

By Katie Coleman, Nevada Rural Housing Authority

This is a special alert for rural Nevadans: There have been reports of supernatural inflation activity in your area. Bloated bacon prices? Creepy. Pain at the pump? Eerie. Rising rents? Haunting.

Who you gonna call?

Home At Last, that's who. We're a program by Nevada Rural Housing, and we've got an inflation buster for you — the MCC offers homebuyers tax credits that help them afford more home and balance debt-to-income ratios. How would you like to get 20% of your mortgage interest paid back to you every year for the life of the loan?!

Home At Last is a program serving all 15 of Nevada's rural counties plus the rural areas of Clark County. Home At Last offers affordable homeownership tools that have helped more than 10,000 Nevada families get into homes of their very own. How? Enter: the Mortgage

Credit Certificate (MCC), the ultimate inflation buster with potential savings that could be enough to cover car payments! Now, that's scary awesome.

The Mortgage Credit Certificate (MCC) program provides qualified homebuyers with an annual federal income tax credit equal to 20% of the mortgage interest paid — every year for the life of the loan! And NRHA has changed the MCC tax credit from 30% to 20% for MCCs issued on or after April 15, 2022. At 20%, the IRS does not cap the annual tax credit at \$2,000, so with today's higher loan amounts and interest rates, there is greater benefit to homebuyers.

For example, a loan amount of \$375,000 with a 5.50% loan interest rate could produce tax savings the first year of \$4,100\*. If a homebuyer qualifies for the MCC, that tax savings can also be considered additional qualifying in-

come, which helps lower DTI (debt-to-income ratios) and provides additional buying power.

The MCC can be used as a stand-alone tool or paired with Home At Last Down Payment Assistance. The MCC is for first-time homebuyers, which means you haven't owned a home in the past three years. However, we do waive the first-time homebuyer requirement for qualified veterans who will live in the home as their primary residence. Income and purchase price limits also apply, and borrowers must also meet the other underwriting requirements of obtaining a mortgage.

If all these numbers, percentages and acronyms are causing you fright, don't fret! Our courteous and efficient staff is on call, ready to answer your questions about the MCC tax credit, the ultimate inflation buster. Call 833-GO-HAL-NV or visit HALMCC.org.

\*A Home At Last approved lender will determine eligibility for the MCC program. Not all applicants will qualify. Example savings figures are estimates and for illustrative purposes only. Reference to rates is for illustrative purposes only. NRHA does not offer this information to solicit a mortgage application or as tax advice. All MCC holders or applicants should consult their own tax advisor or the Internal Revenue Service for guidance regarding the calculation of the tax credit benefit. Participating lenders are responsible to reserve Home At Last loans at the rates published with eHousingPlus and must follow all program and loan agency guidelines. Loan rates vary based on loan type and amount of assistance provided. Nevada Rural Housing Authority is an equal opportunity provider and employer.



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[heart.org/livefiercepodcast](http://heart.org/livefiercepodcast)



# What did your mother do to teach you a lesson?

**Patricia Snowden**

My mother would say, "I'm going out here and get a switch!" She made me a better citizen.

**Charlotte Smith**

She would inform my father.

**Kimberly Smith**

My mother made me apologize to everyone when I got in trouble. Even If I felt like I was not wrong.

**Katina Wilson**

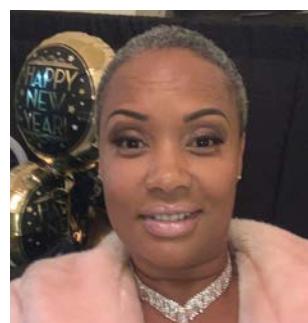
My mother taught me lessons by not pretending to be my friend. She made it clear she was my parent. She was firm in her punishments and did not back down. She instilled the fear of God within me. Whether my punishment included a whooping or restriction. There was no mistake—she meant business.

**Stacey Rayen Mangani**

My mother would grab the fly swatter!

**Mobley Jr.**

My mother would beat my [butt] then she'd talk to me after half killing me! Made me a better man today.

**Jetaun Marie**

We received whoopings.

**Irma Tisdale-McKinney**

We got a whooping that didn't hurt.

**Rickey Mickey Ormond**

My mother would not let me go play football or basketball.

**Yvonne Rainey**

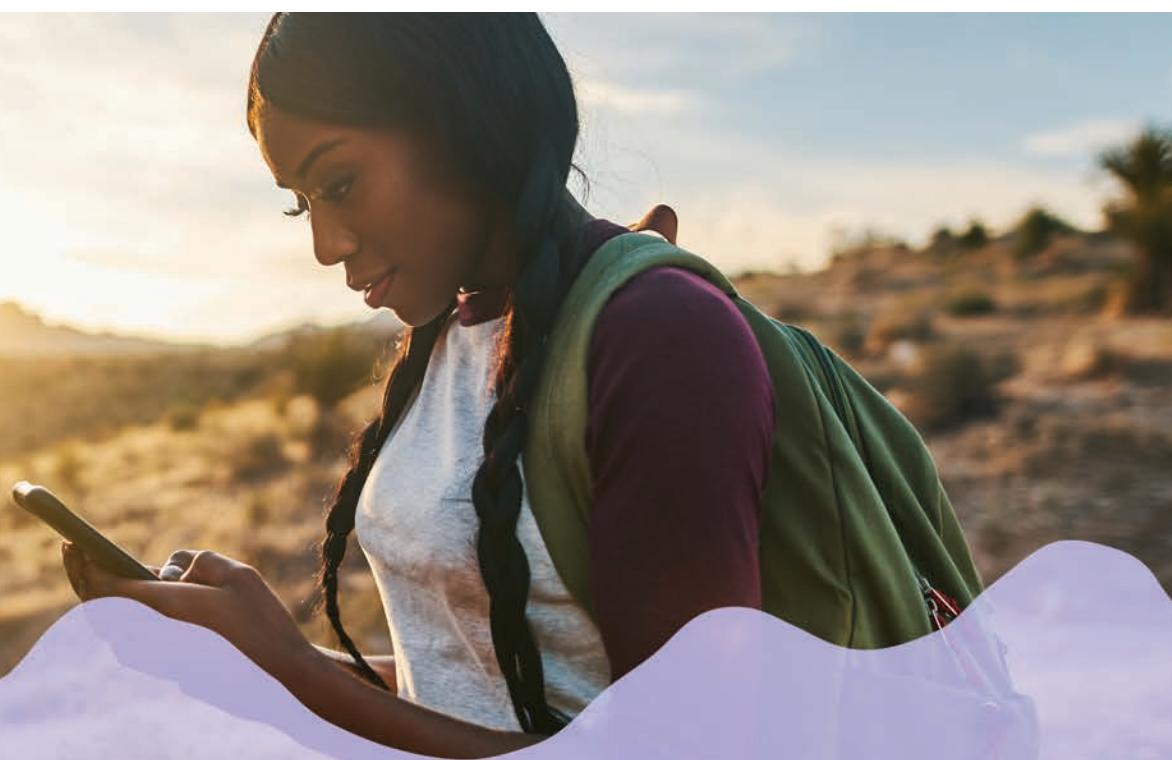
I always had to work for everything. If I wanted to go outside, my mother would check my homework. If I wanted to borrow the car, it all was determined by progress reports and report cards. If I wanted anything special, she always wanted to know what I did extra to earn special privilege. She taught me everything in this life was earned and not just given.

**Cassandra L. Gaitor**

My mom would talk to me like a young woman. Also, as a child, she made me see what I did was wrong and said, "What you do now will foreshadow the future. Never forget!"

**Ricca Grace-McCarrell**

Made me go to my room to consider and think about my actions or reactions. Sometimes with an extended punishment. However, not without a long lecture on what I did and why the behavior was unacceptable — just let me go to my room already!



# MILES OF TRAILS AT YOUR FINGERTIPS

Discovering new places to be active in Southern Nevada just got easier! Download the **Neon to Nature** app to find walking and biking trails in your neighborhood. The app features trail listings that include trail information, photos, maps, and amenities. With over one thousand miles of trails for walking and biking, the **Neon to Nature** app can help your family have fun outside and be more active.



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# Celebrating our Queen Mothers

We celebrate our Queen Mothers each and every day. We give them appreciation for their gifts to us: life, love and the support to pursue happiness.

This Mother's Day we spotlight some of our mothers who represent the mother in all women. And we commemorate this month with a short excerpt from the late poet and author Toni Morrison's "Motherhood: A Politics of the Heart."

*There was something so valuable about what happened when one became a mother. For me it was the most liberating thing that ever happened to me.*

*Liberating because the demands that children make are not the demands of a normal "other."*

*The children's demands on me to do. To be a good manager. To have a sense of humor. To deliver something that somebody could use. And they were not interested in all the things that other people were interested in, like what I was wearing or if I were sensual. Somehow all of the baggage that I had accumulated as a person about what was valuable just fell away. I could not only be me — whatever that was — but somebody actually needed me to be that.*

*If you listen to (your children), somehow you are able to free yourself from baggage and vanity and all sorts of things, and deliver a better self, one that you like. The person that was in me that I liked best was the one my children seemed to want.*



April Harris and her mother



Ernest Fountain and Marcia Washington's mother Mary Fountain.



Publisher Kimberly Bailey Tureaud and her mother Anna Bailey



Cornel West and his mother



Tonya Fortson's mother Bettye Fortson



Zanira Al Amin's mother Gertrude Berry McDowell Hall



Age 21, DeKalb, MS  
1931



Age 38, Cleveland OH  
1948  
Louie Overstreet's mother Myrtha Crawford Overstreet



Age 100, Cleveland, OH  
2010



Patricia Snowden's mother Ruthie L. Williams Jones



Publisher Charles Tureaud with his mother Letitia Murphy and niece Mia Ballantyne



Three generations: Deborah Campbell poses with her mother Molly Campbell and daughter.

A collage of three photographs related to healthcare. The top-left photo shows a doctor in a white coat looking down at a patient. The top-right photo shows a female nurse with a stethoscope around her neck, smiling. The bottom-left photo shows a patient's back and shoulder area. Overlaid on the collage is the UNLV Health logo and text.

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# Library District Extends Thank You for West Las Vegas Community Feedback

By Kelvin Watson | Executive Director, Las Vegas-Clark County Library District

On behalf of the Las Vegas-Clark County Library District Board of Trustees and the Library District Staff, I want to offer our sincere thank you to all those who participated in our Community Planning Meeting on March 21. The goal of this meeting was to hear from you — our valued library customers — regarding your ideas and feedback on a proposed new, larger library building to serve the West Las Vegas community.



## Panel of Experts

At the meeting, an expert panel shared the Library District's early vision for this exciting library of the future — detailing the new types of programs, services, special collections, and equipment that we would like to offer.

The panel included UNLV Libraries

Historian Claytee D. White; Las Vegas City Councilman Cedric Crear; SUMNU Marketing President Shaundell Newsome; KME Architects Principals Emanuele Arguelles and Melvin Green; and Library District representatives Board Trustee Dr. Keith Rogers; Executive Director Kelvin Watson; Library Operations Director Leo Segura; and General Services Director John Vino.

## In-Person Feedback from Participants

Community members who attended the meeting in person were able to vote for their favorite new programs and services on our Activity Boards, which were on display in the lobby. They also asked insightful questions, which gave us even more perspective. I am happy to report that approximately 120 community members attended the meeting and 97 people livestreamed it. Additionally, more than 200 people have viewed the archived video of the meeting's proceedings on the Library District's YouTube Channel at

<https://youtu.be/waSpFNRv77Q>, and I invite you to do so as well.

## Community Questionnaire

We also distributed a detailed questionnaire at the meeting, and sent emails to library cardholders in a two-mile radius around the existing library. Some sample questions included:

- What does your dream library look like?
- What type of makerspaces would you like to see?
- What services are important in a Business & Career Center?
- What would you like to see in your event center?
- What would you like to see in your outdoor space?

I am happy to report that we received 220 completed surveys, which are being recorded and evaluated. The results will be included in the final Programming Document, which will guide us in our planning of the new library building.

This document will become the blueprint for KME Architects as they design the space needs within the library. It will outline physical components such as furniture, lighting, play areas, study areas, new technology features for children, teens, and adults, and so much more. It will also examine the future facility's requirements and the adaptability criteria needed to serve the community's needs for the next 20 years.

In the next several months, we hope to move forward on conceptual designs. This is where the new building's form and function will come together, along with the types of interactions and experiences that we want our customers to enjoy!

As we make progress on this project, I promise to keep you informed and will share with you details as they are confirmed. On behalf of the Library District, I extend my sincere thanks for your engagement with this process.

*I am happy to report that we received 220 completed surveys, which are being recorded and evaluated.*



Library meeting in auditorium



Library lobby display board



Library District's engagement

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# Josephine Baker's Las Vegas Legacy

*By Claytee D. White*

**D**uring the Jim Crow era, Josephine Baker left the United States and moved to Paris, France where she was treated in a professional, inclusive manner. There, she could entertain in front of integrated audiences, unlike only performing for segregated audiences in this country.

However, when she journeyed back to the U.S. to entertain after World War II, she demanded an integrated audience. One of her performances during this USA tour took place at the Last Frontier Hotel in 1952, when Blacks were only allowed to enter back doors of hotel casinos, could not dine nor gamble nor attend shows in those elegant confines of the Las Vegas Strip.

Baker had worked with the French Underground helping to resist the Germans



after the invasion and occupation of Paris. Her act of resistance in Las Vegas did not win any wars but helped to chip away the barriers of racism in public accommodations. Her contract with the Last Frontier assured her a few tables each night for blacks to mingle in the showroom. It took a village to make this happen.

According to Lubertha Johnson, J. David Hoggard, and Woodrow Wilson, all leaders of the Black community, Baker took a cab to the Westside and located the president of the local NAACP and requested his help in integrating her audiences for the coming two weeks. Wilson, the NAACP president at the time, agreed to help with this act of defiance. All three remember that Josephine Baker was not only integrating the performance space

but was staying in a cottage at the hotel as well.

They remembered her first night:



Josephine Baker

When we got there, a line had formed and we went and stood in line. People looked but didn't say anything. When they opened the door and started let-

ting people in, we got to the door and the doorman said we could not come in. We asked "why?" and he said that he just couldn't. So we said we are not going to move. Many people were in line behind us by that time and he called a security guard. The security guard called the manager.

In the meantime, Woodrow left to use the telephone to call Mrs. Baker. The manager told us that there was no way we could go in and if we did not move we would be arrested. Well, in a couple of minutes, Josephine Baker showed up, reminded them of the clause in her contract, and threatened not to perform if we were not seated. We had no more trouble.

Baker had resisted Nazi German practices during WWII and in her 1951-1952 US tour, resisted American systemic racism. Her bravery is still remembered and revered in Paris and in Las Vegas.

## Don't Be House Poor

*By Craig Kirkland, EVP/ Director of Retail Banking, Nevada State Bank*

The foundation of the American dream is home ownership. Part of the promise of America is that anyone can come here and work hard and build wealth. In doing so, we eventually become part of the banking mainstream when we access credit to purchase a home to call our own.

The low cost of credit in recent years has given borrowers more purchasing power, which in turn has helped drive up demand and housing prices. Prospective homebuyers want to know how much house they can afford. Lenders typically look for 28 percent/36 percent debt-to-income ratios when evaluating how



much to lend on a mortgage. That means no more than 28 percent of your gross monthly income should go toward your housing expense. That's called the front-end ratio, whereas the 36 percent represents the back-end ratio. That means your total monthly debt obligations, (generally payments on your credit report) including housing, should not exceed 36 percent of your gross monthly income.

Being "house poor" is when a disproportionate amount of your income is going toward your housing expense. Pay special attention to the 36 percent back-end ratio. Maybe when you bought your house, you were at or near the 28 percent guideline, but after the close, you bought

a new car. That new car payment could put you over the 36 percent back-end guideline.

It's not very difficult to get overextended. While you may have locked in a great fixed-rate mortgage, home-related expenses will continue to rise, including things like HOA fees, taxes, insurance, utilities, etc. Add in today's higher gas prices and across-the-board higher prices due to inflation, and despite being disciplined financially, your cash flow will get tighter and tighter if your income does not go up.

So, what are some of your options if you are house poor?

- Refinance into a lower rate (but be careful not to extend your debt much longer than the original loan term)

- Sell your home and consider a low-

er-cost living arrangement

- Find other or additional employment to bring in more money monthly
- Consolidate and pay off high-interest debt, thus reducing your monthly payment obligation
- Consider a home equity loan if it allows you to pay off high-interest revolving debt, but be disciplined not to spend those funds on other things.

Beware of getting into more house than you can afford and then be careful not to take on additional debt on top of your house payment. If you cannot afford it, don't do it! Be mindful of the 28/36 percent lender guidelines. If you are already overextended, consider taking steps to alleviate your condition by either increasing cash inflows and/or reducing outflows.

YOU! HAVE THE POWER

# Be Careful with Your Power

By Dr. Ellen Brown

April 2022 brought a boatload of public actions and experiences taking place around the action and process of power. My monthly article is intended to remind you that power is omnipresent, and it is within one's reach, if only we believe it is possible and reach for it with that belief. But what about the outcome when power — legitimate power — oversteps acceptable boundaries to impose upon others illegitimately.

I am treading lightly on a very hot topic that seems to be front and center on the world stage. I am talking about Will Smith's seemingly impromptu act at the Oscars. If you are unaware of this event, you may be better off leaving the details where they are.

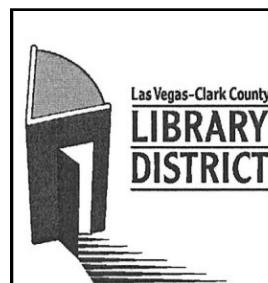
Only days before the infamous slap in the face levied on Chris Rock by Smith, I sat through an entire interview of Smith conducted by Oprah Winfrey. His book about himself was released November 2021 and almost instantly became a bestseller. In his interview, Will annotated the personal story of his life, intermingling the victories with the failures. As I watched and listened to his story of what seemed like power lost versus power gained, I became connected in a new way to this superstar whose successes were clearly built upon beliefs of power coming true. In the interview with Oprah, Smith convinced me that his rise to fame and fortune created a power that was an amazing expression of belief, support, and follow through. He was the epitome of a man with power. A winner many times over in many different categories. So, what happened on Sunday, March 27, 2022? Will Smith lost his power. Really lost his power.

Your power is a fluid force. It ebbs



and flows to the betterment of its force. There are times when we may feel we have lost that magical source or other times we are sailing high with no end in sight. When we attain power from the universe, we have to recognize its source and treat it with humility, because it is not intended to raise us up above all others forever. You have the power and it must be treated with respect as it was not obtained without other sources of force

*Dr. Ellen Brown enjoys writing on political topics that encourage and invite discussion leading to action. She is a retired university educator and Dean, and currently an Affiliate Faculty member at Regis University, Denver. Contact her at ebrown.nci@gmail.com*



## Bid Opportunities and Requests for Proposals

The Las Vegas-Clark County Library District buys millions of dollars worth of goods and services from local vendors each year.

Visit [www.lvccld.org/about/](http://www.lvccld.org/about/) for bid opportunities and requests for proposals. For general information on purchasing and contracts, call 702-507-6200.

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## Film explores the African origins of yoga, self-discovery

Las Vegas filmmaker Gaile C. Ferguson has finished her first feature documentary, "Di Ankh: The Science of Kemetic Yoga."

Based on four crucial foundational areas, the documentary takes viewers on an exploration of Kemetic history, the physical-spiritual self, optimal diet and the practice of Kemetic Yoga. Grounded in scientific and historical facts, experts discuss the effects of diet, Kemetic history, and the power of our belief systems.

"Di Ankh: The Science of Kemetic Yoga" is a provocative exploration pivoting one's focus to the little known origins of the practice of yoga as physical and spiritual modalities deeply rooted in the ancient African region called Kemet and

Kush.

Some of the earliest depictions of yoga positions and their meanings are hidden in plain sight on temple walls in ancient Egypt (Kemet) in North Africa. "Di Ankh: The Science of Kemetic Yoga" inspires us to confirm or readjust our footsteps towards embracing our ability to self-regulate, align and anchor to purpose and destiny to attract happiness and maintain joy and peace.

This new documentary will have a special screening and lecture by Dr. T. Owens-Moore on June 18 at 4 p.m. inside the Clark County Windmill Library Theater, located at 7060 West Windmill Lane in Las Vegas.

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# Getting Your House in Order (Make Your Healthcare Wishes Known)

By Cassandra Cotton, Nathan Adelson Hospice Community Outreach Manager

Did you know?

- 90% of people say that talking with their loved ones about their healthcare wishes is important.
- 27% have actually done so.
- 82% of people say it's important to put their wishes in writing.
- 23% have actually done it.



have used April 16 for a collective national effort focused on advance care planning. NHDD was founded as a moment to provide clear, concise, and consistent information on healthcare decision-making to both the public and providers/facilities.

National Healthcare Decisions Day encourages citizens to have conversations about their healthcare decisions.

"Deciding Tomorrow Today" is a program developed by Nathan Adelson Hospice to help facilitate important conversations about end-of-life values and priorities among individuals, family members, friends and healthcare providers. Working in hospice, we know how important those conversations and written instructions are.

It's often better to discuss your wishes and goals now — prior to becoming ill — to avoid surprises when your loved ones

hear of your desires. It is important to advise your family and friends of your choice even if they are not going to be your designated decision maker.

## IMPORTANT TOPICS TO COVER

- What kind of treatments do I want or not want?
- Where do I want my care to be given (home, nursing home, hospital, hospice facility)?
- What is most important to me in my final stage of life?

Once you have completed your written advance directive, you may keep a copy in the "Nevada Living Will Lockbox" with the Nevada Secretary of State. ([www.nvsos.gov](http://www.nvsos.gov))

"The Living Will Lockbox" allows families and healthcare providers to avoid struggling with difficult healthcare decisions in the absence of guidance from the patient.

Advance directives are useless if they are not available when it is time for that

treatment or care to be provided. Whenever necessary, authorized healthcare providers can easily access these documents quickly — resulting in better care for patients and clear direction for healthcare providers.

The Living Will Lockbox is about providing Nevadans with the assurance that their wishes regarding the course of their medical treatment will be made available.

Since its inception on March 25, 2008, more than 6,500 registrants, 50 hospitals and medical groups, and 50 law firms throughout Nevada use the Living Will Lockbox. The program is operated at no charge to the taxpayers of Nevada through grants and sponsorships.

For more information about "Deciding Tomorrow Today" and the Living Will Lock Box, please visit our web @ [www.nah.org](http://www.nah.org) or call Nathan Adelson Hospice's main number at (702) 733.0320.



**BLACK GIVING CIRCLE<sup>SM</sup>**  
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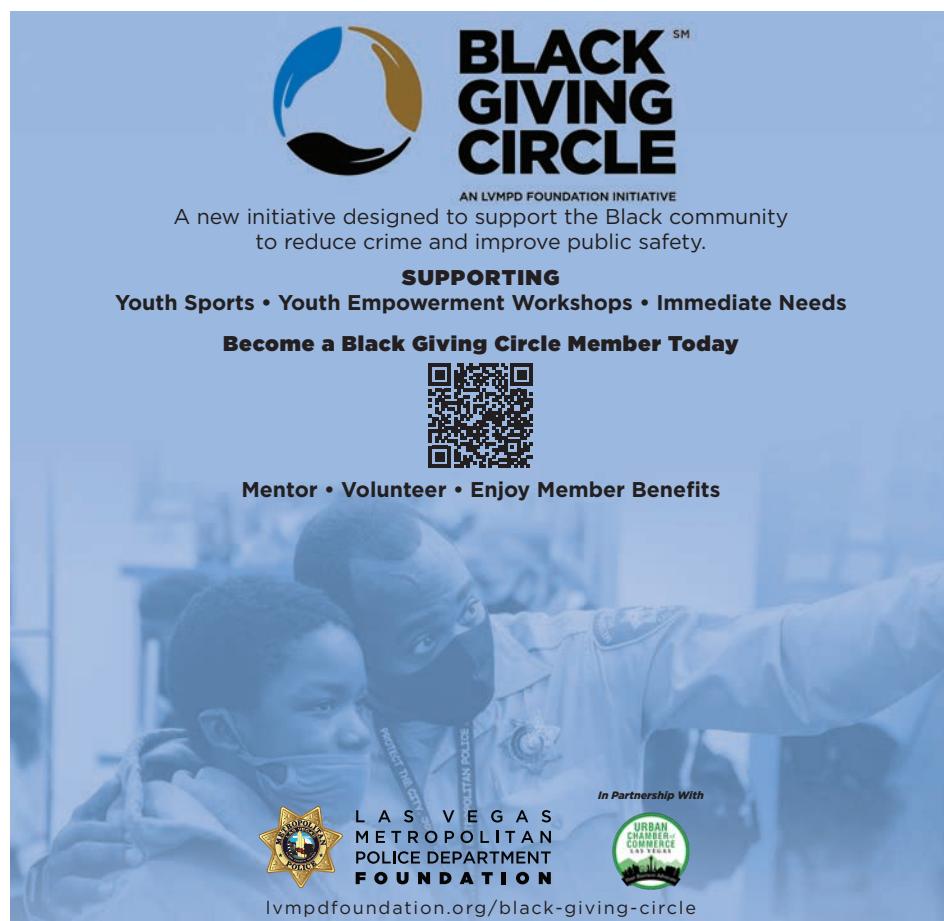
A new initiative designed to support the Black community to reduce crime and improve public safety.

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## YOU'RE INVITED



Join the Nevada Department of Transportation (NDOT) for an online public information meeting to learn about enhancements to be made for the safety of pedestrians and motorists in your area.

The **Sahara Avenue Safety Enhancement Project** will make safety enhancements between Rainbow Boulevard (SR 595) and Rancho Drive near I-15 in Las Vegas. Your participation plays an important role in understanding the enhancements in the corridor and helping to identify any critical needs or concerns.

### Enhancements include:

- Traffic signal improvements
- Median installations and modifications
- Flashing beacons at crosswalks
- Pedestrian safety barriers to encourage crossing at crosswalks and more

## VIRTUAL MEETING INFORMATION

Join us online at [SaharaAvenueSafetyProject.com](http://SaharaAvenueSafetyProject.com) to learn more and submit feedback anytime online.

**When:** May 1 through May 21, 2022, at 5 p.m. 

## SPECIAL ACCOMMODATIONS

Attendees that may require special assistance or accommodations to view the virtual meeting, please contact Cassie Mlynarek, NDOT Public Involvement Specialist, at (702) 232-5288.

## PROJECT AREA



[SaharaAvenueSafetyProject.com](http://SaharaAvenueSafetyProject.com)

# Rest in Heaven. Marzette Lewis

November 29, 1940-March 15, 2022



Marzette Lewis was known as "The Queen Mother," a community activist for equal access who fought for disadvantaged communities with a focus on the children and equal and fair educational opportunities.

Lewis founded and spearheaded WAAK-UP, an organization to assist children in the minority community with equal and accessible educational opportunities that other communities in Southern Nevada are afforded.

She would often say, "There is a difference between a moment and a movement – a movement requires sacrifice." Lewis' mantra was often, "I won't let up, I won't give up, and I won't shut up – until we all wake up!"



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### Cecile Walnut

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702.799.3910

### Strong Start Academy at Alta <sup>\*◦</sup>

1617 Alta Drive  
Las Vegas, NV 89106  
702.954.4777

### Reach Out

1522 Pinto Lane  
Las Vegas, NV 89106  
702.382.7337

### Spring Valley \*

**Central Zone Headquarters**  
2845 Mohawk Street  
Las Vegas, NV 89146  
702.362.2311

### PDC - Professional Development Center <sup>◦</sup>

701 N. Rancho Drive  
Las Vegas, NV 89106  
702.486.1460

### Yvonne Atkinson-Gates

951 N. Tonopah Avenue  
Las Vegas, NV 89106  
702.799.1844

### Strong Start Academy at Lorenzi \*

700 Twin Lakes Drive  
Las Vegas, NV 89107  
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702.685.6565

\* Extended day child care available at this location.

◦ Early Head Start available at this location.

# Understanding the cervical cancer risk for Black women

By Dr. Annette Mayes OB/GYN

The month of May is Cervical Cancer Awareness Month. I want to take a moment to talk about cervical cancer in Black women. It is reported that Black women are the second most likely demographic to develop cervical cancer. Also, Black women are more likely to die from this condition than white women.



Cervical cancer affects females, but due to various socioeconomic and healthcare factors, women may not get the healthcare they need. Globally, cervical cancer is the

fourth most common cancer among women. The human papillomavirus (HPV) is the number one cause of cervical cancer. People can pass the virus on through skin-to-skin contact, such as sexual intercourse, skin-to-genital contact, and oral sex.

While the mortality rates of cervical cancer have been declining for several years, Black women are still 80% more likely to die from this form of cancer than white women. Additionally, the overall 5-year survival rate is lower in Black women than white women. Around 56% of Black women will survive cervical cancer after 5 years compared with 68% of white women. Historically marginalized groups, such as Black women, are less likely to receive adequate care and less likely to survive cancer

than white people. In the United States, a person's health insurance, or lack of health insurance, can limit their access to healthcare.

People who have cervical cancer that is more advanced may notice unusual bleeding or discharge from the vagina, such as after sexual intercourse. It is important to speak with a healthcare professional if a person notices any unusual bleeding or discharge.

There are multiple risk factors that can increase a person's likelihood of developing cervical cancer. While some are general risk factors that affect all women, some factors disproportionately affect Black women. Some factors include:

- Having HIV or another immunosuppressive health condition

• Smoking

• Using birth control pills for 5 or more years

• Having given birth to three or more children

• Having several sexual partners

• Exposure to high risk HPV subtypes.

• Having HIV or another immunosuppressive health condition.

Routine Pap smear exams and consideration to taking the vaccine to prevent high risk HPV infection is our number one method of combating cervical cancer.

*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.*

***Black women are still 80% more likely to die from cervical cancer than white women.***

## Looking at the Life of Nevada's First Black Female Pediatrician

By Paul Harasim

Growing up in the 1940s, 50s, and 60s, Beverly Neyland realized that before her parents took her and her brother and sister on a car trip, they had to know in advance where they'd stay. The African-American girl didn't know why, just figured it was one of those parental prerogatives.

But many years later, in 2018, when "The Green Book" opened in movie theaters, she learned why. An Oscar-winning film named for a Jim Crow-era travel guide written by Victor Hugo Green that highlighted safe places for Blacks to stay and eat while on the road. The movie tells the story of an unlikely friendship that develops between a Black classical pianist and his white chauffeur and bodyguard as they experience a concert tour chock full of racism.

"When I asked my parents about the Green Book, they explained it," said Dr. Beverly Neyland, now a professor of pediatrics at the Kirk Kerkorian School of

Medicine at UNLV.

What Neyland, now in her 70s and the first female Black pediatrician in Nevada, has experienced and accomplished in an America that hasn't always been welcoming, is a slice of history that can be celebrated any time we need an example of an American who's made a difference.

Born in a farmhouse in Gloster, MS, Neyland has achieved much in her life, including chief of pediatrics at both University Medical Center and Sunrise Hospital.

Neyland credits her parents for her success. Her father worked his way to a PhD, and her mother earned a master's



Dr. Beverly Neyland

degree while their three children were growing up. Her father became Florida A&M University's Dean of Arts and Sciences; her mother, an early preschool educator, also taught at Florida A&M and was present with President Lyndon Johnson in the White House Rose Garden

1974.

Dr. Scott Denton, who's worked with Dr. Neyland at UMC, Sunrise and the Kirk Kerkorian School of Medicine, isn't surprised his colleague became president of the pediatric section of the National Medical Association and president of the Nevada Chapter of the American Academy of Pediatrics.

"She's the perfect person to head something," Denton said. "She's just very calm and collected, gets along with everybody. Her patients and students love her. She's a real people person who uses humor to defuse difficult situations. There are a lot of egos in the medical field and she's able to handle that when she's leading a group, no doubt because she's intellectually gifted. She always speaks her mind, but in a very diplomatic, articulate manner, delineating her points well. She's always able to cut through the noise to get to the point."

for the signing of the legislation that began the Head Start program.

"They believed their children could be whatever they wanted to be," she said of her parents.

After completing a pediatric residency through UCLA, Neyland, who graduated from Meharry Medical College in Nashville, found a job opening in Las Vegas in



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