

Las Vegas

# Black Image

NOVEMBER 2022

FREE

## Special Effect

*Lizzo makes a play for global dominance*

**Inside** |

Homecoming for 'SpellHouse' • Remembering Stan Armstrong  
The hidden history of Black Las Vegas

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Las Vegas-Clark County  
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[TheLibraryDistrict.org](https://TheLibraryDistrict.org)

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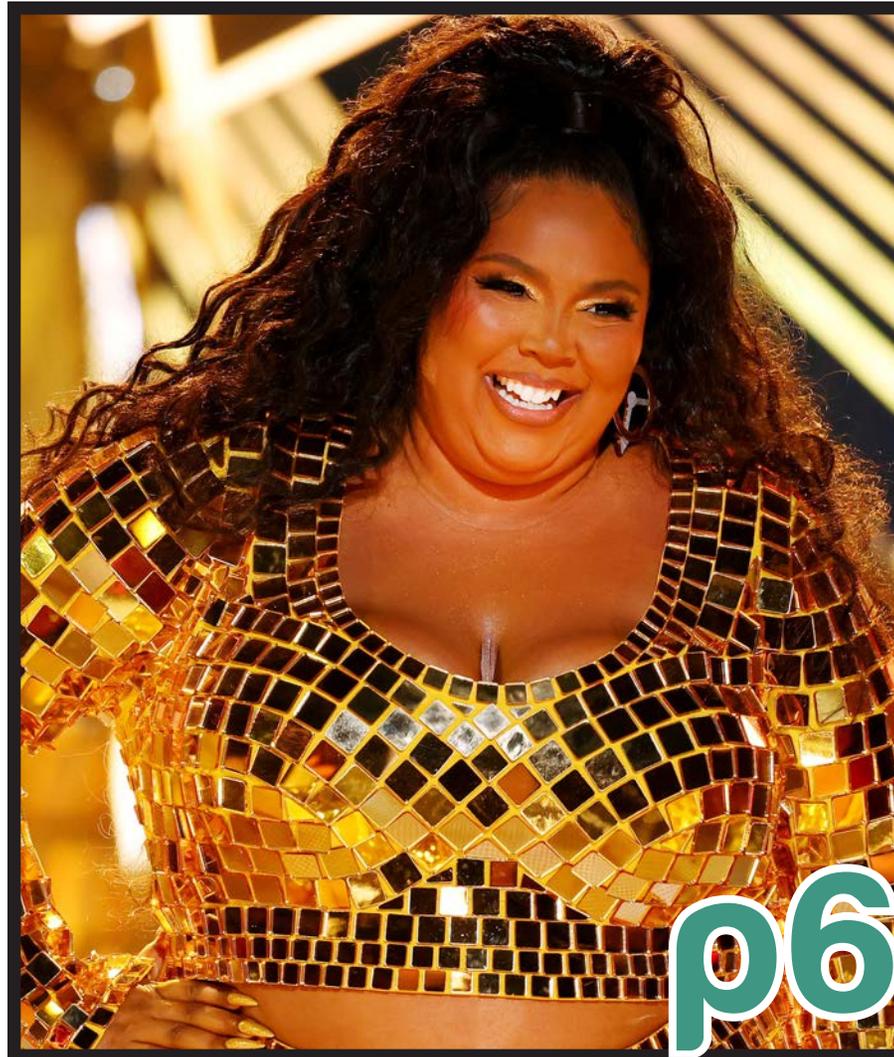
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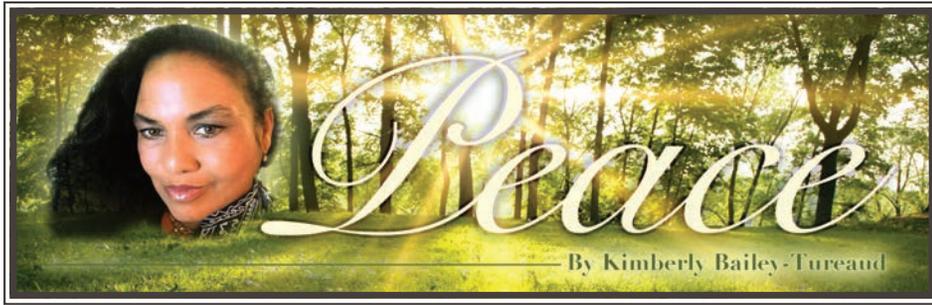
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# what's inside:





## Make space for WE!

It is amazing how ubiquitous silos, cliques, and teams can be. If you have been exposed to or grew up with the idea that you must be accepted into a particular group to make your life worthwhile – that is sad.

This country has historically been built on the concept of “separate and unequal.” So it doesn’t typically bother or disturb anyone who feels a part of what they perceive as “the in crowd.”

But can WE afford it? The damage comes when there is no individuality of thought – progressive thought that can move a community forward.

Where are the courageous ones? Those who understand that the growth of a people or nation comes from innovative thought that is not for the benefit of a small group? We must think BIGGER. Our country was turned upside-down by a bigoted presidential administration that separated itself from the people of this nation by embracing ignorance.

Yes, WE are one. No one will get out

of this thing called life without being affected by a self-made separatism that supports a “better than others” mindset.

We have to be aware of OUR history and know what pathologies have been instilled in our collective psyche. It is understandable that some want to maintain a sense of comfort. The unknown is not comfortable for many, so you surround yourself around non-threatening people who don’t challenge you to think or feel differently. You want the seat that has your name on it, and sit with others who maybe only desire your cheers.

Stay WOKE and diversify your movement. Be inclusive and expand your embrace so that others might find the warmth of your touch. It can be done to allow your mind, body and soul to shy away from the constant rhythm of the same old beat.

Move to the beat of your own drum and there you will find Peace that ALL can positively dance to. Make space for WE!

*Stay WOKE and diversify your movement.*

## Are Sacred Cows About To Be Butchered?

By Louie Overstreet



This column will be published around the time of the Nov. 8 midterm elections. When the new Congress is seated in January, the losing party’s sacred cows will be offered up for sacrifice on both sides of the Capitol as if it were a butcher shop.

If the Repugs gain control of both chambers, they will turn the place into packing plants that put Smithfield and Tyson to shame – by butchering education, the social safety net, healthcare, and initiatives to combat the devastation caused by climate change.

If the Dims hold on, they will begin cutting into the Repugs’ sacred cow herds of tax cuts for the wealthy, corporate subsidies, bias in the criminal justice system, and resistance to banning assault weapons of war.

The Repugs will be faced with butchering tougher cuts of beef.. Even if they gain complete control of Congress, Biden’s presidential veto will prevent them from placing their red meat on the scale.

The Dims are not likely to lose control of both houses of Congress. However, even if they lose one, their butcher knives will be dulled by the bone-hard opposition of Repugs in the House of Representatives, which controls the budget.

Most of us should recall that the \$1.7 trillion tax

break given to wealthy Americans in December 2017 caused the largest deficit in American history: \$3.3 trillion (236% higher than the previous largest deficit of \$1.4 trillion in 2009 – caused by the previous year’s economic collapse).

Just to illustrate how screwed up our national budget priorities are, the current federal budget contains \$79 billion for the Department of Education and \$157 billion in corporate subsidies.

With no great foresight, merely based on experience, I predict that when the 118th Congress is seated on January 3, 2023, you can expect the immediate going of the other party’s oxen.

*The losing party’s sacred cows will be offered up for sacrifice on both sides of the Capitol*

## Nathan Adelson Hospice Launches Companion Pet Program ‘Paws @ Home’

By Cassandra Cotton, Nathan Adelson Hospice Community Outreach Manager

The program uses robotic pets to help veteran patients and those with dementia or loneliness.

Nathan Adelson Hospice, a leader in hospice and palliative care in southern Nevada, has announced its newest companion



pet program, “Paws @ Home.” The program, which uses life-like robotic pets, is aimed at helping hospice patients suffering from dementia, and those struggling with loneliness, including veterans.

There are numerous studies that show these pets provide joy, comfort, and in-

teractive companionship to patients and peace of mind to their families and caregivers.

A subset of the hospice’s Paws for Paul Pet Therapy Program, Paws @ Home is another innovative example of how the hospice creates comforting, compassion-

ate services for those during their end-of-life care.

“We are so excited to launch Paws @ Home for our patients who may need extra companionship and comfort,” said President and CEO of Nathan Adelson

*continued on page 17>>*

## With thankful hearts

**W**e are especially proud to present this fabulous issue of Las Vegas Black Image to our loyal readers and supporters. It is a special one: November 8, 2022 will mark 14 consecutive years of publishing this magazine. Thank you for the honor.

Our fabulous Las Vegas Black Image Magazine executive publishing staff and contributing writers are always appreciated for maintaining the excellence that our community enjoys. And we are humbled by the many advertisers who support our work to tell the positive story of African-American life in Las Vegas and beyond.

That will always be our mission. In this issue:

- We honor KCEP 88.1 FM for providing 50 years of informative and entertaining programming for our community

- A visually-rich celebration of this year's SpelHouse (Spelman College and Morehouse College) Homecoming in 2022, where more than 30,000 Black people basked in the familial glow of HBCU history

- Thanksgiving holiday recipes brought to you by some of the most influential residents of our Las Vegas valley

- A special thank you to Doolittle Active Adult Center director Cassandra Lewis for giving Black Image the opportunity to "Celebrate Seniors."

- Scenes from the 5th Annual Las Vegas Caravan for Mammogram — which was a huge success thanks to sponsors Comprehensive Cancer Centers, Touro University, and Intermountain Healthcare. Dr. Annette Mayes: words cannot express how much we and all of the participants appreciate your — and the entire Las Vegas All Women's Care staff's

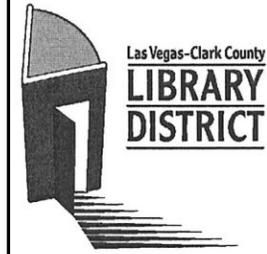


Charles Tureaud and Kimberly Bailey Tureaud

— support. We also thank Rachel's Kitchen for providing a fabulous lunch.

Enjoy your Thanksgiving. We wish continued blessings for you and your families.

With grateful hearts,  
*Charles Tureaud &  
Kimberly Bailey Tureaud*  
CDAlasvegas@gmail.com



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# SPECIAL EFFECT

Lizzo sits confidently atop the pop music throne, with global fame and cultural impact that grows by the day.

**M**elissa Viviane Jefferson was born in Detroit in 1988. Thirty-four years later, now known globally as pop music phenomenon Lizzo, she has captured the imagination of millions around the world with her inimitable style, bold fashion choices, unapologetic self-love, and outspoken activism.

Her new album, “Special,” could be read as a testament to her life in 2022 — just three years after the single “Truth Hurts” catapulted her to the top of the charts, she has become one of the most famous artists on the planet, found love with comedian Myke Wright, played James Madison’s crystal flute at the Library of Congress, and become one of the most closely-watched figures on social media. Songs on the new LP include “The Sign,” “About Damn Time,” “2 Be Loved (Am I Ready),” “Naked,” and “If You Love Me.”

Outside of her music, what has earned Lizzo the most notice is the confident (and wildly successful) challenge that she has mounted against the entertainment industry status quo as it applies to a woman’s size. Even as she has unquestionably changed the conversation — perhaps for good — Lizzo is also unafraid to show vulnerability when that aspect of her life draws scorn and bullying on social media. She addresses it head-on in the lyrics to “If You Love Me”: “When

the world can’t love me to my face / When the mirror lies and starts to break / Hold me close, don’t let me run away / Don’t be afraid.”

A recipient of several awards for her artistry (including three Grammys, an NAACP Image Award and trophies from Soul Train and BET), Lizzo is also winning recognition as a philanthropist who lends her voice and gives money to causes that are meaningful to her. She is a strong supporter of the Black Lives Matter movement and recently donated \$500,000 to Planned Parenthood and National Network of Abortion Funds after the Supreme Court overturned Roe v. Wade.

And her determination to have a lasting impact? It brings us back to the moment when she played the centuries-old instrument owned by a certain slave-owning Founding Father.

“When people look back at the crystal flute, they’re going to see me playing it. They’re going to see that it was owned by James Madison, but they’re going to see how far we’ve had to come for someone like me to be playing it in the nation’s capital, and I think that that’s a cool thing,” she said in a recent interview. “I don’t want to leave history in the hands of people who uphold oppression and racism. My job as someone who has a platform is to reshape history.”



## Preparing to buy in today’s market

*By Kevin Hickey, Nevada Rural Housing Authority*

**H**ave you dreamed of buying a home but aren’t sure where to start? Or think it’s a dream you’ll never achieve? Or that it isn’t the right time? Home At Last, the homeownership program at Nevada Rural Housing, is here to help!

We know the headlines don’t paint the rosier picture of homeownership right now, but it’s never too late or too soon to start the process (and we even have a little something that makes this the perfect time! Keep reading!). Many folks are homeowner ready now but don’t

know it! With Home At Last’s free homebuyer education course, not only will you learn the ins and outs of homeownership, but you’ll also learn about the loan process, how to get started and how to be a successful homeowner. The homebuyer education course is free of charge and offered online so you can complete it any time.

Along with learning about how to become a successful homeowner, our Homebuyer 101 course will get you up to speed on homeownership programs that make buying a home as affordable as possible. Along with down

payment assistance, the Home At Last program offers a mortgage tax credit that will help save you money every year for the life of the loan! To make it even sweeter, your lender can use your first year’s estimated tax savings up front to help you qualify for the loan. So how does the tax credit work? You can claim up to 20% of the mortgage interest you pay every year as a dollar-for-dollar tax credit when you file your taxes — that’s money you can save for family vacations, home

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# Recognizing National Diabetes Awareness Month

*Dr. Tracy Wakefield, Regional Medical Director, CenterWell Senior Primary Care*

**D**iabetes is at epidemic levels across the United States as 37 million Americans have some form of the disease — and Nevada is no exception. In Las Vegas, 1 in 4 Black seniors 65+ has been diagnosed with diabetes, making education surrounding the disease all the more important.

To honor National Diabetes Awareness Month this November, CenterWell Senior Primary Care is raising awareness and educating those affected on the importance of diabetes management for long-term health and well-being.

Whether you or a loved one is considered pre-diabetic or have been recently diagnosed with Type 1 or Type 2, let's explore how a healthy life is possible with diabetes.

## What is Diabetes?

Diabetes is a long-lasting disease that affects how the body turns food into energy. While the body naturally produces the hormone insulin to convert glucose (sugar) from the food we eat into energy, those with diabetes can't sufficiently produce insulin, causing blood



sugar levels to rise and build in the bloodstream.

If diabetes is not managed properly serious health complications can follow such as heart disease, stroke, vision loss, and kidney disease. But not everyone has the same type of diabetes. The four types of diabetes include:

- Type 1 - Usually diagnosed in children, those with type 1 have to take insulin daily as the pancreas produces little to no insulin.
- Type 2 - The most common type of diabetes, those with type 2 don't make enough insulin or the body doesn't respond well to insulin.
- Gestational - Develops in pregnant women during pregnancy and usually goes away after pregnancy. Those with gestational diabetes are at a higher risk of developing type 2 later in life.
- Prediabetes - A precursor to diabetes, prediabetes occurs when blood glucose levels are higher than normal but not high enough to be considered type 2.

## How You Can Manage Your Diabetes and Reduce Risk

Even if you are at high risk of developing diabetes, there are several preventative measures you can take to manage your diabetes today.

### Tracking Food Intake

Being conscious of the foods you're eating plays a **continued on page 22 >>**

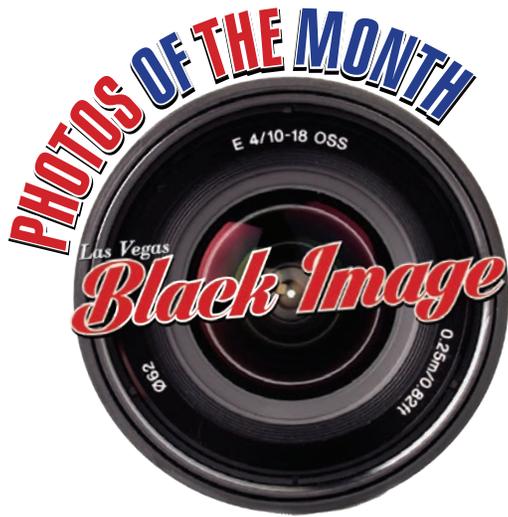


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# KCEP 88.1 FM Celebrates 50 Years!

Management and staff at KCEP 88.1 FM recently celebrated its 50th anniversary, honoring the radio station's half-century of broadcasting and community service. The celebration, which took place at the Boulder Station Casino, was also a listener appreciation event – with loyal audience members invited to mingle with their favorite on-air personalities.



KCEP 88.1 FM 50th Anniversary celebration



Lena Love, Carlaya and Joy La Shawn



Sweet Lou, Lady AK, and Professor Knight of The Breakdown Show



Ambeezy, Nicole Katrice, and Nataboi DJ –The Wake-UP Squad morning show



Ramon Savoy and LaDore Frank



Spoaty, Craig Knight, Ballin' D, Omar, Symmie So Real, and Miles Low



Willie McIver AKA Lady Essence West

## Recipe for Giving Thanks

Las Vegas Black Image Magazine is proud to feature a hometown resident's favorite holiday recipe. In the spirit of Thanksgiving, Dr. Rory Sipp shares a closely-held secret that is sure to make the holidays more festive.



Dr. Rory Sipp

### Smokey RO's Mac & Cheese

#### Ingredients

- 3-4 eggs depending upon the number of guests (3-4 eggs

with the other ingredients and adequate measurements should feed up to 20 guests)

- Carnation Nestle Evaporated Milk (2 cans 12 fl oz.).
- Campbell's Cream of Mushroom (2 10 oz. cans is more than enough per).
- Smoked Cheddar Cheese.
- Velveeta Cheese.

- Shredded Mexican Cheese.
- Noodles of your choice (shape and size varies based on preference).
- Black Pepper
- Accent
- Lawry's Seasoned Salt.
- Butter (Vegan or regular)

#### Instructions

Boil noodles until tender (10-15 minutes). Bring water with sea salt and of stick of butter (regular or vegan) to a brisk bowl. After the noodles have boiled to desired consistency, pour off the excess water and run

cold water over the noodles.

After the noodles are cooked, drained free of all water and ready to go, pour them into a large mixing bowl.

Add the remaining stick of butter (3/4) into the mixing bowl with the noodles. Mix in lightly to prevent making your noodles too mushy.

Add in the evaporated milk (2-3 cans). This goal is to have your mixture as moist as possible to prevent dry Mac & Cheese (no one wants a brick loaf).

Add in your cream of mushroom (2-3 cans). Continue to mix all ingredients together with ease and great care. Add in your 3-4 eggs but ensure you mix in

**continued on page 12 >>**

# Do it for **ME.**



*I get a flu shot every year so I can be here for my customers, especially older adults and those with chronic conditions like heart disease and diabetes who are more at risk from complications of the flu. Do it for me so I can be here for you.*



- The best protection against the flu is to get your flu vaccine each year. 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, cover your cough and sneeze, and wear a mask as recommended.
- 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 vaccine 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 vaccine. 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 everyone 6 months and older get a flu vaccine every year.

**FREE** or low-cost flu vaccines are offered at community locations across the valley.

For more information call the Southern Nevada Health District at **702-759-0850** or visit **[www.snhd.info/flu](http://www.snhd.info/flu)**.



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# Whose house? ‘SpelHouse’!

How the publishers of Las Vegas Black Image built memories for a lifetime and reinforced timeless values at the Spelman and Morehouse College homecoming festivities.

By Kimberly Bailey-Tureaud

I’m often asked, “What was it like to attend an all-Black college like Spelman?” The question seems so simple, but it is actually quite complex if someone really wants to understand the monumental experience that I had while attending the legendary HBCU.

To sum it up, I *am* Spelman College — and the knowledge, passion and motivation that it instilled will live forever within my bloodstream. As a Spelman alumnus, I am called to strive for excellence in all that I do.

I recently returned to Spelman for the first time in seven years, and I’m so grateful that my family and I decided to attend this year’s “SpelHouse” (Spelman and Morehouse College) Homecoming. We joined thousands of people for a massive celebration of Black culture and camaraderie — scored with a timeless R&B soundtrack, with the constant aroma of the world’s best soul food and barbeque ribs from over 300 vendors under a beautiful fall blue sky.

As the first young lady from Las Vegas to graduate from Spelman, I still marvel at all the legendary women who preceded me: Marian Wright Edelman, Esther Rolle, Alice Walker, and LaTanya Richardson Jackson — to name just a few.

My contemporaries are equally impressive, and I was particularly delighted to see my classmate Rosalind Brewer — who is now the CEO of Walgreens after serving as COO of Starbucks. I am so very proud of her and many other Spelman sisters, such as Stacey Abrams, who are building a better America.

My family was thrilled to meet Academy Award winner Angelina Jolie, who was there to celebrate with her daughter, who is now a Spelmanite (defined as a young woman who attends or has graduated from Spelman College and holds herself to a high standard).

This was a special celebration of a uniquely African-American experience, one that can never be replicated or outdone.



Publishers and son



Kimberly Bailey Tureaud and her classmate, Walgreens CEO Rosalind Brewer.



SpelHouse Homecoming crowd



Publishers Kimberly Bailey Tureaud, Charles Tureaud, Brandon Tureaud, Angelina Jolie and daughter (Spelman College student)



Charles Tureaud and members of Silver Fox Squad



Las Vegas resident and Spelman College student Sevonna Johnson with Stacey Abrams

## Las Vegas Black Image hosts ‘Celebrating Our Seniors’

Las Vegas Black Image Magazine recently collaborated with the Doolittle Active Adult Center at their annual fish fry event, and recognized several seniors who have shown their dedication to enhancing quality of life for others. Along with Doolittle Active Adult Center director Cassandra Lewis, the following seniors were honored:



**Mrs. Brenda Dumas**

Mrs. Dumas was honored for her volunteer participation at the Doolittle Active Adult Center, where she teaches ceramics classes. She also donates to the classes so that others can participate.



**Mrs. Lucy Eatmon**

Mrs. Eatmon was honored for volunteering as a line dance instructor at the Doolittle Active Adult Center for the past eight years. At 84, she is an example of keep-it-moving in a healthy way.



**Mr. Julius Brown**

Mr. Brown is a self-taught photographer who takes photos at all of the Doolittle Active Adult Center events and captures all the participants’ amazing memories. He also volunteers his time teaching pho-

tography classes at the center.



**The Craft-A-Teers**

(Mrs. Mattie Jackson, Mrs. Lana Gilbert, Ms. Gail Thompson and Ms. Carole Montique)

These women were honored for their kindness and making handcrafted blankets for the homeless, cancer survivors, Sickle Cell Disease and kidney dialysis patients, and children at the Children’s Center at UMC Hospital and surrounding community schools.

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# Lung Cancer: Pre-Screening Methods Save Lives

*By Dr. Vishisht Mehta, MD*

**B**road evidence suggests that racial and ethnic disparities can unfortunately contribute to a higher likelihood of a cancer diagnosis. Studies have also shown that when pre-screening methods are utilized and treatment is equivalent, outcomes are similar among races and ethnicities related to lung cancer mortality.



According to the American Cancer Society, lung cancer was the leading cause of cancer death in Black men and Black women from 2015-2019 across the United States. An estimated 14,160 Black Americans will lose their lives to lung cancer this year alone. In Nevada, the American Lung Association estimates that the rate of new lung cancer cases is 51 per 100,000 population among Black men and women.

Eliminating disparities in cancer is an overarching goal of many cancer professionals. One of the main ways to reduce the risk of getting cancer is by making healthy choices. For many, this is easier said than done – and in those situations, individuals should be aware of their own risk and take additional pre-screening efforts such as receiving a lung CT (com-

puted tomography) Scan.

A low-dose lung CT Scan (LDCT) is an excellent place to start, as it is a noninvasive procedure that can identify spots on the lung. If needed, a biopsy may be conducted based on that information and used to determine whether there is cancer present. For those who have never had a lung CT Scan before, it entails laying down on a table and having a machine take several images of the lungs, using a low level of radiation to acquire these images.

The American Cancer Society also recommends an annual LDCT screening scan in adults ages 50-80 who have a sufficient (approximately 1 pack a day for 20 years, or greater) history of smoking or who currently smoke. Clinical trial data has shown that annual LDCT scans reduce lung cancer mortality among people who are considered to be high risk because of their smoking history.

By being your own advocate and staying aware of the preventive measures and pre-screening methods that best fit your lifestyle, Black Americans can reduce their likelihood of being impacted by lung cancer.

*Dr. Vishisht Mehta is the Director of Interventional Pulmonology at the Lung Center of Nevada, a division of Comprehensive Cancer Centers, where he treats patients with acute and chronic pulmonary health concerns.*

**<< continued from p6**

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# Use the holidays to learn more about your family medical history

By Dr. Annette Mayes OB/GYN

**W**e at Las Vegas All Women's Care hope that you and your family have a wonderful Thanksgiving.

I know that many of you will be joining friends and family for the holidays. You should also be aware that this may be an ideal moment for conversations about your family's medical history. Maybe you haven't thought about asking these questions before, but the holidays are a perfect time to inquire about health issues that run in your family bloodline.

The answers to be found in your hereditary health history can serve as important



information for people who wish to have a baby one day. If you have a family health history that includes a birth defect, developmental disability, newborn screening disorder, or genetic condition, you could be more likely to have a baby with one or more of these conditions.

Learning more about your family health history before you get pregnant can give you time to address any concerns. Remember to consider the family health history of both potential parents, not just mom. Be sure to discuss any concerns with your doctor.

Based on your family health history, your doctor might refer you for genetic counseling. Other reasons for genetic counseling include having had:

- Infertility
- Two or more miscarriages
- A previous pregnancy or child with a genetic condition or birth defect
- A baby who died at less than 1 year of age.

After genetic counseling, you might decide to have genetic testing for conditions that could affect your baby. Results from these tests could impact your pregnancy planning. Testing before you get pregnant can give you time to think about what the results mean for you and consider all your options.

Have a wonderful and blessed holiday!

Talk to your doctor or call the Las Vegas All Women's Care at (702) 522-9640. Or visit us at 700 Shadow Lane #165 in Las Vegas.

quickly but still with ease and care. The goal is to ensure we do not allow the eggs to cook prematurely in the mix because of the heat from the noodles. Also, the eggs are a key ingredient to ensure we make the finished product firm but still moist.

After you shred the smoked cheddar (7-10 oz. block) add into the mix and stir (with ease and care). Cut up several cubes of Velveeta cheese and add into the mix and stir (with ease and care). Add in Accent (about a tablespoon or to your liking). Add in a teaspoon of sea salt or to your liking. Add in a few sprinkles of seasoned salt. Add in black pepper.

Once all ingredients are mixed completely, cover the top with a nice covering of shredded Mexican style blend cheese.

Preheat the oven to about 350 degrees. Cook until golden brown and fully cooked. Allow to sit for about 15 minutes out of the oven.

Enjoy!

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THE DOOR TO YOUR FUTURE

# Cheers to a Successful 5th Annual Las Vegas Caravan for Mammogram!



Over 100 pink decorated cars caravan down LV Strip.



Women represented in pink.



Intermountain Healthcare informational table



Sheneka Gunn is pretty in pink.



Enjoying a fabulous lunch

**M**ore than 100 Black women gathered for the 5th Annual Las Vegas Caravan for Mammogram, presented by Las Vegas Black Image Magazine and grand marshal Dr. Annette Mayes of Las Vegas All Women's Care. This awareness event was filled with community engagement and educational networking.

Sponsored by Intermountain Healthcare, Comprehensive Cancer Centers of Nevada, and Touro University, the event recognizes Breast Cancer Awareness Month and brings survivors of breast cancer and other women together to decorate their cars in pink and to drive down the Las Vegas Strip in parade formation. Escorted by Metro Volunteers in a pink police car, Caravan for Mammogram is geared toward breaking down stigmas and reminding Black women, who die from the disease in disproportionate numbers, that they are not alone.

The event was festive with a soundtrack provided by DJ Ice Break. As the ladies arrived for the Caravan for Mammogram event at the LV All Women's Care parking lot, they each received a big pink bag full of

decorations and supplies to decorate their cars.

Dr. Ama Brobby, Chief Medical Officer for Intermountain Healthcare, was on hand with an information and counseling table for women with questions and concerns. Dr. Annette Mayes was also on hand to both decorate cars and to support the many women who attended. The caravan of pink cars paraded down the Las Vegas Strip while tourists and locals waved and cheered the participants.

The Caravan for Mammogram ended at Town Square, where the ladies enjoyed a wonderfully healthy lunch at Rachel's Kitchen. Photos and videos were shared, and all agreed to be buddies in preventive efforts against breast cancer.

We celebrate all our sponsors who made the 5th Annual Caravan for Mammogram event possible.

Intermountain Healthcare: Intermountain Healthcare, a large regional organization nationally recognized as one of America's top health systems. Ranked in the top five of U.S health systems for quality, cost, and innovation, Intermountain Healthcare brings 45

years of experience in making care more accessible. The focus of Intermountain Healthcare continues to be providing the exceptional, personalized care people expect from a leading Western regional health system that empowers people to live their healthiest lives.

Touro University Nevada: Touro University Nevada is a non-profit university focused on positively impacting our community in healthcare and education. With values of social justice, intellectual pursuits, and service to humanity, Touro's steadfast commitment is clearly visible in the actions of its students.

Comprehensive Cancer Centers of Nevada: Comprehensive Cancer Centers of Nevada has a long history of supporting local and national organizations that benefit Southern Nevada residents. When it comes to cancer treatment, blood disorders and the lungs, Comprehensive Cancer Centers have choices for different treatment options.

If you would like to participate in the FREE 6th Annual Las Vegas Caravan for Mammogram 2023 call 702-615-8216 or email us at: [cdalasevagas@gmail.com](mailto:cdalasevagas@gmail.com)



Bringing Awareness to breast health



Bikers represent at the event



Breast cancer survivor



Realtor Kimberly Smith and friends



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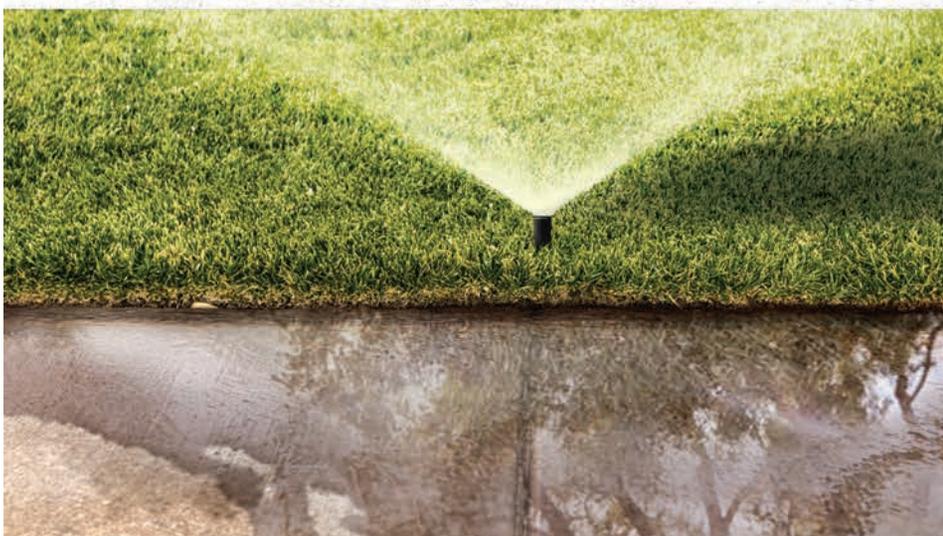
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# Beginning Las Vegas' African-American Timeline

By Claytee D. White

At one time, studying history seemed to mean the act of memorizing events and dates. It was boring. During my days in high school, history was taught by the basketball coach who had no formal training in history. Anyone could teach it, right? Now we know better. History is as rich as we make it and that is what I have tried to do with these short articles in Black Image over the past few years.

Beginning now and stretching over the next few months, I'm going back to the basics — so that you can see what happened when. And then, you can layer



these dates with all the events, people, issues, and occurrences that you have learned about over the years from a myriad of sources.

1870: John Howell, first Black man in the Las Vegas Valley, appeared in the census of 1870. He migrated to Nevada from Tarboro, North Carolina. Howell owned a portion of the land that is now Springs Preserve. His occupations included farmer, freighter, gold miner, father of four or five children, and husband to a woman of the Southern Paiute Tribe.

1904: J.T. McWilliams surveyed the property that Helen Stewart sold to the Railroad (San Pedro, LA & SLC RR). While conducting the survey, he found eighty acres of unclaimed land, claimed it, and laid out a townsite west of the railroad tracks. Within a short period of time, hundreds of striving businesses ap-

peared.

1905: Railroad owners William & Ross Clark designated downtown as the area east of the tracks and held an auction on May 15, 1905 to sell lots. Property owners in the McWilliams townsite pulled up stakes and bought property in the official downtown, leaving just a few people on the west side of the tracks.

1917: The first Black church, Zion Methodist Church, was founded downtown on railroad property. Churches received property free of charge.

1925: The Ku Klux Klan marched down Fremont Street in full regalia. The 1920s allowed a national resurgence of the Klan — with targets not just in Black communities but among Jews, Catholics, and immigrants.

1928: Local branch (1111) of the National Association for the Advancement

of Colored People (NAACP) was founded by Bill Jones, Clarence Ray, Zimmie Turner, Mary Nettles, and Arthur McCants. McCants became the first branch president.

1928: U.S. Congress mandated that the Hoover Dam would be constructed near Las Vegas.

1929: The Great Depression began.

1931: Gambling legalized. Divorce laws became more lenient. Construction began on the first federal building — the U.S. Post Office with a courtroom upstairs (today's MOB Museum). Blacks moved to the west of the tracks if they wanted to renew business licenses. Work began on the Boulder/Hoover Dam where only 44 Blacks were hired out of 20,000 workers employed over the duration of the construction of the dam.

## Banking Is a Noble Profession - Come Take a Look

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

I have long said that banking is a noble profession. While one might think I'm biased, as a banker and the immediate past chair of the Nevada Bankers Association, I truly believe in the value and mission of banks. As bankers here in Nevada, we are quite simply in the business of improving people's lives.

Bankers help people save, borrow, invest, and manage their money. We help them buy their first car, purchase their home, save for retirement, send their children to college, and start their own business -- to name just a few of the ways



bankers help people.

Nevada State Bank (NSB) is very focused on career growth, development, and mentorship. No matter what your role, as an employee, you have a development plan and a pathway for growth. As the Director of Retail Banking, I oversee our 46 branch locations spread across the state. Our branch network is often the entry point through which employees join NSB. Branch roles include tellers, relationship bankers, operations officers, and branch managers. But that can be just the beginning of a long and varied career.

There is a clear pathway to increase wages within a relatively short period of time through training and reaching new competency levels. Opportunities exist throughout the state, with many posi-

tions in Southern Nevada. One can go many directions from a branch position, including marketing, HR, operations, business banking, and treasury management, to name just a few.

The NSB Explorer Program allows newer bankers to spend time in different departments within the bank, letting them see how these internal departments operate. It provides opportunities to make new contacts and see what possibilities exist for growth within the company.

NSB is committed to diversity, equity and inclusion, and Diversity Forums within the bank give employees a chance to join with others to learn more about each other and celebrate their differences.

NSB is also focused on community

involvement, whether it's teaching several hundred hours of Junior Achievement classes in schools throughout the state, collecting toys at the holidays, or volunteering to serve meals at the Las Vegas Rescue Mission. Community is one of NSB's eight core values and we encourage all our employees to spend time making a difference by volunteering.

Working in banking can be a great career decision. I'd like to personally invite you to check out all the opportunities within banking, where you can build a worthwhile career in a noble profession.

*Craig Kirkland, EVP/Director of Retail Banking for Nevada State Bank, shares insights from his 30-year banking career in Craig's Common Cents. If you'd like to read his other posts, please visit [www.ns-bank.com/cents](http://www.ns-bank.com/cents).*

YOU! HAVE THE POWER

# Pro-Life vs. Pro-Choice: Is there a Difference?

By Dr. Ellen Brown

All over America, this is the month when choices will be made at the ballot box that affect our lives in significant ways. While we have the right to vote in this country, that particular form of self-determination is not available to everyone in the world. And even as we celebrate the rights afforded to us in a democracy, we learned this year that nothing is forever.

Of course, I'm referring to the overturning of Roe v. Wade on the eve of the 50th anniversary of that landmark deci-



sion for women's rights. It has sparked a renewed conversation around abortion and one of the questions that has arisen is whether one can be both pro-choice and pro-life.

It was a question explored on "Uncomfortable Conversations with a Black Man," a YouTube podcast hosted by former NFL player Emmanuel Acho. In Episode 12, he explores the stories of four women who made choices to pursue abortions at the height of their careers. These women each expressed the extreme and conflicting pain endured as they faced what they described as heart-breaking choices.

A defining part of this conversation targeted the reality of how a male-majority court was able to overturn a decision

leading to the elimination of choices for women. They even expressed challenges they faced with their significant others – who joined in the conversation – leading to their decisions to terminate their pregnancies.

The question here, as we have heard many times since this decision, is this: Does a woman have the right to freedom of choice? As one panelist said: "The persons involved should speak up – and those who are not should shut up."

*Dr. Ellen Brown enjoys writing on political topics that encourage and invite discussion leading to action. She is a retired university educator and Dean. Share your thoughts and ideas - Contact me at [ebrown.nci@gmail.com](mailto:ebrown.nci@gmail.com)*

<< continued from p4

Hospice Karen Rubel. "We understand the impact animals can have on our mental health and wellbeing, and these adorable pets will serve as an extension of our promise to provide quality and compassionate care."

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For more information or to donate to the Paws @ Home program, please visit <https://www.nah.org>

"Paws @ Home is yet another way we ensure our vision that no one ends their journey of life alone, afraid or in pain," said Rubel.

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## Stan Armstrong Kept Las Vegas' Black History Alive



Las Vegas recently lost documentarian Stan Armstrong to heart failure. One of the best – and given his focus on Las Vegas, only – filmmakers of his kind, he chronicled stories of our city's African-American trailblazers and historic events. His subjects included the Historic Moulin Rouge, the Rancho High School riots, and many of the iconic leaders of the Historic Westside. He will be missed but never forgotten – and his life's work lives on.

## Natural Gas and the Holidays



The weather is getting cooler and the holidays are upon us – a time when homes are filled with laughter, love, and tantalizing aromas from the kitchen. At Southwest Gas, we are shaping tomorrow's energy with innovative solutions that continue to deliver reliability in your kitchen – so you can eat well and feel good.

In the home, cooking like a professional chef is a no-brainer with natural gas appliances. Today's cooktops and ranges are energy-efficient, provide even heating, and offer precise temperature control that turns on and off instantly, making it an automatic time saver. That's important, whether you're cooking for a small group or an extended family.

Natural gas can also be the center of attention at family gatherings. Indoor fireplaces and outdoor features such as

natural gas fire pits provide warmth and flexibility, burning cleaner than wood and helping to keep the air cleaner. Firing up immediately, fireplaces and firepits create instant ambiance.

More than 62 million homes across the country enjoy the benefits of using natural gas for cooking, hot water, and keeping temperatures comfortable during the winter months. Natural gas bills are commonly amongst the lowest utility bills that businesses and homeowners pay each month; however, usage during colder months increases, leading to potentially higher bills.

Southwest Gas offers a variety of ways for customers to manage your energy usage as well as programs to help manage your bill. Learn how you can conserve energy and save money at [www.swgas.com/winterbills](http://www.swgas.com/winterbills).



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GCHLSQ2EN

# Rediscover the Fun of Games at the Library!

From board games to video games and books and movies about games, the Las Vegas-Clark County Library District has you covered. Rebecca Colbert, head of collections and bibliographic services, gives us the strategy for finding your fun at the library.

**G**ames get us together and keep us together. During the pandemic, my kids, husband, and I played more board games than at any time since they were in kindergarten. We did puzzles alone and together, played Scrabble a dozen different ways, played games with friends online, played games with friends far away over FaceTime and Zoom. Now that we've all started going out again, the novelty of inviting friends over for game night is still with us.

Need proof that weekly game night is good for kids? Let Ellie Dix convince you with her book, “The Board Game Family.” Eating dinner together even just once a week strengthens kids’ self-esteem. But did you know that out-strategizing their parents builds it even better?

Practicing Life Skills – Free at the Library!

Playing games teaches all kinds of life skills – taking turns, winning and losing gracefully, strategizing, memorization and recall, quick thinking, even relaxation. Young or old, there are games for everyone. And if you're a tad old like me, you will remember that games existed before everything went digital. (Seems like just yesterday, right?)

As I always say, why spend money when everything is free at the library? Many of our libraries have fun, classic board games such as Sorry! and Scrabble available for checkout. And ALL of our branches have video games. There are Lego titles for the littles, Kirby adventures for older kids, and Elven Ring and Divinity for the grownups. NBA2K22 and Madden NFL22 will keep your esports skills hot! We have games for both Xbox and Playstation platforms.

Before you dive in and play, I recom-

mend getting your game history on. I started with “Board Games in 100 Moves” by Ian Livingstone and “Seven Games: A Human History” by Oliver Roeder. Both books trace the place of games in human development as well as the importance of gaming to our culture.

Bebo, also known as Brittanie Boe, was born in Olympia, Washington, and moved to Seattle in her early 20s to chase her dreams of working in gaming. She finally landed her dream gig and learned it all. Bebo went on to write “The Everything Tabletop Games Book: From Settlers of Catan to Pandemic, Find Out Which Games to Choose, How to Play, and the Best Ways to Win!” It's a veritable encyclopedia of gaming. You might even gain some tips on winning strategies!

Another favorite along these lines is, “It's All a Game: The History of Board Games from Monopoly to Settlers of Catan” by British Journalist Tristan Donovan. A renowned games expert, Donovan reveals the incredible and often surprising history and psychology of board games. He traces the evolution of the game across cultures, time periods, and continents, from the paranoid Chicago toy genius behind classics like Operation and Mouse Trap to the role of Monopoly in helping prisoners of war escape the Nazis, and even the scientific use of board games today to teach artificial intelligence how to reason and how to win.

Not to brag, but I own the word games competition and Scrabble is still my old-school favorite. I swear by the “Official Scrabble Players Dictionary,” updated with more than 100,000 playable two-to-eight-letter words with hundreds of new

continued on page 22 >>



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\*\* Early Head Start available at this location.

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words including facepalm, listicle, bitcoin, and emoji.

I also enjoyed “Word Nerd: Dispatches From the Games, Grammar, and Geek Underground” by John D. Williams, Jr. He explores anagrams, palindromes, the highest-scoring Scrabble plays of all time, and the birth of the World Scrabble Championship, as well as many of the more colorful figures that inhabit this subculture. Die-hard word fans will find tips on how top players see their boards and learn to apply this to their own game strategies.

Keep your kids in the game with the delightful “Clue Mystery” series from Diana Peterfreund. The three-book series celebrates the spirit of Clue while students solve a series of murders at the elite Blackbrook Academy. Start with *In the Hall with the Knife*.

“Secrets and Scrabble” is the newest cozy mystery series by Josh Lanyon. Our hero, Ellery Page, is an aspiring screenwriter, Scrabble champion, and guy-with-worst-luck-in-the-world-when-it-

comes-to-dating, and is ready to make a change. When he learns he’s inherited both a failing bookstore and a falling-down mansion in the quaint seaside village of Pirate’s Cove on Buck Island, Rhode Island, it’s full steam ahead!

If you haven’t picked up Amy Tan’s “The Joy Luck Club” in a while, now is the time. It will remind you of the deep bonds we can make with each other while regularly gaming together.

Pressed for time? Watch the movie instead. Or “Clue” the movie, “Game Night” (a hilarious Jason Bateman gem), “Stranger Things” (a series to remind you how much fun Dungeons and Dragons is), or “Knives Out” (a Clue-like mystery if ever there was one). We’re here to help you have fun and bring more games into your world – however you like!

For information on all of the items recommended by Rebecca Colbert, visit <https://thelibrarydistrict.org/blogs/post/literally-games/>

<< continued from page 7

significant role in managing your diabetes and reducing risk factors like obesity and heart disease. What you can do:

- Count carbohydrates – carbs have the biggest impact on blood glucose levels.
- Portion your food – use scales or measuring cups to ensure proper portion size for each meal.
- Eat the rainbow – fill your plate with fresh fruits and vegetables and avoid foods high in fat and sugar (e.g., red meat and fast food).

#### Exercising

Physical activity helps your body use insulin efficiently and keeps your blood sugar level stable. What you can do:

- Aim for 30 minutes of moderate activity a day. Exercises include walking, swimming, yoga, and cycling.
- Stay hydrated as dehydration can negatively impact your blood glucose.
- Check your blood sugar level before and after exercise.

#### Monitoring Medications

Diabetes medications like insulin are designed to stabilize your blood glucose when other preventative measures aren’t enough. To ensure your medications are effective, it’s important to monitor the size and timing of the dose. What you can do:

- Coordinate medications and meals.
- Store insulin and other medications properly.
- Talk to your primary care physician about using new medications.

Be sure to consult your doctor about changes to your diet, exercise routine or medications.

If you or someone you know is Medicare-eligible and searching for a senior-focused primary care doctor, CenterWell is all about giving our patients the time, attention and care they deserve. To find out more about CenterWell locations in your area visit us at [SeniorFocusedLasVegas.com](http://SeniorFocusedLasVegas.com).



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