Las Vegas

AUGUST 2025

FREE

BEYONCÉ COUNTRY

Las Vegas hosts a showstopping finale

Inside

How Malcolm-Jamal Warner's life — and sudden passing — touched a generation **Telling the truth about Critical Race Theory**

The Library is Your Back-to-School Headquarters!



Gather up your family and friends and join us for games and tons of fun. We will also give away FREE school supplies!*

Back-to-School Fair

Sunday, August 3 12 p.m. - 2 p.m. Spring Valley Library

Back-to-School Kickoff

Wednesday, August 6 3 p.m. - 5 p.m. Rainbow Library

Back-to-School Celebration

Wednesday, August 6 4 p.m. - 5 p.m. Clark County Library

Back-to-School Extravaganza!

Thursday, August 7 4 p.m. - 6 p.m. Enterprise Library

The Library District Las Vegas-Clark County

FREE TO BE

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Saturday, August 2 10 a.m. - 1 p.m. Whitney Library

Wednesday, August 6 4 p.m. - 6 p.m. Centennial Hills Library Wednesday, August 6 1 p.m. - 3 p.m. Indian Springs Library

Thursday, August 7 10 a.m. - 1 p.m. West Charleston Library

*While supplies last.

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Black Image what's inside:











PEACE

Don't wait for peace go get it

By Kimberly Bailey-Tureaud

fter experiencing something new, we might say, "Wow, this is so peaceful." We're surprised because we are too unaccustomed to peaceful feelings. This happens to many — but our job is to take note of wonderful moments and be intentional about reliving those fabulous experiences that bring us peace.

Just as we make grocery lists, so should we account for things that make us happy. Like that walk in a quiet area, taking a swim in a stream in nature, sitting in a quiet area of your yard and reading a good book, listening to old-school music that brings wonderful memories, or just doing what you like in a day and voiding out expectations from others can keep your peace every-ready to embrace.

Everyone is on some kind of schedule that is required to maintain a certain



standard of living. It can be hard remembering that the time you have is yours. Obligations demand our attention — but amidst the noise, your internal alarm screams, "What about ME?"

If it takes waking up earlier, sleeping later, or

taking that lunch to feed body and soul - you HAVE TO DO IT.

Work them into your life. It could be those hubbies that make no sense to others, but you truly find interesting; the amount of sunlight you allow in your home; or the amount of air you allow to blow in your car window while driving. Whatever brings relaxation and calm, take it all in.

No amount of time on this earth is promised to anyone, and it is a Godly calling to indulge those moments to relieve some of life's pressures.

Obligations demand our attention but amidst the noise, your internal alarm screams, "What about ME?"

Billionaires Are Running America. Ain't Good!

By Louie Overstreet

The pending catastrophe is of our own making. We have become an alphabet of mess-ups. Are you asking yourself, "What is my boy Louie talking about?" Well, here are my answers in letters.

A dear friend of more than sixty years, Huey Ball, called me to argue that it was not good for America to have people

blessed with extreme wealth running things.

Yes, is the answer, if you are wondering, whenever our friends saw us together, they would ask, "Huey and Louie, where is Dewey?" Be that as it may, his argument caused me to get a copy of "The Trouble with Billionaires," by Linda McQuaig and Neil Brooks. After reading the book and Dave Darby's piece, "What's Wrong with Billionaires?" one could conclude that what billionaires want is absolutely, exactly everything."

If my conclusion is correct, then the problem is only going to get worse. In 2024, there were 813 billionaires in America and in 2025 there are 902. All while a staggering 38 million Americans live in poverty.

Unlike most people blessed with superior aptitude in athletics, language, the performing arts, and the sciences — who

are not only able to personally benefit, but are also capable of helping and bringing enjoyment to others — the ability to make vast sums of money is most often associated with greed and power to control or influence. I'm aware of few exceptions.

The harm comes when they use greed and power to impact public and dem-

ocratic processes in ways that bring destruction to the economy, jobs, communities, nature, and democracy itself. Billionaires' power to influence groupthink allows them to blame others, allege that they pay vast amounts in taxes, and claim they worked hard to obtain their wealth — which infers that poor folks don't want to work hard to get ahead.

To prove my point, here are two closing thoughts:

- 1. The greatest examples of the harm caused by billionaires are Elon Musk and the other 901 American billionaires about to enjoy more tax benefits contained in the Big Beautiful Bill signed on July 4, 2025.
- 2. "Poverty exists not because we cannot feed the poor, but because we can't satisfy the rich."

I rest my case!

'Reunification is always the goal'

Meet Latreece, a foster caregiver who is strengthening families

By Wonswayla Mackey Deputy Director of Clark County Family Services

n any given day, there are over 3,000 children in foster care in Clark County. Almost half of these children are able to live safely under the care of relatives or fictive kin caregivers — but that still leaves us with a significant number of children who need traditional foster care placement.

If you have ever thought about becoming a foster caregiver, we invite you to join us at a foster care information session. You can register at www.clarkcountyfostercare.com.

This month, we are highlighting a foster caregiver who has a big heart and helps families strengthen their situ-

ations. Our caregiver, Latreece, shared her insight on the Clark County Family Services video podcast, The Courageous Caregiver.

Below is a short excerpt from the conversation.

CCFS: Tell our audience a little bit about yourself and your family.

Latreece: I'm a parent and I have biological kids, kids that I fostered, and a daughter that I have adopted.

CCFS: What made you decide to become a foster parent?

rsation. Latreece: I saw a foster care booth CCFS: Tell our audience a little bit and asked all sorts of questions. I went to

continued on page 11>>

Putting Boots on the Ground

■ here them fans at?" You know the song. And while it may not be a Beyoncé line, there is no question that she is the driving force behind a dramatic surge in country music interest by Black performers and audiences.

This extraordinary moment in our culture was affirmed when Queen Bey arrived in Las Vegas for the final two shows of her global Cowboy Carter tour, which drew sold-out crowds of fans clad in some of the most beautiful and creative Western attire ever seen. Our cover story takes you inside Allegiant Stadium – where the iconic (and acrobatic!) superstar unveiled some surprises yet took care to serve up the musical equivalent of comfort food to scores of adoring fans.

Elsewhere in this edition of Las Vegas Black Image:

- We remember Malcolm Jamal-Warner, whose sudden passing stunned people around the world and left Black America feeling like we lost a loved one. Because we did.
- In Community Speaks, readers discuss what keeps them strong - and their revealing answers bring clarity to a question that everyone should ask, answer, and examine in their own
- The Healthier You column looks at why more Black women aren't receiving hormone replacement therapy when coping with menopause.
- Turn to Peace for ideas that can help harness the peace you long for in your mind.

• And look inside for Living, which offers wonderful and refreshing tips for enhancing your daily life.

This issue is chock-full, and our first priority will always be serving you — our amazing readers. We hold immense gratitude for everyone who makes it possible for you to get the best of Black Las Vegas: our incredible advertisers, amazing executive publishing team, and our extraordinarily contributing writers who keep us aware, driven, and on the move.

> Rise. Charles Tureaud & Kimberly Bailey Tureaud **Publishers** (702) 615-8216 cdalasvegas@gmail.com



Charles Tureaud and Kimberly Bailey Tureaud





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The world's most famous entertainer brought down the house at Allegiant Stadium.

by the time Beyoncé's Cowboy Carter World Tour arrived for its finale at Las Vegas' Allegiant Stadium on July 25-26, it was virtually impossible to walk anywhere on the Strip without bumping into someone cloaked in the finest Western wear.

The sea of cowboy hats, boots, Daisy Duke-style denim shorts, and a pervasive yet politics-free red-white-and-blue motif reflected the cultural juggernaut of the superstar entertainer's foray into country music — and reclamation of a Black cultural heritage.

It was also emblematic of the excitement and anticipation surrounding Queen B's epic three-hour performance, which featured spotlight-stealing appearances by her daughters Blue Ivy and Rumi (the former striking poses with backup dancers after a walk down the runway; the latter joining Mom onstage during the performance of "Protector").

As she ran through the string of country hits that sent "Cowboy Carter" to the top of the charts ("Texas Hold Em." the cover of Dolly Parton's "Jolene" and a rendition of the Beatles' "Blackbird"), Beyoncé performed in front of an electronic backdrop flashing images of Black triumph and struggle, took water deliveries from robots, soared over the stadium on a massive horseshoe, and took care to bless the glowing-wristband-wearing crowd with time-tested bangers from her extensive catalog — "Crazy in Love," "Single Ladies," "Love on Top," and Irreplaceable" among them,

As the show - and 32-city tour - drew to close, the superstar icon saluted the time and place. "I imagined this night, ending the tour in Las Vegas," she said in an emotional message to the audience. "And dreams do come true. I thank you all very much."

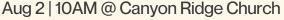


Foster the Joys of Childhood



Children in foster care have suffered abuse, trauma, or neglect. Help them heal by providing a safe home and loving care. Begin your journey as a foster parent.

Join us for a foster care information session



Aug 5 | 5:30PM @ Swift Transportation, N.LV

Aug 7 | 5:30 PM @ Centennial Hills Library

Aug 9 | 10AM @ Aliante Library

Aug 12 | 5:30 PM @ Desert Breeze Community Center

Aug 14 | 6PM @ Child Haven *Spanish

Aug 16 | 10AM @ Hope Church

Aug 19 | 6PM @Child Haven

Aug 21 | 6PM @Child Haven

Aug 23 | 10AM @ Spring Valley Baptist Church

Aug 26 | 6PM @ Melvin Ennis Recreation Center

Aug 28 | 5:30 PM @ Silverado Ranch Recreation Center

Aug 30 | 10AM @ Alexander Library







Josephus Burnside, his wife and baby Joel





Patty Pennington headlines at Gospel Brunch with her team at Mandalay Bay



Owner Pandora welcomes State Senator Pat Spearman, Tracy Lewis and friend into her restaurant.



MarQue Munday, Ms. Teen Juneteenth Mia Fennel, and KCEP 88.1 FM GM Craig Knight



Mother Danie Hawkins and Daughter Kendall Shiree Hawkins attend Cowboy Carter concert.



The Star One All Stars at their first Sunday at Blue Martini back in the day



David Duane Duty enjoys fun in the sun

continued on page 13 >>

Getting a second opinion was the best choice I've ever made.

More than getting my life back, she gets her mom back.

More than anything, a second opinion can bring you peace of mind that the treatment you are pursuing is the best path for you. There are also times when new possibilities and courses of treatment can present themselves. Now, more than ever, new therapies are increasing the quality of life for patients and their families, giving them the opportunity to live their lives to the fullest.

Comprehensive Cancer Centers wants to help you find the most effective and successful treatment plan — even if you prefer to have your actual treatment performed elsewhere. To learn more, contact us or talk to your primary care physician today.



Remembering the March on Washington

By Claytee D. White

remember watching the March on Washington on my family's tiny, black-and-white television in Bertie County, North Carolina. We were sharecroppers—but for some rea-



son, I was in the living room alone and can't fathom why I was not in the field working alongside my family.

I won't focus on the "I Have a Dream" speech by Dr. Martin Luther King, Jr. because many think that was the only speech of the day. This was a march to protest for jobs and freedom. Marion Anderson and Mahalia Jackson sang. Bayard

Rustin and A. Philip Randolph were the named organizers with many people behind the scenes, including many women who worked tirelessly, made major decisions, and assumed major leadership roles. But this piece is written so that you will remember the role of people like John Lewis — yes that "good trouble" guy — who was there stirring things up.

At that time Lewis believed that this country was involved in a social revolution because our "politics that forced this march were dominated by politicians who built their careers on immoral compromises and they ally themselves with open forms of political, economic, and social exploitation."

protest for jobs and freedom. Marion Anderson and Mahalia Jackson sang. Bayard King had already explained why we couldn't wait in his "Letter from a Birmingham Jail." Lewis told us again: "To those who have said, 'Be patient and wait,' we have long said that we cannot be patient. We do not want our freedom gradually, but we want to be free now! We are tired. We are tired of being beaten by policemen. We are tired of seeing our people locked up in jail over and over again. And then you holler, "Be patient.' How long can we be patient? We want our freedom and we want it now. We do not want to go to jail. But we will go to jail if this is the price we must pay for love, brotherhood, and true peace."

This speech should also be given in schools, especially this conclusion: "We will not stop. ⁶ If we do not get meaningful legislation out of this Congress, the time will come when we will not confine our

marching to Washington. We will march through the South; through the streets of Jackson, through the streets of Danville, through the streets of Cambridge, through the streets of Birmingham. But we will march with the spirit of love and with the spirit of dignity that we have shown here today. By the force of our demands, our determination, and our numbers, we shall splinter the segregated South into a thousand pieces and put them together in the image of God and democracy. We must say: 'Wake up America! Wake up!' For we cannot stop, and we will not and cannot be patient."

Next year, for King Day, Black History Month, and Juneteenth, let's memorize this speech.

To those who have said, 'Be patient and wait,' we have long said that we cannot be patient. We do not want our freedom gradually, but we want to be free now!

continued from p4

an information session and learned that anyone can be a foster parent as long as you open your heart.

CCFS: That's right. You need to be 21+ years old, be financially solvent, and pass the background check. You can be single, married, or in a same-sex relationship. You can be a homeowner or a renter. We really want people to come out and get the information about fostering. How many kids have you fostered?

Latreece: I've lost count, but the best part of fostering is that you re helping the children reunify with their family.

CCFS: Yes, when we are working with the child to make sure they are safe and have everything they need to thrive, the biological parents are working to reunify. This often takes help from our foster families. Can you tell me how you have helped families reunify?

Latreece: I am still in contact with a lot of my families. I share resources with families, like childcare or parenting, so they can improve their situation. A lot of our families do not know or have a lot of support. If they need your help and you

work together as a team, it makes it easier for the child and the parent. Reunification is always the goal.

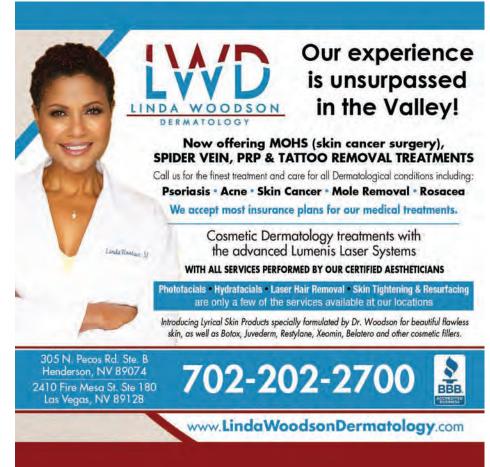
CCFS: It is easier for the child to see the foster caregiver and the biological parent working together. The child is able to feel safe and trust the caregiver knowing that their parent trusts the caregiver. Ultimately, these kids love their parents.

Latreece: No matter what happened, or how they ended up in foster care, they love their parents. Some parents may have been in foster care themselves and might not know or have the proper skills to raise them.

CCFS: As a foster parent, you are really there strengthening that biological family.

Latreece: They know they can reach out to me. I am there for the parents. Even if it is just to get a break, they can call me to help watch the kids. We need to take a step back and realize it is always about the kids.

CCFS: How do you welcome kids into continued on page 21>>





What makes you strong?

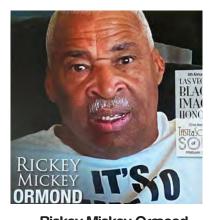


Aaliyah SmithI am strong because my weakness is my strength. Also, my vulnerability, and my disability. "And still I rise!"



Tiffany Mayes Eholor

I am strong when I — physically and mentally—breathe. Spiritually — God; Across the board — water.



Rickey Mickey OrmondNo one thing makes me strong. I'm strong because I must be!



Kathy LattimoreI am strong because of my belief in God.
I pray to him for strength every day.



Jackee CaheeThe courage I have and the faith that fuels it.



Andrew Thomas

My strength comes from knowing that it's not all about me. It's my kids I'm living for. I must be strong because people are depending on me to not give up!



Laying down and giving up is not an option. God strengthens me to stay in the battle.



My strength comes from vowing to always honor the memory of our people's legacy of sacrifice and perseverance through my words and deeds.



Isar KingMy experiences are my testimony. The faith I have, and the knowledge gained from my life experiences make me strong.



I am faithful in God. My family and the trials and tribulations make me strong.



Rozlinda Tolliver Willis Just being Black and proud makes you My faith and my family make me strong. strong. Our ancestors made us strong!



Debra Storey



I was built to be strong, until I'm not. We all have our breaking points, even in private.



Dana Whitaker-Charleston My strength comes from my faith, and it makes me strong - along with my support that has been my rock through good and bad times.



Fans leave the Cowboy Carter concert



Gerald and Flossie Robinson enjoy their vacation

Las Vegas Black Image

Las Vegas Black Image is thrilled to introduce LIVING, a new section dedicated to celebrating the most creative ways to enjoy one's life through food, home, and the great outdoors.

"A House is a Home" Home decor that brings light, love, and peace to your household, complements your lifestyle, and sparks a "living out loud' existence.

"Planting Your Seeds" is a space for rejoicing through gardening, relaxation, or grounding oneself in nature.

"Food for The Soul" brings the most flavorful home-cooked recipes, with meals that will fill your loved ones' bellies, put smiles on their faces, and bring joy to their hearts.

A HOUSE IS A HOME

Making a splash with new color in the kitchen

Many homeowners desire a new, fresh look in their home.

Here's a tip: try getting the seats of chairs reupholstered in your kitchen nook or dining room. Be sure to add a bright splash of color. We like yellow — a happy color that brings sunshine into any room.





PLANTING YOUR SEEDS

Growing tomatoes brings peace, produce

We are living in unique times — and sometimes the best response to turmoil is "grounding" yourself by putting hands into soil and planting a garden.

One of the most gratifying, peace-bestowing elements of gardening is watching your seeds grow. And in tough economic times, planting your own produce — in this case, tomatoes - can also save money.

Many people decide against planting tomatoes in the summer – especially in Las Vegas – because of hot temperatures. But it can be done with care and love.

For healthy tomatoes to grow in your garden during the hot summer, try to water more often and resist pruning the leaves too much – because they provide tomatoes with shade from the hot sun. Some gardeners even put a cover over their tomatoes to shield them from the glaring sunlight.

To further protect your plants from insects

and other pests, consider using do-it-yourself, non-toxic repellants. You can google "homemade organic pesticide" to find a variety of examples to choose for your garden.

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FOOD FOR THE SOUL Try quinoa!

ooking for a healthy alternative to **L**rice? Quinoa – a natural seed with high fiber and protein content — is an excellent, very nourishing choice!

Quinoa is not a carbohydrate, and it is gluten-free. It contributes to weight loss and helps with controlling your body's glucose levels.

It is a great side dish for practically any meal — because although it is not a grain, it is often prepared and eaten like one. Quinoa can even be prepared in a rice cooker. Check out this simple recipe and let us know what you think!

INGREDIENTS

- 1 cup of quinoa
- 2 cups of organic chicken broth or water
- 1 teaspoon of Pink Himalayan salt
- 1 teaspoon (or a stem) of rosemary

DIRECTIONS

Bring 2 cups of chicken broth to a boil, then add salt and rosemary to the liquid.

After it comes to a boil, add one cup of quinoa and let boil until liquid goes down. Then cover and bring down heat to low. Let simmer for 3 to 5 minutes until quinoa is fluffy.

Turn off stove top heat and the quinoa is ready to serve as a complement to your meal. You know you can add cayenne pepper and garlic for extra flavor.









Seventy years ago, the late Raoul Lise and Delice Dupuy Lise married in Manhattan. They were married for 56 wonderful years

continued on page 19 >>

Mayor Goynes-Brown Honors Dr. DeRionne Pollard's Legacy of Leadership and Impact

City of North Las Vegas Mayor Pamela Goynes-Brown recognized and celebrated the leadership and lasting contributions of Dr. DeRionne P. Pollard as she prepares to depart her role as president of Nevada State University.

"Dr. DeRionne Pollard has been a transformational leader and a true champion for equity and education. She's broken barriers, created opportunities and uplifted communities across Southern Nevada. It's been a pleasure to work with her in developing a Nevada State University campus in North Las Vegas. This partnership will leave a lasting legacy that will open doors for generations. We're grateful for her service and wish her all the best in her next chapter."



City of North Las Vegas Mayor Pamela Goynes-Brown and Dr. DeRionne P. Pollard



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

Visit www.thelibrarydistrict.org/about/ for bid opportunities and requests for proposals. For general information on purchasing and contracts, call 702-507-6200.

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THEO SOUL

Why the sudden passing of Malcolm-Jamal Warner touched so many people across the world.

The sudden, shocking death of Malcolm-Jamal Warner in the waters off Cos-L ta Rica stunned all who loved him or were familiar with his prolific work as an actor, musician, and poet.

Thanks to the monumental success of "The Cosby Show," which shot him to worldwide fame in the role of Theo Huxtable, Warner was seen by millions as a brother. Or son. Or friend. Or first heartthrob. His versatility came into focus as we watched him grow before our eyes: every Thursday at 8 p.m., he was at the center of a sitcom featuring a Black family whose very existence — as an intact, educated, prosperous unit – challenged prevailing stereotypes and ushered in a golden era of Black positivity that defined a generation.

"My biggest concern is when it comes to images of people of color on television and film, we've always had 'The Cosby Show' to hold up against that," Warner once told the Associated Press. "And the fact that we no longer have that, that's the thing that saddens me the most because in a few generations the Huxtables will have been just a fairy tale."

Warner was only 13 when cast on "The Cosby Show" - and once its eightyear run ended in 1992, he went on to new roles in sitcoms ("Malcolm & Eddie," "Reed Between the Lines") and starred in the medical drama "The Resident."

But acting was far from his only avenue to the spotlight: the man named after Malcolm X honored his namesake with a commitment to Black consciousness expressed freely through spoken-word poetry. And his love for music, lived out on his beloved bass, led to a lengthy career as a band-leading musician.

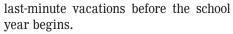
Malcolm-Jamal Warner is gone too soon — but his legacy of Black excellence will forever breathe notes of freedom into the lives of everyone touched by his artistry and advocacy.

In more ways than one, August is bringing the heat to Las Vegas

By Craig Knight

t's August! And in Las Vegas, this month is not for the faint of heart — literally — with average daytime temperatures regularly exceeding 100F!

August is the tail end of summer with tourists seeking pool parties and



Despite the sweltering heat, Las Ve-



gas still makes room for cultural reflection and community awareness.

August is recognized nationally as Black Business Month — and in a city with a growing and thriving Black entrepreneurial community, local businesses and organizations often spotlight Blackowned restaurants, shops, and service providers.

It's also National Wellness Month, encouraging self-care in a place often associated with indulgence — offering a unique juxtaposition for locals and tourists alike to engage in yoga classes, spa experiences, or simply hydration amid

the heat.

Historically, August ties into Las Vegas's development as a mecca for entertainment and resilience. Founded in 1905 and officially incorporated in 1911, the city began transforming during the 1930s with the construction of Hoover Dam.

By August of the mid-20th century, Vegas was already welcoming marquee performers — like Elvis Presley and the Rat Pack featuring Frank Sinatra, Sammy Davis Jr., Dean Martin, and Joey Bishop — who helped cement the Strip's global reputation.

August also kicks off the NFL preseason! This should be an interesting and exciting football season!

As we welcome August — with its heritage, observances, awareness, searing heat, cool luxuries, and late-summer revelry — let's remember to do it responsibly.

Until the next edition of Knight Moves, educate yourself and share the knowledge with others!

God bless you!



Library District & NBA 2K Summer League Score with Launch of a Limited-Edition Library Card

he Las Vegas-Clark County Library District is proud to announce a new collaboration that's sure to excite basketball fans and library lovers alike: as part of our ongoing partnership with NBA 2K Summer League, the Library District is launching a limited-edition, NBA 2K Summer League library card, available at all 25 library branches while supplies last.

This special library card features a bold NBA 2K Summer League design and gives cardholders full access to the Library District's unlimited free resources - from music and movie streaming, 3D printers, podcast studios and computer labs, to audiobooks, graphic novels and comics, toy and game lending, and more! Library cardholders are also the first to know about special events and resources such as art gallery exhibits, cultural celebrations, music and video production classes and STEAM workshops to storytimes, book and music clubs, and live music, dance, and theater performances.

In addition to the library card, customers can also pick up an exclusive NBA 2K Summer League bookmark featuring images of past NBA 2K Summer League players, along with book recommendations from NBA superstar players Lebron James (Los Angeles Lakers), Jaylen Brown (Boston Celtics), Kyrie Irving (Dallas Mavericks), and Steph Curry (Golden State Warriors). All of these selections are available to check out at your library.



Las Vegas Clark County Library District Executive Director Kelvin Watson and the NBA 2K Summer League team

"NBA 2K Summer League champions our commitment to education and literacy for all ages, and it is our privilege to introduce this dynamic library card as a symbol of our partnership," said Kelvin Watson, executive director, Las Vegas-Clark County Library District. "This new library card and bookmark are engaging ways to promote learning through the excitement of basketball and are truly a slam dunk for our communi-

"The NBA 2K Summer League is proud to celebrate our ongoing partnership with the Las Vegas-Clark County Library District through the release of our first-ever exclusive and limited-edition library card," said Carole Adams Hattar, director of community relations, NBA 2K Summer League. "This collaboration has been a longtime dream, and we are truly honored to see it come to life with a partner that shares our commitment to community, access, and education."

https://thelibrarydistrict.org/nba-summerleague/ for staff-curated lists of children's books and memoirs authored by current and former NBA players. You'll also find Steph Curry s "Underrated" Book Club Reading List, Lebron James' Favorite Books and Notable Reads, and Kobe's Bookshelf.

To get a free library card, simply bring a valid photo ID and proof of address (such as a driver's license or utility bill) to the Customer Service Desk of any branch.



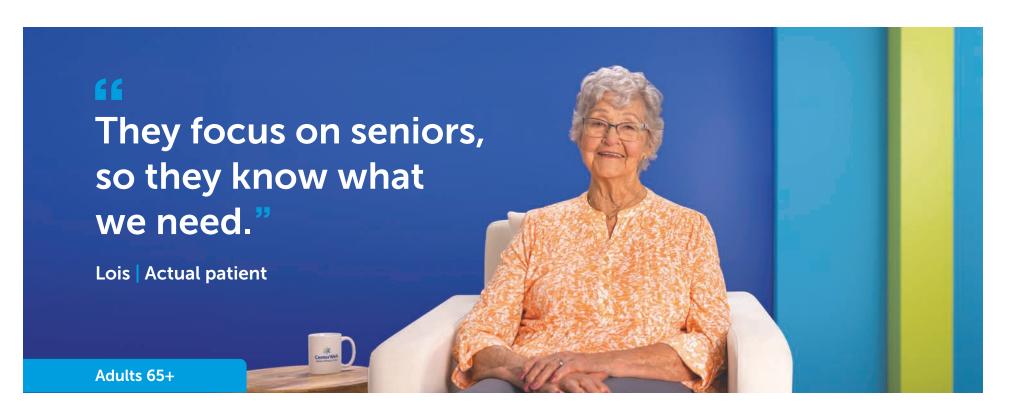
continued on page 21>>



Kriss Wells brings the Wellz Girls to Beyonce's Cowboy Carter concert.



Tamara Watson and Joseph Watson and their son enjoy summer vacation





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^{*} Comparison based on a study published by the Oxford Academic in June 2023 stating that the average primary care exam was approximately 21 minutes. Times vary based on services performed.

Turning Grief Into a Mission for Hope, Healing



A powerful new book is inspired by the loss of the author's son and the growing movement to break the stigma around mental health.

fter the tragic suicide of his son Av-Aery, Reggie Burton dedicated his life to mental health education, support, and storytelling. In his new book, "Becoming a Mental Health Champion," Burton takes readers on an inspiring journey of grief, healing, and public advocacy.

The book builds on the momentum of his first title, "This Is Depression," and serves as both a deeply personal memoir and a practical guide for parents, coaches, leaders, and allies seeking to support those in crisis.

Burton, the founder of Reggie Burton Communications, LLC and the Avery Burton Foundation, is a former public relations executive in professional sports. He now dedicates his work to mental health advocacy, grief support, and public awareness. He is the author of "This Is Depression" and is a certified Mental Health First Aid instructor.

"This book is about more than surviving loss," said Burton. "It's about learning to lead through it, and using your voice when others can't."

"Becoming a Mental Health Champion" blends stories from Burton's professional experience in sports communications, lessons from mental health first aid training, and reflections from his work through the Avery Burton Foundation, a nonprofit established in his son's memory.

Key themes include:

- Turning pain into purpose
- Resilience through grief
- Mental health advocacy for men and fathers
- Lessons from athletes and stoic thinkers on recovery
- Building community support through storytelling

The cover photo - which features Burton wearing his Avery Burton Foundation scrubs and Stanley Cup championship ring - has already struck a chord. "That ring represents professional success," said Burton. "But in this new chapter, it's a symbol that even winning can hurt — and that healing is the real victory."

"Becoming a Mental Health Champion" is available at Amazon, Barnes & Noble, and major booksellers.



Cedella Marley honored her father at the grand opening of "Bob Marley Hope Road" at Mandalay Bay.

<< continued from page 11

your home? What is the first thing you do when you pick up children that are in foster care?

Latreece: I pick them up, see if they want to stop for something to eat, and then just go through the house and show them where they will sleep and where everything is. I make it as easy as possible, and I am just OK with whatever they need to do to feel comfortable. I just let them know that this is your space.

CCFS: You don't know what the last 24 hours, the last week, the last month, the last few years ... looked like for the child.

So, letting the child ease into it without asking them a ton of questions.

Latreece: We learned about that in foster parent training. I always try to imagine what they could be feeling. They are little, they do not know how to express how they feel.

CCFS: What are some of the greatest rewards you have experienced fostering?

Latreece: When the kids say "I love you." It's challenging, but it is rewarding. You must want to provide a loving home.

People get ready: Where are we on critical race theory?

By Dr. Ellen Brown

Sixty years ago, a song by Curtis Mayfield and the Impressions came out. It sent a message of what was happening in the United States through the power of Black music. Music has long



been the release — particularly during times of strife, but also in times of happiness. "People Get Ready" is one of countless songs chronicling the challenges faced by Black people, particularly during the Civil Rights Era. We are all familiar with the stories and the outcome of this movement.

Back in February, Donald Trump signed an order prohibiting K-12 schools

from using federal funding on "the indoctrination" of children, which includes gender ideology and Critical Race Theory (CRT). CRT accepts that racism exists. It is reflected in laws, as well as policies and institutions. Its framework acknowledges that racism is deeply connected to the way laws, policies, and institutions exercise their power. At its academic foundation, CRT is a significant theory that, when shared and discussed, reveals the truth about racism. This was obviously too much to grasp for the President of the United States.

According to the NAACP Legal Defense Fund, CRT was developed in the 1970s and 1980s to challenge the ideology that society and institutions were (legitimately) color-blind. CRT demonstrates that racism was never eradicated, even to this day. It was the Trump adminis-

tration that imposed a ban on training and discussion related to the theory. The intended result was to silence the conversation about CRT and discussions about bias.

Now, in 2025, what is the meaning of CRT today and what is its significance to me?

There are several elements of CRT that we should look out for. Here is a sampling:

- Race is a social construct
- Racism is a norm, socially constructed and deeply embedded
 - Racism can be an unconscious bias
- CRT applies to and affects the entire human race

These represent a part of CRT; more thought and discussion will bring a deeper understanding of the meaning and consequences of this theory. A social construct is not a fact, expectation, or even common. It is to be approached as intentional or unaware. The behavior or interaction results do not give anyone a pass. Ignorance does not excuse us from the consequences of the law.

As we go forward with prayer and hope — people, get ready! Pay close attention to what is being discussed in the media, as well as in our workplaces, and, yes, churches. "Street corner" conversations are more legitimate than you may think. They can represent the nitty-gritty meanings, but more importantly, the consequences to be aware of as we stand steadfast with eyes and ears wide open.

I welcome your input, questions, and ideas for topics; feel free to send them to me at ebrown.nci@gmail.com

CRT is a significant theory that reveals the truth about racism.

– HEALTHIER YOU –

How menopause can be different for Black women

By Dr. Marguerite Brathwaite OB-GYN

s Black women, our experience with menopause — the "change of life" — can be very different than that of our white counterparts. While menopause timing may be influenced by genetics, researchers



believe that chronic stress, socioeconomic factors, and healthcare disparities also play a role.

Some research shows that Black women are twice as likely as white women to

undergo a total hysterectomy — a procedure that kicks off what is called "surgical menopause," which can also accelerate the timeline for experiencing menopause symptoms for Black women.

Menopause symptoms can last anywhere from four to 10 years for most women, but Black women tend to fall toward the longer end of the spectrum. The prolonged journey often includes:

- More frequent and intense hot flashes
- Higher rates of depression and anxiety
- Increased difficulty with sleep and night sweats

And then there is the research pointing

to Black women's unique experiences:

- Black women, on average, reach menopause earlier by an average of 8.5 months than white women
- Black women go through menopause for an average of 10.1 years, compared to 6.5 years for white women
- Black women are twice as likely to go through surgical menopause (removal of ovaries and/or uterus) compared to other racial groups
- Black women are 50% less likely to use hormone replacement therapy (HRT)

On the matter of disparities in the use of HRT — which can be incredibly effective

in managing severe menopause symptoms, and has been shown to reduce the risk of cardiovascular conditions like heart disease and stroke — Black women are less likely to receive the prescription. Researchers have attributed these disparities to unconscious racial bias and a lack of access to providers.

All women should have regular health-care checkups. Make your appointment to-day by calling Innovative Women's Care at (702) 413-7740 or visit us at 851 S. Rampart Blvd., Suite 160 in Las Vegas.

Menopause symptoms can last anywhere from four to 10 years for most women, but Black women tend to fall toward the longer end of the spectrum.



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