

Las Vegas

# Black Image

FEBRUARY 2026

FREE

## Dancing Queens

Anna Bailey reflects on 70 years after the Moulin Rouge  
and the meaning of living Las Vegas history

Inside |

What does 2026 hold for Black America?

King of the Camera: Clark Gabriel McCarrell Jr. shares scenes from MLK Day



# CELEBRATE BLACK HISTORY MONTH AT THE LIBRARY DISTRICT

## WHITNEY LIBRARY'S SECOND ANNUAL BLACK AUTHOR EXPO

This dynamic event will feature local and national authors of color.

Saturday, February 7: 1 p.m. - 5 p.m.  
Whitney Library

AGE GROUP: TEENS & ADULTS

## ART AS RESISTANCE - SIGNIFICANT FIGURES AND EVENTS IN BLACK HISTORY & RESIN ART

Learn about the power of visual art throughout history and create your own resin art.

Saturday, February 7  
2 p.m. - 3:30 p.m.  
Centennial Hills Library

AGE GROUP: TEENS



## BACH TO BEYONCÉ

Vegas City Opera takes you on a vocal journey through the Beyoncé songbook inspired by classical music.

Saturday, February 7: 3 p.m. - 4 p.m.  
West Charleston Library

Saturday, February 14: 3 p.m. - 4:15 p.m.  
Whitney Library

Saturday, February 21: 3 p.m. - 4 p.m.  
Windmill Library

Saturday, February 28: 3 p.m. - 4 p.m.  
Summerlin Library

AGE GROUP: ADULTS

## TEENS CELEBRATING BLACK HISTORY MONTH

Learn about NASA's "Hidden Figures" Dorothy Vaughan, Katherine Johnson, Mary Jackson, and Christine Darden, and their groundbreaking work.

Tuesday, February 10: 3:30 p.m. - 5 p.m.  
West Las Vegas Library - NEW LOCATION

AGE GROUP: TEENS

## STELLA'S STELLAR HAIR

Little ones are invited to join this special storytime!

Tuesday, February 10: 4 p.m. - 5 p.m.  
West Las Vegas Library - NEW LOCATION

AGE GROUP: TWEENS & KIDS

## EXPLORING THE ORIGINS OF BLACK HISTORY MONTH - LOCAL, NATIONAL, AND INTERNATIONAL

Professor Tyler D. Parry will discuss the inception of this heritage month in this dynamic lecture.

Wednesday, February 18  
3:30 p.m. - 4:30 p.m.  
Whitney Library

AGE GROUP: TEENS & ADULTS

## FROM HISTORY TO HIP HOP - A MUSICAL JOURNEY WITH JONATHAN BLANCHARD AND HIS BAND!

Enjoy an interactive musical history performance that makes the past come alive!

Friday, February 20: 7 p.m. - 8 p.m.  
Windmill Library - Auditorium

Saturday, February 21: 7 p.m. - 8 p.m.  
West Charleston Library - Lecture Hall

Sunday, February 22: 3 p.m. - 4:15 p.m.  
Summerlin Library - Theater

AGE GROUP: ADULTS



## EXPLORING THE ORIGINS OF BLACK HISTORY MONTH - LOCAL, NATIONAL, AND INTERNATIONAL

Professor Tyler D. Parry will discuss the inception of this heritage month in this dynamic lecture.

Wednesday, February 18  
3:30 p.m. - 4:30 p.m.  
Whitney Library

AGE GROUP: TEENS & ADULTS

## STORY QUILTS

Grades K-5 can learn about the artist and author Faith Ringgold, who was famous for her narrative quilts.

Wednesday, February 25: 4 p.m. - 5 p.m.  
Spring Valley Library

AGE GROUP: TWEENS & KIDS

## BLACK HISTORY MONTH POETRY SHOWCASE - PRESENTED BY SPOTLIGHT POETRY

Celebrate Black poets whose voices honor legacy and illuminate the brilliance of their history.

Saturday, February 28  
2 p.m. - 3 p.m.  
West Charleston Library

AGE GROUP: ADULTS

## "OBSIDIAN & NEON: BUILDING BLACK LIFE AND IDENTITY IN LAS VEGAS" GALLERY EXHIBIT

Observe images that honor community leaders who are actively shaping identity and cultivating Black life in Las Vegas.

Now through March 1  
West Las Vegas Library

AGE GROUP: ALL

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Library  
District  
Las Vegas Clark County  
FREE TO BE

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in February.





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# PEACE *No seat taken for peace*

By Kimberly Bailey-Tureaud



The wrong revolution is being televised — not one of healing, but of division. Two sides stand firm, each convinced of its own righteousness. Yet history whispers a sobering truth: when we choose separation over understanding, there are no true winners — only cycles of violence, judgment, and broken trust. The voices of our ancestors echo through time, urging us to protect what was so dearly won.

Dr. Martin Luther King Jr. reminded us that the greatest revolution is a moral one — a call to rise in character, compassion, and courage. It is the revolution that invites us to walk on sacred ground together, to remain open to what we do not yet understand, and to embrace one another not as opponents, but as neighbors in the human family.

Like trees reaching upward, we are not the sky, yet we grow by absorbing its warmth. We are strengthened by the light we offer one another. Our connection is a living lesson in history — one that teaches us leadership is not about power, but about protection, humility, and righteousness. Calling out wrongdoing is only the beginning. The deeper

question is this: where was our collective care for what is right when our watchfulness grew weary?

Now we stand on uncertain ground, watching trust and stability tremble beneath our feet. Many rise to confront what they believe is broken, but in the process risk dismantling the very home meant to shelter generations yet to come.

Still, the chairs of peace remain. They may wobble under the weight of anger and grief, but they are not empty. They invite us to sit, to breathe, to find stillness in the smoke of chaos. In that sacred pause, clarity is born. True strength is not only in standing to fight — it is also in kneeling to listen.

The seat for peace is wide open. It calls us to move toward understanding, to resist the sickness of division, and to revolt not against one another, but against the ills that wound our shared spirit.

So speak with words that heal. Listen with ears that seek balance. The truest negotiation is not surrender, but salvation — saving what we all hold as sacred and true: each other.

# Failed State: America's Future?

By Louie Overstreet



House includes:

- Violation of the emoluments clause of the Constitution.
- Civil penalties for illegal conduct in the administration of business and charitable organizations
- Criminal convictions of sexual misconduct.
- Commission of sins

and the breaking of marriage vows

As citizens, will are guilty and/or complacent in, to include failing to maintain vigilance, the following:

- Failing to demand term limits for the SCOTUS and Congress.
- Failing to demand the elimination of the Electoral College.
- Failing to honor many of the Ten Commandments.
- Failing to practice the Golden Rule.
- Failing to exhibit a sense of charity.
- Failing to accept the first duty of citizenship, which is to vote.

Failing at any of the listed is egregious; however, the most galling is the failure to vote. Why? Because voting — or not — changes things.

And yes: a failed state could be in our future!

American citizens' non-vigilance has placed our nation's future as a functioning democracy in clear and present danger! Our failure to heed the quote popularized by Thomas Jefferson, "The price of liberty is eternal vigilance," is the root cause of our dire condition in America in the second month of 2026.

Up until now, one could argue that the three highest prices we have had to pay in our history, since our founding as a nation in 1776, were The Revolutionary War, The Civil War, and WWII. Fortunately, for the survival of our nation, strong leaders sustained us during these perilous times. However, this is the first time in our history that one could state with a substantial degree of certainty that the leader of our nation is acting in his self-interest and not the best interests of the nation.

While it would be fair to say that considerable blame lies at the feet of the leader of the free world (who I pejoratively refer to as The Stain), a proportionate amount belongs at our feet as well.

Blame that needs to be placed at the feet of the current occupant of the White

## Kelvin Watson Named 2026 Librarian of the Year

The national award honors Watson's work in driving innovation and changing lives across Southern Nevada.

Las Vegas-Clark County Library District Executive Director Kelvin Watson has been named 2026 Librarian of the Year by Library Journal. This prestigious national honor recognizes Watson's transformative leadership and commitment to breaking down barriers to information access, addressing inequities and increasing opportunities for Southern Nevadans.

In its announcement, Library Journal lauded Watson for his ability to "bring

together a range of collaborators from across the county to drive innovation and change lives — not to mention opening the brand new, reimagined West Las Vegas Library that promises to be a neighborhood game-changer."

This includes work with such partners as the



Kelvin Washington

Regional Transportation Commission of Southern Nevada, Cox Communications, NFL Foundation, Sunrise Children's Hospital, Hope for Prisoners, Vegas Golden Knights, Las Vegas Raiders, local barbershops, and more.

The Librarian of the Year award is the highest honor in the profession.

It recognizes individuals whose accomplishments reflect the loftiest goals of librarianship: ensuring free access to information for all, encouraging a love of reading, and strengthening the library's position as a vital community pillar.

"Kelvin Watson hit the ground running when he arrived at the Library District and hasn't stopped," said Lisa Peet, Executive Editor, News and Features, of Library Journal. "He has gotten to know

continued on next page >>



# Dancing in the parade of Black Las Vegas history

We are proud to present this special Black History Month 2026 issue, featuring an exclusive behind-the-scenes look at the Historic Moulin Rouge Hotel & Casino through the eyes of one of its original dancers: Anna Bailey.

While many stories have been told about the Moulin Rouge, few come directly from someone who lived its history in 1955. From her journey from Brooklyn to Las Vegas, Bailey's personal account gives us a unique perspective on this landmark — the first integrated hotel and casino in the country — where Black and white guests came together to enjoy entertainment, food, and gaming. We couldn't imagine a more fitting story to share during Black History Month.

This issue also highlights the recent Martin Luther King Jr. Parade, a true celebration of unity and community. Thanks to the dedication of Clark Gabriel McCarrell Jr., our official Las Vegas

Black Image Magazine photographer, we are able to share striking images that capture the spirit of Black Las Vegas. Clark's work continues to bring the vibrancy of our community to life, earning well-deserved recognition as an award-winning photographer and man of character.

Among the parade highlights, we were inspired by the "Historic Brotherhood Westside" — a group of men celebrating the contributions of the Historic Westside, Las Vegas' predominantly African American neighborhood. Founded by Rickey Mickey Ormond, this was their first year participating in the parade, and their presence exemplified community pride and unity. We also celebrated the contributions of longtime community supporters like renowned Marlon "DJ Thump" Rice, business consultant Tifany Ward, Nevada Partners Executive

Director Lizette Collins, and Ward 5 City Councilwoman Shondra Summers Armstrong, who took time to congratulate the many young people participating in the event. Additionally, the staff of the Las Vegas-Clark County Library and local sororities and fraternities brought joy, love, and togetherness to the parade.

We extend heartfelt thanks to our loyal advertisers, executive publishing team, and contributing writers, whose dedication and creativity make each issue possible.

Here's to celebrating Black history, community, and the stories that inspire us all.

Rise,  
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Kimberly Bailey Tureaud  
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Charles Tureaud and Kimberly Bailey Tureaud

*"I am humbled and honored to be recognized for the work that my team and I have accomplished over the past nearly five years."*

- Kelvin Watson -

the local business, government, and community movers, initiated conversations about potential collaborations, and then followed through on those ideas to improve the lives of Las Vegas and Clark County residents. His imagination, future-readiness, and care for the community are a great example of librarianship envisioned broadly."

Watson's work and leadership philosophy are featured in the January issue of Library Journal in a profile titled, "Library A-List: Kelvin Watson Is LJ's 2026 Librarian of the Year."

"I am humbled and honored to be recognized for the work that my team and I have accomplished over the past nearly five years," Watson says, "And I am so proud to share this award with them. When I accepted this position in 2021, I was certain that Southern Nevada, which thrives on innovation, would support the kind of 21st Century thinking that I wanted to bring to our library system. The support we have received from all sectors of the Las Vegas community have been phenomenal, and I am excited to say that together, we are just getting started."





# Legendary Dancers of Las Vegas' Historic *Moulin Rouge*

How a groundbreaking hotel and its dazzling performers changed the face of entertainment in 1950s Las Vegas.

**I**n 1955, the doors of the Historic Moulin Rouge Hotel and Casino in Las Vegas opened not just to the public, but to a new era of integration. Known as the first fully integrated hotel and casino in the United States, the Moulin Rouge welcomed Black and white guests to share in food, gaming, and entertainment — an unprecedented gesture in mid-century America.

Opening on May 24, 1955, the Moulin Rouge sought the nation's top entertainers and dancers for its headlining show. While the hotel was primarily owned by a group of white investors — Will Max Schwartz (38% share), Louis Rubin (29%), and Alexander Bisno (31%) — boxing champion Joe Louis also served as part-owner, ambassador, and the face of the hotel, attracting crowds with his star power.

The stage sparkled with legends: jazz sensation Dinah Washington headlined, and comedic and tap duos like Stump & Stumpy and Buck & Bubbles drew laugh-



The Original Moulin Rouge Dancers in 1955

ter and applause. Yet it was the Moulin Rouge's elegant dancers who brought glitz, glamour, and unforgettable performances to the audience. Their routines, such as the famed Watusi — later featured on the cover of Time magazine — captivated guests night after night.

Feathers, sequins, and color — red, beige, blue, and

orange — draped the dancers, dazzling spectators who often waited outside, hoping to catch a glimpse of the show before it reached full capacity. Iconic choreographers Larry Steele and Clarence Robinson handpicked the dancers from Los Angeles, Chicago, and New York, ensuring every performer embodied grace, talent, and star quality.

Among them was Brooklyn, New York native Anna Bailey, who will celebrate her 100th birthday in August. "I first heard about Las Vegas from entertainer Pearl Bailey," she recalls. "Shortly after, choreographer Clarence Robinson asked my husband, Bob, and me to join the new Moulin Rouge show. We didn't have to

audition — he already knew our work in New York."

Rehearsals in New York spanned four months, but the unknown of Las Vegas loomed large. Anna and 11 fellow dancers — split evenly between the East and West coasts — flew to Las Vegas, nerves and excite-



ment swirling. “Looking out the plane, I saw total darkness, then a burst of colorful lights over the mountains. We were told, ‘That’s Las Vegas,’” Anna remembers.

Cameras flashed as the dancers descended from the plane, greeted by a crowd of media and local notables.

Willard Booth, a longtime Las Vegas businessman, recalls the moment vividly: “Those Moulin Rouge dancers were the prettiest women I had ever seen.”

The performers were housed in homes in Regal Estates, designed by architect Paul Williams, a special community built for the hotel’s stars. On arrival at the Moulin Rouge, Bailey was struck by the hotel’s elegance: sparkling pools, first-class backstage areas, showers in dressing rooms, fabulous costumes with matching shoes, a fine soul food restaurant, and even a boutique. “It felt like a first-class operation,” she says.

Opening night on May 24 was a glittering spectacle. Celebrities like Bob Hope, Sammy Davis Jr., and Frank Sinatra attended, and the showroom was packed every night. Yet, despite the star-studded performances and groundbreaking integration, the Moulin Rouge shuttered its doors after just six months. Bailey recalls the final day vividly: “We were waiting in the wings for another sold-out performance when marshals came in with chains and padlocks. Everyone was asked to leave, including the performers. We never went back. It was a very sad day.”

Today, the Moulin Rouge Hotel and Casino is remembered not only for its brief but brilliant run, but for the performers who made it legendary — the dancers whose elegance and talent helped break barriers and redefine entertainment in Las Vegas.



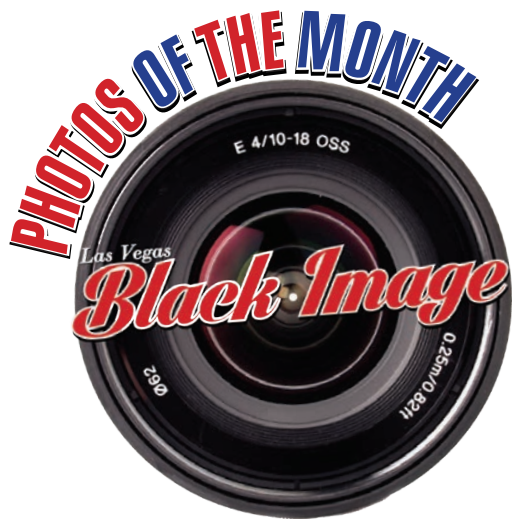
Opening night at the Moulin Rouge Hotel & Casino in 1955



Anna Bailey







# In formation, honoring a legacy

Las Vegas came together on January 19 to celebrate Dr. Martin Luther King Jr.'s birthday at the 44th Annual MLK Parade. Photographer Clark Gabriel McCarrell Jr. captured the joy, energy, and community spirit that

filled the streets, while Las Vegas Black Image Magazine shared the celebration with parade-goers. These images celebrate unity, Black history, and the enduring legacy of Dr. King.



continued on page 16 >>



# H<sub>2</sub>O INNOVATION

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YOU! HAVE THE POWER

# 2026: People, Get Ready!

By Dr. Ellen W. Brown

**W**e made it. The questions of where we made it to, when we arrived, why we are here — and even why not — all rushed front and center the moment the bell rang, ushering in 2026 one second after midnight.

What does the future hold for African-Americans and all people of color? While this column centers on Black voices, heritage, and culture, the questions we ask are inclusive of all people of color living in the United States. Our approach is simple: face the issues head-on, discuss them, and move them to the center of the conversation.

This month, I'm laying out a list of potential topics for reflection and response.



As you read, consider: which of these issues resonate with you? Which ones demand your attention? I invite you to create your own list, highlight what matters most, and email me at the address at the end of this column. We may not solve every problem overnight, but we can move the conversation forward and broaden our discussions about power in 2026.

## THE TOPICS

- Social Justice
- Economics
- Healthcare
- Voting Rights
- Education as a Key Social Justice Issue: Challenges and opportunities; Gender limitations in access; Unequal access to quality education; Achievement gaps; Systemic barriers for marginalized students, including discriminatory practices, unequal funding, and limited access for students with disabilities;

Underfunded schools, high teacher turnover, and inadequate facilities; Limited access to digital resources, particularly for lower-income families; Environmental concerns affecting school locations; Upholding Title IX and women's sports programs

- Political Accountability: Anything involving Donald Trump (yes, he is the President of the United States)

- Women's Empowerment: Global Development & Prosperity programs; Vocational training; Breaking barriers to opportunity

## THE ACTION

Stay woke. We know the original meaning of "woke"—a conscious awareness of power, inequality, and justice. To twist it into a meaningless, divisive term is unacceptable. We will not shrink from positions that strengthen our understanding of power and how it should be used—for the people, always.

We have been quietly spreading "The Words" of hope and freedom despite opposition. Together, we will amplify those messages: "Can't Turn Around ... We've Come This Far By Faith."

## THE SUMMARY

You are not alone. Change requires a village, and that village begins with each of us — Me, You, They, Him, Her, and Us. Every one of us carries a little light. Can we hide it under a bushel? Absolutely not. Let's shine our lights, get prayed up, put on our armor, and prepare — because it's going to be HOT up in here.

*What stories of personal power inspire you? Sharing them strengthens our collective voice, making everyone feel empowered and connected. Send your stories, ideas, and questions to me at [ebrown.nci@gmail.com](mailto:ebrown.nci@gmail.com). YOU HAVE THE POWER.*

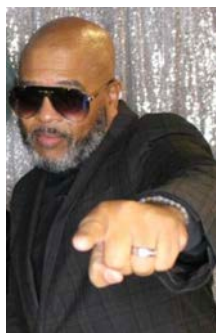
## KNIGHT MOVES

# Short month, enormous impact

By Craig Knight

**F**ebruary is the shortest month of the year, but punches way above its weight with a mix of holidays, special events, and important causes. It's a time that invites reflection on love, history, and self-awareness — and it shares the seasons of Aquarius and Pisces!

Black History Month is a vital time to celebrate the achievements, contributions, and struggles of African-Americans in shaping the nation's history. This month sparks important conversations about equality, civil rights, and the ongoing quest for social justice. Mark



your calendar: Wednesday, February 4 is Rosa Parks Day, commemorating the courage of a true civil rights icon.

On Saturday, February 7, KCEP Power 88.1 FM hosts The City of Henderson's Gospel Fest 2026 at the Water Street Plaza in Downtown Henderson from noon to 4 p.m.. Enjoy gospel music by headliners and local talent, food trucks, vendors, and more! This event is free and fun for the whole family. More information: [www.ExclusiveCreativeEventsDesign.Info](http://www.ExclusiveCreativeEventsDesign.Info)

Sunday, February 8 brings Super Bowl LX to Levi's Stadium in Santa Clara, CA. After a thrilling playoff season filled with upsets, only two teams remain. Who will be crowned this year's champion?

From February 13-15, Los Angeles hosts the 75th NBA All-Star Weekend at

the new Intuit Dome in Inglewood, with events across the city including the Kia Forum and the Los Angeles Convention Center. The main game on Sunday, February 15 features a new U.S. vs. World round-robin tournament format, promising fresh excitement for fans.

Saturday, February 14 is Valentine's Day, the perfect moment to celebrate love in all its forms — romantic, familial, and platonic.

Tuesday, February 17, marks the Lunar New Year, welcoming the Year of the Fire Horse (lasting until February 5, 2027). This vibrant cultural celebration, observed around the world, symbolizes energy, passion, and momentum, featuring fireworks, family gatherings, and traditional foods that honor renewal and prosperity.

February also draws attention to crit-

ical health causes:

- National Heart Month & American Heart Month, promoting heart health and stroke prevention

- Rare Disease Awareness Month

- Cancer Prevention

- Mental Health Awareness, including National Eating Disorders Awareness Week in the last week of the month

Though the shortest, February is far from dull. It's a month to reflect on love, honor diverse histories, and advocate for positive change—setting the tone for a meaningful year ahead.

As we enjoy the holidays and sports seasons, let's do so responsibly, keeping our communities and ourselves in mind.

Until the next edition of Knight Moves, continue to educate yourself — and share the knowledge with others. God bless!





# What Las Vegas Black history moment stands out in your mind?



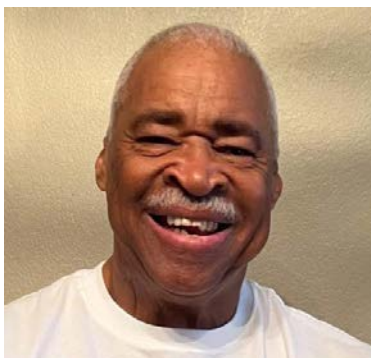
**Kena Colleen Adams**

When I was standing with the great Sa-rann Knight Preddy on Jackson Street, when they were tearing down the buildings the Black entertainers used to stay at on the Westside. That was the last time I got to be in Ms. Knight-Preddy's presence, may she rest in eternal peace.



**Kathy Lattimore**

I remember the opening of Doolittle Recreation Center. It was a fantastic event. They had a huge party in the field and all the "Who's Who" were there. We had a lot of great times on the Historic Westside, even the D Street Festival back in the '80s was wonderful. I miss those times.



**Rickey Mickey Ormond**

The Taste and Sounds of Soul Festival in Downtown Las Vegas. What great memories. We would break bread with all nationalities. It was great poetry, music, dancing and fellowship. Everybody was so happy. And the food was great!




**Andrew Thomas**

How we came together for the Rodney King situation. But the rioting and looting got out of hand. We need more unity in Las Vegas and in the world.



**China Hudson**

When they tried the F Street' foolishness and the community said, "Nope, do not even try it."



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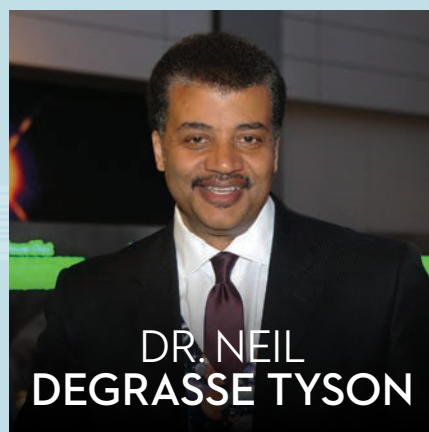
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*Las Vegas Black Image*

# LIVING

***Las Vegas Black Image presents **LIVING**, a 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"*** 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***

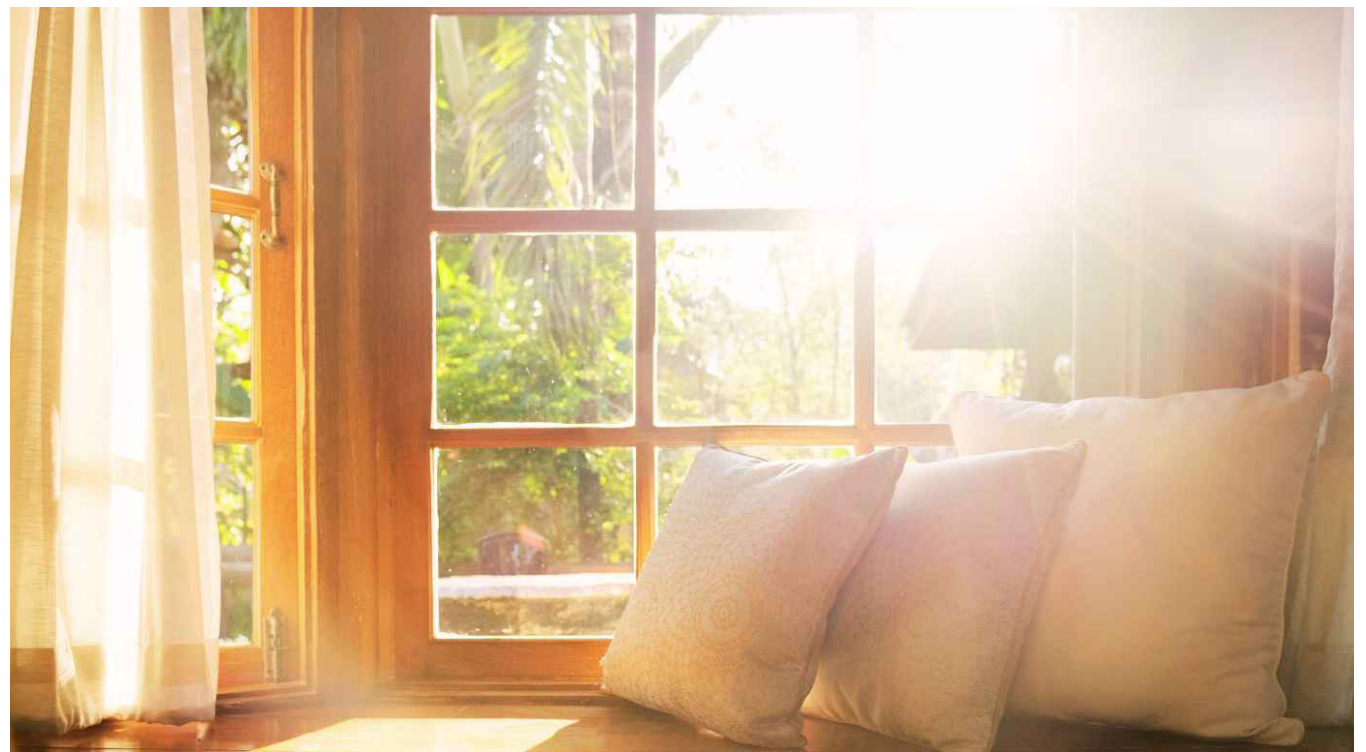
### **Let the light shine in**

**W**e often draw the blinds at night for privacy and security, but welcoming the morning sun can be one of the simplest ways to brighten both your home and your well-being. There's something special about enjoying a warm cup of tea or coffee as daylight gently fills the room — it sets a positive tone for the day ahead.

Even in older homes where windows may limit natural light, modern upgrades can make a big difference. Many companies now specialize in expanding or adding windows to invite more sunshine indoors, creating a more open, uplifting environment.

Sunlight does more than warm a room — it supports your health. Regular exposure can boost brain function, help regulate blood pressure, strengthen bones, improve mood, promote better sleep, and prevent vitamin D deficiency. It's also linked to eye health, weight management, and reduced risk of certain skin and mood-related conditions.

So each morning, open the curtains and let the light in. Your home—and your body — will thank you.





## PLANTING YOUR SEEDS

# Bitter melon and fighting diabetes

**D**iabetes is a chronic condition that disproportionately affects the Black community. It occurs when the body does not produce enough insulin — or cannot use it effectively — making it difficult to properly process glucose in the bloodstream.

Las Vegas' climate is ideal for growing melons, including bitter melon, also known as kerala. This vine plant has long been associated in traditional practices with supporting the management of Type 2 diabetes.

Some suggest boiling a kerala, cutting it into pieces, and consuming it with the seeds in the morning and evening. However, bitter melon should not be taken during pregnancy. As always, consult a healthcare professional before adding any herbal remedy to your routine.



## FOOD FOR THE SOUL

# Cajun Pan-Seared Tilapia, An Affordable, Healthy Favorite

**Y**our health matters — and this Cajun pan-seared tilapia is the perfect quick, flavorful dish to satisfy your taste buds while supporting a balanced lifestyle. Simple, affordable, and packed with bold seasoning, it's ideal for a weeknight dinner or a light, satisfying meal.

### INGREDIENTS

- 1 package tilapia fillets (fresh, thawed, or frozen)
- 2 tablespoons olive oil, divided
- Juice of 1 lemon

- 1 tablespoon cayenne pepper
- 1 tablespoon garlic powder
- 1 teaspoon black pepper
- 2 teaspoons dried parsley
- 2 teaspoons onion powder
- 2 teaspoons dried rosemary

### DIRECTIONS

1. Rinse the tilapia fillets under cool water and pat dry with paper towels. Place on a plate or shallow dish.

2. Drizzle 1 tablespoon of olive oil over both sides of the fillets. Squeeze lemon juice evenly over each piece.

3. In a small bowl, combine the cayenne pepper, garlic powder, black pepper, parsley, onion powder, and rosemary. Sprinkle the seasoning mix evenly over both sides of the tilapia.

4. Heat the remaining 1 tablespoon of olive oil in a large skillet over medium heat.

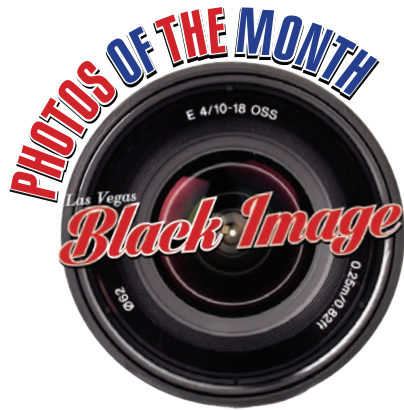
5. Once the pan is hot, carefully place the fillets in the skillet and cover. Cook for 5-8 minutes per side, or until the fish flakes easily with a fork and develops a light golden crust.

6. Turn off the heat, keep the pan covered, and allow the fish to rest for 3-5 minutes.

7. Plate and serve with stir-fried spinach and quinoa, if desired. Enjoy!







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The City of North Las Vegas celebrates

# BLACK HISTORY MONTH

throughout February with community events that honor Black culture, history and achievement. Residents are invited to participate in family-friendly events hosted by the North Las Vegas City Council, Parks and Recreation and the North Las Vegas Library District.

**Scan the QR code for the full list of events.**







*Celebrating*

# BLACK HISTORY MONTH

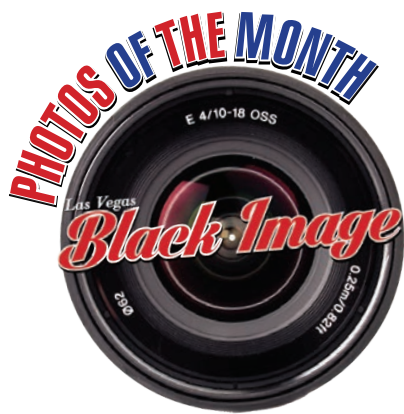


As we celebrate the history and honor the countless contributions African Americans have made in this country, Southwest Gas remains committed to championing diversity, fostering an inclusive culture, and helping build a more equitable future for all.



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# Pregnancy complications that Black women should know about

By Dr. Marguerite Brathwaite OB-GYN

**P**regnancy is often one of life's most cherished and meaningful experiences. For many women, it is a time filled with anticipation, hope, and joy. While most pregnancies progress safely and result in healthy deliveries, some women may experience medical complications that require closer monitoring and care.

According to the Centers for Disease Control and Prevention (CDC), Black women are three times more likely to die from pregnancy-related complications than white women. This sobering reality underscores the importance of awareness, early detection, and consistent prenatal care.

Here are several pregnancy-related conditions that disproportionately affect



Black mothers and deserve special attention.

## Gestational Diabetes (GD)

Gestational diabetes is one of the most common pregnancy complications, affecting up to 9% of expectant mothers. The condition occurs when blood sugar levels become elevated during pregnancy. With careful monitoring and proper medical guidance, most women can manage GD without compromising their health or their baby's well-being.

Risk factors may include:

- Being overweight or having a body mass index (BMI) of 30 or higher before pregnancy

- A family history of type 2 diabetes; A previous pregnancy affected by gestational diabetes

- Having pre-diabetes prior to pregnancy; Excessive weight gain, including weight gain related to prolonged bed rest.

Management typically includes a per-

sonalized meal plan, regular physical activity as approved by your healthcare provider, and routine blood sugar monitoring.

## Preeclampsia

Preeclampsia usually develops after 20 weeks of pregnancy and is characterized by high blood pressure and signs of organ stress, most commonly affecting the kidneys. If left untreated, it can lead to serious complications for both mother and baby.

Common symptoms include:

- A sudden spike in blood pressure; Swelling in the hands and face

- Severe or persistent swelling of the ankles and feet

- Frequent or severe headaches; Upper abdominal pain

- Blurred or altered vision

Prompt medical attention is essential if any of these symptoms appear.

## Preterm Labor

Preterm labor refers to the onset of labor before 37 weeks of pregnancy. Babies born prematurely may face increased health challenges and often require specialized medical care after birth. Risk factors may include:

- Chronic emotional or physical stress
- Smoking or substance use
- Structural abnormalities of the cervix or uterus

- Pregnancy before age 17 or after age 35

*Women's Innovative Care is dedicated to supporting healthy pregnancies and identifying potential complications early. Regular prenatal visits and open communication with your healthcare provider are key to protecting both you and your baby. If you have questions or concerns, we encourage you to schedule an appointment by calling (702) 413-7740 or visiting us at 851 South Rampart Blvd., Suite 160, Las Vegas, NV.*

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Business Consultant Tiffany Ward and Nevada Partners Executive Director Lizette Collins



The Historic Brotherhood Westside

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# Take a closer look at Dr. King

By Claytee D. White

For many people — especially younger generations who did not witness the searing images of water hoses, police dogs, and long nights in jail — Dr. Martin Luther King, Jr. is most often remembered as a powerful orator. His soaring speeches remain etched in history. Yet beyond the iconic moments lies a lifetime of courageous action, strategic leadership, and collective struggle.

Let's reflect on key moments, campaigns, and courageous figures connected to Dr. King and the broader Civil Rights Movement — so that we remember his words and his work.

- Dr. King entered the movement shortly after arriving in Montgomery, Alabama. In 1955, he was selected to lead Black citizens in what became the historic Montgomery Bus Boycott, which lasted over a year and reshaped America's understanding of grassroots power. Along-



side King, figures such as Claudette Colvin, Rosa Parks, Jo Ann Robinson, and Virginia Durr played vital roles in organizing and sustaining the effort.

- In 1963, while leading the Birmingham Campaign to desegregate one of the most segregated cities in the South, King penned what would become one of the most influential essays of the 20th century: "Letter from Birmingham Jail." Written from a jail cell, the letter was a direct response to those who urged patience over protest, reminding the nation why justice delayed is justice denied. The Birmingham campaign also exposed the brutal use of children in demonstrations, church bombings, and violent police tactics — images that helped galvanize public support for the Civil Rights Act of 1964.

- Later that same year, the world watched as hundreds of thousands gathered for the March on Washington for Jobs and Freedom. While King's "I Have a Dream" speech became the defining moment, the march itself was the result of tireless organizing by leaders such as Bayard Rustin, A. Philip Randolph, John Lewis, James Farmer, and Mahalia Jack-

son. The often-overlooked role of women, including Myrlie Evers, and the follow-up gathering the next day — "After the March-What?" — highlighted the ongoing fight beyond the spotlight.

- In 1964, at just 35 years old, Dr. King became the youngest recipient at the time of the Nobel Peace Prize, recognized globally for his commitment to nonviolent resistance and human dignity.

- The fight for voting rights reached a dramatic turning point in 1965 with the Selma-to-Montgomery marches. On March 7 — now remembered as Bloody Sunday — marchers led by John Lewis and Hosea Williams were brutally attacked by state troopers on the Edmund Pettus Bridge. Two weeks later, Dr. King led a peaceful, 54-mile march that culminated in Montgomery and helped pave the way for the passage of the Voting Rights Act of 1965. The movement came at a tragic cost, with the deaths of Jimmie Lee Jackson, Rev. James Reeb, Viola Liuzzo, and Jonathan Daniels.

- Dr. King's life was cut short on April 4, 1968, when he was assassinated at the Lorraine Motel in Memphis, Tennessee, at

just 39 years old. At the time of his death, his focus had expanded to include economic justice and the plight of the poor, underscoring his belief that civil rights and human rights were inseparable.

The Civil Rights Movement, however, neither began nor ended with Dr. King. It was fueled by countless acts of courage and resistance: the 1960 Greensboro sit-ins by students from North Carolina A&T; Ella Baker's efforts to organize young leaders across Black colleges; the lynching of Emmett Till; the Freedom Rides; the bravery of the Little Rock Nine; the activism — and assassination — of Medgar Evers; Mississippi Freedom Summer; school integration and busing; and the ongoing fight for fair housing.

These stories, and so many more, remind us that history is not just something we inherit — it is something we are responsible for understanding, preserving, and continuing. Taking a closer look at Dr. King means also honoring the movement that carried him, and the countless unnamed individuals whose courage helped bend the arc of the nation toward justice.

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Library District Manager Djuna Matthews







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