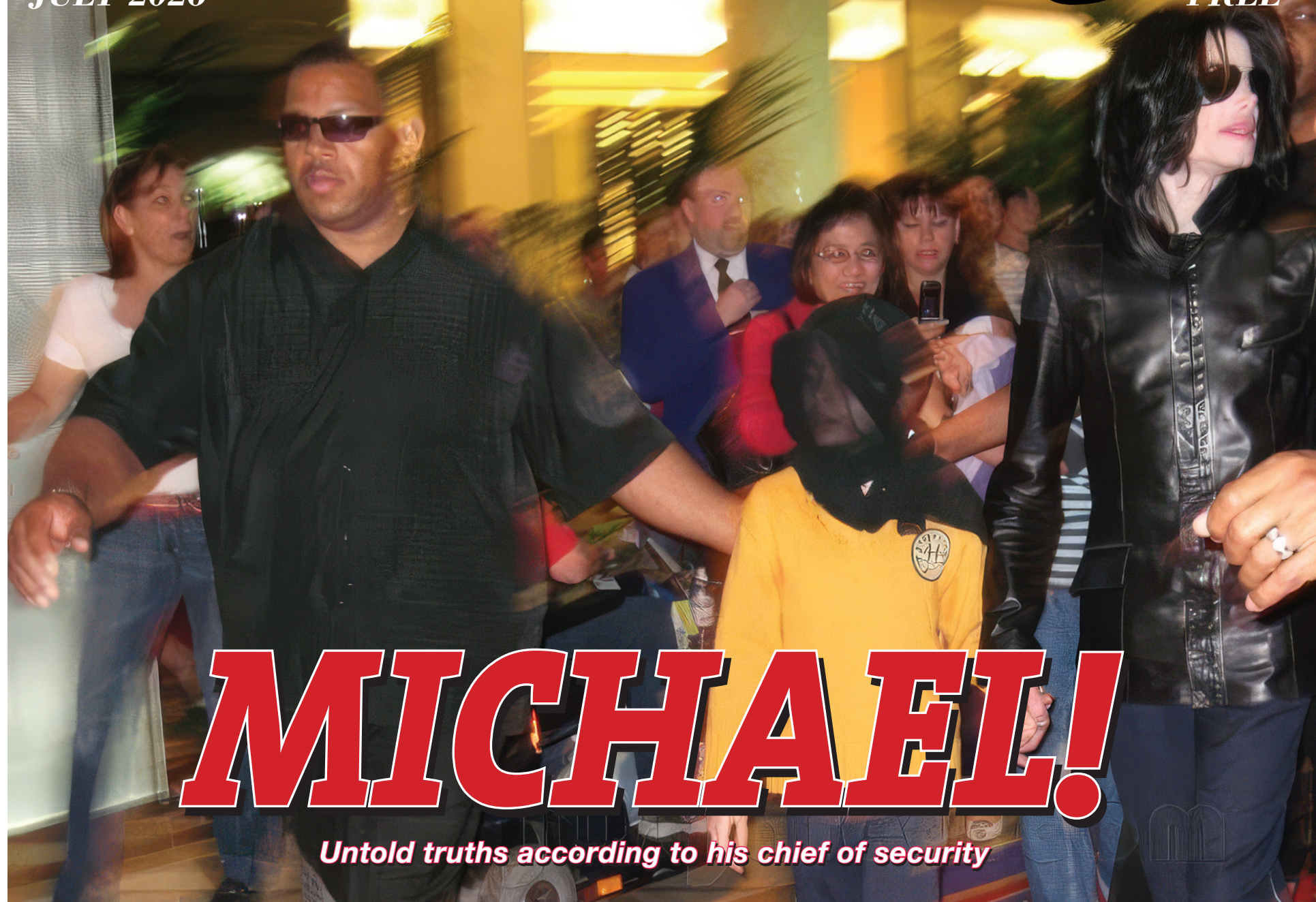


Las Vegas

Black Image

JULY 2026

FREE



MICHAEL!

Untold truths according to his chief of security

Inside |

The hidden history of slavery • Making the perfect summer barbecue sauce
Getting ready to Caravan for Mammogram



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Photo by Just Jared

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PEACE *Serenity in knowing when to press 'release'*

By Kimberly Bailey-Tureaud

“Do you remember the time?”

That time when we were children, when everything seemed new and full of wonder. Our experiences sparked our imaginations, our creative spirits flourished, and every trip outside became an adventure. For many of us, those carefree moments filled our hearts and minds with joy. Even today, we often revisit those memories because they bring us comfort and peace.

The treasure chest of our minds was filled with the freedom to dream. We dreamed about who we wanted to become and looked forward to life's simple pleasures — getting home before the streetlights came on or enjoying Mama's home-cooked meal that nourished not only our bodies but also our souls. We felt good. Gathering with family to watch favorite television shows like “Good Times,” “Sanford and Son,” “The Mod Squad,” “Mission: Impossible,” and “Soul Train” lifted our spirits and fueled our imaginations in ways that felt magical.

There were indeed many good times. The fears and anxieties placed upon us



by society often came later, shaped by expectations, disappointments, and life's challenges. Even now, people may tell you, “Forget your past and move on.” But there is value in holding on to the memories that remind us of joy, innocence, and hope. Those treasured

moments can quiet our fears and rekindle the curiosity that once inspired us to discover new paths and dream without limits.

It is a gift to preserve the memories that fill our hearts with love and joy and to use them as fuel to overcome life's obstacles. At the same time, we must release the memories that keep us trapped in darkness, negativity, and stagnation. As children, we would leave the hallway light on to chase away nightmares. Even then, we learned to seek the light when fear surrounded us.

Those early lessons became tools that helped us survive and grow into the people we are today.

The child within each of us still carries those valuable tools — faith, imag-

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The Five Gravest Threats To America

By Louie Overstreet



While America has faced threats to its existence for 250 years, my belief is that — with the exceptions of the Civil War and WWII — no others were as grave as the five we are currently experiencing.

It is not hyperbole to state that it is going to be exceedingly difficult to duck all the bullets herein listed, without America taking heavy casualties. In increasing degrees of gravity, the threats are Greed, Christian Nationalism, Adventurism Abroad, Division, and Artificial Intelligence.

GREED

The wealth gap is the largest in history; 1% of the population controls 90% of all wealth; The median bank account for folks under 35, is \$5,400; The median bank account for retirees over 65, is \$13,400; In other words: if past is prologue, you have another 30 years to work, you can only expect to save an average of around \$266/year.

CHRISTIAN NATIONALISM

Constantly violates the separation of church and state; Is overpopulated by bigots; Being Christ-like never crosses their minds.

ADVENTURISM ABROAD

Threatened allies in NATO; Threatened Greenland; Invaded Venezuela; Blockaded Cuba; Started a war with Iran under false pretenses

DIVISION

Weakens the precepts of our nation; Creates a “comfortable place” for our

hate to reside; Allows human life to be devalued; Sustains the existence of a permanent underclass

ARTIFICIAL INTELLIGENCE

Requires huge infrastructure needs; Artificial Intelligence (AI) will make George Orwell's “1984” read like a nursery rhyme; Be aware, those who control AI will be capable of creating a totalitarian state; AI will be able to surveil every aspect of your existence; It will be capable of manipulating history.

Hell, we are already at a point where AI makes it impossible to distinguish truth from lies, and those now in control of the federal government “ain't doing squat about it.” In fact, they are using it to their advantage.

Since I am on the way out of here, all I can do is advise those of you who will still be around: “Don't be no fools, so you better learn to fight the power!”

Stage Mother

How Anthona McNeil became the queen of local Las Vegas entertainment

Las Vegas was built on the backs of Black entertainment in the 1950s, '60s, and '70s — and today, that legacy continues through a new generation of leaders shaping the city's cultural landscape. Among them stands Anthona McNeil, widely respected as a queen of local Las Vegas entertainment. A licensed promoter and owner of The AList.Biz, McNeil has spent more than twenty years cultivating stages, opportunities, and platforms for artists across the city and beyond.

Originally from Detroit and raised in Los Angeles, Mc-

Neil's connection to entertainment runs deep. Her career in Las Vegas reflects both passion and persistence in an industry known for its competitiveness and gatekeeping. Over the years, she has built a reputation not only as a promoter, but as a consistent advocate for quality live entertainment and for local performers seeking visibility in a global entertainment capital.

McNeil is also recognized as the originator of Las Vegas' annual “All White Parties,” events that have become a signa-

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Promoter Anthona McNeil

Inside stories, reflections on happiness, and big celebrations

This special collector's edition of Las Vegas Black Image Magazine is one you'll want to keep in your personal library.

Our exclusive cover story features Bill Whitfield, Michael Jackson's Chief of Security during the final three years of the King of Pop's life. Following the tremendous success of the box office hit "Michael," Whitfield shares rare, firsthand memories and behind-the-scenes experiences that offer readers an intimate look at the man behind the legend — revealing moments that were never captured on the big screen.

We once again thank our outstanding contributing writers for their consistent editorials that continue to inspire, inform, and educate our loyal readers. We

also extend our sincere appreciation to our executive publishing team for their dedication to delivering Las Vegas Black Image Magazine excellence each month since 2008.

Many Juneteenth celebrations are captured pictorially throughout this issue, along with coverage of The Links, Incorporated's 50th Anniversary celebration.

Our Living section is alive with ideas to enhance your summer — from a delicious BBQ sauce recipe and cultural home décor to fragrant landscaping that adds beauty and character to your home's exterior.

We also shine a special spotlight on the Queen of Las Vegas Local Entertainment, licensed promoter Anthona

McNeil, whose contributions to the city's entertainment community have made a lasting impact.

Thank you to all of our community residents who participated in Community Speaks and shared what puts a smile on their faces. Your voices continue to make this feature one of our readers' favorites.

There is so much more to discover in this issue, and we are confident you will enjoy every page.

Rise,

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Kimberly Bailey Tureaud
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cdalasvegas@gmail.com*



Charles Tureaud and Kimberly Bailey Tureaud



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'He felt that his music was ... a form of healing'

It was a dreadful day — June 25, 2009 — that many still remember as the day we lost the King of Pop. Michael Jackson's passing was ruled a homicide, caused by acute propofol and benzodiazepine intoxication administered by his personal physician, Dr. Conrad Murray. But controversy still echoes in every conversation about Jackson's death.

The new "Michael" film — recently ranked among the highest-grossing movies in history, reportedly earning \$970 million worldwide and nearing the \$1 billion milestone — has reignited global interest in the mega-star.

Las Vegas Black Image Magazine sat down exclusively with Michael Jackson's chief of security, Bill Whitfield, who worked for Jackson during the last three years of his life. Whitfield is also the author of "Remembering the Time: Protecting Michael Jackson in His Final Days."

You worked for Michael Jackson as chief of security?

Yes, I was his chief of security for the last three years of his life.

It's interesting that your name is Bill — the same as Jackson's longtime security chief, Bill Bray, who was portrayed in the new film.

Yes, that is what I hear. Mr. Jackson would often say that I reminded him of someone who used to work for him.

Have you seen the 'Michael' movie that is getting so much acclaim?



Michael Jackson's Chief of Security, Bill Whitfield

No, I didn't see the movie.

You didn't want to see it?

No, I didn't. Not right now.

What is the biggest misconception people have about Michael Jackson?

That he was really misunderstood.

What would you like people to know about Michael Jackson — things you can share from your close personal and professional relationship with him?

I was with him every day for the last

three years of his life. I want people to know that Mr. Jackson was misunderstood. He meant well. He felt that his music was like an antidote — a form of healing. He was very compassionate about sharing love in the world. He really believed his music was a kind of cure, and he was passionate about his fans. He wanted to see the younger generation come together and be more creative. Mr. Jackson loved all children. He felt they were innocent and just needed the tools to succeed. He did a lot more than people realized behind the scenes. For example,

he donated over \$300 million to HBCUs — historically Black colleges and universities.

For Michael Jackson to give HBCUs that much money, do you think he was a conscious Black man?

Yes, he was. Mr. Jackson helped a lot of people, and it was never reported. He was very much aware that he was a Black man in America. He knew who he was. There were a few times when I witnessed that side of him come out.

What did Michael Jackson feel about people wanting to make movies about him or his family?

Projects like the "Michael" movie weren't being discussed while he was alive. Nobody was talking about doing a film on him then. He always wanted his music shared, though. There were times when people would call and ask if they could sample his music, and he had no problem with that. He never charged anyone who sampled his work. He felt that as long as his music was out there, it would live on.

Did Michael Jackson believe the "This Is It" documentary would give audiences a real glimpse into who he was?

The "This Is It" documentary was made in preparation for what would have been his final concert tour. It was promotional material for the worldwide shows. He never got to do the tour. He was initially scheduled for ten concert dates, but the promoters increased it to fifty shows.

Mr. Jackson didn't think he could physically do fifty shows — but they scheduled the additional dates anyway.

Mr. Jackson wasn't a big guy. All that performing was hard on his body. People often ask me what I think killed him. My number one answer is stress. I really believe it was the stress he was under at that time.

He was stressed about the This Is It world tour?

He was stressed about a lot of things. We have to keep in mind that, as a man who had faced charges of harming children, that would be hard for anyone to get over. I think that experience really hurt him and ultimately changed him.

Did he ever talk about where that stress came from? Did he mention enemies who wanted to hurt him?

Mr. Jackson often used the word "they." He would say, "They want my music and my catalogue," and "They don't want me to be as big as I am." The only people I took him to be referring to were record executives.

Most people don't believe that's how the music business works.

It's real. When you become too big and too powerful — when you can say "no" — they don't like that.

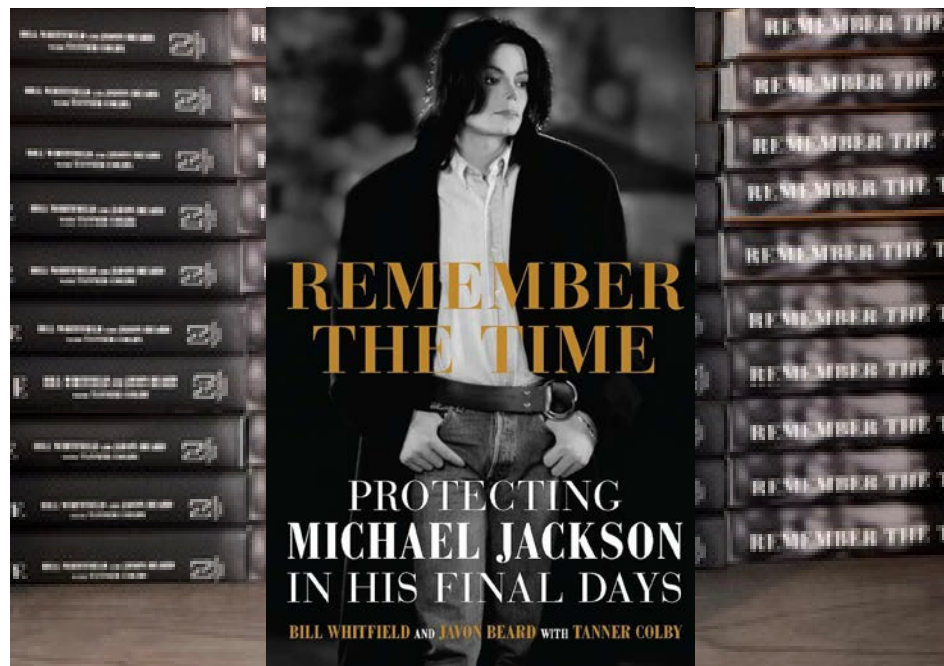
Michael Jackson was close to his mother, Katherine Jackson?

Yes, he was very close to his mom.

There's another interview where you recalled Michael's family coming to his home, and Michael agreeing to see his brothers but not his sister, Janet Jackson. Can you speak to that?

I think a lot of people look at the Jackson family as icons living some kind of perfect life. And because both Mr. Jackson and Janet Jackson were icons in the music business, people assume they had a flawless relationship. But you have to understand — they were family. They didn't look at themselves as celebrities with each other. Janet was Mr. Jackson's youngest sister, and they related to one another the way any siblings do. Whatever was between them, they handled it the way all families handle things.

I didn't hear from his family often.



When they wanted to reach Mr. Jackson, they had to call me first. I would let Mr. Jackson know who had called, and he would either respond or not. I heard from his mother frequently, but not from the rest of the family. The outside world assumes the Jackson family was one big, harmonious unit — but it was not.

For whatever reason, that particular night when the family came to the house, Mr. Jackson said he would only see his brothers. He didn't say he didn't want to see Janet — and I'm not even sure he knew she was there with them.

Did he ever tell you what his brothers talked to him about?

Not too much. They spoke for about twenty minutes, alone. One thing he did say to me the next morning was, "My brothers wanted to know if I was doing drugs and asked to see my arms."

Was that because he was receiving IV treatments to help him sleep?

At that point in time, there was no Dr. Murray. There were no issues I was aware of with sleep. I knew he had insomnia, but no one was there helping him sleep. None of that was happening yet.

Why do you think Janet Jackson and Michael's daughter, Paris, didn't support the "Michael" film?

What I'm aware of is that neither Janet nor Paris was involved in the movie. They felt that some things included weren't truthful, and that some things that should have been included were left out. They simply had a different creative opinion about what the film portrayed. How deep that goes, I'm not sure. But again, I haven't seen the movie myself.

Would you ever have relaxed, casual conversations with Michael Jackson?

Sometimes we'd talk while driving in the car. He would occasionally call me to come to his home just to chat. He liked talking about all kinds of things — music, women, other artists. He loved talking about Africa. He would say, "Africa is the most beautiful place I've ever seen," and that Africa is never depicted the way it truly is.

Did Michael Jackson like Black women?

Absolutely. Yes, he did.

Michael Jackson lived in Las Vegas for a time. What did he enjoy doing here?

When his children were young, we would rent out the Mini Grand Prix Family Fun Center off the 215 freeway, and Mr. Jackson and his kids would have fun there for a few hours. There were also discussions with Steve Wynn about a residency, and talks about building Mr. Jackson his own arena to perform in.

Did Michael Jackson ever talk about the historically Black areas of Las Vegas, or the historic Moulin Rouge Hotel — the first integrated hotel in the country?

We never discussed that specifically. But he once asked me if there was a homeless area in Las Vegas. I told him yes. He asked me to take him there. So I drove him to downtown Las Vegas, around Main Street and Bonanza. He saw a large homeless population and was genuinely shocked. He kept saying, "I can't believe there are so many homeless people when Vegas is so rich in history and wealth." He couldn't understand how a city like Las Vegas could have so many people without homes.

Was Michael Jackson very political?

He mentioned wanting to vote when Obama ran for the presidency, and he believed Obama would win. He was very aware of what was going on politically — especially in Hollywood. He would often say that Hollywood was very racist. Mr. Jackson had a lot of plans for doing big things. He was in the process of purchasing Marvel Comics, along with the rights associated with the original Batman portrayed, Adam West.

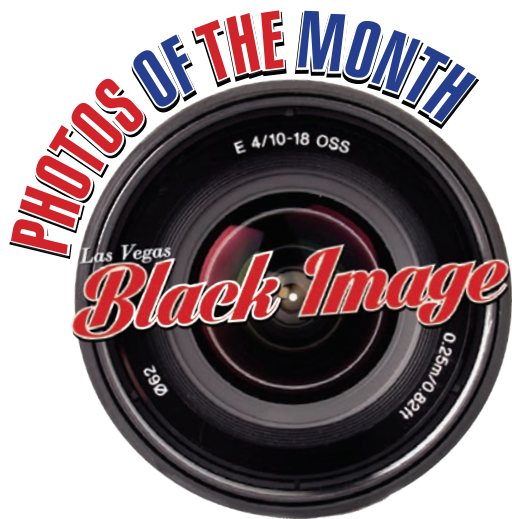
What musical artists did Michael Jackson admire?

He thought Chris Brown was great and even called Chris on his birthday once. He also liked Ne-Yo and Kanye West — he listened to their music. And he liked Beyoncé.

What does your book, "Remembering the Time: Protecting Michael Jackson in His Final Days," capture that movies and documentaries don't?

My book brings normalcy to Michael Jackson. It talks about who he was as a man, as a person, and as a father. About how immeasurably big he was — and how profoundly lonely.

Bill Whitfield currently resides in Las Vegas and operates Battle Born Security Services. He has established his book as a nonprofit and uses a portion of the proceeds to feed the hungry in partnership with Three Square. Book available at: Rememberthetimebook.com



Dr. Beverly Mathis hosts the Black Girl Magic event



Roz Brooks and husband attend the Juneteenth celebration



Humana CEO Jim Rehtin and the Humana and Centerwell teams at the Healthy Harvest seniors event



Rick Gibbs, Juneteenth headlining entertainer Christopher Williams, and entertainer EC Adams



Stephanie Hughes and a friend enjoy Juneteenth



Celebrating at the Juneteenth celebration



Dee Evans and MarQue Munday receive a Juneteenth proclamation



Dave (First Black Fire Chief in Nevada) and Marcia Washington at the premiere of their documentary Wildfire.



UNLV's Keith Rogers and Maggie Farrell congratulate Kelvin Watson (middle) for being honored with a Library Journal Librarian of the year for his impactful leadership of the Library District

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YOU! HAVE THE POWER

What is going on — and where is the light?

By Dr. Ellen W. Brown

“I am the light of the world. Whoever follows me will never walk in darkness, but will have eternal life.”
— John 8:12

In 1971, a young man already accomplished in music and songcraft released a hit that shot to the top of the charts — and spoke directly to the moment the country was living through.



There was a war going on. People who had stepped forward for the United States were fighting overseas, and thousands of soldiers on both sides were not coming home alive. That young man was Marvin Gaye.

Deeply affected by the war in Vietnam, police brutality, and personal loss, Gaye felt compelled to tell the story from his own point of view and bring it to the forefront. “What’s Going On” was his plea for peace, love, and understanding.

Fast-forward to 2026.

The light at the end of the tunnel

Yes, it is there. Light appears on its

own cycle. Even in dark moments, direction is possible — and light, as they say, is in the eye of the beholder.

I think of it in small ways. A kind word. A small gesture. It is in these tiny moments of an ordinary day that we remember what matters.

We see it in others, too:

Patience — this light shows up when we sit and truly listen.

Presence — the light we carry forward through our own small acts. How do you carry yours?

It is listening without rushing. Passing on patience. Choosing kindness, of-

fering grace, sharing love.

Your light is right there. It is not hidden. Don’t hold it under a bushel — let it do what it does, and that is to shine.

We all traverse our own journeys. They may be winding. They may be quiet.

But they are ours alone to walk.

The light is yours to find.

Sharing strengthens our collective voice. We welcome your ideas, questions, and stories to enhance the Voice. Send to me at ebrown.nci@gmail.com

KNIGHT MOVES

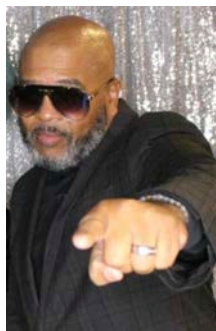
Putting July down for reflection, celebration

By Craig Knight

We are officially halfway through 2026 as July arrives, marking the beginning of the third quarter in the corporate world and a natural moment for reflection, reset, and renewed focus. July opens with one of the most recognized federal holidays in the United States — Independence Day, celebrated on the Fourth of July.

This national holiday commemorates America’s independence from the British Empire, and this year holds special significance as the nation observes its 250th birthday. It is a milestone that invites both celebration and reflection on the country’s long and complex history.

There is often a common misconcep-



tion about the timeline of independence.

While many associate July 4, 1776, as the moment the decision for independence was made, the National Archives notes that the Continental Congress actually approved the resolution for independence two days earlier, on July 2, 1776. The Declaration itself underwent revisions before being formally adopted.

On July 4, 1776, the document was officially approved with changes, and only two individuals — Secretary Charles Thomson and President John Hancock — signed that version. Hancock’s bold signature later gave rise to the familiar expression, “put your John Hancock on it,” meaning to sign something in a distinctive or prominent way.

The full signing of the Declaration did not occur until August 2, 1776, when delegates began adding their signatures in earnest. John Adams, one of the nation’s founding voices, famously predicted that

July 2 — the date of the vote for independence — would be remembered and celebrated as the true day of independence. In a letter to his wife Abigail, he envisioned annual celebrations marked by “pomp and parade,” including sports, bonfires, fireworks, and festivities that remain central to modern-day Fourth of July traditions.

Beyond its historical significance, July also brings awareness and cultural observances. National Minority Mental Health Awareness Month shines a light on the ongoing mental health challenges faced by racial and ethnic minority communities across the United States, calling attention to disparities in access, treatment, and outcomes.

The month also includes lighter seasonal observances such as National Ice Cream Month and National Grilling Month — both of which naturally align with summer gatherings, cookouts, and

Independence Day celebrations.

In sports, congratulations are in order for the New York Knicks, 2026 NBA World Champions, for a historic playoff run marked by record-setting performances. Special recognition goes to Jalen Brunson, named Finals MVP, leading the charge in a season that will be remembered by fans for years to come. Go NY, Go NY, Go!

As the nation celebrates its 250th birthday with fireworks, family gatherings, cookouts, and festivities across the country, it is also a time to prioritize safety and responsibility. Enjoy the celebrations, honor the history, and move through the summer with care and intention.

Until the next edition of Knight Moves: educate yourself, and share the knowledge with others. God bless you!



What has given you the biggest smile lately?



Char Burns-Logan

I smile because I am in cancer remission for 4 years and counting.



Leonard V. Lyles

My 8-year-old grandnephew coming to Vegas to celebrate his birthday and spend the summer with our family made me smile.



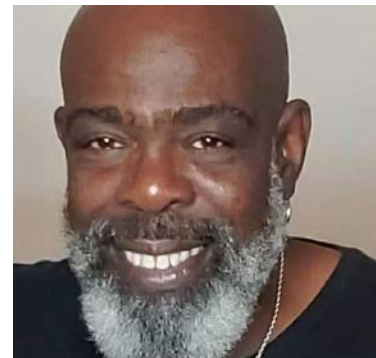
Andrew Thomas

I smile seeing all the progression, elevation, and love in my music and entertainment. Also, seeing this in my family, friends and fans.



Holly O. Taylor

My biggest smile has come from the blessing our heavenly father has bestowed upon me and living life unapologetically.



Mervin Alexander

Father's Day was a wonderful time, and it put a big smile on my face.



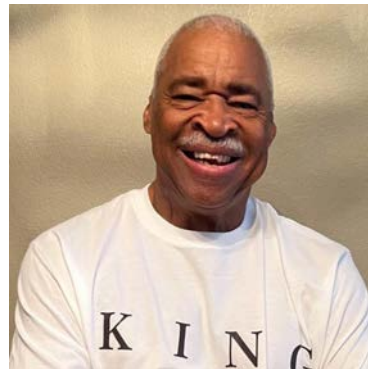
Debra Johnston

I smile seeing my mamma living her best life. She's 91 years old and looks like a 60-year-old.



Black Butterfly Johnson

My biggest smile comes from knowing how far God has brought me and how I've changed for the betterment of my growth, and I feel great!



Rickey Mickey Ormond

Recently, I was ordained an Elder. I smiled because God called me for a time such as this. Hallelujah!



Andre Gray

I smile because God orchestrates His goodness in our life.



Alethea Solomon

Despite what it looks like, God is still in control.



Leatha Hubbard

My granddaughters give me the biggest smile.



Steven Quepsiphi Baxter

My granddaughters make me smile!



Michelle Maria

My beautiful granddaughters make me smile.



Jackee Cahee

I smile because I'm thriving.



Kathy Lattimore

I smile when I see my mom dance at 89 years old without her cane. She will dance to a whole song, as if no one is watching. Not only did I smile, I thank God for her — what a blessing.

<< continued from p4

ture celebration of style, music, and community. Through her weekly programming, she continues to create dependable performance spaces for artists, serving as entertainment promoter for Paradise Place every Tuesday night and Mariposa every Friday night — venues where audiences can experience a curated lineup of professional, high-caliber talent.

Her influence extends well beyond the city limits. McNeil has helped create international performance opportunities for approximately 200-300 entertainers, connecting Las Vegas talent with stages in China, Japan, and other global markets. For many performers, these opportunities represent career-changing exposure and expansion beyond the local circuit.

At the center of McNeil's work is a commitment to elevating professional standards while advocating for equitable access within the entertainment indus-

try — particularly for Black entertainers navigating limited representation on the Las Vegas Strip.

"It is especially difficult to receive bookings for Black entertainers on the Las Vegas Strip at top hotels and casinos," McNeil explains. "But we always must be better than the rest when trying to be considered by top agencies representing the hotel and casino properties. I must be honest, currently you will see [non-Black] bands performing in the casinos doing R&B music."

Her observations reflect both the challenges and complexities of the entertainment ecosystem in Las Vegas, as well as her unwavering focus on excellence, opportunity, and representation.

Through decades of work, Anthona McNeil continues to stand as a driving force in local entertainment — building stages, opening doors, and ensuring that Las Vegas talent is seen, heard, and celebrated both at home and abroad.



Promoter Anthona McNeil

Celebrating Juneteenth in Las Vegas

Juneteenth 2026 was marked across Nevada with events and festivals in North Las Vegas, Henderson, and Symphony Park at the Smith Center. Here are some highlights from the celebration at Symphony Park.



Clark County Commissioner William McCurdy Jr. greets Denise Nichols

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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.

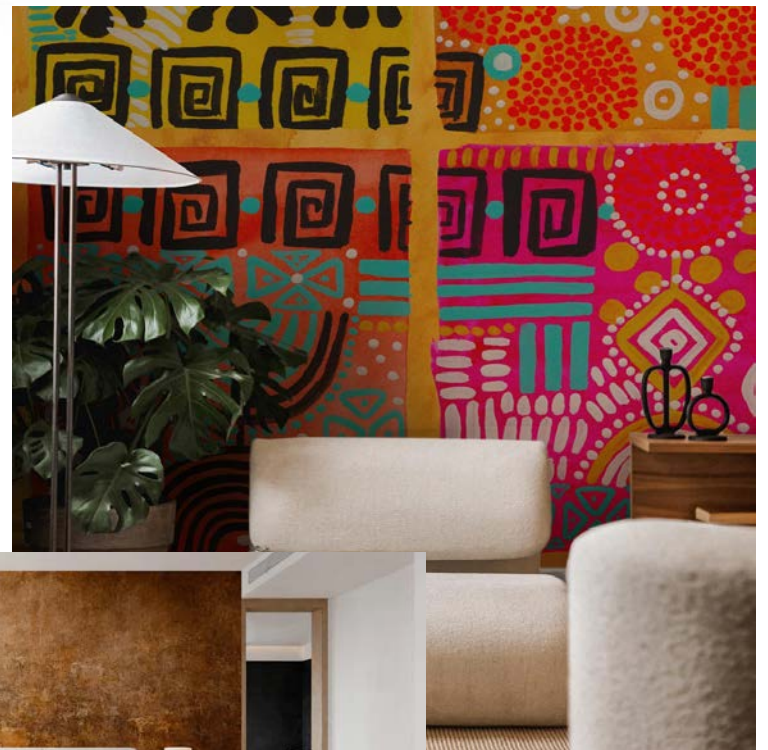
"Food for The Soul" The most flavorful home-cooked recipes, with meals that will fill your loved ones' bellies, put smiles on their faces, and bring joy to their hearts.

A HOUSE IS A HOME

Papered over: putting culture on the wall

Transform your home with the beauty and inspiration of culturally-inspired wallpaper. A thoughtfully chosen accent wall featuring African-inspired designs can add warmth, character, and a meaningful connection to heritage.

Rich colors and symbolic patterns create a calming atmosphere while celebrating stories of strength, resilience, love, and nature. Whether in a living room, bedroom, or office, cultural wallpaper can turn an ordinary space into one that reflects history, creativity, and pride. Let your walls tell a story that inspires every day.



PLANTING YOUR SEEDS

Making Your Outdoor Space Heaven Scent

Any sitting area around your home can be transformed by plants that delight the senses. Jasmine, in particular, brings a fresh, floral fragrance that turns an ordinary porch or patio into a memorable retreat.

Versatile and easy to work with, jasmine suits nearly any yard — front, side, or back. Plant it in pots for flexibility, train it up a trellis for a dramatic vertical display, or let it stand alone in the ground as a focal point. Its delicate white blooms and lush green stems are beautifully neutral, making jasmine a natural companion to bolder, more colorful plantings nearby.



FOOD FOR THE SOUL

The secret to great BBQ? A good marinade

Preparation is the secret to greatness. During summertime gatherings, thoughtful food prep leads to unforgettable flavor and a truly satisfying experience. Flavor is everything in the meals we share with family and friends. And nothing brings people together quite like a good BBQ—full of smiles, warmth, and good energy.

The key to tender, flavorful BBQ is simple: marinate your meats the night before grilling. Whether you're preparing chicken, ribs, or vegetables, a well-balanced marinade can elevate your meal from good to unforgettable.

Here's a simple marinade recipe that will have you saying, "It's SO good!"

INGREDIENTS

- Apple cider vinegar
- Soy sauce
- Worcestershire sauce
- Juice of 1 lemon (freshly squeezed)
- Olive oil
- Cajun spices, including: cayenne pepper, smoked paprika, onion powder, garlic powder, Himalayan salt, lemon pepper, and black pepper
- 1 white onion, chopped
- Brown sugar (for a touch of sweetness and caramelized, charred flavor)

continued on page 17>>



Finding the right vitamin balance for mom and baby

By Dr. Marguerite Brathwaite OB-GYN

For expectant mothers, proper nutrition plays a vital role in supporting healthy fetal development. During pregnancy, the body requires a steady intake of essential vitamins and minerals to support both maternal health and the growing baby. While prenatal vitamins are commonly recommended, it can be tempting to add additional supplements in hopes of “doing more” for health. However, more is not always better.



Vitamin overdose — also known as hypervitaminosis — can occur when an individual consumes more than the recommended daily amount of a vitamin. This often happens when multiple supplements are taken together, such as combining a prenatal multivitamin with separate individual vitamin products.

Even vitamins that are essential in pregnancy can become harmful when taken in excessive amounts.

Although any vitamin can become toxic at high levels, calcium and iron present some of the greatest risks when overconsumed during pregnancy. For this reason, it is important that expectant mothers only take supplements under

the guidance of a healthcare provider. A prenatal vitamin is often sufficient on its own, unless otherwise directed by a doctor.

Recognizing the signs of possible vitamin overdose is also important. Symptoms may include cloudy urine, frequent urination, constipation or diarrhea, loss of appetite, stomach pain, muscle weakness, yellow-orange tint to the skin, sensitivity to sunlight, headaches, fatigue, and in more severe cases, rapid or irregular heartbeat and cracked lips. If any of these symptoms occur, medical attention should be sought promptly.

Every pregnancy is unique, and nutritional needs can vary from person to

person. This is why consultation with a healthcare provider before adding any supplements is essential. A balanced, medically guided approach helps ensure both mother and baby receive the nutrients they need—without unnecessary risk.

Women's Innovative Care is committed to supporting healthy pregnancies and identifying potential complications as early as possible. Through compassionate care and advanced screening services, the team works closely with mothers-to-be to promote the best possible outcomes. For questions or concerns about pregnancy care, call (702) 413-7740 or visit 851 South Rampart Blvd., Suite 160, Las Vegas, NV.



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Creating Space for Men's Health

By Sheila Smalling, B.S. | QMHA

On June 24, MHS Behavioral Services partnered with Mariposa Cocina & Cocktails to host an evening centered around a conversation we don't have often enough" men's health.

"The Male Mid-Life Crisis: Think Menopause Is Just for Women? Think Again" brought together men, women, community leaders, and healthcare professionals for an honest discussion about what men experience during midlife — and more importantly, why these conversations matter.

Throughout the evening, our panel discussed topics including andropause, prostate health, heart health, erectile dysfunction, and mental health. We also explored something that isn't talked about nearly enough: the pressure many men feel to always be strong, hide their emotions, and avoid asking for help.

Those expectations can become barriers to seeking the care and support they deserve.

One of my favorite parts of the evening was hearing directly from the audience. Questions ranged from how part-

ners can better support the men they love to natural ways to promote healthy aging and overall wellness. It reminded us that men's health doesn't just affect men, it affects families, relationships, and entire communities.

Events like this are important because they create a safe space where people can ask questions without judgment, learn from experts, and realize they are not alone. Every conversation helps reduce stigma and makes it a little easier for someone else to reach out for support.

At MHS Behavioral Services, we're committed to continuing this work. We believe education creates healthier communities, and we're excited to keep these conversations going.

This is only the beginning. We look forward to welcoming the community back in August as we continue creating spaces where health, healing, and honest conversations can thrive.

Smalling is an MHS program manager, certified yoga therapist and workplace strategist.



MHS Behavioral Services and health professionals host a Men's Health event at Mariposa Cocina & Cocktails

CLARK COUNTY PARKS & RECREATION,
G.I.T. GAP INTERVENTION TEAM

AGES:
13-18

PRESENTS:

LATE NIGHTS

FITNESS • ARTS • BASKETBALL • WORKSHOPS

HOURS AND LOCATIONS:
JUNE 9-JULY 31, 2026
TUESDAYS-FRIDAYS
8:00PM-11:00PM

Walnut Community Center **TUESDAYS**
3075 N. Walnut Rd.
Whitney Community Center **WEDNESDAYS**
5712 Missouri Ave.
Cambridge Recreation Center **THURSDAYS**
3930 Cambridge St.
Torrey Pines Center **FRIDAYS**
2900 N. Torrey Pines.

CONTACT
G.I.T. TEAM:
702-455-7177

<< continued from p15

DIRECTIONS

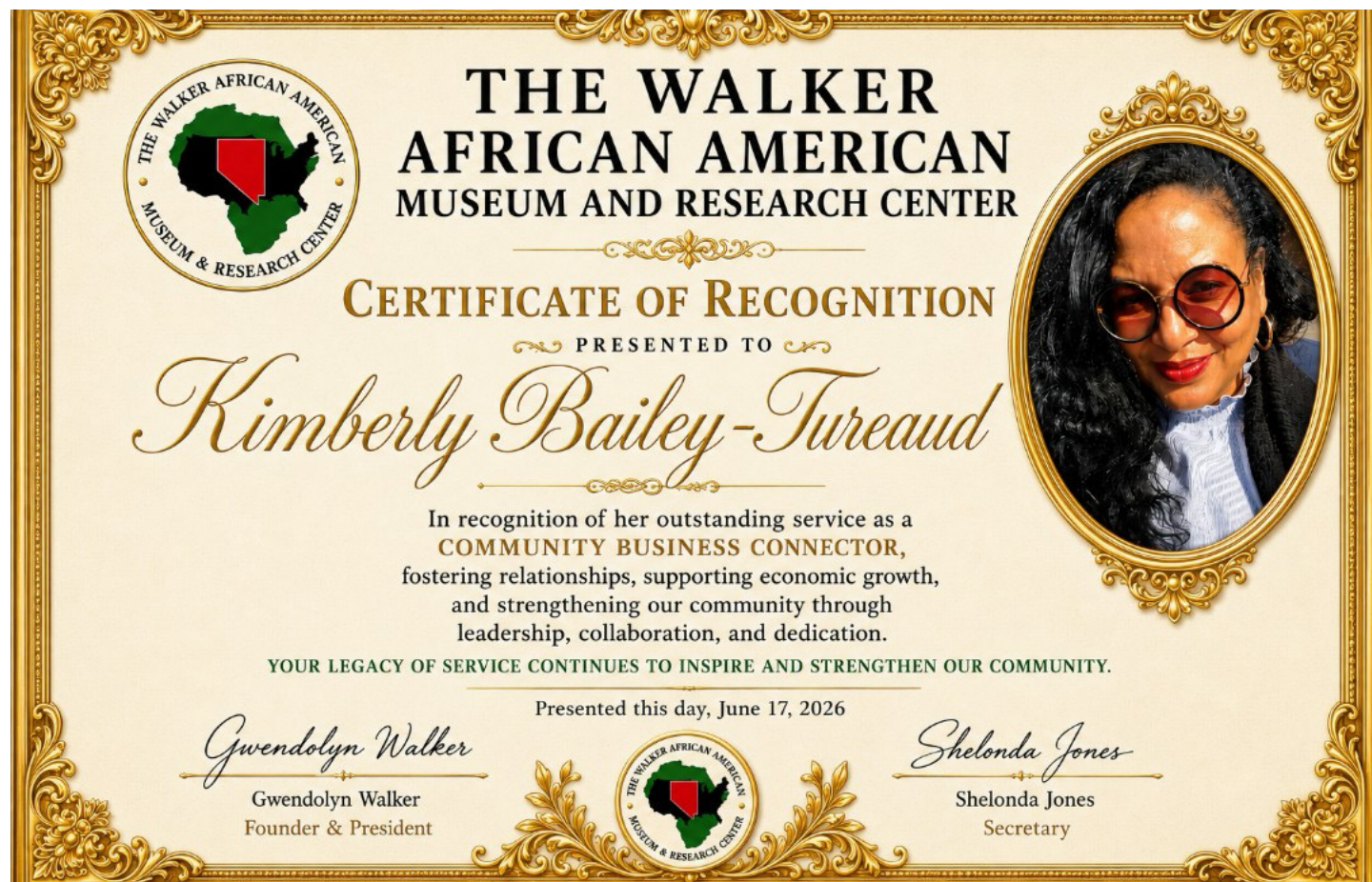
1. Clean your choice of thawed meats or vegetables thoroughly.
2. Trim off any excess fat from meats.
3. Lightly season meats or vegetables directly with Cajun seasoning.
4. In a large zip-top bag or bowl, combine marinade ingredients using measurements that suit

your taste. Mix well.

5. Add seasoned meats or vegetables to the marinade and ensure everything is evenly coated. Seal and shake gently to distribute flavor.
6. Refrigerate for at least 4 hours, preferably overnight for deeper flavor.
7. Grill your marinated meats or vegetables over an outdoor BBQ until cooked to your liking—and enjoy the moment!

Walker Museum & Research Center Honors Co-Publisher of Las Vegas Black Image

Kimberly Bailey Tureaud, co-publisher of Las Vegas Black Image, was recently recognized by the Walker African American Museum & Research Center — for her community contributions and for being the creative force behind the longest-running African-American magazine in Nevada.



Under the Glittering Lights *Gold (And Green) Standard*

The Links, Inc. Las Vegas Chapter recently celebrated its 50th Anniversary Gala & Honors at the Aliante Hotel & Casino. The milestone event drew more than 200 attendees, many dressed in the organization's signature gold and green.

Among the community leaders in attendance were Nevada Attorney General Aaron Ford, City Councilwoman Shondra Summers Armstrong, Tia Mathis Coleman — the first Black woman to serve as a boxing judge — Patricia Morse Jarman, and MGM's Tony Gladney.

Hosted by Channel 3's Latoya Simon, the evening honored numerous Links, Inc. members, including founding member Anna Bailey.



Founding member of The Links, Incorporated, Las Vegas Chapter, Anna Bailey receives a special Charter Award



Channel 3's Latoya Simon serves as mistress of ceremonies alongside Dr. Marguerite Brathwaite at the Links, Inc. Gala



Bubba Knight of Gladys Knight & the Pips, his wife Katherine Knight, daughter-in-law Nicole Knight, and son Craig Knight

Forgotten Slavery: Northern Story of Bondage and Freedom

By Claytee D. White

New York formally abolished slavery in 1827, but the evil institution had taken root there as early as 1626. By around 1703, more than 42 percent of New York City households enslaved African people, who served as domestic workers, laborers, artisans, and farmhands. Despite this history, New York today is widely regarded as one of the most diverse and liberal cities in the United States.

On July 5, 1827, Black New Yorkers marked the completion of gradual emancipation with a public Emancipation Day parade, celebrating freedom long delayed through legislative phases rather than immediate abolition. Across the Northeast, the end of slavery unfolded unevenly and over generations.

Pennsylvania legalized slavery in 1639 and did not fully abolish it until 1847 — more than two centuries later. Enslaved Africans in the colony and later state cleared land, constructed homes and public buildings, and served in households, where their labor was often used to display the wealth and status of slaveholding families. Even some Quaker communities, often associated with abolitionist ideals, held enslaved people for generations be-

fore fully abandoning the practice.

This history underscores a critical truth: when African Americans state that their ancestors helped build this nation, they are stating a documented historical fact.

Other Northern states also ended slavery gradually over time. Vermont abolished slavery in 1777, Massachusetts in 1780, Maine in 1783, Rhode Island in 1784, Connecticut in 1848, and New Hampshire in 1857. Delaware did not fully end slavery until 1865, alongside the final abolition of slavery in the former Confederate states. New Jersey followed even later, formally ending slavery on January 1, 1866.

Slavery's reach also extended westward. As enslavers from the South and Northeast migrated, they carried the institution into new territories. During the California Gold Rush (1848-1855), several thousand free and enslaved people of African descent were present in mining camps and emerging settlements, contributing to the development of the region under harsh



and unequal conditions.

In the West, slavery was legally restricted earlier than in some regions, but not without contradiction. When Nevada separated from the Utah Territory in 1861, laws were enacted that prohibited slavery. Utah itself did not formally abolish slavery until 1862.

In the Utah Territory, members of The Church of Jesus Christ of Latter-day Saints arrived in 1847 with both enslaved and free Black individuals among the pioneer migration. Enslaved people were sometimes baptized into the church, yet they remained in bondage until federal emancipation during the Civil War.

It is also important to clarify a common misconception: the Civil War's conclusion in April 1865, along with the ratification of the 13th Amendment later that year, marked the legal end of slavery in the United States—not the Emancipation Proclamation alone.

Issued in 1863, the Emancipation Proclamation declared “that all persons held as slaves within the rebellious states are, and henceforth shall be free.”

However, its legal reach was limited to

Confederate states in rebellion and did not immediately abolish slavery in Union-loyal states or border states where the institution remained intact.

As the National Archives explains, while the Proclamation did not end slavery nationwide, it transformed the meaning of the Civil War, opened the door for Black enlistment in the Union Army and Navy, and enabled nearly 200,000 Black soldiers and sailors to fight for their own liberation. (See the classic film “Glory” for a dramatized account of the 54th Massachusetts Infantry Regiment.)

The Smithsonian Institution and other historical interpretations further emphasize its significance as both a military and moral turning point in American history.

Taken together, these sources invite deeper reflection. Readers are encouraged to explore the legacies of the Freedmen's Bureau, Reconstruction, Jim Crow segregation, the Civil Rights Movement, and the continuing struggle for equity in the present day.

History is not only what happened — it is what we choose to remember, examine, and understand.

<< continued from p13



Families enjoy the Juneteenth celebration



Maleya Pintor and Javone Love-Goodman



Otis and his wife enjoy the local Juneteenth festivities



Gene Collins and family

Las Vegas Caravan for Mammogram Launches 'Paint It Pink' Parties

The 10th Annual Las Vegas Caravan for Mammogram will take place on October 3 at the new West Las Vegas Library, located at 1861 North Martin Luther King Boulevard in the Historic Westside.

This year's goal is to bring together more than 300 Black women and families to participate in this milestone event. In preparation, a series of pre-promotional community gatherings will be held leading up to October 3 — partnering with local businesses and events to encourage early registration for both the Caravan for Mammogram 2026 and Las Vegas Black Image Magazine outreach efforts.

The first of these events will be held on July 11 from 2 p.m.-4 p.m., as Caravan for Mammogram and Las Vegas

Black Image Magazine co-host a "Paint It Pink" party with Angelique's Community Art Center, located at 8140 S. Eastern Ave., Suite 4, Las Vegas. Angelique's Community Art Center is a Black-woman-owned business, and organizers are excited about this meaningful collaboration centered on wellness, creativity, and community engagement.

The "Paint It Pink" experience will be offered at a discounted rate of \$29 per person (regularly \$39), and participants will have the opportunity to paint and plant in terra cotta planters — combining art, healing, and awareness in a hands-on setting.

To reserve a spot, text "HOPE" to (702) 271-3151 for a payment link

<< continued from p8



Enjoying the Juneteenth celebration



Co-Publisher Charles Tureaud and Humana CEO Jim Rehtin

Las Vegas

Black Image

Paint it PINK

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TERRA COTTA Planters

WITH Faith THE SIZE OF A SEED MATTHEW 17:20

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<< continued from page 4

ination, resilience, forgiveness, and hope. The challenge of adulthood is not holding on to pain but learning when to let it go. Scripture reminds us of this truth: "Forget the former things; do not dwell on the past. See, I am doing a new thing!" (Isaiah 43:18-19).

Just as we instinctively swerve to avoid an obstacle in the road, we must also learn the spiritual art of releasing whatever threatens our growth. Letting

go is not weakness; it is wisdom. It is an act of faith that allows God to lead us into the future He has prepared. Sometimes the hardest thing to release is not another person or a painful circumstance — it is the old version of ourselves.

As we move forward, let us cherish the memories that strengthen us, trust God with the ones that burden us, and embrace the freedom that comes from letting go. Sometimes God's greatest work begins the moment we release what no longer belongs in our hands.

Shop Talk brings wellness conversations to the chair

Shop Talk, the Southern Nevada Health District's Barbershop Health Outreach Project, brings critical conversations about wellness to places where an atmosphere of trust is cultivated across generations.

The latest event took place at Art of Barbers School inside the Boulevard Mall — where healthcare professionals, mental health advocates, and community leaders

engaged customers in discussions about physical and psychological well-being.

Community member Sweet Lou Collins shared his personal health journey, inspiring others with his own positive lifestyle changes. The initiative continues to demonstrate the power of meeting people where they are — promoting healthier communities, one fade at a time.



Health professionals speak at the Barbershop Talk event



Community members listen as health professionals speak at the Barbershop Talk event



Sweet Lou Collins shares his personal testimony about his health struggles



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Franchise Players

When Congressman James Clyburn (D-SC) sat down with Congressman Steven Horsford (D-NV) for a conversation and book signing on an evening in June, the subject was history — but the urgency was entirely of the moment.

Clyburn's new book, "The First Eight: A Personal History of the Pioneering Black Congressmen Who Shaped a Nation," tells the story of the eight Black men elected to Congress from South Carolina in the years following the Civil War. It also grapples with a quieter, more troubling question: why did it take more than a century for Clyburn himself to become the ninth?

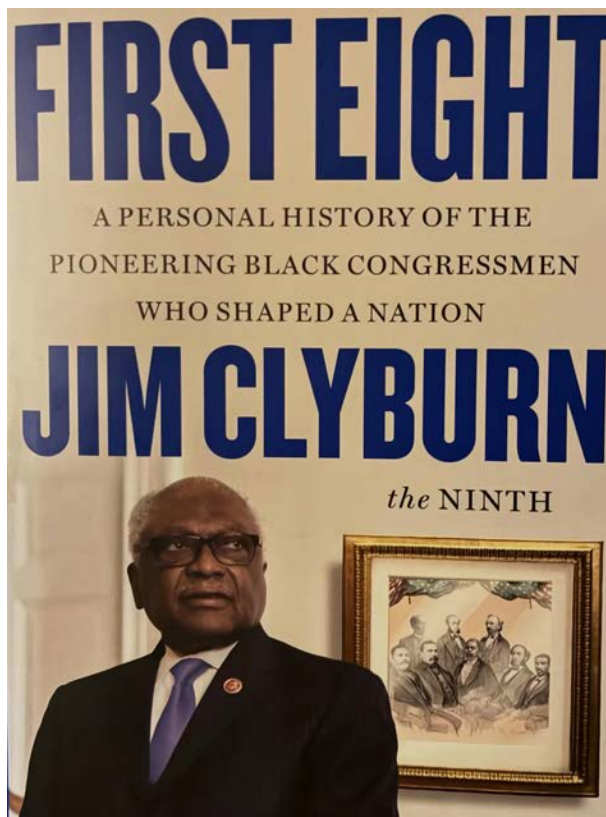
The discussion drew a direct line between Reconstruction-era struggles for representation and the voting rights battles playing out across the country today. And the conversation was as much a call to action as a history lesson — a reminder that the franchise, once it is won, is not necessarily permanent.



Congressman Steven Horsford hosts a conversation with South Carolina Rep. Jim Clyburn about his new book, "First Eight."



South Carolina U.S. Congressman Jim Clyburn



Congressman Jim Clyburn and Assemblywoman Brittney Miller



Healing TO HEALTH Lean on Him

Proverbs 3:5-6



Moderator

Dinisha Mingo
Founder and Visionary

JULY 18, 2026 | 9:00 am - 3:00 pm PDT

Registration from 8:00 am - 9:00 am

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Speakers

Mental Health



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Faith



DR. KEITH FAIRCLOUGH
LCSW

Healing to Health is a pioneering initiative dedicated to vital conversations about mental health within the faith-based community. Our program aims to educate, empower, and equip individuals, helping them recognize the intricate connections between physical, spiritual, and mental well-being. This year we invite youth participants ages 13 to 17 for a free specialized youth track to assist in their exploration of the unique journey to bridging the gap between faith and mental health.

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**Prayer & Worship
with the Workshops**

**Lunch Will
Be Included.**

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HERE**



EVENT PARTNERS



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Summer Challenge

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Sign up for the Library District's Summer Challenge program to enjoy reading whatever you like, earn cool rewards, and participate in fun events!

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EVERYONE EARNS GREAT REWARDS JUST FOR SIGNING UP!

All participants ages 0 – 17 receive a book reward, and participants ages 18+ receive a Book Buck that can be redeemed for any one item at any Library District bookstore. Participants of all ages also receive a voucher for five free boneless wings from Wingstop.

Then, when you complete the challenge, you will receive a voucher for a free treat from Freed's Bakery, one free personal pizza from Pizza Hut, and your choice of one of these cool rewards.

KIDS & TEENS AGES 0 – 17



One log per person, rewards available while supplies last. Library District employees are not eligible to earn rewards.

ADULTS AGES 18+



TheLibraryDistrict.org/SummerChallenge
¡También disponible en español!



COOL EVENTS!

FOR KIDS:



Paige Hernandez - Havana Hop*

Dance along in this interactive play as the hero discovers her fun, multicultural heritage by blending hip-hop and salsa.

Tuesday, July 14 at
11 a.m.
West Charleston Library
Wednesday, July 15 at
11 a.m.
Clark County Library



Magical Mindset with Miss Fairy G*

Enjoy a fun, magical show highlighting the importance of a growth mindset!

Tuesday, July 14 at
4 p.m.
West Las Vegas Library
Wednesday, July 15 at
11 a.m.
Centennial Hills Library
Ages 3-12

FOR TEENS:



CraftTeen - Mythical Beast Shadowboxes

Make a fun craft honoring this year's Summer Challenge theme!

Monday, July 6 at
4 p.m.
Enterprise Library



Paige in Full with Paige Hernandez*

Move your body in this beat-filled visual mixtape that blends poetry, dance, media, and music.

Tuesday, July 14 at 4 p.m.
West Charleston Library
Ages 12 – 17

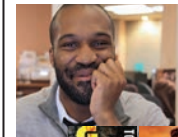
FOR ADULTS:



Forgotten Fiddles with Medusa*

Enjoy a music workshop exploring the history of some of the rarest instruments in the world.

Friday, July 24 at
10 a.m.
Clark County Library
&
4:30 p.m.
Summerlin Library



Author Visit with Tochi Onyebuchi

Tochi will discuss his book "Goliath" and his creative writing process. His work has appeared in The New York Times, NPR, and the Harvard Journal of African American Public Policy, among others.

Wednesday, July 29 at
6 p.m.
Sahara West Library

Scan here for
event details



*More dates and locations are available. Visit our events calendar for more.