

Las Vegas

Black Image

OCTOBER 2026



GET FIT is all aboard the Caravan for Mammogram

Inside

A very special Girls Night Out • Comprehensive Cancer Center shares survivor stories
Southwest Gas powers up for Caravan for Mammogram



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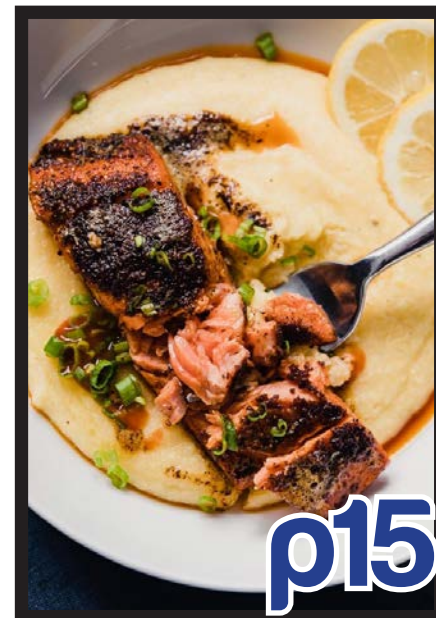
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What makes me see YOU

By Kimberly Bailey-Tureaud



We all have a need to be seen and to connect. Too often, though, we meet a door slammed shut by judgment. Some people see only what they want to see, affirming a comfortable mindset rooted in their own insecurities.

Our need for connection shouldn't put us on the defensive, yet we try and try to win acceptance. It's unfortunate that our successes aren't embraced and don't open the door to friendship. Strangely, most people want to hear the worst of what you've experienced before they will connect with you on any human level.

It is true that trauma and strife are carried like a heavy weight on the chest. Smiles are released only on calculated timers, to prevent any signal of vulnerability. Our protective spirit is far too often on autopilot, and it is that spirit that

keeps blocking blessings from the natural flow of the universe.

Negativity is often the hand on the closed door, searching only for familiar struggles. If every ingredient in the gumbo is the same, you will never enjoy a new flavor.

The challenge is to practice honest self-examination, which allows our internal love for SELF to ignite connections with others built on the good. All good things need fertilizer to grow, just as negativity does. This process, passed down through generations, can be a curse or a gift.

Attitude is everything, and we will never see others until we see and accept ALL of ourselves.

I SEE YOU.

If every ingredient in the gumbo is the same, you will never enjoy a new flavor.

America on the Brink

By Louie Overstreet



We are currently facing eight conditions that clearly suggest to us that America's continued survival is on the brink. I will be sharing the eight things in two parts — in alphabetical order, not necessarily by degree of severity. This month, I will discuss artificial intelligence, elections, economics, and governance. Next month, it will be health, peace, religion, and war.

Artificial Intelligence (AI). More than any other recent technological advancement, AI has the capacity for both good and bad. As such, our society and the world "ain't 'bout really" to regulate this technology for good and eliminate the bad — with the most obvious being making lies seem true. If this were not the case, why are the locations of data centers now a major campaign issue?

Elections. The November 2026 election is easily the sixth most important in our history ranking just behind the elections of 1860, 1864, 1876, 1940, and 2024. Despite a four-year history lesson of Trump's first term, Americans again chose him over our nation's second chance to elect a qualified woman. In less than two short

years, the disastrous nature of his election is very painful in our daily lives.

Economics. The wealth gap continues to widen, accompanied by Supreme Court rulings that allow people of means to influence public policy well beyond — and in violation of the concept of — one person, one vote.

Governance. This administration is easily the most corrupt, inept, and unqualified in history.

The President, in the first year of his second term, increased his net worth by a billion and a half dollars. His tax policy of rewarding the rich increased the national debt by \$3.8 trillion dollars in his first 19 months. This debt increase is on top of \$7.81 trillion from his first term.

His cabinet appointments of McMahon, Kennedy, and Hegseth, respectively to Education, HHS, and Defense have made us dumber, unhealthier, and less safe.

America's present leaders are depriving us of personal liberties, education, health choices, and engaging in conflicts of dubious value.

And this is only the half of it.

This administration is easily the most corrupt, inept, and unqualified in history.

Turning a Cancer Diagnosis into a Community Mission

By Dr. Anu Thummala | Medical Oncologist, Comprehensive Cancer Centers of Nevada

Janice's breast cancer journey began with a lesson she now shares with everyone she meets: trust your instincts and advocate for your health. Coming from a family with a strong history of breast cancer, including her mother and several aunts, Janice knew she faced an elevated risk. Genetic testing later confirmed she carried a hereditary mutation associated with breast cancer.

In 2019, Janice received a routine mammogram that showed no signs of cancer. Months later, however, she discovered a lump and sought medical attention. Initial imaging suggested the issue was nothing more than

clogged milk ducts, but Janice remained concerned as the lump continued to grow. Determined to find answers, she pushed for additional testing. A biopsy ultimately revealed HER2-positive breast cancer, an aggressive form of the disease that can spread quickly without treatment.

After researching her options, Janice chose Comprehensive Cancer Centers of Nevada for her care. Under the guidance of the Comprehensive team, she began treatment in October 2020, undergoing six rounds of chemotherapy combined with targeted therapy designed specifically for HER2-positive breast cancer. She com-

pleted chemotherapy in January 2021 and underwent a lumpectomy in March, followed by continued immunotherapy for a full year.

Throughout treatment, Janice faced more than the physical challenges of cancer. Diagnosed during the COVID-19 pandemic, she was living alone and navigating a period marked by uncertainty and isolation. The journey opened her eyes to the importance of accessible education, survivor connections and local support networks, ideas that would later become the foundation of her advocacy work.

continued on page 18 >>

Raising awareness, profiles, and issues

This October issue is especially meaningful to us as we focus on breast cancer awareness and the importance of early detection. We are grateful to the many supporters and sponsors who continue to help us bring this important message to the Black community through Breast Cancer Awareness Month and our 10th Annual Las Vegas Caravan for Mammogram/Vegas Pink Car Parade.

The tremendous turnout in the Historic Westside at the West Las Vegas Library demonstrated just how deeply this disease has touched our community. More than 300 people came together, many with personal connections to cancer or breast cancer.

We extend a special and heartfelt thank you to the West Las Vegas Library

and Executive Director Kelvin Watson for providing a place where we could unite, educate, and spread the message that early detection is one of our strongest tools in the fight against breast cancer.

To our loyal readers and supporters, thank you for making the publication of Las Vegas Black Image Magazine a GIFT. We are equally grateful to our contributing writers, whose editorials continue to provide information, enlightenment, and motivation, and to our advertisers whose support keeps the Black Image voice strong throughout Southern Nevada.

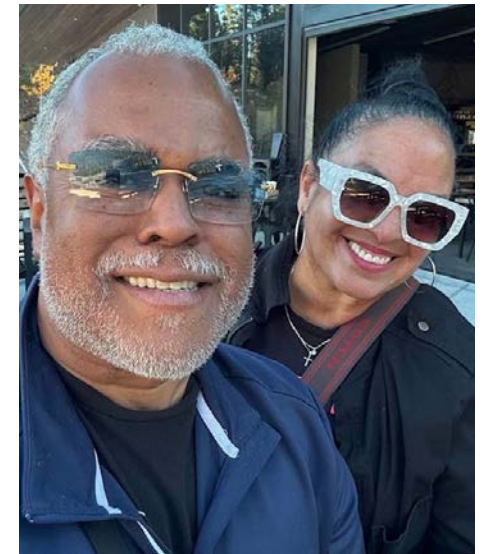
In this issue, we also highlight the West Las Vegas Library's welcoming reception for the Urban Libraries Coun-

cil and more than 100 library CEOs and leaders from across the country.

Our Community Speaks section features healthy tips and insights from community residents who are beating the odds.

The GET FIT Las Vegas couple, Geno and Dominique Trundle, are also helping expand Las Vegas' international fitness profile by bringing their GET FIT offerings to local enthusiasts and visitors from around the world.

And, of course, there is much more in this "candy-coated vitamin" issue of Las Vegas Black Image for you to enjoy. Thank you for continuing to read, support, and share our magazine. If you have an interesting story to tell, reach out to us through any of the ways listed



below.

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Kimberly Bailey Tureaud*
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YOU BETTER PINK

10th Annual Las Vegas Caravan for Mammogram takes over the Strip to energize the fight against breast cancer.



Las Vegas Pink Jeep Tours



Caravan for Mammogram 2026 Grand Marshal, Marilyn Booker, and candidate for Ward 2 City Council Shannon Nordstrom



Acelero Learning staff



Chapman Jeep's Tommie Sea with Best Decorated Car winners, Dr. Avis Brown-Riley and friend



Steinberg Diagnostic staff enjoy the 2026 Caravan for Mammogram



Publisher Charles Tureaud greets participants



Stacy Walker and Grand Marshal Ms. Anna Bailey



Kimberly Bailey Tureaud, Robyn Bryant, and Krystal Allan

More than 250 Black women and families came together to make history — and turn the Las Vegas Strip PINK!

Las Vegas Black Image's 10th Annual Las Vegas Caravan for Mammogram/Vegas Pink Car Parade was nothing short of spectacular! More than 250 Black women and families came together at the West Las Vegas Library for a powerful day of community, wellness, awareness, and celebration.

Leading the way as a top-tier sponsor was Southwest Gas, joined by Comprehensive Cancer Centers, Steinberg Diagnostic Medical Imaging, Acelero Learning, Astrana Health, Melvin Green/KME Architects, and Genentech. Their support helped make this milestone 10th-anniversary event a historic day in West Las Vegas.

Promotional partners GET FIT Las Vegas, Dominique and Geno Trundle, joined forces with Las Vegas Black Image to expand the event's reach and encour-

age statewide participation. Power 88.1 FM KCEP, Chapman Jeep — with Tommie Sea — Reset Run Club, and PinkJeep.com also brought their energy and support to the festivities.

GET FIT Las Vegas owners encouraged members of the wellness community to get involved in the Caravan for Mammogram/Vegas Pink Car Parade and help amplify the message of Breast Cancer Awareness Month.

For a decade now, Las Vegas Black Image Magazine has remained committed to bringing important health information and effective messaging to the minority community, particularly those impacted by the devastating disease of breast cancer.

Black women continue to face a disproportionately high risk of dying from breast cancer, with studies showing a mortality rate approximately 40% higher than that of women of other racial and ethnic groups.

The message is simple and powerful: GO TO THE

DOCTOR! Early detection can save lives and remains one of our most important weapons in the fight against breast cancer.

A very special thank-you goes out to all of the gracious volunteers who helped make this year's 10th Annual Las Vegas Caravan for Mammogram/Vegas Pink Car Parade such a tremendous success. We also salute our grand marshals, Anna Bailey and Marilyn Booker, for helping lead this important community effort.

And a special shout-out goes to the Las Vegas Metropolitan Police Department's Bolden Area Command for providing police escorts and helping safely guide our Pink Car Parade down the Las Vegas Strip.

From the West Las Vegas Library to the Las Vegas Strip, the message was impossible to miss: Breast cancer awareness matters. Early detection matters. Our health matters. And when we come together, we can turn the Strip PINK!

‘People really do want to work out’

It is reported that 38.5 million visitors come to Las Vegas each year to enjoy its entertainment, gaming and food. Now, a locally based company, Get Fit Las Vegas, is giving visitors and locals another way to experience the city — through fitness and wellness activities held at outdoor spaces on the Las Vegas Strip and throughout Southern Nevada.

Owned and operated by Geno and Dominique Trundle, Get Fit Las Vegas is creating a unique fitness experience for visitors in the Entertainment Capital of the World. After relocating from their hometown of Cleveland, Ohio, in 2022, the Trundles set out to build an international brand that would allow people to enjoy Las Vegas while also embracing physical fitness in memorable settings.

By connecting with other local fitness and wellness organizations, Get Fit Las Vegas is expanding healthy options for both tourists and residents.

We spoke with co-owner Dominique Trundle about the couple’s journey, the growth of Get Fit Las Vegas and their vision for getting hundreds of thousands of people in Las Vegas into shape.

What brought you and your husband Geno to Las Vegas in 2022?

We are originally from Cleveland, Ohio, where we had a boutique gym. We loved it and the people, but when we decided to put our roots down somewhere, we had no idea where we would go. We went on vacation to Jamaica and loved the weather, which led us to ask, “Where can we settle down and plant our roots that has similar weather to Jamaica?”

So, we picked Las Vegas randomly. Some people think we moved here because of the housing market or something else—but it was totally random, and it’s been an amazing experience.

How did you convince people in Las Vegas to participate in your Get Fit exercise program?

We initially put our love for physical fitness out on social media, and it was returned. It’s been a journey, and I must give a lot of credit to my husband, Geno Trundle. He’s a fitness professional. I al-



GET FIT Las Vegas owners Dominique and Geno Trundle



ways say, “He’s the fitness professional and I’m his fat wife (laughs).”

He loves it, and he was the first to convince me that people want to work out. I didn’t think so initially, but while I was at the gym working out, I heard a lot of women discussing how their lives had changed since they started working out. Some had even come off blood pressure medications and more. I witnessed women reverse their pre-diabetic diagnosis with our fitness program.

That is what attracted me to continue and expand fitness, because I had the privilege of talking to women who were 10 to 15 years older than me who had health issues because they were not physically

active. And when we talk about breast cancer prevention, I think 80% of it is to beat this disease with physical activity.

My husband convinced me that people really do want to work out. When we arrived in Las Vegas, we developed our brand and got connected with other fitness brands. Our first Get Fit event had 25 people who RSVP’d, and it was only my husband and me who showed up.

So, we really have to give a lot of credit to the fitness community that connected with us and embraced what we were offering. Currently, we have a very popular Get Fit workout called “Booty & Boxing,” and another called “Hype Hip 101,” which consists of music that is culturally

relevant to our community. Our multicultural Get Fit participants embrace and love it.

We are just grateful, and the more people say “yes” to our Get Fit workouts, the more we are going to do whatever we can to continue giving unforgettable experiences.

How did you get the initial financing to start Get Fit Las Vegas? Social media marketing can get expensive.

The most important asset we had when we started our Get Fit Las Vegas company was our time. When you talk about a business model, every stage requires a different business transaction.

My expertise is grassroots marketing — that’s my swag. I can get out there and talk to people and help connect with people who are interested in what I’m interested in.

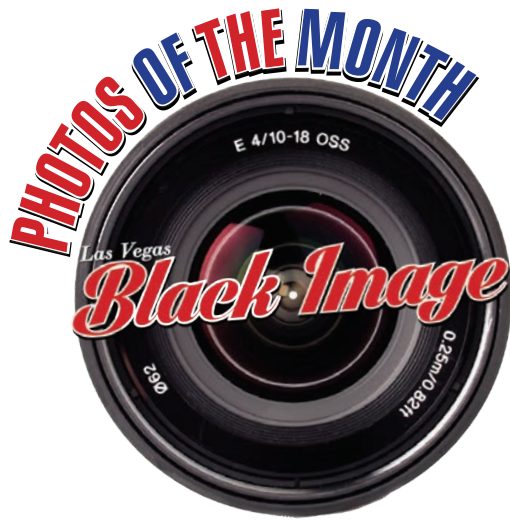
Even if you think you have talked to everyone and everybody already knows you, I wake up every morning focused on the person who has never heard of Get Fit Las Vegas. I ask myself, “How can I reach the person who has never heard of Get Fit Las Vegas, and how can I create great memories for those who continue to support our company?”

From a grassroots perspective, that is what allows us to grow. Now, we are at the point of creating some systems because we must have great funnels in place.

We are not a gym, so we want people to be able to come to our events and connect with run clubs and gyms. We want to be connectors for our participants to other fitness programs.

Our professional background was a boutique gym. We decided not to do that and instead focus more on business-to-business activations with the wellness community because people still need physical activity resources to maintain their physical health, such as staying off blood pressure medication.

We are examining how we can use what we offer through Get Fit Las Vegas and funnel it toward an expansive lifestyle focused on good health.



Boxing promoter Sam Watson has a square named in his honor in Los Angeles: Sam Watson Square.



The Red Hatters participated in the 2026 Caravan for Mammogram.



Girls Night Out was a big success



Caravan for Mammogram volunteers



Girls Night Out founder and organizer Jessica Vann



Grand Marshal Ms. Anna Bailey for the 2026 Caravan for Mammogram and participant Tricia Bookhart



Terri Lewis joins Kimberly Bailey Tureaud on her Enterprising People radio show.



Tameka Henry gets an Acelero school named in her honor



West Las Vegas Library Events Manager China Hudson

Honors Roll

Las Vegas Black Image Honors 2026 celebrates the best of Southern Nevada.



Las Vegas Black Image will host the 2026 Las Vegas Black Image Magazine Honors and Fundraiser on Saturday, November 14, from 5 p.m. to 8 p.m. at Classic Jewels Nightclub and Lounge.

The free community event, sponsored by Southwest Gas and MGM International Resort, celebrates the outstanding residents, businesses, organizations and nonprofits whose commitment, service and innovation continue to make Southern Nevada a better place to live.

Each year, Las Vegas Black Image Magazine shines a spotlight on individuals and organizations that are making a meaningful difference in the community.

The 2026 honorees represent a diverse group of leaders, entrepreneurs, educators, media professionals, entertainers and community organizations.

The 2026 honorees Include:

- **Power 88.1 KCEP Radio Station:** Recognized for its longstanding commitment to serving the Southern Nevada community through music, information and community programming.

- **GET FIT Las Vegas:** Geno and Dominique Trundle, honored for promoting health, fitness and active lifestyles throughout Southern Nevada.

- **Jackie Jones, Skills Over Degrees Program Director:** Recognized for help-

ing individuals navigate employment opportunities and the changing economy.

- **LaToya Silmon, Channel 3 Anchor:** Honored for her contributions to broadcast journalism and her connection to the Southern Nevada community.

- **Bobby R. McRoy Sr.:** Celebrating 33 years as an NCAA basketball official and more than 45 years of officiating experience, while sharing his knowledge with others interested in pursuing careers in professional sports officiating.

- **Dr. Rory Sipp, Professor and Psychologist:** Recognized for his work in early childhood education and efforts to revolutionize educational opportunities

for children and families in need.

- **Antonio Pinerolo, Founder and Owner of Mentalio Marketing:** Honored for his expertise in modern technology and his work educating others about technological advancements while helping bridge the digital divide.

- **Jessica Vann, Founder of Girls Night Out:** Recognized for creating a platform that gives women a voice and brings them together through personal testimony, education and shared wisdom.

- **Three Square:** Honored for its ongoing efforts to combat hunger and address food insecurity throughout Southern Nevada.

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Caring for — and about — the community

By Robin Biffinger

Strong communities are built by people who invest in one another. That belief guides every act of service at the Kirk Kerkorian School of Medicine at UNLV, from educating tomorrow's physicians to improving the health and well-being of the entire state.

Nevada continues to face significant healthcare challenges, including physician shortages and barriers to accessing quality care. Since opening its doors in 2017, the Kirk Kerkorian School of Medicine has embraced a clear mission: train exceptional physicians, advance healthcare, and strengthen the communities we serve.

That commitment extends far beyond the classroom.

Community engagement is woven into the medical school's culture, curriculum, and mission. Every year, medical students contribute approximately 10,000 hours of community service, working alongside local schools, nonprofit organi-

zations, neighborhoods, and community partners throughout Southern Nevada. These experiences help students develop the empathy, communication skills, and cultural understanding that are essential to becoming compassionate physicians. "Our medical school exists for our community," says Irma Corral, PhD, MPH, associate dean for community affairs. "Our success isn't measured only by our students' achievements, but by the impact we make in the neighborhoods that surround us."

That philosophy has led to lasting partnerships with organizations including the Clark County School District, University Medical Center of Southern Nevada, Southern Nevada Health District, Special Olympics of Southern Nevada, the Nevada Cancer Coalition, and many others. Together, these collaborations address real community needs while creating pathways for education, wellness, and opportunity.

One of the school's most meaningful initiatives is its longstanding partnership with the Clark County School District, inspiring local students to see medicine as a career within their reach. Through campus visits, classroom outreach, and hands-on educational experiences, young people from across the valley gain exposure to careers in healthcare while meeting the physicians and medical students who are helping shape Nevada's future.

The school's commitment also includes innovative programs that directly serve community members. Well Connect helps individuals and families connect with essential resources such as food assistance, employment services, housing support, and other social services. The UNLV Community Clinic, operated in partnership with Volunteers in Medicine of Southern Nevada, provides no-cost healthcare for underserved res-

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YOU! HAVE THE POWER

Turn it Up!

By Dr. Ellen W. Brown

With everyday life in 2026 going upside down, outside, down-town, uptown and under the bushel, the Light is doing a pretty good job of keeping things “Turned Up”! Depending on where we are at the time of need and what we get versus what we want, life seems to keep the lights on at some level of brightness to keep us focused on the prize!

There was a cute nursery rhyme



shared among my elementary school and Sunday school buddies about giving up power. Its title is “This Little Light of Mine.” Of course, we knew nothing about how the little lights in the song were supposed to mean something later in life. We just sang the song, clapped our hands and took advantage of the emphasis on making something little turn BIG—and LOUD!

At the core of the song were many adult meanings. In researching the deeper meaning of the lyrics, I came across a description of this powerful song that even labeled it “The Song That Changed History”! It is actually an adult song message intended to inspire personal

courage against oppression. The simple, childlike title was a cover-up for the real need to face the Light and empower the people.

They took a Sunday school song that was fun to sing — I even remember it from my own Sunday school days! — and exciting to act out. In other words, the congregation, including the children, used this song to encourage people of all ages to believe in shining their Lights!

When the Civil Rights Movement began in the late 1950s, “This Little Light of Mine” inspired people to stay focused on the “Light.” The lyrics were originally written as a children’s gospel song in the 1920s and later became better known

as a song of freedom. It became a symbol of faith and a weapon against fear.

It is 2026 — more than 70 years since songs came along to defy Fear and stand up to darkness. Those who sang these songs defied the darkness and focused on the Light, keeping it alive to spread good news, belief and strength that this, too, shall pass.

TURN IT UP!

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

Those who sang these songs defied the darkness and focused on the Light, keeping it alive to spread good news belief and strength that this, too, shall pass.

KNIGHT MOVES

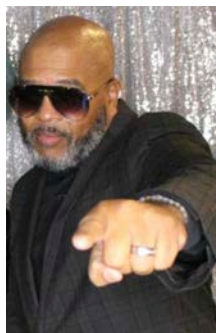
Never Fall Behind

By Craig Knight

Fall is here, and October marks the start of the fourth quarter. Whether you’re wrapping up projects, setting goals, or simply enjoying the season, take a moment to appreciate where we are in our lifetime.

October is associated with autumn in the Northern Hemisphere and spring in parts of the Southern Hemisphere, making it the seasonal equivalent of April in the Southern Hemisphere, and vice versa.

October is an exciting month for sports, with the NFL and college foot-



ball seasons in full swing. Go Las Vegas Raiders and UNLV Rebels! Our Vegas Golden Knights are gearing up for another exciting hockey season, while Major League Baseball and the WNBA playoffs are wrapping up as our very own Las Vegas Aces pursue their fourth championship in five years.

In 2025, Las Vegas Aces’ A’ja Wilson made WNBA history by becoming the first WNBA player to win League MVP four times. Let’s see if she can do it again in 2026 for a fifth time. That would be Bam-tastic! See what I did there? LOL!

This month also recognizes the following holidays and special occasions:

October 7 is KCEP Power 88.1 FM’s 54th anniversary. Tune into The People’s Station for fun ways to give to KCEP’s fundraisers.

October 10 is World Mental Health Day: This day aims to improve mental health care and raise awareness of mental health issues.

October 12: Indigenous Peoples’ Day | Columbus Day

October 17-30: Early voting for the midterm elections begins October 17 and continues through October 30. For more information about registration, polling locations, or any questions, call 702-455-VOTE (8683). Your vote is your voice, and it matters!

October 23-25: Las Vegas’ own R&B group 702 Homecoming Weekend, celebrating the 30th anniversary of their first album, “No Doubt,” which debuted in 1996.

October 30: Nevada Day. Nevada celebrates 162 years of statehood, having of-

ficially become the 36th state on October 31, 1864.

October 31: Halloween

October is also home to many awareness months, including:

Breast Cancer Awareness Month — founded 41 years ago by the American Cancer Society, Breast Cancer Awareness Month and pink ribbons have become synonymous with October. Early detection is critical. Women — and yes, men too — can learn how to identify the signs of breast cancer and be proactive about their breast health. For more information, visit the National Breast Cancer Foundation at nationalbreastcancer.org.

Depression Awareness Month: For

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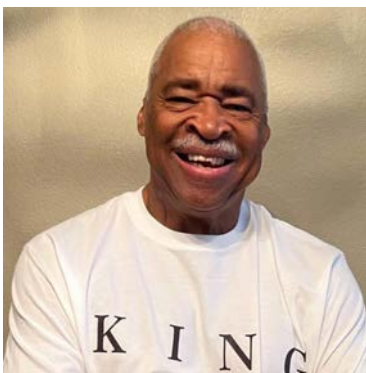


What do you do to stay healthy?



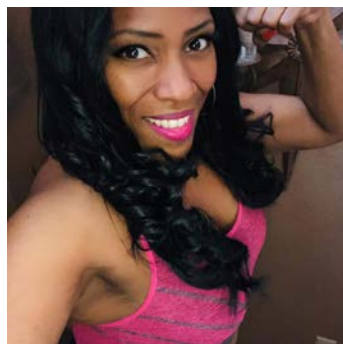
Leslie Hamm

I eat fresh fruits and vegetables. I get plenty of rest and drink lots of water. I'm stress-free and, as much as possible, I do water aerobics. I pray daily, and this works for me. I lost 63 pounds in 11 months. I didn't use any pills or shots. I just changed my eating habits and my stress levels and became more active.



Rickey Mickey Ormond

I eat the best I can and exercise at Doolittle Community Center.



Katina Wilson

To stay healthy, I drain my lymphatic system using burdock root and cleavers. I also take a tablespoon of Ethiopian black seed oil mixed with concentrated oregano oil that contains carvacrol as an antioxidant.



D'Andrea Heckard

I pray and have 100-plus grams of protein daily. I drink water and have 25-plus grams of fiber. I take vitamin supplements and try to get seven hours of sleep. I love active movement and remember, "Motion is Lotion."



Michael Elliott

I suggest that people follow Anna Bailey's routine. She looks fantastic at 100 years young and healthy. Her recipe for good health works.



Leonard V. Lyles

I try to eat one healthy meal a day and fast the rest of the day. We are not really supposed to eat three big meals daily.



Kathy Lattimore

I try to watch what I eat, exercise, and pray and ask God to sustain me. I'm older now, so I must take every precaution to make sure I stay healthy.



Tracey Dijua

I stay away from doctors and don't take pharmaceutical drugs.



Andrew Thomas

To stay healthy, I take vitamins, drink lots of water, and get in lots of cardio exercise. I do my Rebel Dance on stage, and I do at least five pushups a day.



Alethea Solomon

To stay healthy, I turn to the law of the land: herbs, fruits, and vegetables. I drink plenty of water to help flush toxins from my body, followed by exercise. I always keep my body moving. God has given us all that we need to stay healthy.

America's Library CEOs Visit the Historic Westside

The West Las Vegas Library recently hosted a reception welcoming the national Urban Libraries Council (ULC) to the Historic Westside. The ULC held its 2026 Annual Leadership Forum in Las Vegas, bringing together more than 100 library CEOs and leaders from across the country.

Las Vegas Black Image Magazine representatives had the opportunity to speak with Chief Librarian of Brooklyn Library Edwin Maxwell, whose library incorporated Jay-Z's "The Book of HOV" exhibit in 2023.

Las Vegas-Clark County Library District Executive Director Kelvin Watson, a National Librarian of the Year, brought the visiting library leaders together to tour and experience the new West Las Vegas Library on Martin Luther King Boulevard in the Historic Westside.

The visiting CEOs applauded the evolution of the modern library model and the West Las Vegas Library's innovative, community-centered resources, which are available to residents throughout Southern Nevada.



Las Vegas-Clark County Library District Executive Director Kelvin Watson welcomes Urban Libraries Council CEOs to West Las Vegas Library.



Library District hosts a lavish reception for Urban Libraries Council members.

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OUR LOCATIONS & OPTIONS

Spring Valley ★ 2845 Mohawk Street Las Vegas, NV 89146 702.362.2311 ☀️ EXTENDED DAY ⌚ 8am-2pm (M-F)	Strong Start Academy at Lorenzi ★ 700 Twin Lakes Drive Las Vegas, NV 89107 702.538.8700 🍼 EARLY HEAD START ⌚ 8am-2pm (M-F)	Henderson ★ 180 N. Westminster Way Henderson, NV 89015 702.566.1048 🍼 EARLY HEAD START ⌚ 8am-2pm (M-F)
Strong Start Academy at Alta ★ 1617 Alta Drive Las Vegas, NV 89106 702.954.4777 ☀️ EXTENDED DAY 🍼 EARLY HEAD START ⌚ 8am-2pm (M-F)	Strong Start Academy at Wardelle ★ 2950 Bonanza Road Las Vegas, NV 89101 702.438.0044 ☀️ EXTENDED DAY ⌚ 8am-2pm (M-F)	Herb Kaufman ★ 4020 Perry Street Las Vegas, NV 89122 702.434.5329 ⌚ 8am-2pm (M-F)
Reach Out ★ 1522 Pinto Lane Las Vegas, NV 89146 702.382.7337 ⌚ 8am-2pm (M-F)	Martin Luther King ★ 1555 W. Carey Ave Las Vegas, NV 89032 702.642.0451 ⌚ 8am-2pm (M-F)	Stupak Community Center ★ 251 W. Boston Avenue Las Vegas, NV 89102 702.685.6565 ⌚ 8am-2pm (M-F)

SPECIAL HOURS LOCATIONS

Cecile Walnut ★ 3820 Cecile Avenue Las Vegas, NV 89115 702.799.3910 ⌚ 9am-3:30pm (M-Thur)	Yvonne Atkinson-Gates ★ 951 N. Tonopah Ave Las Vegas, NV 89106 702.799.1844 ⌚ 9am-3:30pm (M-Thur)	Reynaldo Martinez ★ 2901 Harris Avenue Las Vegas, NV 89101 702.799.7088 ⌚ 9am-3:30pm (M-Thur)
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☀️ **EXTENDED DAY** Available 7:30am-6:00pm, M-F

🍼 **EARLY HEAD START** Available 7:30am-2:30pm, M-F

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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" 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

Tick-Tock Don't Stop

We should all be aware of time and how much of it we spend on things that do not further our physical or mental development. Yet, most of the time, the only clock we use to measure time is the one on our cell phone or in our pocket.

There should be a constant reminder of time within our homes. "What time is it?" can serve as a gauge for respecting the time given to us by the universe.

A culturally decorative wall hanging or stand-up clock can serve as both a beautiful home accent and a conversation piece. More importantly, it can remind your family that time waits for no one—so let's get to it!



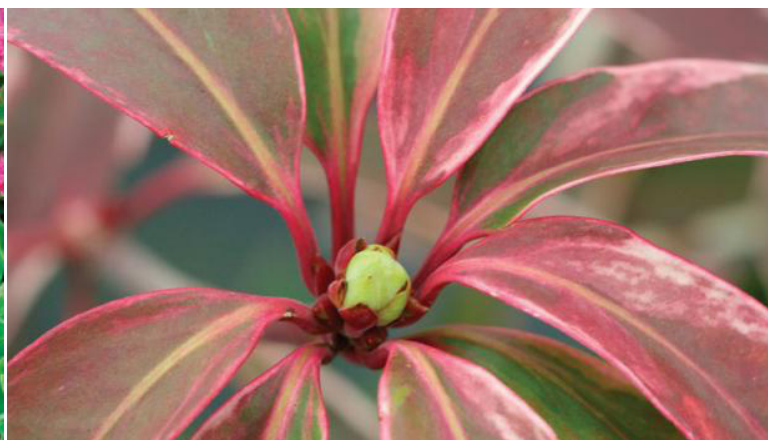
PLANTING YOUR SEEDS

Nature's in the pink

Pink is a wonderful color that represents so many things. This fall, consider adding a special splash of pink to your home with plants and flowers such as neon sedum, Pink Frost small anise tree, or pink muhly grass.

Pink flora can thrive during the fall season and create a beautiful contrast against the exterior of your home or patio. Whether through blooming flowers or pink ornamental grasses, these plants can complement your existing shrubbery while adding a distinctive touch of color.

Blooming beneath blue skies, pink flowers and plants can represent the celebration of life. Let pink capture your gaze — and bring a little more of it into your home.



FOOD FOR THE SOUL

Cajun Blackened Salmon Over Grits

Salmon brings many health benefits, and a splash of Cajun flavor can delight your taste buds. Our culturally beloved grits aren't just for breakfast — they can also be the perfect side dish for lunch or dinner.

SALMON INGREDIENTS

- G1 quarter-size-cut wild-caught pink salmon, cut into four portions
- 1 teaspoon Himalayan pink salt, or to taste
- 1 teaspoon ground black pepper, or to taste
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 tablespoons blackening seasoning
- 1/2 teaspoon cayenne pepper
- Fresh lemon juice
- 2 teaspoons paprika
- 2 tablespoons olive oil
- Fresh parsley
- Fresh-cut green onion scallions

GRITS INGREDIENTS

- 1 cup quick grits
- 2 teaspoons sea salt
- 2 cups water
- 2 tablespoons butter

- Black pepper, to taste
- 2 teaspoons paprika
- 1 teaspoon red pepper flakes

DIRECTIONS

Rinse and divide the salmon into four portions. Season with the salt, black pepper, garlic powder, onion powder, blackening seasoning, cayenne pepper and paprika. Squeeze fresh lemon juice over the salmon.

Heat the olive oil in a frying pan. Once hot, place the seasoned salmon in the pan and cook for approximately 5 minutes on each side. Turn off the stove and allow the salmon to continue cooking in the hot pan for another 3 minutes.

Meanwhile, bring 2 cups of water and the sea salt to a boil in a separate saucepan.

Add the grits and stir continuously

over high heat until the water begins to reduce.

Lower the heat and add the butter, black pepper, paprika and red pepper flakes. Cover and cook for 3-5 minutes, until the grits reach your desired consistency — not too firm and not too watery.

Remove the salmon from the frying pan and place it on a paper towel to absorb excess oil. Stir the grits well and turn off the heat.

Place a moderate portion of grits on each serving plate and top with the Cajun blackened salmon. Add a small squeeze of lemon and, if desired, drizzle some of the seasoned juices left in the frying pan over the

salmon for extra flavor. Garnish with fresh parsley and chopped green onion scallions.



Catch it EARLY

By Dr. Marguerite Brathwaite OB-GYN

October is Breast Cancer Awareness Month — a time to increase awareness, encourage early detection, and remind women of the importance of taking an active role in their breast health.

For Black women, breast cancer remains an especially urgent health concern. While there are many factors that influence a breast cancer diagnosis and a woman's chances of survival, race continues to be an important factor in the outcomes experienced by Black women.

Black women have a higher breast cancer mortality rate than White women, and the disparity cannot be attributed solely to genetic differences. It is also connected to longstanding inequities in healthcare, including differences in ac-



cess to quality medical care, cancer screenings, treatment, education, and other resources.

According to the American Cancer Society:

- Black people are more likely to die from most cancers and have the shortest survival following a cancer diagnosis compared with other racial and ethnic groups.

- Racial disparities in cancer outcomes are largely driven by decades of structural racism and inequities in healthcare.

- Black women are about 40% more likely to die from breast cancer than White women, despite having similar or lower breast cancer incidence rates.

- Black women have lower overall five-

year survival rates than White women at every stage of breast cancer diagnosis.

- Approximately 82% of Black women survive at least five years following an initial breast cancer diagnosis, compared with approximately 92% of White women.

- Black women are more likely to develop triple-negative breast cancer, an aggressive form of the disease that can be more difficult to treat. Black women are about twice as likely as White women to be diagnosed with triple-negative breast cancer.

These statistics are sobering, but they also underscore an important message: early detection matters.

FOR THOSE DIAGNOSED OR AT RISK: WHAT WE CAN DO

Be your own advocate. Learn as much as you can about breast cancer, your individual risk factors, prevention, screening, and treatment options. Ask questions and make sure your concerns are heard.

Know your breasts. Become familiar with how your breasts normally look and

feel. Report any unusual changes—such as a lump, swelling, skin changes, nipple changes, or unusual discharge—to your healthcare provider. While routine breast self-exams are not a substitute for recommended screening, knowing what is normal for you can help you recognize changes.

Get screened. Mammography remains an important tool for detecting breast cancer, sometimes before symptoms appear. Talk with your healthcare provider about when you should begin mammograms and how often you should be screened based on your age, family history, and personal risk factors.

Know your family history. Talk with relatives about your family's history of breast and other cancers. Knowing whether close relatives have been diagnosed with breast cancer or other cancers can help your healthcare provider determine whether you may be at increased risk.

Seek support. A breast cancer diagnosis
continued on page 17 >>



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The Missile

By Claytee D. White

The Missile was a newspaper once published by the Las Vegas Branch of the NAACP. The issue I discovered was dated August 2, 1960, Volume 3, Number 3. I have no idea when it began publication, how often it appeared, or when it ended. It was likely replaced by — and perhaps eventually absorbed by — The Voice newspaper, as mentioned by J. David Hoggard in an interview with UNLV.

Advertising from Westside businesses testifies to the vibrancy of the area's commerce at the time. Those businesses included "Poor" Jerry's News Stand at 614 W. Bonanza Road; The Community Store at 1218 D Street; Canada Dry Bottling Company at 500 W. Bonanza Road; El Rio Club at North H and Revere; Ted Floyd Chevron Service Station at 721 W. Bonanza Road; Guffey's Quality Goods at 1315 D Street; Mrs. Coleman's House of Beauty at 416 West Monroe Avenue; Crockett & Wesley's Barber Shop & Amusement Center at 1402 D Street; Gilbert Bros. Market and Liquors at 400 W. Bonanza; Westside Laundromat at 609 Van Buren Avenue and

F Street; Larry's Music Bar at 1318 D Street; Saphronia's Beauty Salon at 130 North C Street; New Town Tavern Club at 600 Jackson Avenue; Margo's Fine Foods at 814 W. Bonanza; Ranch Market at 611 Van Buren Avenue; Jim Tatum's Pit Bar-B-Q at 1301 North E Street; Ellen's Beauty Salon at 407 Jackson Avenue; and the Louisiana Club at 1322 North F Street.

This edition was eight pages long and contained advertisements from a few downtown businesses as well. Three things surprised me. First, this list represented only a fraction of the active businesses we know existed in 1960. Second, the number of businesses located along Bonanza Road was far greater than I had realized. And, perhaps most astonishing, there was an advertisement from James A. Gay III for Sunset Funeral Chapel at 310 Foremaster Lane — a business I have not seen mentioned in any of the oral histories I have encountered.



The front page of The Missile announced the arrival of the new pastor of Zion Methodist, Rev. Marion Bennett, and his family. Governor Grant Sawyer addressed the Masons of Truelight Lodge #54. The Nevada Voters League committed to picketing any member who endorsed a candidate not endorsed by the membership. And six leaders from the Black community were candidates for political office.

This unprecedented number of office seekers sought state and local offices. Dr. Charles I. West was a Democratic candidate for Assembly District 2. Dr. James B. McMillan, a Democrat, was seeking a seat as County Commissioner. J. David Hoggard was also pursuing the Democratic nomination for Assembly District 2, as was Rev. Donald Clark, who was running as a Republican in Assembly District 2. A

seat on the State Board of Education was sought by Mrs. Helen Crozier, while the sixth candidate, Rev. Leo Johnson, was running to serve on the Hospital Trustee Board.

I sincerely miss having a Black newspaper in our community.

Black businesses are making a comeback, some through the efforts and creativity of the Jackson Street Coalition. Yet we don't know enough about their work or how we can support them because there is no longer an official newspaper like The Missile, The Voice, The Sentinel Voice, or The Sentinel.

And Black political candidates in next month's election are numerous — so numerous that I will not attempt to list them. We have a U.S. congressman, governor, judges, Assembly members, a mayor, and others.

As our Nevada Voters League of the past would have urged us: JUST VOTE!

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nosis can be physically and emotionally challenging. Support groups and cancer support organizations can provide information, encouragement, practical resources, and a community of people who understand what you may be experiencing.

EARLY DETECTION CAN MAKE A DIFFERENCE

Breast Cancer Awareness Month is more than wearing pink. It is about taking action. Schedule your recommended screenings, know your risk, understand your family history, and talk with your healthcare provider about any concerns.

For women who have been diagnosed

with breast cancer, remember that you do not have to face the journey alone. Seek the medical care, information, and support you need.

Catch it early. Get informed. Get screened. Take charge of your health.

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

<< continued from p11

millions of people, a green ribbon represents another devastating illness: depression.

ADHD Awareness Month: The National Institute of Mental Health and the Attention Deficit Disorder Association (ADDA) provide information and re-

sources throughout the month. As we celebrate the holidays and sports season, let's remember to engage responsibly.

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

The sun works for you, too.

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<< continued from p10

idents while giving medical students invaluable clinical experience under the guidance of faculty physicians.

These initiatives reflect a simple belief: healthier communities begin with listening. Rather than assuming what Southern Nevada needs, the school works alongside community leaders, nonprofit organizations, and residents to build programs that respond to local priorities and create lasting impact.

As the school continues to grow, so does its investment in Nevada's future. New programs designed to encourage

students from rural communities to pursue careers in medicine, expanded community partnerships, and continued outreach across the state all support one overarching goal: improving healthcare for every Nevadan.

The Kirk Kerkorian School of Medicine at UNLV was created to help solve a physician shortage. Today, it is doing much more. It is helping build healthier neighborhoods, creating opportunities for future generations, and strengthening the communities that make Southern Nevada home.

<< continued from p9

• United Way of Southern Nevada: Recognized for its REACH initiative, which helps Southern Nevada residents connect with utility assistance and opportunities to reduce household costs.

• Andrew Thomas, SIR DRU: Honored for exemplifying community unity through music and entertainment, while also bringing innovation to the world of video game design.

• Patti Pennington: Recognized for her perseverance and accomplishments across health, entertainment and business.

• Marilyn Booker, Owner of OppsWell Tech: Honored for developing an application platform designed to help small businesses connect and do business with larger corporations.

Las Vegas Black Image Honors 2026 is a free community event. Attendees will have the opportunity to celebrate these outstanding honorees while supporting the continued work of Las Vegas Black Image Magazine. Voluntary donations will be accepted upon arrival.

For more information or to RSVP, call (702) 615-8216.

<< continued from p4

Rather than allowing those challenges to discourage her, Janice turned them into a purpose. After completing treatment, she founded the We Believe Foundation, a Las Vegas-based nonprofit dedicated to providing education, encouragement and resources to cancer patients, survivors and their families.

Today, Janice spends much of her time connecting with individuals newly diagnosed with cancer, sharing her experience and helping others navigate their journeys. Through community events and educational programs, the foundation provides access to information about cancer screenings, survivorship, oral health during treatment and other

important topics that patients may not always know to ask about.

"My goal is to make sure no one feels alone," Janice says. "Sometimes people just need someone who's been through it to help point them in the right direction."

Janice's story reflects the importance of early detection, self-advocacy and compassionate cancer care. Today, she

remains cancer-free and continues using her experience to educate and empower others throughout Southern Nevada, proving that a diagnosis can become the beginning of a mission to help others.

Anu Thummala, MD, is a medical oncologist at Comprehensive Cancer Centers of Nevada.



Her Vision

- Increasing Neighborhood Safety
- Creating Economic Opportunities
- Bringing Costs Down

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A chance to stop breast cancer before it strikes



One in eight women will face breast cancer in their lifetime. If cancer runs in your family, you may be at higher risk.

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