



Sentinel-Voice photo by Lés Pierres Streater

Melvin Ennis and Las Vegas Fire & Rescue Chief David Washington co-founded Camp Brotherhood/Camp Sisterhood with City Councilman Lawrence Weekly.

Mentors' program encourages youth toward positivity

By Lés Pierres Streater
Sentinel-Voice

Camp Brotherhood/Camp Sisterhood is one of many programs that work with students from all walks of life to help them toward living better lives.

Founders of the program, Melvin "Beetle" Ennis, Las Vegas Councilman Lawrence Weekly and Las Vegas Chief of Fire and Rescue David L. Washington, saw a need to provide young people an opportunity to build a positive relationship with caring adults who want them to succeed in life.

Earlier this summer, Camp Brotherhood/Camp Sisterhood celebrated its seventh-annual weekend retreat designed to teach young men and women about using their leadership skills, goal-setting, respecting one another and giving back to the community. The retreat hosted 90 boys and 60 girls.

Last June, adult mentors volunteered their time and talent to make a difference in the lives of these individuals.

"The history of the program grew from Camp Anytown, a multicultural and multiethnic leadership program for students in grades 10 through 12," Washington said. "We felt that there was a need to host a camp specifically for African-American youths. The name Camp Brotherhood

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Fair shows benefits of diet, exercise

By Lés Pierres Streater
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The first "Choose to Move Festival," sponsored by REACH 2010 The Healthy Hearts Project of the University of Nevada Cooperative Extension Service, expose individuals to various forms of exercise and dietary information that promotes a healthy heart.

The goal of the health festival was to educate people in the necessary steps how to prevent cardiovascular disease.

"This event was in the planning for the past six months," said Dr. Larry Gamell, healthcare administrator for REACH 2010 The Healthy Heart Project. "What we want to emphasize to the community is the need to exercise."

"There has been growing press coverage on the obesity epidemic problem throughout the country because people do not exercise and they fail to move themselves," Gamell said. "We want to let the community know that this facility exists and all of the various activities are available to them to exercise regularly on a daily and consistent basis."

"Chose to Move," which was held at the Doolittle Community Center on Saturday, was a collaborative effort of the City of Las Vegas Parks and Leisure Department, Las Vegas Chapter of 100 Black Men of America, UNR Cooperative Extension Service, Aetna, Sierra Health and Community Partners for



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Missy Palacio, left, follows along as instructor, Antionette Stanton, leads the class in an expressive African dance.

Better Health Coalition.

Brian Johnson and his wife, Terry, were two of many community residents participating in the health festival.

"Both of us suffer from diabetes," Brian Johnson said. "We want to be around to visit with our grandchildren and have reasonably good health in our retiring age. Choosing to make a change to improve our life and health has been difficult because of our busy schedules but we realize that we want to make a difference in our lives."

There also needs to be a change in attitude, Terry Johnson said.

"The key to changing your lifestyle is knowing that if you stick to your decision to get healthier, making a change for yourself and not for others, you stand a better chance of succeeding," she said.

"Others can be your inspiration, but you need to be

motivated for yourself. Once you make a change for yourself and stick with it there's nothing that can interfere with your desire to improve your life."

Racial and Ethnic Approaches to Community Health 2010 (REACH 2010) is a federally funded project that educates African-Americans in reducing risk factors for heart disease and stroke. Educational programming continues with \$850,000 per year in grant funding.

Making the decision to take proper care of your life is a key component to staying healthy and feeling your best at any age.

Eating right, regular physical exercise, maintaining your weight and routine visits to the doctor are essential in promoting a healthy lifestyle.

"Many of the activities offered at today's health festival are low-impact exercises that people can do without

being overwhelmed," Gamell said inside Doolittle Center. "It will help to begin to tone their body and promote maintaining healthy weight. We want to heighten the awareness of the community to the availability of various forms of exercise to improve their overall health and hopefully get them to change their habits and lifestyles."

"They can 'Choose to Move.' They can choose to do things that will promote wellness through exercise," Gamell said. "Our project is focused on cardiovascular disease. Cardiovascular disease is preventable through diet and exercise. The mortality rate for African-Americans from cardiovascular disease is 40 percent higher than that of Caucasians. We want to let our people know that they can make a difference in their lives and reduce that percentage."

Moreover, the health festival featured various activities, including pool exercises, walking races, Frisbee golf, horseshoes, bocce ball, wall climbing, Tai Chi, African dance, double Dutch jump roping, martial arts, yoga, Pilates, kick-boxing, a three-point shootout and slam-dunk competition. Various groups including Peas 'n the Pod, the Elite Jam Cheerleading Squad, Randy G. and company, Victory Baptist Praise Dancers, and others provided entertainment.

Throughout the day, the health festival drew hundreds of adults and young people (See Health Fair, Page 6)

Participants sought for boys' event

By Lés Pierres Streater
Sentinel-Voice

The Boys & Girls Club of Las Vegas has been a mainstay in the community for more than four decades.

Over the years, the organization has established many successful programs that help youths in the community, including a successful mentoring program.

The organization will host its 33rd Boys Nite Out on Thursday, Sept. 30, from 6 to 9 p.m. The event will be held at the Lied Memorial Boys & Girls Club, 2850 S. Lindell Road. There will be more than 200 boys seeking to mentor with an adult that evening.

"We are asking men from the community to join us for one evening on a Thursday evening to mentor our young men at Boys Nite Out," said

Christine M. Skorupski, community relations manager of the Lied Memorial Boys & Girls Club. "We will be pairing each young man with an adult throughout the evening participating in a series of challenging Olympic-type games competing in different age group categories."

"We are looking for adults who have an interest and desire to spend some quality time that evening mentoring and socializing with our young men," Skorupski said. "This is about giving our young men a special evening, especially young men from single-parent homes who can use a positive male role model in their lives."

The cost is a \$50 tax-deductible donation and goes toward supporting various programs of the Boys & Girls Club. Your time will make a

lasting impression on the special young friend you get assigned to mentor.

The Boys & Girls Club has served the youth of Southern Nevada for the past 43 years. The program started in 1961 with a membership of 50 students in the basement of the Silver Nugget Casino. It has grown to serving about 12,600 students, ages 5 to 18 in 12 facilities.

The mission of the Boys & Girls Club of Las Vegas is to inspire and empower all young people, with special concern for those disadvantaged circumstances, to develop the skills, self-esteem and self-reliance necessary to become productive, responsible and caring citizens.

For further information about Boys Nite Out, contact Skorupski (702) 367-2582, extension 254 or e-mail cskorupski@bgclv.org.

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