

Cato in to win

By Frank Armand Albano
Sentinel-Voice

As voters head into the April primary, four candidates contend for the open Ward 4 council seat in North Las Vegas. One candidate, Jo Cato is hopeful she will be the first African-American woman to land the job.

"Being a Black woman presents a challenge," she said. "I'm not the first Black woman to seek political office on the North Las Vegas City Council, but I may be the first to win," Cato said.

At one time, there were three Black council members. Never has a Black woman been appointed or elected to serve on it. Mayor Pro Tem Bill Robinson is a Black council member seeking re-election. But if successful, it will be his last four-years in the seat due to term limits enacted.

Although the race is non-partisan, Cato, a Democrat, is trying to unseat Sheri Buck, a White Republican candidate and two-term incumbent. The other two contenders are Debra Lewis and Richard Cherehia.

Cato, who says she financed her own run for office, may have an edge, according to her campaign manager Joyce Thomas.

"Ward 4 is 65 percent registered Democratic voters," Thomas said, adding that there are about 16,000 voters, but only 3,000 voted in the last election. However, there are a substantial number of Black voters in Ward 4, Thomas said.

"I'm going door to door for \$2 and \$5 contributions. The minority community supports me. But it's going to be a long haul. But, I have 20/20 vision, and in 24 to 36 months, I will get things done and will not let Ward 4 be left behind," Cato said.

Cato has served for six years on the North Las Vegas Planning Commission after being appointed by Robinson, the only African-American on the North Las Vegas Council.

In an exclusive interview with the *Sentinel-Voice*, Cato talked about some of the foremost issues for the city.

"The city council, has to be a team. And there needs to be more openness," Cato said.

Cato listed in order her priority issues: a new library, parks, traffic control, public safety, fire stations and more police.

Regarding a new Ward 4



JO CATO

library, Cato was emphatic. "We have to go all the way to Aliante or Civic Center for library services."

On the subject of police, Cato said, "We need police deterrent; more patrol cars and we need to communicate with police. Right now, there is little communication with the police."

To close the communication gap, she proposes: "Develop a plan with the Police Chief and the community through Neighborhood Watch Programs. We need an interaction to elaborate on resident involvement, HOAs [Homeowners Associations], or Ward 4 will be left behind."

Another area of focus is community development. With North Las Vegas the second fastest growing community nationwide behind Las Vegas, Cato sees managed growth as vital.

"Projects have to be reviewed, and only those that [are in] the best interest of the community should be approved."

Cato advocates "sensible growth," and said, "We need to go at the right pace." "Developers are building new developments, for example, the newer communities of Aliante and Highlands."

She said, "Ward 4, [an older ward], which is mostly infills and some open space is being left behind. Parts of Ward 4 about Aliante," Cato said, "but services are not going to Ward 4."

"There are a number of other things we must focus on," she said and emphasized "children and youth services."

She came to Las Vegas 15 years ago and soon immersed herself in local causes and issues.

Cato said she is working with school children in the district. "I'm part of a parent, teacher, mentor program."

Cato said she also works with the USA Voting Program to register voters.

Expo targets healthy eating

By Lés Pierres Streater
Sentinel-Voice

The West Las Vegas Library Theatre, in collaboration with Gaile Ferguson and Antoinette M. Stanton will sponsor a Saturday event dedicated to health. The Health Food Moves with Soul EXPO will focus on holistic health concepts, including proper nutrition and fitness as well as informative workshops on spreading the message about the importance of overall community health and well-being. The event is slated to run from 11:30 a.m. to 5 p.m.

The expo will be broken into three workshops. African Dance Fit-U (Movement & Fitness), an afro-centric fitness workshop facilitated by personal chef and certified fitness trainer Stanton (she also owns Cookie's Cookin' Vegetarian) will run from 11:30 a.m. - 1 p.m. Following it will be Wholistic Health Empowerment-How to Live a

Healthier Life, an introductory workshop focusing on creating synergy between the mind, body and spirit and using that synergy to improve health. Ferguson, a "wellness humanitarian," will lead this hour-long forum (2 to 3 p.m.) The final workshop, You Are What You Eat, will feature discussion and a food tasting. It will run from 4 to 5 p.m.

According to the Center for Disease Control statistics from the DATA 2010 report of the Healthy People Database in 2005, African-Americans in Nevada suffer from death related to diabetes at a rate of 79 per 100,000, coronary heart disease at a rate of 149 per 100,000, and stroke death at a rate of 80 per 100,000. According to 2000 Census data for Nevada, African-Americans comprise 150,508 or 7.5 percent of the total population (nearly two million live in Nevada. Given those numbers, Stanton says the expo

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