Diagnosed 3 Times, Taliesha Harris-Cash 'Lives Life On Purpose, With Purpose'

see page 3
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Pat Stevenson
Celebrating 29 years
Publishing
Diagnosed 3 Times, Taliesha Harris-Cash ‘Lives Life On Purpose, With Purpose’

By Sym Posey  
*The Birmingham Times*

Diagnosed three times, Taliesha Harris-Cash is a survivor of metastatic breast cancer — also called stage IV — which is breast cancer that has spread to another part of the body, most commonly the bones, lungs, brain, or liver, according to breastcancer.org.

After her first diagnosis in 2016, Harris-Cash said she was devastated and became depressed.

“I did not want to talk to anybody. I did not want to hear about cancer. I was intimidated by the word. It took me down this spiral of darkness. I did not want to be around people, and I secluded myself because here I am doing life, and then suddenly cancer comes and ruins everything for me — or so I thought. It took my voice, but then God reminded me I had a trumpet of a voice, and He said, ‘You choose to sit here and say nothing. Who are you helping?’”

By 2018, when she was diagnosed again, Harris-Cash said she got her strength back and decided she needed a support group, but could not find one, so she started her own. “I pulled on the strength of the other survivors to make it through for the second time.”

Harris-Cash now uses her voice and efforts to assist others through SistersCANcervive, a non-profit she founded in 2018. What started as a support group has blossomed into an organization that consists of cancer survivors and patients.

Harris-Cash started with four members, and today is 200+ strong. The group provides sisterhood survivor support for minority females with breast, ovarian, uterine, cervical, and endometrial cancers and provides meals, gas, and co-payments for chemotherapy treatments to women in Birmingham and surrounding areas.

Their private Facebook group provides a 24-hour chat room to allow members to talk about anything.

“Many survivors and thrivers and patients find themselves in need of someone to talk to about breast cancer because a lot of the time they don’t have anyone that has been through the experience, and they feel alone,” Harris-Cash said. “Of course, they have family members, but they don’t have someone who has gone through the journey as a survivor. We are a group of sisters helping sisters.”

The group has a 24/7 chat where survivors can ask questions like, ‘Hey, I did radiation, what medication did you use for your burns? ’What did you use for nausea?’

When Harris-Cash was diagnosed a third time in 2020, she said, “Enough was enough … I was empowered to fight like never before with my faith in God.” Her strength came from “family, my faith in God, and my support group SistersCANcervive. This cancer journey inspired me to live life on purpose, with purpose,” she said. “Keep the faith God has equipped you already; the fight is fixed. You will win. So do not give up.”

For more information on SistersCANcervive, visit SistersCANcervive.org.
PONDER THIS! Straighten Up and Fly Right

By Hazel Rosetta Smith

The titles of songs have always fascinated me. The more enticing the title, the greater the interest in the story and the artist. Oftentimes, the title becomes a mantra that can be used in other conversations and has subtle meanings beyond its original concept.

Perhaps you have used a song title to get your message across in a personal situation. Remember: “What’s Going On,” by Marvin Gaye, and “I Will Survive,” by Gloria Gaynor, among numerous others.

In 1943, Nat King Cole partnered with Irving Mills in the writing of “Straighten Up and Fly Right.” The words of the song came to Cole from a sermon on truth and trust preached by his father, who was a pastor. It became an instant hit for the King Cole Trio.

Unfortunately, Cole was on the sidelines watching the monetary progression of his work move to a million-dollar recording without reaping royalty fees because he had sold his rights to Irving Mills for a mere $50.

To add salt to Nat’s wound, his song was also recorded by The Andrew Sisters, who had become the most popular female group of the forties and took it to even greater heights singing it upon its descent.

If contemplation is given to why the buzzard would approach something smaller than himself with an offer of a fun time ride on his back, the revelation is how bullies get over on smaller and more vulnerable subjects.

Simply put, be careful of what is offered to you, without first considering why and how the offer came and most importantly from whom it is coming. I like to believe that straightening up means facing the facts realistically so that I can stand confident in my decision-making. Flying right is moving along appropriately with a focus on what you know to be the truth.

Once you have gained an understanding of the circumstances you face, and the retribution of what can manifest as a result of moving too quickly with poor judgment, the final result can be as the monkey forewarns, “Ain’t no use in diving, what is the use in jiving? Cool down, papa, don’t you blow your top.”

To do better, we must be better and that is an individual process that can benefit collectively. To do or not to do is the first thought available.

[Hazel Rosetta Smith is a journalist, playwright, and artistic director for Help Somebody Theatrical Ministries. Contact: misshazel@twc.com]
Harlem global consultant Edgar J. Ridley has been inducted into the inaugural Black Authors Hall of Fame by the 2023 Harlem Book Fair.

Among the co-inductees in the 2023 Black Authors Hall of Fame are playwright Walter Mosley and poet laureate Rita Dove. With this prestigious honor, Ridley has been designated a Living Legend by the 2023 Harlem Book Fair. The award recognizes Ridley’s pioneering genius for developing his ground-breaking concept, the Symptomatic Thought Process®.

Ridley’s recent book, “The Golden Apple: Changing the Structure of Civilization - An Anthology,” provides the answer to the problems faced in the world, delivering a continuing critique of man’s barbaric behavior, from antiquity to the present. His discovery, a Symptomatic Thought Process®, addresses the human propensity for magical thinking, leading to the inability to face reality. This is known as symbolic thought, which leads to superstition, mythology, and racism.

Ridley’s work educates readers on the damages wrought by symbolic thought and behavior, and he provides a foundation for changing behavior, a shift to thinking symptomatically. Ridley’s Symptomatic Thought Process® is a registered trademark of Edgar J. Ridley and Associates.

Edgar J. Ridley, a behavioral scientist, is Chairman of Edgar J. Ridley and Associates, a global consulting firm now based in New York. Over the past five decades, Ridley’s firm has implemented his concept for behavior change with clients worldwide.

Ridley states, “Most people do not understand how symbolism is used to mythologize history and manipulate behavior. In order to be creative and innovative in the midst of a war zone, actors within organizations must be mindful of the impact imposed by symbolic thinking, typically exhibited through religious and racial prejudices. In order to unleash creativity and innovation, a symbolic thought process must be replaced by a Symptomatic Thought Process®.”

Community Op-Ed: Keeping Our Communities Safe From Fentanyl

Public safety is our administration’s top priority, and keeping New Yorkers safe from the growing threat of fentanyl is a core part of that mission.

All of us have heard about the danger fentanyl poses to our children and our communities. Fentanyl is a synthetic opioid that is approximately 50 times more potent than heroin and 100 times more potent than morphine. It is inexpensive, widely available, highly addictive, and extremely dangerous.

Drug traffickers are increasingly mixing fentanyl with other illicit drugs to drive addiction and create repeat business. Over 3,000 people fatally overdosed in New York City in 2022, with fentanyl detected in 81 percent of drug overdose deaths.

The tragic death of Nicholas Dominici, the toddler who died after being exposed to fentanyl at a daycare center, was a shocking and heartbreaking reminder that we must take immediate action to get this crisis under control.

Last week, we hosted a two-day summit on the fentanyl crisis that brought elected leaders, public health officials, and law enforcement professionals from across the country to New York City to work towards a national strategy to combat fentanyl overdoses.

The summit included representatives from major cities across the nation, including Los Angeles, Philadelphia, New Orleans, Laredo, New Haven, Austin, Dallas, St. Louis, Washington D.C., Portland, San Diego, Atlanta, and more. We focused on all aspects of the crisis — including education, enforcement, awareness, prevention, and treatment. Over the course of two days and multiple strategy sessions, we were able to exchange ideas, learn from intervention models across municipalities, and help build a comprehensive strategy to address one of the most important public health and public safety issues of our time.

New York City has already taken significant steps to combat the fentanyl crisis, including intensive enforcement that has resulted in multiple arrests of drug dealers and traffickers, including the recent arrest of a man transporting almost 30 pounds of fentanyl bricks in a rolling suitcase on the subway and on the sidewalks of a busy Bronx neighborhood.

In addition to expanded enforcement, we are actively working with the New York City Department of Health and Mental Hygiene and other agencies to bolster our harm reduction strategies. We have increased our support for prevention, substance use disorder treatment and recovery programs citywide, and distributed more than 77,000 Naloxone kits and tens of thousands of fentanyl and xylazine test strips. We have also made Naloxone more available in primary care offices, emergency rooms, correctional, re-entry, and homeless outreach settings.

At the conclusion of the summit, participants agreed on key actions to address the ongoing fentanyl crisis, including:

• Creating a multi-city task force that will meet again before the end of the year;
• Drafting a comprehensive plan outlining national best practices and opportunities;
• Expanding data-sharing to the national level to ensure accurate and timely coordination around lab and overdose data;
• Identifying and securing city, state, and national funding and legislative needs to prevent overdose deaths and save lives;
• Developing community outreach strategies to better understand behavioral dynamics associated with drug abuse, and
• Taking steps to reduce the stigma around addiction and substance abuse so that those suffering from addiction can get help before it is too late.

We all came away from this summit with a renewed determination to stop the flow of fentanyl into our cities, hold bad actors accountable, and invest in evidence-based interventions that protect New Yorkers and all Americans from this dangerous drug.

We cannot sit back and let what happened to prior generations happen to our babies and families. We cannot repeat the mistakes that were made that led to the epidemics of heroin in the 1960s and crack cocaine in the 1980s.

I was working as a police officer during the 1980s, and I saw how crack devastated our communities because the resources were not there. We must do everything in our power to confront and defeat — the fentanyl crisis. That means education, that means treatment, and that means enforcement.

The summit reminded us that we are always stronger and better when we work together. I know that, with our partners from across the country, we can and will reduce overdoses, save lives, and protect our children and our communities.
Home Buying in Harlem
Be Prepared to Buy Now

Can anyone afford to buy a home in Harlem? The answer is a resounding yes! You can become a first-time homeowner. There is no use in complaining about inflated home values. There is no use in complaining about the high-interest rates. You must deal with the situation and decide to become a first-time homeowner. You must overcome these barriers and obstacles. Let nothing or no one prevent you from achieving your dream of becoming a homeowner.

Now, do not expect a home to be handed to you on a silver platter. That would be nice, but it’s not going to happen. Nothing worthwhile is easy to achieve, and becoming a homeowner is certainly not an easy task in a healthy financial climate. You know that accomplishing this goal will truly be a monumental struggle. To be honest, I am not sure it is possible on your own.

But I know with God, “All things are possible!” Trust God, my brothers and sisters. Jesus tells us in Matthew 7:7-8, “Ask and it shall be given unto you; seek and you shall find; knock and the door shall be open to you! For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened.”

New York City owes it to our community to develop affordable housing right now! As Jesus said, “The poor will always be with you.” John 12:8. The low- and moderate-income individuals and families are not going to be so easy to push to the side. We need to come together as a community and start to demand affordable housing. Everyone deserves, at the very least, a decent place to live. In a country as wealthy as America, affordable housing should not be a problem for anyone, regardless of income level.

The American dream is alive, but now you must work harder than ever to achieve this dream. A young family told me a few days ago that they wanted to own a brownstone in Harlem. I encouraged them to pursue their dream. I informed them of the current market value of brownstones.

They said, “If that’s what it takes, we will work harder to save as much as possible.” They were placing their faith and trust in God to make it happen!

It takes a solid plan to achieve this dream. You must have the desire to succeed at all costs. You must maintain your focus by keeping your goal of home ownership in sight. Do not be intimidated by the prices; understand that you can still become a homeowner with faith in God.

If you are interested in attending a HCCI workshop or have questions regarding the home buying process, contact Rev. Dr. Charles Butler at (212) 281 4887 ext. 231 or email cbutler@hcci.org.

MTA Procurement

The MTA encourages vendors who have not done business with us to register for our bidders list using MY MTA Portal for vendors at www.mymta.info. Registered vendors can search for procurement opportunities across all MTA agencies and receive invitations to bid or propose on the types of goods and services they can provide. Certified minority and women-owned businesses (M/WBE), service-disabled veteran-owned businesses (SDVOB), and disadvantaged businesses (DBE), are strongly encouraged to compete for MTA opportunities. Visit our website at https://new.mta.info/doing-business-with-us for detailed information and guidelines.
Harlem CALENDAR OF COMMUNITY EVENTS

Oct. 19, 6:30-8:30pm
Marking Time
Also, Art in the Age of Mass Incarceration curated by Dr. Nicole R. Fleetwood, currently on view. “Marking Time” explores the impact of the US prison system on contemporary visual art. Schomburg Library, 135th St & Malcolm X Blvd, NYC. Free.

Oct. 19, 6:00-10:00pm
Game Night

Oct. 21, 3:00-6:00pm
Live Comedy
By Ishmael Gaynor. Brown Sugar Comedy Show (Day Party). Yes, it’s a LIVE COMEDY SHOW IN HARLEM! Shrine world music venue. 2271 Adam Clayton Powell Jr Blvd. NYC. RSVP on www.eventbrite.com. $11.84.

Oct. 21, 4:00-6:00pm
Sustainable Fashion

Oct. 21, 5:00-8:00pm
Harlem Comedy

Oct. 21, 6:00-6:00pm
Family Jazz
Hosted by singer Catherine Russell, the daughter of long-time Louis Armstrong associate Luis Russell, this friendly concert explores the musical styles of New Orleans Rose Theater, The Shops, 60th & 2nd Ave, NYC. Hot seats available Wednesday prior, please call 212-258-9877 for info. Free.

Oct. 21, 7:00-8:30pm
Maysles Doc Ctr
Congo in Harlem: Lumumba, Return of a Hero. Quentin Noirfalisse, Benoit Feyt, and Dieudo Hamad, 2023, 86 min. (French, Lingala, and Swahili with English subtitles) 61 years after his assassination, the remains of Patrice Lumumba are returned home – or, as his children say, “the Congo returns to Congo”. Maysles Documentary Center, 343 Malcolm X Blvd, NY. $15/$7.

Oct. 23, 6:00-8:00pm
Harlem Comedy

Oct. 26, 8:00pm
Jorja Smith
At 25-years-old, British singer-songwriter Jorja Smith has already spent close to a decade soaring in the music world, with her gorgeous voice and soaring pen. www.apollotheater.org. At 253 W. 125th St, NYC. From $69.50.

Oct. 28, 8:00pm-12:00am
Masquerade Ball
NAMA Legends, musical masquerade ball. Live music and DJ, prizes, fun, food, raffles. Win prizes for best impersonation or celebrity artist costume. New Amsterdam Music Association Harlem, NAMA 107 W 130th St, NYC. www.namaharlem.org. $35 at door.

Oct. 28, 8:00pm-11:00pm
Lumumba: Return of a Hero
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DAVE of DMS
Founding Member of The Isley Brothers, Rudolph Isley, Dies at 84

By Stacy M. Brown, NNPA Newswire Senior National Correspondent @StacyBrownMedia

Rudolph Isley, a founding member and key figure in creating the popular soul group The Isley Brothers, has died at 84.

Ronald Isley, his brother, and fellow bandmate, expressed heartbreak in a statement. “There are no words to express my feelings and the love I have for my brother. Our family will miss him. But I know he’s in a better place.”

The family didn’t disclose the cause of death. Rudolph Isley was an integral founding member of the renowned musical family ensemble, which included his brothers O’Kelly “Kelly” Isley Jr. and Ronald Isley. The Isley Brothers skyrocketed to fame in the late 1950s and maintained their musical legacy for over six decades, leaving an indelible mark on the R&B and soul genres.

Among their enduring hits is the timeless classic “Who’s That Lady?” “Between the Sheets,” and “Shout.” In the late 1980s, Rudolph departed from the band to pursue a life dedicated to ministry. In recognition of their profound impact on the music industry, the band received induction into the Rock and Roll Hall of Fame in 1992. Just last year, they were further honored with induction into the Songwriters Hall of Fame, a testament to their enduring influence on the music world.

The family has not yet announced funeral arrangements or memorial services. Photo courtesy The Isley Brothers

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CCNY Scarefest

The 6th Annual Halloween A New American Nightmare

Tuesday, October 31st, 2023 | 4PM-10PM

Family-Friendly Hour (4PM-5:30PM)

Silent disco in the Hoffman Lounge

Children’s Fair in the NAC Ballroom

Entrance located at West 140th Street and Convent Avenue

ADA Entrance: Compton-Goethals Entrance & Amsterdam Ave (Between 139th & 140th street)

www.ccny.cuny.edu
How Families Can Protect Generational Wealth

(StatePoint)

A home is often the most valuable asset a family can own. It serves as a wealth-generating opportunity for current and future generations as the home’s value appreciates over time. Yet, for hundreds of thousands of people who inherited their land and homes from family members, these assets could be at risk.

Many families have experienced problems with properties that have been passed down without a will or estate plan. These properties are referred to as heirs’ property. If the deed for a property is in the name of the deceased relative and a will does not exist, it results in a “fractured” or “tangled” title shared among all multiple family members or “heirs.” This makes it difficult for heirs to maintain and manage the property in several ways, like securing a loan or selling the property. Additionally, heirs’ property owners are often cut off from accessing governmental repair and rebuilding programs and property tax relief programs.

A key driver of heirs’ property is a lack of formal estate planning. Unfortunately this issue disproportionately impacts Black and Latino Americans. According to a 2023 national survey from Caring.com, only 29% of Black and 23% of Hispanic respondents had a will or other estate planning document, compared to 39% of white respondents. “In some families, money, and particularly estate planning, is a taboo subject, but it needs to be discussed. Assets can easily be lost if steps aren’t taken to protect them,” says Stacy Spann, head of Housing Access and Affordability Philanthropy at Wells Fargo. “One of the ways we can help close the wealth gap in many communities is by empowering people to maintain home ownership from one generation to the next.”

Here are some tips to get you started:

1. Start planning today. You do not have to be older or wealthy to create an estate plan.
2. Take an inventory of all your assets.
3. Create a will. You will want to provide specific instructions on your wishes for all your assets.
4. Designate beneficiaries. You can set up beneficiary designations for your banking and investment accounts, personal property and real estate.

Wells Fargo’s Heirs Property Initiative is providing $3.6 million in grant funding to 20 organizations across the country to support work addressing issues of fractured or tangled titles. Housing and legal assistance nonprofits are offering free access to resources designed to keep families in their homes and on their land so that homeownership is preserved for future generations. These resources include legal assistance for people who need help creating a will or who are already facing heirs’ property challenges, as well as expert advice about tangled titles, estate planning, real estate taxes and more.

Beyond building generational wealth, taking steps to protect it is essential. With proper planning, diligence and time, you can pass down assets to loved ones that will open the door to new opportunities and advantages.

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Pumpkin Carving Safety Tips

By Samuetta Hill Drew

October ushers in many traditional fall social activities. Annual fall social events range from high school/university homecoming football games with all its myriad festivities to Halloween parties and trick-or-treating.

We will talk about pumpkin carving safety measures for activities usually linked to Halloween.

Pumpkins are all around us in October. They come in all shapes, sizes and colors. Pumpkins can be purchased at local grocery stores, farmer markets, and large retail stores like Sam’s, Walmart, etc. Many families choose to spend a weekend afternoon at their local farmer’s pumpkin patch to ride on rides, eat carnival/fair-type foods typically, and enjoy the main event—selecting a pumpkin out of the patch to purchase for home.

People use these pumpkins to decorate their homes and lawns and cook tasty pies and treats. Yes, pumpkins play a huge role in fall activities, and one such activity is making Jack-O-Lanterns by carving faces into pumpkins. People carve happy faces, funny faces, and scary faces. Pumpkin carving has become a fun art form and has even become a competition.

Regardless of your favorite type of face carving on your pumpkin, some basic safety measures should be used to safeguard from possible injuries. Here are a few safety pumpkin carving safety tips:

• The first safety tip is to leave pumpkin carving to adults. Carving knives or tools are very sharp. The children can trace the facial design on the pumpkin and scoop out the insides. Note: some children may not enjoy scooping out the pumpkin’s insides because it is pretty wet and slimy, whereas others will love it.
• The second safety tip is to avoid using flames inside carved pumpkins. It is best to use battery-operated lights or glow sticks.
• The last safety tip is for parents to avoid pumpkin carving altogether if they have very young children. You may consider decorating your pumpkin with markers or paint.

Turning your pumpkin into a Jack-O-Lantern can be a fun activity for an individual, couples, friends and/or family. The number one rule to help you Keep an Eye on Safety is to put safety first.
Mayor Adams Makes Abortion Care Available Via Telehealth to New Yorkers

New York City Mayor Eric Adams and NYC Health + Hospitals launched telehealth abortion access through Virtual ExpressCare — becoming the first public health system in the nation to do so — and further expanding New Yorkers’ access to abortion care while Americans’ reproductive rights remain under attack across the nation.

Beginning this week, patients in New York City seeking abortion care will be able to schedule a Virtual ExpressCare appointment to speak with a New York state-licensed healthcare professional by video or phone, on-demand, for an assessment and counseling. If clinically appropriate and prescribed, patients can receive a medication abortion kit at their New York City address within a few days.

This service will be available seven days a week, between 9 am and 9 pm, and will provide patients with access to safe, legal abortion care. NYC Health + Hospitals offers access to a full spectrum of medication and procedural abortion services at their hospital-based clinics, and this launch will expand care to include telehealth medication abortion. Patients can access telehealth abortion care online or by calling (718) 360-8981. Patients wishing to make an in-person appointment for obstetric and gynecologic services, including abortion care, should call (844) NYC-4NYC.

“Here in New York City, we will not allow the far right to continue its crusade to strip women of their reproductive rights. Last year, an activist Supreme Court undermined almost 50 years of settled law by overturning Roe v. Wade, but New Yorkers know that access to safe, legal abortion care is the cornerstone of public health, and we will not stand idly by as these attacks on women continue,” said Mayor Adams.

“I am proud to announce another first for any city government: Access to abortion care will now be available through telehealth visits at NYC Health + Hospitals sites from the comfort of one’s home. In New York City, we will never stop fighting for a woman’s right to choose the care that is right for them, and we will never stop working to make abortion care more accessible to all New Yorkers.”

“Telehealth abortion care allows the people in our lives to make the choices they need privately and safely so that they can decide what is best for them and their futures. This is about protecting the ability for women to control their own bodies, their choices, and their freedoms.”

“Since the Dobbs Supreme Court decision in June of 2022, the city has acted to strengthen access to reproductive care through both the New York City Department of Health and Mental Hygiene, as well as our city’s public hospital system for any person who needs it,” said Deputy Mayor for Health and Human Services Anne Williams-Isom.

“Adding Virtual ExpressCare to that suite of options for patients at NYC Health + Hospitals is an important next step in making reproductive health care conversations easy, accessible, and convenient for everyone. Thank you to the NYC Health + Hospitals team that makes this work possible.”

The new telehealth abortion service by NYC Health + Hospitals is based in and for New York City. Patients must attest to being in New York City at the time of the call and must attest that they will be in New York City when they take the medication. If a patient chooses to receive abortion medication by mail, the address must be in New York City. Medication administration will take place through telehealth appointments available 24/7, 365 days a year, to all New Yorkers online or by calling (631) EXP-Care (397-2273).

NYC Health + Hospitals serves patients regardless of their ability to pay. The new access to telehealth abortion care will be covered like any other service. Patients with insurance may need to pay a copay.

Suppose patients cannot afford to pay for the service or are uninsured. In that case, Virtual ExpressCare will provide care and connect patients to trained financial counselors. The counselors can help them enroll in health insurance coverage or financial assistance through NYC Care, Medicaid, and Medicare, with per-visit fees as low as $0, depending on patients’ income and family size.
Podcast Kicks Off New Season with Powerful Stories of Breast Cancer Survivors

Stories from the Stage: The Podcast, the companion to the WORLD-original series showcasing extraordinary stories told by ordinary people from all walks of life, premiered its fourth season earlier this month.

The season premiere of the series, which features three storytellers performing for a live audience, includes three Black women breast cancer survivors and advocates on how the disease changed their lives. Stories from the Stage co-creators Patricia Alvarado Núñez and Liz Cheng host the podcast.

The first episode is Rebuilding After Cancer. After being diagnosed with metastatic breast cancer, 25-year United States Air Force veteran Sheila Marie Johnson is determined to continue her mother’s legacy while forging her own; New York City resident and comedy producer Suzette Simon uses her comedic talents to highlight how Black women are disproportionately affected by cancer; Atlanta resident, blogger and influencer Meggie Chase becomes an advocate after finding out that breast cancer will alter her dream of motherhood. Johnson, a 25-year United States Air Force veteran, author and subject of a film coming out on BET+ on October 19 (God’s Grace: The Sheila Johnson Story). Their stories were part of a WORLD partnership with Count Me In, a nonprofit initiative committed to advancing patient-partnered cancer research.

The season continues with new episodes tied to the weekly Stories from the Stage broadcast series — hosted by humorists and storytellers Theresa Okokon and Wes Hazard — now heading into its seventh season on Monday, October 16, at 9:30 pm EST on WORLD, the WORLD YouTube Channel, worldchannel.org and the PBS App. It includes four special episodes taped in Arizona and Nebraska. Flourishing in the Desert (October 16) and All Connected (November 20) are produced in collaboration with Arizona PBS, and On Sacred Ground (October 23) and Sacred Circle (November 13), featuring Indigenous tellers for Native American Heritage Month, are produced in collaboration with Nebraska Public Media and Vision Maker Media.

Connection through identity is interwoven throughout Stories from the Stage. Audiences will find humor, poignant lessons, and moments of triumph in episodes such as Finding Family (December 4), Bucket List (January 4), Quest (January 22), From the Heart (February 12), Extraordinary Women (March 4), Be the Change (March 18), Belonging (May 6) and Sound Check (May 13). New episodes will air weekly through June 2024 on WORLD and stream across WORLD digital platforms, including YouTube. DUPPLICATIVE? Individual stories and exclusive digital content can also be viewed on Facebook, Twitter, Instagram, TikTok, and on the WORLD YouTube Channel.

Available on worldchannel.org, Apple Podcasts, and Spotify Stories from the Stage: The Podcast brings deep dives, interviews, and more, with highlights selected by series co-creators and podcast co-hosts Patricia Alvarado Núñez and Liz Cheng.

Select stories from Stories from the Stage broadcast Fridays on The World, a globally-focused radio program from PRX and GBH.
How to Navigate Your Medicare Options During the Annual Enrollment Period

(StatePoint)

The average Medicare beneficiary in 2023 has access to 43 Medicare Advantage plans, the largest number of options ever, according to KFF. With so many plans to choose from, the Medicare and Prescription Drug Plan Annual Enrollment Period (AEP), taking place from October 15 to December 7, may be overwhelming and confusing.

“The Medicare Annual Enrollment Period is when you can shop for a new plan, if you want to,” says Kate Long, consumer financial wellness advocate at Assurance IQ. “If you have a new doctor, are taking new prescriptions or if your existing plan simply no longer meets your needs, it could be time for a change.”

As Long points out, shopping for a new plan doesn’t necessarily mean you cannot stay with the same carrier. They may have multiple plans available in your area. The important thing is finding a Medicare Advantage plan that addresses your unique healthcare and budgetary needs. To help you navigate your options, consider these tips from Assurance IQ:

• The first tip is to review your Annual Notice of Change, which should have been mailed to you before October 15. This document explains changes to your plan, such as providers, prescription drugs or services no longer covered. Make sure to review it carefully to understand if these changes could impact your plan benefits.

• Next, you’ll want to assess your healthcare needs and financial standing. Are there services you know that you’ll need in the coming year? If your finances have changed, can you still afford your current plan? Are you taking a new prescription that your current plan doesn’t cover?

• Now it may be time to shop around. Before enrolling in a plan, make sure that your preferred doctor, specialists and any prescriptions you need are covered. Ask which out-of-pocket costs you will be responsible for. It’s important to find an affordable plan for you.

• You could also speak with a licensed insurance agent about your needs. Prepare for the conversation by having a list of your prescriptions on hand, having your Medicare card nearby, and having a list of your doctors and medical equipment you use. Knowing which company provides your medical equipment is also important. Be sure to also read the “Medicare & You” handbook that is mailed to all Medicare beneficiary households in late September. You can also find it online by visiting medicare.gov/medicare-and-you.

Medicare options are more expansive than ever. And while that makes the Annual Enrollment Period more complicated, the upside is that by doing your homework, you’ll be more likely to find a plan that works for you.

PHOTO SOURCE: (c) Prostock-Studio / Stock via Getty Images Plus
Urbanology: Whole Brain Thinking

By W.A. Rogers

Scientific research has shown that two different sides, or hemispheres, of the brain, are responsible for different manners of thinking. Modern society has programmed the average person to favor the left brain modes of thought that focus on logic, accuracy, rationality, and an analytical approach to life.

The right brain thinking modes of aesthetics, creativity, and feeling have not been considered the most effective pathway to financial and professional success over the past century.

In the last twenty years, science and spirituality have grown closer due to scientific evidence supporting the ancient wisdom of thought manifestation through creative mental imaging. Today, we see more individuals understanding and practicing Whole Brain Thinking to improve the quality of their lives.

The secret is out, but it is old news to some of the most powerful business, scientific, and political leaders in American history who used Whole Brain Thinking to influence the lives of millions in this country.

Whole Brain Thinking is using both the left and right brain to strategically address areas such as health, wealth, and peace of mind. When Andrew Carnegie, one of the wealthiest men of his day, disclosed his formula for personal achievement to Napoleon Hill in the early 1900s, it inspired Hill to write his famous personal achievement book “Think & Grow Rich.”


Whole Brain Thinking will be the master key system to the science of getting rich in the 21st century and beyond. We must learn to use the powers of both our right and left brain to visualize and manifest our dreams into reality. We must learn to think and grow rich.

I truly believe the most important reason to explore Whole Brain Thinking is to learn the power of self-healing. All healing starts from inside, and there have been several examples of how individuals have learned to use Whole Brain Thinking to heal themselves.

I am currently reading a fascinating book by RJ Spina titled “Self-Healing.” It is a guide that allows the reader to access high-frequency states of consciousness to rejuvenate and repair the body. I will write more about this book in future articles; I suggest picking it up.

If you visit www.lumosity.com, you can learn how to use the left and right brain productively to improve your life. I would also suggest picking up the three listed books if you have not read them. You can also email me at onuwon@gmail.com or call 917 821-7099 for more information.

Answers to Puzzle on page 17

HERBS ARE NATURE’S MEDICINE
KITCHEN HERBOLOG

By Zakiyyah

THYME, as an old-school household remedy, is very healing and antiseptic, especially beneficial for the chest, stomach, uterine, and bowel problems, and is a soothing sedative for the nerves (children and adults).

The interesting health benefits of thyme include: it’s ability to relieve stress, reduce respiratory issues, improve heart health, boost the immune system’s strength, protect against chronic diseases, stimulate blood flow, and prevent fungal infections. WOW

THYME is powerful yet harmless and can be relied upon to eliminate all infection and destroys worms. Of the 60 varieties of thyme, thymus vulgaris is best medicinally and for cooking. Colic and flatulence is relieved with an infusion of 3 parts Spearmint and 1 part Ginger (zingiber officinalis) as necessary.

For burns, apply gauze soaked in the decoction; for cirrhosis of the liver/alcoholism taken as a warm tea stimulates the liver; for female (infections) problems – douche with strong decoction; for lung congestion drink a strong tea; for purulent/gangrenous wounds thyme’s antiseptic qualities make the tea a superb wash; for skin disorders (discoloration, eczema; psoriasis, poison ivy rash, ringworm) – use the strong decoction or tincture externally as a frequent wash.

... MAKE NATURE’S MEDICINE YOUR OWN

This information is to help balance your body’s natural healing energies and is not intended as a diagnosis, treatment or a cure. Check with your doctor before changing your health regimen. Email: theherbalist1750@gmail.com; phone: 347-407-4312; ENERGETIC( NO-PAIN) PRANIC FACE LIFT: https://tinyurl.com/y3aldpzy; blog: www.herbsarenaturemedicine.blogspot.com. View my upcoming book: booklaunch.io/Zakiyyah/theenergeticsofherbs.
THEME:
HALLOWEEN

ACROSS
1. Down in the dumps
5. Letter-writing friend
8. Trampled
12. Hokkaido people
13. D. H. Lawrence’s “...and Lovers”
14. Near the wind, archaic
15. Mideast ruler
16. Hipbones
17. *Pumpkin, e.g.
18. “The ___”, movie
20. Jackson 5 member
21. Twinings product
22. ___ canto (singing style)
23. Appetite whetter
26. Chucking
30. Pilot’s announcement, acr.
31. Short sock
34. Kuwaiti leader
35. Dapper
37. “___ the ramparts ...”
38. Origami bird
39. Popular picnic side
40. Weary walk
42. Often precedes “whiz”
43. Larry of Oracle
45. Most idle
47. Napkin holder
48. Gamy, alt. sp.
50. *What witches’ brew does in 52 across
52. “Eye of newt and toe of frog” holder
55. Shell-less gastropod, pl.
56. Siren’s song, e.g.
57. A Flock of Seagulls’ hit (2 words)
59. Ottoman title
60. Type of mine passage
61. Head of family
62. Aid in crime
63. *World’s largest Halloween Parade location, acr.

DOWN
1. Ovine utterance
2. Margarita fruit
5. Disease in Philip Roth’s “Nemesis”
6. Licorice-like flavor
7. Future atty.’s exam
8. Michael Jackson’s spooky classic
9. Disorderly retreat
10. M lange
11. “Silent Spring” subject, acr.
12. Make ill
14. Subsequently
19. Settle a debt
22. Contrary conjunction
23. End of “incense”
24. In the least (2 words)
25. Birth-related
26. Group of cows
27. JPEG data
28. “To the ___,” or “to a great extent”
29. Roll out the red carpet
32. *Kandy ___
33. Romanian money
36. *Stephenie Meyer’s vampire saga
38. Relinquished
40. Spinning top
41. Gin plus lime cordial
44. Chip dip
46. *“Monster Mash” words, e.g.
48. Tasteless and flashy
49. Gold-related
50. Spill the beans
51. Yorkshire river
52. Kin group
53. Word of mouth
54. California wine valley
55. R&R destination
58. *All Saints’ Day mo.

See answers on page 16 and 18

DON’T MISS ANOTHER ISSUE
SUBSCRIBE TODAY!
GO TO PAGE 19
The kids are back in school now and already, your family’s going in six different directions.

You’re busy, between sports, extracurricular activities, work commitments, family gatherings, and community activity. If there were a meaningful way to get everybody together at once, you’d be all over that, so grab “The New Brownies’ Book” by Dr. Karida L. Brown and Charly Palmer and take a hint from Grandma’s time.

Ten years after the launching of the “infamous The Crisis magazine,” W.E.B. Du Bois, Augustus Granville Dill, and Jessie Redmon Fauset had another idea: they called it The Brownies’ Book, though it was really a magazine that sold for less than two dollars for six issues, or fifteen cents for a single issue. It was 1920, Jim Crow laws were in effect, and their intention was that the publication would “serve as a much-needed medium for Black and brown children,” by showing them what people of color had contributed to the world. It was also something white families could use and learn from, too.

“IT was,” say Brown and Palmer, “a crown jewel of African American children’s literature.”

This book, meant to “evoke the spirit of... [the] original Brownies’ Book,” pulls together dozens of original stories, poems, plays, essays, lessons, and artwork that mirrors what Du Bois had initially intended more than a century ago.

Here, you’ll find tales of ancestors and why it’s important to know yours. You’ll find games for the whole family to play, including even the littlest kids. You’ll find photos and reproductions of Brownies’ Book pages from the 1920s and new artwork from various Black artists. There’s humor in some of these stories, and one is a fun challenge for pre-teens. There are tales for older kids here, pages that help teach morality and empathy, stories to read aloud to a grade-schooler, stories that seem to end abruptly but beg for meaningful discussion, and biographies of “she-roes” and other giants in Black history...

I don’t think that this book is only for small children, though. This is the kind of reading that you can leave around for a teenager to find and browse through to provoke thoughts and spark ideas. There are inspirations inside here, as well as subtle lessons.

You can feel comfortable giving this to a new, old, or even blended family. It would also be a great gift for your favorite babysitter or grandparent.

“The New Brownies’ Book” by Dr. Karida L. Brown and Charly Palmer

c.2023, Chronicle Books $40.00 208 pages

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