Arthur Ashe's Legacy Celebrated At 2023 Sportsball Gala

VISIT OUR WEBSITE: www.harlemcommunitynews.com

Follow Harlem Community Newspapers on Social Media!
Facebook: @HarlemCommunityNewspapers
Instagram: Harlem_community_newspapers
Twitter: @HarlemGoodNews
YouTube: harlemnewsinc
“Good news you can use”

HARLEM COMMUNITY NEWSPAPERS

To reserve advertising space email us at:
harlemnewsinc@aol.com
To subscribe, go to our website at
www.harlemcommunitynews.com or page 19

OUR MISSION STATEMENT
The Harlem Community Newspapers, Inc. will publish positive news and information. Our mission is to deliver “good” and informative news to our readers focusing on health, education, housing, business and employment opportunities. We look for and publish results, not problems. We promote businesses, opportunities and events happening in the communities we serve. We are dedicated to providing our readers with valuable information they can use to improve the quality of life for themselves, their families and our communities.

HARLEM WEEK
Afro-Cuban Film Shown at Joyce Kilmer Park in the Bronx
Vol. 14 No. 28
July 17 - July 23, 2014

HARLEM COMMUNITY NEWSPAPERS

IN THIS ISSUE:

Expressions 4  Event 14
Op Editorial 6  Urbanology 16
Real Estate 7  Games 17
Calendar 8  Literary Corner 18
Entertainment 9  Classified 19
Education 13

Publisher/Editor Pat Stevenson
Editor Cynthia Honer
Social Media Mgr Steven Bennett
Layout Mgr Steven Bennett
Proofreader Hazel Smith
Publisher Assistant Steven Bennett
Borough Writer Howard Giske
Feature Writer Jennifer Cunningham
A&E Editor Linda Armstrong
Editor Cynthia Honer
Travel Debi Kops
Intl News & Entertainment Maria Cavenagh
Society Audrey Bernard
Columnist William A. Rogers
Columnist Zakiiyah
Feature Writer Hazel Rosetta Smith
Events Calendar Howard Giske
Writer/Videographer Marisol Rodriguez
Book Reviewer Terri Schlichenmeyer
Brooklyn Writer Keith Forrest
Bronx/Queens Writer Howard Giske
Photographer Nadezda Tavdova Tezgor
Photographer Michelle James
Photographer Seitu Ononde
Office Asst/Distributor Dominic Jones
Distribution Russell Simmons
Computer Director David Sinclair
Marketing Consultant William A. Rogers
Assistant Latasha Moore

The Harlem Community Newspapers, Inc. is a New York City, New York State and Port Authority certified MWBE. We are also members of the NNPA, New York Press Association, the Greater Harlem Chamber of Commerce, CACCI, the Bradhurst Merchants Association Women Chamber of Commerce, the Harlem Tourism Board and Women In The Black.

A Publication of: Harlem Community Newspapers, Inc.
Mailing: P.O. Box # 1775, New York, New York 10027
Phone: 646-986-1015*
Email: harlemnewsinc@aol.com
Website: www.harlemcommunitynews.com
Twitter: @harlemnewsinc  Facebook: /harlemnewsinc
Audited by: Alliance for Audited Media

CONTENTS

Opinion 10
Fharma 11
Features 12
Arts 13
Local Business 14
Real Estate 17
Calendar 18
Entertainment 19
Education 20
Classified 21

IN THIS ISSUE:

Students who excel in Health receive scholarships and recognition. Health Professionals and executives in the Health field are recognized for their work. The gift of a pair of sneakers at this black-tie event is always a treat. Many wind up wearing the sneakers at the event with their black tie outfits.

Maria Grazia Cavenaghi attended the “Hope in Harmony Awards” ceremony last week for Harlem News. This event is sponsored by the Renowned Choir & National Nonprofit of Broadway Artists, whose Mission is to Support and Strengthen Communities in Need through Arts, Education, and Outreach Programming.

October is Breast Cancer Awareness Month. As an 8-year triple-negative breast cancer survivor, this time of year brings back memories of weeks of chemo treatments and friends, family, and readers who supported me. I know that I am extremely blessed to have had so much support. I have gotten to know and help others who have suffered from this illness, and it indeed makes a difference when you have people around you who will support and comfort you. In this issue, we are sharing a couple of articles of information. Remember to get your mammogram if you have not done so and are due for one. With early detection, you have the best chance of saving your life.

You can visit our website to see past issues, past videos, current events, advertising and subscription information, etc., at www.harlemcommunitynews.com. We are also on Instagram and Facebook.

Pat Stevenson
Celebrating 29 years
Publishing
Harlem-Based Singer Shares Breast Cancer Survival Story

By Julia Robertson

In the early 1990s, I was watching years of hard work and dedication come to fruition. My best friends and I had been part of a Harlem-based quartet called Petite in the mid-80s and, to our credit, we actually released an album entitled Teens in 1986. Tisha Hunter, Monica Boyd, Kimberly Davis, and I sang and danced our hearts out and released a single and music video from our debut album called “So Fine”, which was a harmonic love letter to our favorite singing group New Edition. A few years later, after Kim left the group, we reformed and were given the name Ex Girlfriend after Full Force signed us to their record label Forceful Records. Stacy Francis was added to the group and, in 1991, we began working on our debut album X Marks The Spot.

A year after our debut album was released, our single “Colorless Love” appeared on the soundtrack for the drama film Zebrahead. Nas’ first song “Half-time” also appeared on that album.

On February 18, 2003, I gave birth to my son and named him Julian, after me. Julian was a handsome baby and had the most adorable smile.

However, in February of 2012, I was diagnosed with Stage 2 breast cancer. Growing up in Harlem certainly hadn’t been without its challenges but this was, by far, among the most difficult battles that I was faced with. And it would be a battle I would have to fight for my son and me.

I fought the cancer with my whole heart, mind, and soul. I prayed constantly and endured six weeks of chemotherapy treatment along with eight weeks of radiation. It was rough... really rough. I lost my hair and, in many cases, my emotional balance. But I had to be strong. I could not give up. I had to fight for my son; I had to fight for my life. Having courage was as much a necessary part of the battle as the medical treatment itself. In the end, my left breast became a casualty of the war, but, in the end, I triumphed and won the fight.

Eventually, I was deemed ‘cancer-free, and I maintain that status by getting plenty of rest, exercising, and following a healthy diet. I get annual check-ups and do all I can to keep stress to a minimum.

And...I sing!

On May 5, 2023, I released my long-awaited solo debut single, “HEAT,” co-written and produced by Erick “Mr. Major” Shervington. Currently, I am performing my new song, co-writing, and putting the finishing touches on my debut solo album, “The Audio-Biography of Julia Robertson.” The album title is, in fact, quite fitting as it chronicles my story... my journey. The trials, tribulations, and triumphs, including a literal fight for my life, are the basis for the songs that will be featured on my album. I am committed to using my platform and voice to strengthen, empower, and encourage others.

Thankfully, my journey isn’t over, and I want to be a support system, with my voice, for those breast cancer survivors who need it. I want my music to be the soundtrack of their own success stories.

IG @msjuliarobertson
The compassionate funeral directors at Daniels Wilhelmina Funeral Home provide individualized funeral services designed to meet the needs of each family. Our staff of dedicated professionals is available to assist you in making funeral service arrangements.

You are welcome to call us at any time of the day, any day of the week, for immediate assistance. Or, visit our funeral home in person at your convenience.

Ask about our Zoom and Streaming services
Free Obituary in Harlem Community News for our customers

212-283-2547
Email: daniels@adwfh.com
110 West 131st St street
New York, NY 10027

Ricky D. Daniels
Licensed Embalmer and Director
“Dignified Funeral Services – All Faiths”

Fundraising Opportunities
Two Gospel Musical Plays
“Tell-It, Sing-It, Shout-It”
&
“The Flip Side of The Coin”
Written by Hazel Rosetta Smith
Professional Casts & Musicians
Appropriate for All Ages
Contact
misshazel@twc.com
Website for Portfolio of Plays
HSTM
www.hazelrosettasmith.com
Inspirational Entertainment

Hope for peace has been shouted from all quarters of the world. We ask God for peace again and again as we try to comprehend and reason the why and therefore of several wars taking place at this current time. We fall on our knees and pray fervently for peace and yet upon rising from that prostrated position, peace remains a fleeting fantasy.

It seems insane that one dictator with an overactive ego could create such cruel chaos for his neighbor. Or a group of like-minded individuals could grow into a multitude of followers willing to cause destruction and bring death to an entire country, all the while sacrificing their own people along the way.

There is only one horrific conclusion to any war. The possibility of total devastation is imminent. As powerful and multiple as one side may be, most assuredly it will open the door to robust and brutal retaliation. No one is the winner. Both sides will bury their dead and grieve for the loss of innocent lives.

Webster’s dictionary offers several words to define peace. Freedom from war, and an agreement to end war, law and order, harmony, concord, serenity, and quiet. Interestingly the first two definitions refer to war. Freedom from, and an agreement to end. The people of the world need peace of mind and that is referenced in the last four words, harmony, concord, serenity, and quiet.

We cannot hope for the world to revolve in peace if we are not finding ways to create a fertile environment for peace to grow. It falls upon every human to plant seeds of positivity and harvest prosperity for all. Humanity is mortally wounded by hate. Help often comes too late. We must seek ways to touch that place of calmness within ourselves to inherit what is available to each of us. We must affirm wholeness within for the sake of lives to survive and thrive.

What you plant in your mind will come to the surface and permeate every portion of life, yours, and others. You may not be a reader of biblical scripture, but at least acknowledge the wisdom found within Philippians 4:8: Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable...think about these things.

Peace demands that we live honestly in the light of our conscience. It cannot merely find fulfillment in our personal success. We can only achieve our human potential by seeking ways to love our neighbor as ourselves. If there be peace, let it begin from within.

[Hazel Rosetta Smith is a journalist, playwright, and artistic director for Help Somebody Theatrical Ministries and HRS Speaks! Retired, former Managing Editor and Women’s Editor of the New York Beacon News. Contact: misshazel@twc.com and online www.hazelrosettasmith.com]
CNS “Cole Network System” presents

Nov. 5th
THE FUTURE OF MANKIND

10:30a-2:30p

4th CTPS
Open Jar Studios 1601 Broadway 11th Floor
New York City, NY 10019

Register at eventbrite.com or call (212) 539-6020

The combined forces of AI (Artificial Intelligence) and IA (Intelligence Amplification) opening doors to create new ideas and boost profit growth.

Don’t miss the boat to a brighter future!
OP-ED: A New Generation of Leaders

By Forward Times Staff

Michael Jordan is arguably one of the best professional basketball players in the history of the NBA. Among his many accomplishments during his illustrious career, Jordan was Rookie of the Year, five-time NBA MVP, six-time NBA champion, six-time NBA Finals MVP, and NBA Hall of Fame inductee. Jordan’s final game as a player was on April 16, 2003, where he finished with 15 points in a loss to the Philadelphia 76ers.

“Now I guess it hits me that I’m not going to be in a uniform anymore—and that’s not a terrible feeling,” Jordan said afterward. “It’s something that I’ve come to grips with, and it’s time. This is the final retirement.”

But Father Time respects no one, and he ultimately catches up with all of us. Just as Jordan concluded it was time to “hang it up,” Utah Sen. Mitt Romney made the same decision as he recently announced that he will not seek a second term. Romney emphasized the need for a new generation of leadership.

A true leader understands they cannot be held captive by their pride, ego, fame, and thirst for power when an influential and productive career has run its natural course, and it becomes time to pass the baton to the next generation. In a rare move, former Justice Stephen Breyer retired from the Supreme Court, allowing President Biden to appoint a successor who could serve for decades.

There was not a major ideological shift when the 51-year-old Ketanji Brown Jackson replaced the 83-year-old Breyer, but rather a critical generational and cultural shift that gives a fresh voice speaking on behalf of a diverse nation. It is the generational and cultural shift that causes Republicans to feel threatened. Young people can be a formidable voting block in elections if they mobilize across racial and party lines. Unsurprisingly, young conservatives feel abandoned by the Republican Party when evidence shows they are targets of the same voter suppression tactics used against minority voters.

In Texas, Republicans introduced a bill that would ban all college voting centers and drop boxes. In Florida, the governor approved a bill making it more difficult for third-party voter registration organizations to conduct outreach to young people. And in Idaho, Republicans passed a bill to ban student IDs from being used to register to vote.

We no longer live in times where each generation will do better than the previous one. As our nation moves from one era to the next, the idea of the infamous American dream is seen only as a pipe dream by many millennials and members of Generation Z.

As baby boomer lawmakers like Mitt Romney continue to age out, will members of Gen Z commit to public service and be trusted defenders of their generation? Will they have enough political opportunities to serve effectively when older elected officials on the state and federal levels don’t know when it is time to pass the baton?

With the election of Rep. Maxwell Frost of Florida as the first Gen Z member of Congress, he became an example for others to follow.


Photo Credit: NNPA

Subscription Information

page 19

Advertise in Harlem Community Newspapers
email today:
harlemnewsinc@aol.com
Home Buying in Harlem
Be Prepared to Buy Now

Can anyone afford to buy a home in Harlem? The obvious answer for most low to moderate-income families is a resounding no! Are community residents being effectively priced out of Harlem? Again, the obvious answer is yes!

So, what actions can low to moderate-income families take to purchase a home in Harlem? Housing values in Harlem are very high. This is a problem for first-time home buyers, and there is not a quick solution available.

The home buying process is difficult enough to complete under the best circumstances. However, if you make a mistake during the home buying process, it can have a disastrous impact on your success as a homeowner. Some unfortunate prospective first-time buyers have suffered a great deal because of making poor decisions at critical points during the process, costing them valuable time and money.

In addition to the high-interest rates and a competitive market, first-time buyers must still face the ugly fact that discrimination in the housing industry still exists despite the number of fair housing laws now in place to protect minority prospective home buyers. Recently, the government fined a national lender for writing illegal predatory loans to minority home buyers in several cities across the country! How shameful! Redlining practices, although also illegal, are still being practiced in many parts of the country.

But are you currently ‘mortgage ready?’ Which means you have received a pre-approval from an authorized lender within the last 90 days, have adequate money saved for the down payment and closing cost (probably somewhere around $50-60K), used your credit responsibly, and have a solid credit history (no late payments in the last 24 months) with 3-4 active credit accounts, and at least a minimum of a 2-year consistent work history.

There is a Harlem brownstone that is live in ready, currently on the market! The asking price has dropped slightly and is now going below the market rate, but is still for most first-time buyers, a financial stretch that will force you to make some drastic adjustments to your monthly household budget. But remember, where there is a will, there is a way. Trust God to provide.

I recently spoke with the sellers, and they are anxious to move the property sooner rather than later. This is a great home buying opportunity, but like with any opportunity, it will not last long. It will be ideal for anyone who is ready and able to make the offer and move in right now. Do not hesitate. Plan on attending HCCI’s home buyer education workshop. Have your home buying team in place and get busy. Do your research and contact the seller’s agent to make an offer. You will not regret it.

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.
Oct 26, 7:00-8:30pm
Maysles Doc Ctr
This riveting exploration of the story of Olfa Hamrouni and her four daughters to examine how the Tunisian woman’s two eldest were radicalized by Islamic extremists. Maysles Documentary Center, 343 Malcolm X Blvd., NY, NY. www.maysles.org. $15/$7.

Oct 27, 7:00-8:00pm

Oct 27, 7:00-8:00pm

Oct 28, 11:00am-12:00pm
Gospel
A Harlem gospel concert is a hand-clapping, and foot-stomping experience. Celebrating with renowned singer Emanual AME Church 37 West 119th Street. info@wemetoaharlem.com. Tel. 212-562-7779. $20.

Oct 28, 11:00am
Story Hour
Storyteller, Joy Kelly Smith presents stories of harvest, and going trick or treating and Halloween! Sugar Hill Museum at 898 St. Nicholas Avenue @ 155th Street. NYC. Tel. 212-335-0004. See www.sugarhillmuseum.org. Cost $7. Children aged 0-8 are free.

Oct 28, 12:00-3:00pm
Sustainable Fashion

Oct 28, 3:00-6:00pm
Trick-or-Treat
Boriken will be bringing back our Open Streets one more time this year. In celebration of Halloween, we’ll be having a Trick-or-Treat Open Streets. Stop by for some games, music, activities, resources, & more. Boriken Health Ctr, 2265 3rd Ave, NYC. Free.

Oct 29, 6:00-8:00pm
Live Comedy
By Ishmael Gaynor. Brown Sugar Comedy Show (Day Party). Yes, it’s a LIVEd COMEDY SHOW IN HARLEM! Shire world music venue. 2271 Adam Clayton Powell Jr Blvd. NYC. RSVP on www.eventbrite.com. $11.84.

Oct 30, 6:00-8:00pm
Harlem Comedy

Oct 31, 7:00-11:30pm
Haunted House
The Haunted Harlem House Halloween Party.

Nov 3, 5:30-11:00pm
Harlem Roots
October is National Breast Cancer Awareness Month, and NYC Health + Hospitals are urging New Yorkers to schedule a mammogram. Mammograms cannot prevent breast cancer, but they are the best way to find it early. When breast cancer is detected before it has spread beyond the breast, the survival rate is 99 percent. Some people who have breast cancer have no signs or symptoms. Early detection can help prevent breast cancer from spreading to other parts of the body.

Women over the age of 40 should be screened for breast cancer. To schedule a mammogram or other breast cancer screening, New Yorkers should call 844-NYC-4NYC (844-692-4692). Established patients can use MyChart to request an appointment. Referrals can also be made as part of a routine virtual visit with your provider.

“Routine breast cancer screenings save lives,” said NYC Health + Hospitals Senior Vice President and Chief Medical Officer Machelle Allen, MD. “Every woman 40 years and older should speak with her doctor about her specific risks for developing breast cancer and how frequently she should be screened for breast cancer. Screenings are easy and generally only take 20 minutes. Don’t procrastinate; schedule an appointment today.”

“Black women and women of color are usually diagnosed at a later stage of breast cancer – making early detection even more important,” said NYC Health + Hospitals Chief Women’s Health Officer Wendy Wilcox, MD, MPH, MBA, FACOG. “NYC Health + Hospitals will do everything it can to reduce the barriers associated with getting a mammogram – cost or lack of insurance should not be an impediment.”

Breast cancer is the second-most common form of cancer among women in the United States after skin cancer. Men can also get breast cancer, although such cases are rare. In the U.S., breast cancer is the second-leading cause of cancer death among women, after lung cancer. The American Cancer Society estimates that there will be over 41,000 breast cancer-associated deaths in 2023. Black women tend to have a higher death rate from breast cancer than their White, Latino, and Asian/Pacific Islander counterparts, most often because they are diagnosed later and thus miss early treatment.

One is more likely to get breast cancer:
- Do not exercise regularly
- Have obesity
- Take combination estrogen-progesterone hormone replacement therapy during menopause
- Currently use certain birth control pills
- Have a family history of breast cancer
- Have a specific gene mutation for breast cancer, such as BRCA1 or BRCA2
- Began menstruation before age 12 or started menopause after age 55

Breast cancer or an abnormality cannot always be seen or felt. However, if you experience any of these symptoms, speak with your doctor immediately:
- A new lump in the breast or underarm
- Thickening or swelling of part of the breast
- Dimpling breast skin
- Redness or flaky skin in the nipple area or the breast
- A nipple that turns in or becomes sunken
- Pain in the chest

Most health insurance plans cover mammograms and other breast cancer screenings. If one does not have health insurance, the provider can still screen for breast cancer and administer a mammogram. Learn more here.

NYC Health + Hospitals can help patients apply for health insurance. If one doesn't qualify, we can help enroll in NYC Care, a healthcare access program.
As the job search continues for unemployed Americans, a new national survey reveals a massive case of job hunt burnout.

The Insight Global survey, conducted among recently unemployed American adults actively seeking employment, found that a competitive job market, a lack of applicable jobs, low self-confidence and an inability to interview well are all contributing factors in job candidates’ lack of success in securing employment.

Fifty-five percent of respondents have been searching for a new job for so long that they are completely burnt out, and many are willing to take drastic measures to save and make money in the meantime: More than 2 in 5 would live at home with their parents; the same amount would rather create an Etsy business or thrift flip than send out another blast of resumes, and of Gen Z respondents, 44% admit they would rather get a sugar daddy or sugar mommy than apply to more jobs.

“It’s no wonder that so many unemployed Americans are feeling unmotivated – between several years of a volatile job market, headcount reductions, budget cuts, hiring freezes and a total overhaul of the way companies are running their businesses, it can feel downright impossible to get back on track,” says Bert Bean, CEO of Insight Global, a leading national staffing company.

To beat job hunting burnout and get back in the game, Bean recommends the following tips:

- Rethink Remote: Of millennials surveyed, 21% feel they’re still unemployed because they will only apply to remote job opportunities. To stand out in the crowd, get creative. Whether it’s creating an interactive resume, dropping by the office for a quick hello, or just not stopping until you hear back, doing whatever it takes to get your foot in the door improves your chances of success.
- Stand Out: Over a quarter of those seeking full-time work feel that there are no jobs available for their skill set or there is too much competition for available jobs. To stand out in the crowd, get creative. Whether it’s creating an interactive resume, dropping by the office for a quick hello, or just not stopping until you hear back, doing whatever it takes to get your foot in the door improves your chances of success.
- Find Small Wins: Job hunting can be exhausting and disheartening. Find things you can accomplish that help you feel productive and remind you what it feels like to win again. It could be getting in shape, completing a 5K, journaling for a month, or making five new daily connections on LinkedIn.
- Don’t Write Anything Off: Interestingly, 26% of men surveyed said they are still unemployed because the jobs they hear back from are beneath them. Leave preconceived notions like this at the door. Many companies offer opportunities for promotions and upskilling, so look past the specific outlined role and imagine future possibilities with that organization.
- Reach for Resources: When trying to get back in the workforce, don’t go at it alone. Companies like Insight Global can help you shape up your resume, brush up on interview skills, boost your confidence and connect you with companies and opportunities that fit the bill. Leverage events like the Be The Light tour, Insight Global’s free-to-attend mobile career center in select cities around the country. Accepting help from professionals will put you in a better position for landing a job. To learn more, and for additional tips and resources, visit insightglobal.com.

“While searching for employment that fulfills your professional goals can feel overwhelming, changing the narrative and thinking about the market in new ways can connect you with additional opportunities and position you to succeed,” says Bean.

PHOTO SOURCE: (c) Jovanmandic / iStock via Getty Images Plus
As a New Yorker, you face unique challenges to your mental and emotional well-being that are heightened by city life. The Serenity and Soul Well-Being Program offers you free public classes, special events, and 1:1 support to help you build community, manage stress, and prioritize healthy lifestyle choices.
YOUTH DEVELOPMENT FOUNDATION, INC.

DMS PRODUCTIONS

Presents SOULFUL R&B LIVE!

THURS. NOVEMBER 9TH 2023@8PM

HOWARD HEWETT
THE LADIES OF SKYY
JEFF REDD
MELI’SA MORGAN
THE BELLS 2.0

GRAMMY WINNER
CALL ME
I FOUND LOVIN’
DO ME BABY

Your Hosts

bergenPAC
30 N Van Brunt Street
Englewood, NJ

FUNDRAISER FOR YDF
Tickets: $45 / $55 / $65 / $75 / $85
Available online at: www.bergenpac.org/events
The BergenPAC Box Office: 201-227-1030

Your Emcee

DEBI B
DR BOB LEE
Formerly of WBL
WBL

DAVE
of DMS

EVEN
Biden Has Canceled $127 Billion In Student Debt

By Bria Overs, Word in Black

The Biden-Harris administration continues on its path of debt forgiveness, adding 125,000 student loan borrowers to its growing list of those who have received relief since President Biden took office.

This decision comes mere weeks after the Department of Education announced forgiveness for 2,300 University of Phoenix students. The new round of loan forgiveness focuses on borrowers enrolled in Income-Driven Repayment (IDR) plans and the Public Service Loan Forgiveness (PSLF) program and those with disabilities.

The new initiatives bring the administration’s total debt canceled and forgiven to $127 billion for an estimated 3.6 million Americans. But more aid and relief is still to come.

Debt cancellation particularly impacts Black Americans, who borrow more on average, hold their debt longer, and often struggle financially due to their student loans, according to the Education Data Initiative.

The PSLF program puts borrowers employed by the government or nonprofit organizations with Federal Direct Loans on track to have their loans forgiven after 120 qualifying monthly payments, the equivalent of 10 years.

“Because of red tape, only 7,000 borrowers had been helped,” President Joe Biden said at a recent press conference. “Well, thanks to reforms, more than 700,000 borrowers had their debt forgiven.”

According to the White House, nearly 715,000 public servants have had $51 billion in student debt forgiven.

Income-Driven Repayment plans, including the Pay As You Earn Repayment (PAYE) plan or the Income-Based Repayment (IBR) plan, offer another form of payment assistance and a route for forgiveness. These plans can help borrowers lower their monthly payments based on their income, with forgiveness applied to any remaining balance after 20 years of payments or 240 qualifying monthly payments.

“The administration estimates 855,000 borrowers on IDR plans have received $42 billion in relief, and an additional 513,000 borrowers with total and permanent disabilities received $11.7 billion in relief.”

After the Supreme Court rejected the president’s attempt to implement a broader and more sweeping forgiveness plan in June, he announced adjustments to the Revised Pay As You Earn Plan, which became the Saving on a Valuable Education plan.

Under SAVE, borrowers could see significantly lower payments. Monthly payment amounts, with SAVE, are based on discretionary income, which is the difference between the adjusted gross income and 225 percent of the Department of Health and Human Services’ poverty guidelines.

Additionally, the plan helps prevent balances from growing each month by eliminating the remaining interest accrued after a monthly payment.

A borrower on the SAVE plan making less than $30,000 a year could have a monthly payment of $0. A $0 monthly payment could apply to a household of four people making less than $60,000 a year.

By July 2024, the Biden-Harris administration plans to add more benefits to the program, including reducing the wait time for loan forgiveness eligibility to 10 years for borrowers with original balances of $12,000 or less. They also want to add forgiveness credit during periods of forbearance and deferments and automatic enrollment in the plan after missed payments.
Arthur Ashe’s Legacy Celebrated At 2023 Sportsball Gala

The Arthur Ashe Institute for Urban Health (AAIUIH), a community-based health equity organization, held its SportsBall 2023, 29th Annual Black Tie & Sneakers Gala on October 19 at the Pierre Hotel in Manhattan.

SportsBall 2023 is a celebration with a purpose. Each year, the Institute honors individuals and organizations who are making significant contributions to urban communities in the areas of health, education, medical research, community service, and philanthropy. The funds raised at SportsBall support the Institute’s innovative community health education programs and research initiatives.

This year’s event honored Pat Wang, J.D., President & CEO of Healthfirst; Ernest Sgaglione, owner of Café 101 in Brooklyn; and Jenny Libien, MD, PhD, Chair of Pathology, SUNY Downstate Health Sciences University, as the 2023 recipients of the Arthur Ashe Institute Leadership Award. This award is presented to those who are living embodiments of Arthur Ashe’s legacy, dedicating their time, expertise, and influence to a cause greater than themselves.

“We are so honored to celebrate Pat Wang, Ernest Sgaglione, Jenny Libien, and Arthur Ashe’s legacy,” said Dr. Marilyn Fraser, MD, PhD, Chair of the Institute’s Board of Directors. “We are so proud of the work they do and the impact they have on our communities.”

Ernest Sgaglione is the owner of Café 101 at SUNY Downstate, where he is known for his elegant and high-quality catering, providing a unique “wow” factor for all his clients, including those served by the Arthur Ashe Institute. He is the go-to chef for the Institute’s Downstate-based events, especially for the Institute’s Health Science Academy, where he celebrates young students and expresses his pride in their successes through his culinary masterpieces. His catering is widely welcomed by community members and students, whom he makes feel special with the ambiance of elegance that he creates with his presentations.

Jenny Libien, MD, PhD, is the Chair of Pathology at SUNY Downstate Health Sciences University. She has been an impactful mentor and role model for students in the Health Science Academy (HSA), stepping up to invest her time and attention in nurturing the next generation of healthcare professionals. As a neuropathologist, her current major research focus, in collaboration with Dr. Alejandro Ivan Hernandez, is studying how alterations in PARP1, an enzyme necessary for long-term memory, may contribute to memory impairment in Alzheimer’s disease.

The evening was hosted by David Ushery, lead anchor for NBC 4 New York’s 4 pm and 11 pm weekday newscasts and one of the region’s most respected and accomplished television journalists. He is a member of the New York State Broadcasters Hall of Fame and a member of the National Academy of Television Arts & Sciences, New York Chapter’s Silver Circle. This year, he is marking 30 years of journalistic excellence and service to the Tri-State.

This year, Capelli Sport, the global multi-sports brand, served as the official footwear provider for SportsBall 2023. The footwear partner, Capelli Sport provided sneakers to be used as part of SportsBall’s time-honored tradition of presenting guests with a pair of sneakers, which has become an integral and fun component of the gala’s dress code. Other sponsors providing gifts for the evening’s guests include Miss Jessie’s Natural Hair Products and Colgate.

Tennis champion and humanitarian Arthur Ashe founded the Institute in 1992, just two months before his death from AIDS, in response to the disproportionate amount of illness and death in urban communities from preventable diseases. Arthur knew that many of these diseases, such as diabetes and hypertension, resulted from inadequate health care delivery, late detection, and insufficient health education. Even as he faced his own mortality, Arthur committed himself to ensuring quality healthcare was reserved for the wealthy and famous. The Institute is a recognized leader and pioneer in developing culturally competent health services that address racial, ethnic, and gender disparities in health.

As an organization, the Arthur Ashe Institute is focused on promoting health equity through a social justice lens. The Institute utilizes a model of community health empowerment to develop and implement innovative community-based health promotion and research programs to encourage individuals to be advocates for their own health and the health of their communities. For more information, go to www.arthurasheinstitute.org.

Photos by Mark D. Phillips
THANK YOU
REPS. TORRES, MEEKS & BOWMAN
FOR BEING HEROES FOR HEALTHY KIDS
AND COMMUNITIES.

For decades, the tobacco industry has targeted Black communities and kids with menthol cigarettes, profiting while cigarettes kill 45,000 Black Americans each year. Menthols are more addictive and easier for kids to start smoking. Your support to eliminate menthol cigarettes will protect kids, advance health equity and save lives.

100 BLACK MEN OF AMERICA, INC.
AFRICAN AMERICAN TOBACCO CONTROL LEADERSHIP COUNCIL
AMERICAN ACADEMY OF PEDIATRICS
AMERICAN CANCER SOCIETY CANCER ACTION NETWORK
AMERICAN HEART ASSOCIATION
AMERICAN LUNG ASSOCIATION
BLACK WOMEN’S ROUNDTABLE
CAMPAIGN FOR TOBACCO-FREE KIDS
MOCHA MOMS, INC.
NAACP
NATIONAL COUNCIL OF NEGRO WOMEN, INC.
NATIONAL MEDICAL ASSOCIATION
NYC SMOKE-FREE, PUBLIC HEALTH SOLUTIONS
PARENTS AGAINST VAPING E-CIGARETTES (PAVe)
THE CENTER FOR BLACK HEALTH & EQUITY
THE NATIONAL COALITION ON BLACK CIVIC PARTICIPATION

Paid for by Tobacco-Free Kids Action Fund
Urbanology: The Celebration of Halloween

By W.A. Rogers

I believe it is safe to say that if you were born and raised in America, you have heard of and perhaps taken part in Halloween activities. Yet most people are not aware why October 31st is a celebration of mystery and disguise. I thought it might be of interest to know a little history of this now-commercialized American event and how it started.

The Origin of Halloween can be traced back to an ancient Celtic festival called Samhain. The festival marked the end of the harvest season and the beginning of winter. The Celts, lived in Ireland, the United Kingdom, and parts of France. The festival was always celebrated on October 31st.

It was believed that on the night of the 31st, the boundary between the living and the dead was blurred, allowing the spirits of the dead to return to earth. As Christianity grew throughout the Roman Empire, the Church sought to replace pagan festivals with Christian holidays.

In the 7th century, Pope Boniface IV declared November 1st as All Saints Day, also known as All Hallows Day, to honor saints and martyrs. The night before All Hallows Day became known as All Hallows Eve; this eventually changed to Halloween. When the Irish, Scottish, and Welsh came to America in the 19th century, they brought the Halloween traditions with them.

In the southern colonies, where there were many Irish and Scottish slave owners and overseers, Halloween was a festive time even for many slaves, where a mixture of African, European, and indigenous customs and beliefs influenced Halloween celebrations.

African Americans in the South incorporated elements of their culture and heritage into Halloween celebrations by using dance, music, masks, and storytelling. In the Deep South, many African communities practiced African customs such as “Haint Blue” paint.

On October 31st, the Haint Blue paint custom meant that porch ceilings and door frames were painted blue to ward off evil spirits. This practice has its roots in African spiritual beliefs related to protection and warding off negative energies. Growing up in South Carolina, I remember many ghost stories and supernatural beliefs intertwined with the Halloween celebration.

In the mid-20th century, Halloween became more commercialized. The holiday became more focused on entertainment and fun rather than religious or spiritual beliefs. Today, Halloween is one of the most popular holidays in the United States. Trick-or-treating, costume parties, horror movies, haunted houses, and a celebration of all things spooky are now the norm.

Several adult Halloween parties will start this weekend and end with the traditional 50th annual parade in the Village on October 31st. Have fun and be safe.

Answers to Puzzle on page 17

Herbs Are Nature’s Medicine

Prostate & Female UTI Health

By Zakiyyah

BUCHU: Its leaf is an effective diuretic, lithotriptic, and disinfectant herb in traditional herbal medicine for the urinary tract. Male and female urinary tract health can be strengthened by regular use of buchu leaves for prostate and urinary tract inflammation.

An exceptional herb for urinary tract infection, buchu helps resolve severe cases of cystitis (use with juniper berries and corn silk). Regular use can prevent persistent attacks of gout, urethritis, and cystitis. This herb is also used to treat an irritable bladder and prostatitis (use with corn silk and uva ursi.)

The infusion or tincture prepared with buchu effectively treats UTIs when these conditions are associated with a previously existing problem of Candida or other yeast infections and as a douche for treating leucorrhoea (a white vaginal discharge).

Lithotriptic herbs affect the dissolution of stones in the bladder or kidneys. Examples of Lithotriptic herbs include Barberry, Buchu Leaves, Butcher’s Broom, Cascara Sagrada, Chaparral, Cornsilk, Devil’s Claw, Gravel Root, Horsetail, Hydrangea Root, Juniper Berries, Marshmallow, Oregon Grape Root, Parsley, Queen-of-the-Meadow, Uva Ursi, and White Oak Bark.

Caution: Buchu should never be taken during pregnancy, and juniper berries should not be taken when kidney disease is present.

I feel that the popularity of Halloween is due to the desire for many to escape reality, if only for one night. If you plan to take your children out trick-or-treating, consider the City College Scarefest Halloween program from 4–10 pm or the Harlemween program in the Harlem State Office Building Plaza, starting at 4 pm. They will be fun family Halloween events.

Harlem Community Newspapers | October 26, 2023
### GAMES

#### THEME: THE 1940s

**ACROSS**

1. Sylvester Stallone’s “____ King”
6. And so forth, abbr.
9. Mongolian desert
13. Uniate church member
14. Additionally
15. Modified “will”
16. Heart surgery prop
17. Remains container
18. Follow
19. *Thor Heyerdahl’s raft
21. *Jackie Robinson’s new team, 1947
23. *Cassius Marcellus Clay, Jr., born in 1942
24. Animal prod
25. Give a nickname
28. Dwarf buffalo
30. Edible corn part
35. Functions
37. *____ Strip on Mediterranean Sea, 1948
39. Roman goddess, patroness of hunters
40. *Moscow ____ cock-

tail, created in 1940s
41. Beach souvenir
43. Inspiring horror
44. Not long
46. Home to Bryce Canyon
47. Smoothie bowl flavor
48. Become available (2 words)
50. Links hazard
52. Mozart’s “L’____ del Cairo”
53. Back of the neck
55. Transgression
57. *Carmen of “The Gang’s All Here”
60. *United ____ , established 1945
61. *Carmen of “The Gang’s All Here”
62. Battle royal
63. Denigrating statement
70. What divots and divas have in common
71. Audience’s approval
72. Lad’s counterpart
73. Number on a birthday cake
74. Not o’er

**DOWN**

1. Poacher’s trophy
2. “Do ____ others…”
3. Bank claim
4. *1947’s “Here Comes ____ Claus”
5. King of the Huns
6. Purse for the red carpet
7. High craggy hill
8. Type of dwelling
10. Yorkshire river
11. Hangover memory?
12. 15th of March
15. Tied the knot
20. *Leopold III of Belgium and Christian X of Denmark, e.g.
22. Acorn producer
24. Common newspaper name
25. *“When I See an Elephant Fly” elephant, 1941
26. Steal a throne

---

See answers on page 16 and 18

---

DON’T MISS ANOTHER ISSUE

SUBSCRIBE TODAY!

GO TO PAGE 19

---

HARLEM COMMUNITY NEWSPAPERS

---

HARLEM COMMUNITY NEWSPAPERS

---

HARLEM COMMUNITY NEWSPAPERS

---

HARLEM COMMUNITY NEWSPAPERS

---

HARLEM COMMUNITY NEWSPAPERS

---

HARLEM COMMUNITY NEWSPAPERS

---

HARLEM COMMUNITY NEWSPAPERS

---

HARLEM COMMUNITY NEWSPAPERS

---

HARLEM COMMUNITY NEWSPAPERS
“Activate Your Greatness” by Alex Toussaint

REVIEW by Terri Schlichenmeyer, Harlem News contributor

It was all about the balance. You didn’t think of it that way, though. All you were interested in was riding your bike with the big kids, pedaling without training wheels, and without an adult holding you up. You got a lot of skinned knees, but you could see the goal and one day, zoom, you rode that bike all by yourself. So now read “Activate Your Greatness” by Alex Toussaint and find that determination again.

He had what seemed like a privileged life. The son of Haitian immigrants, Alex Toussaint grew up in a stable, middle-class household with both parents involved in his upbringing and education in the forefront. Alas, Toussaint fell in with the wrong crowd as a pre-teen, and his father, who was disabled by then, was unable to claw the boy back himself.

Because of that, Toussaint was sent to “a military school in the middle of Nowhere, Missouri...” and it made him hate his father. Still, he grew there, and learned, but he eventually decided to make the school expel him — which landed him back under his father’s thumb. He was accepted at college, but he quit that, too. After another battle with his dad, Toussaint stormed out of his parents’ house to stay with a friend until another friend offered him a job at a “new company” called Flywheel.

Intrigued by the stationary bikes and spinning classes, Toussaint began to dream. He studied the classes and instructors, taught himself things he figured were important, and asked for a spinning class instructor job. From there, he was noticed by an up-and-coming business called Peloton.

Still a Peloton instructor, Toussaint was there at the launch, and he writes about how he does his job. This will be of particular interest to anyone fascinated by an unusual workplace.

If you want a different kind of memoir that brings advice along for the ride, this book could be what you’re looking for. Find “Activate Your Greatness” and put the pedal to your mettle.

Author photo by Isaac James

“Activate Your Greatness” by Alex Toussaint

c.2023, Henry Holt

$27.99 245 pages

WYNN Optics

“We are offering a wonderful experience and an opportunity to become family”

$45 Children Eye Exam

$150 Children Glasses
(2 pairs of polycarbonate lenses)

$109 Packages (includes exam, frames and lenses)

$199 Frames, exam and crizal (antiglare lenses)

$125 Contact lenses fitting w/ trial pair

Wynn Optics
167 Lenox Avenue @ 118th Street   |   212-222-6100
Most Insurance, Unions, Medicaid and Medicare Plans Accepted
Drive Out Breast Cancer: Donate a car today! The benefits of donating your car or boat: Fast Free Pickup - 24hr Response - Tax Deduction - Easy To Do! Call 24/7: 855-905-4755

AUTO DONATIONS


EDUCATION / CAREER TRAINING

COMPUTER & IT TRAINING PROGRAM! Train ONLINE to get the skills to become a Computer & Help Desk Professional now! Grants and Scholarships available for certain programs for qualified applicants. Call CTI for details! 844-947-0192 (M-F 8am-6pm ET). Computer with internet is required.

TRAIN ONLINE TO DO MEDICAL BILLING! Become a Medical Office Professional online at CTI! Get Trained, Certified & ready to work in months! Call 855-543-6440. (M-F 8am-6pm ET). Computer with internet is required.

TRAIN ONLINE TO DO MEDICAL BILLING! Become a Medical Office Professional online at CTI! Get Trained, Certified & ready to work in months! Call 855-543-6440. (M-F 8am-6pm ET). Computer with internet is required.

AUTOMOBILE & IT TRAINING

VIAGRA and cialis users! 50 pills SPECIAL $99.00 FREE Shipping! 100% guaranteed. CALL NOW! 855-413-9574

HOME IMPROVEMENT

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 866-393-3636

FINANCE

ARE YOU BEHIND $10k OR MORE ON YOUR TAXES? Stop wage & bank levies, liens & audits, unified tax returns, payroll issues, & resolve tax debt FAST. Call 888-869-5361 (Hours: Mon-Fri 7am-5pm PST)

HOME IMPROVEMENT

Don't Pay For Covered Home Repairs Again! American Residential Warranty covers ALL MAJOR SYSTEMS AND APPLIANCES. 30 DAY RISK FREE/ $100 OFF POPULAR PLANS. 833-398-0526

BEST SATELLITE TV with 2 Year Price Guarantee! $59.99/mo with 190 channels and 3 months free premium movie channels! Free next day installation! Call 888-508-5313

TV INTERNET PHONE

DIRECTV. New 2-Year Price Guarantee. The most live MLB games this season, 200+ channels and over 45,000 on-demand titles. $84.99/mo for 24 months with CHOICE Package. Some restrictions apply. Call DIRECTV 1-888-534-6918

DISH TV $64.99 For 190 Channels + $14.95 High Speed Internet. Free Installation, Smart HD DVR Included, Free Voice Remote. Some restrictions apply. Promo Expires 1/31/24.

1-866-595-6967

WE BUY RECORDS

TOP $$$ PAID

JAZZ, SOUL, LATIN, ROCK, SALSA 33’S 45’S 78’S

CALL AL 201-281-5604

SUBSCRIBE TODAY and get “Good News You Can Use”

Tell us which edition you’d like (please check one)
Harlem ____ Bronx____ Brooklyn____ Queens____

To ensure prompt delivery, please print the following information

Name: _____________________________________________
Address: __________________________________________
City: ______________ State: __________ Zip: ____________

Harlem Community Newspapers, Inc.
24 issues $29.95 __________ 44 issues $49.95 __________ (for postage & handling)

[ ] Mastercard [ ] Visa Acct # ________________________
Exp Date __________

Digital copy in email for 52 weeks $25 __ Mail To: Harlem Community Newspapers, Inc., P.O. Box #1775, NY NY 10027 or go to harlemcommunitynews.com to subscribe online
Scan for your scan. It can save your life.

Scan the QR code to schedule your mammogram at the MSK Ralph Lauren Center in Harlem at 124th & Madison.

No prescription required.