



HARLEM COMMUNITY  
NEWSPAPERS, INC.

"GOOD NEWS YOU CAN USE"

The Harlem Community Newspapers, Inc. Connecting Harlem, Queens, Brooklyn and The Bronx

COMMUNITY

# HARLEM NEWS

"Good News You Can Use"

Vol. 29 No. 44

November 2, 2023 – November 8, 2023

FREE



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Business Ideator'  
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## 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.

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BRONX COMMUNITY NEWS  
QUEENS COMMUNITY NEWS

Free copies distributed in your community weekly

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PAT STEVENSON

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.” (see page 14)

The NY City Marathon will be held this Sunday, November 5, 2023. The race goes through Harlem, where runners experience a special treat - “The Harlem Mile,” which takes place along 5th Ave. It will feature four stages with entertainment - Gospel, Jazz, Latin music, and more. Runners will also receive water along the route provided by volunteers. If you live in Harlem or will be in the area this Sunday morning, plan to watch the runners and experience the entertainment along the Harlem Mile on 5th Avenue. (see ad on page 9)

It is time to kick off the holiday season. Plan to join the 125th BID Holiday Lights Celebration on November 14. Enjoy the parade, which consists of floats and other vehicles on 125th Street. Also, enjoy the events at various businesses and organizations along 125th Street during the day. (see page 10)

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

**Pat Stevenson  
Celebrating  
29 years  
Publishing**

# New York City Marathon Features Elevated Fan Experience

The 2023 TCS New York City Marathon will be the most technologically advanced marathon in the world as a new series of activations are being rolled out to elevate the fan and spectator experience for what is already the world's biggest and boldest marathon.

"The TCS New York City Marathon is already New York's biggest block party, and New York Road Runners has seen unprecedented demand and attention for the race this year," said Rob Simmelkjaer, CEO of New York Road Runners (NYRR). "We are thrilled to be launching new activations that will elevate the fan and spectator experience further – whether it be for those following the marathon for the first time

or those who have been part of our running community for decades.

"Through the TCS New York City Marathon Mobile App enhancements, Mastercard Earpiece Radios, and other activations along the course and at the Expo, we can now bring running fans closer to the action."

The 2023 TCS New York City Marathon App powered by Tata Consultancy Services, now available for download, will allow spectators to track the progress of an unlimited number of participants. This year, an increased number of timing mats will make the tracking technology even more accurate. Cameras will be placed at five strategic locations along the route – at the start, on Fourth Avenue in Brooklyn, First Avenue



in Manhattan, mile 20 in the Bronx, and the finish line – so app users can watch runners from wherever they are.

The mobile app's uninterrupted professional athlete race livestream will be taken to the next level this

year as a true second screen experience with exclusive live commentary available from Olympians Des Linden and Galen Rupp and Paralympian Amanda McGrory. In addition, graphics with TCS Stats will highlight the pace of the lead

packs, weather, and interesting historical facts.

For the first time, the mobile app will also include a sustainability survey, allowing runners and fans to measure their environmental impact during race weekend and educating them to

make greener choices.

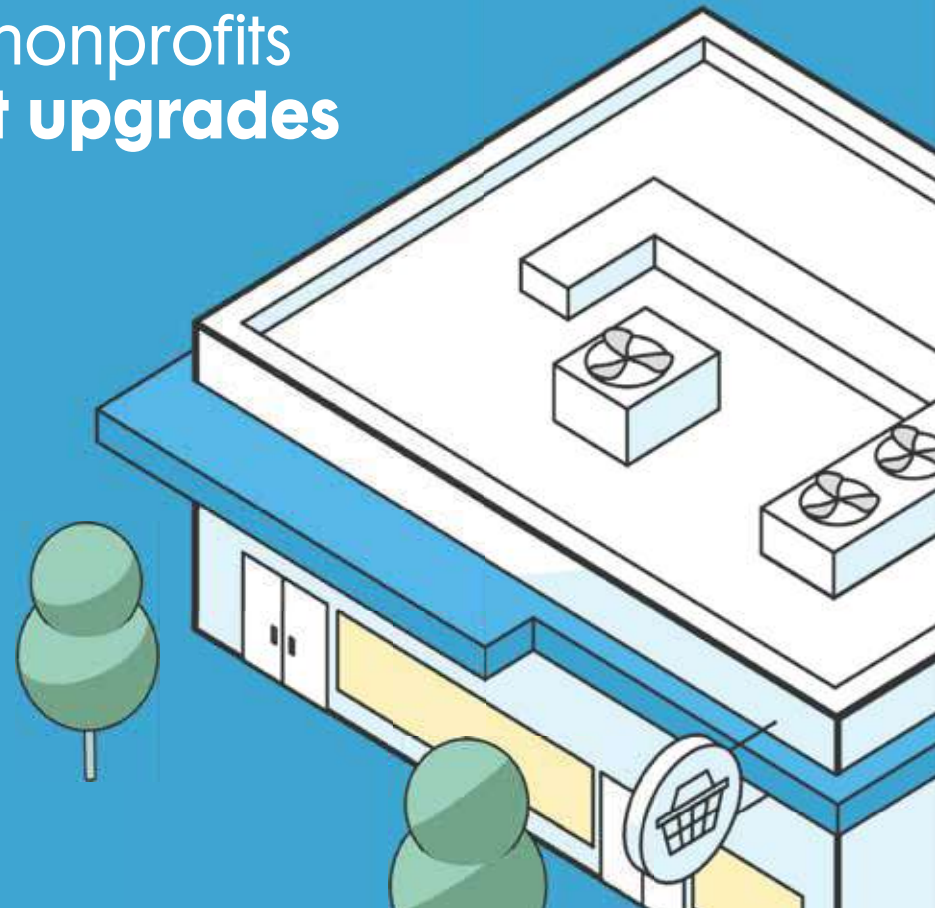
Nearly three million people have downloaded the TCS New York City Marathon Mobile App over the 10 years that it has been created by TCS, with runners being tracked 1,940,777 times last year.

"The TCS New York City Marathon course traverses vibrant, diverse neighborhoods filled with millions of roaring fans – it's where the world comes to celebrate running," said Suresh Muthuswami, Chairman of North America, TCS. "This year, technology enhancements will elevate the experience for everyone – whether they are conquering 26.2 miles of New York City streets, celebrating on the sidewalks, or tracking runners on the award-winning app."

Thousands of businesses and nonprofits are **making energy-efficient upgrades to save.** Will you join them?

Con Edison's Small-Medium Business program helped Foodtown of Prospect Heights upgrade lighting and refrigeration equipment by covering \$97,000 of the total \$139,000 cost - saving them \$69,000 on the next year's electricity bill!

Explore your incentive options at: [coned.com/smallbusiness](https://coned.com/smallbusiness)





# PONDER THIS! Youngblood and Saxophone Electrify the Senior Circuit



By Hazel Rosetta Smith

I am always happy to receive notice of a special event presented with the senior population in mind. On October 25, 2023, I attended a dynamic show featuring saxophonist Lonnie Youngblood, at the Denny Farrell Riverbank State Park.

I was captivated by the vigor and enthusiastic support of a multitude of Youngblood followers. The senior circuit was on the move, and I mean that literally. They showed up and showed out in number, ready and willing to step on a good foot via cane or walker to the soulful sounds guaranteed to come from Youngblood and his sensational saxophone.

Lonnie Youngblood does not need any background singers or gyrating dancers onstage to get his musical genius across to any audience. He is a full package of good clean entertainment for any mature attendee who remembers when artists every person feel they were



Seniors in the house

singing a song just for them with a chance for real eye contact. That's the Youngblood mojo.

You can always find millennials jumping up and down waving their arms at concerts of their favorite pop stars. This is not the case with the seniors who relish what Youngblood brings. His groove makes them move at

their own pace to dance with style and grace. This is why they follow Lonnie because he knows what works and it is electrifying and rejuvenating.

Youngblood presented two lengthy sets, with a short break between them. In the interim, a conglomerate of line dancing held court. This style of repeated group stepping is not only fun-filled and energizing but also good for the memory as each line dance has its own individual choreography.

However, anticipation was on Youngblood's return. And he came back strong on purpose with even more contact with his audience. While singing the popular song, "New York, New York," Lonnie came offstage, linked arms, and led a circle of leg kicks to finish it off.

The concert could not conclude without the song that has become the highlight of Youngblood's popularity. He sang "I Won't Complain" with deep emotion. As always, his rendition was so moving that the audience couldn't help but sing along to the song's grand finale.

It was a true senior treat to get this free performance by Lonnie Youngblood in Harlem, but then again, he is affectionately known as



Lonnie (Forever) Youngblood



New York, New York



Seniors on the circuit

the Prince of Harlem, a title well-earned. Let's hope for his return. The Denny Farrell Riverbank State Park has a Senior Socials Schedule; call 212-694-3634 or check with a senior center.

[Hazel Rosetta Smith is a journalist, playwright, and artistic director of Help Somebody Theatrical Ministries. Contact: [misshazel@twc.com](mailto:misshazel@twc.com) and online [www.hazelrosettasmith.com](http://www.hazelrosettasmith.com)]

Photos courtesy HSTM



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# Women Biz

## The ‘Small Business Ideator’ Gina Ramcharan Empowers Local Entrepreneurs

By Idea Manufacturer

According to the U.S. Small Business Administration (SBA), in 2019, women-owned businesses represented an impressive 42% of all U.S. businesses, generating a staggering \$1.9 trillion in revenue.

Today, with over 13 million women-owned businesses and counting, October takes center stage as National Women’s Small Business Month, celebrating the remarkable contributions of women to the economy.

“Women are defying the odds, and we are here for it. Over 80% of our clients are female and fearless. The unprecedented growth of women business owners is exciting; however, we still have hurdle’s, like financing to get over, and our team is here for the win,” says Gina Ramcharan .

Gina Ramcharan (<https://www.ideamanufacturer.com/>) is hailed as the ‘Small Busi-



Gina Ramcharan

ness Ideator.’ With a decade of empowering local entrepreneurs in the Tri-state area, she is more than a consultant; she’s an idea manufacturer, a problem solver, and a profit creator. Her company, founded in 2013, IDEA MANUFACTURER, nestled in the heart of New York City, is the go-to boutique business consulting firm born from a deep commitment to solving local entrepreneurs’ challenges. Gina, a recognized thought leader, boasts a stellar track record across various industries, including personal

services, retail, eCommerce, hair care, nonprofit, construction, consumer goods, and the food & beverage sector.

Her extensive involvement as an ecosystem builder is evidenced by collaborations with SCORE NYC, Harlem Commonwealth Council, the Citizens Committee for New York City, and her role as Director of the Small Business SOLUTIONS Center at the New York Urban League.

Ramcharan’s impact on entrepreneurship has not gone unnoticed, with accolades from Women In the Black, The Bronx Collab, and Women of Color for Progress.

“We pour into our clients, but I’m inspired by what they teach us. These lessons come from both our clients and partnerships,” beams Gina Ramcharan. In an inspiring partnership with the Harlem Business Alliance and the W.K. Kellogg Foundation, Gina served as the Architect and Program Director for THE LILLIAN PROJ-

ECT, Harlem’s pioneering business incubator explicitly designed for African-American women. This initiative began her ongoing series of programs, engineered to ignite economic and social change, empowering and uplifting women and BIPOC entrepreneurs.

Gina Ramcharan’s Tips to Up-Level a Small Business:

1. Be Ready: Aspiring entrepreneurs must embrace the mindset of athletes, preparing relentlessly for success. Gina advises newcomers to block out distractions, maintain a strategic focus, and ensure they have backup product suppliers.

2. Remove the Hustle Mentality: The age of the side hustler is over; it’s time to embrace the role of a strategic side-preneur, whether you’re working part-time or full-time. Plan and analyze your way to success.

3. Identify Your Supporting Cast: For women business owners, multitasking can be

overwhelming. Build a support network comprising friends, family, and business peers who understand your needs, whether it’s childcare, meals, or simply an empathetic ear.

4. Don’t Let Money Fears Derail Your Dreams: Often, grand ideas require significant investments. Remember that many successful businesses started small, like Shea Moisture and Carol’s Daughter. Embrace the journey and the challenges it brings.

5. Crawl, Walk, Run: Overnight success stories are rare. Most businesses take a solid decade to establish themselves. Be patient, learn your industry, and grow organically.

6. Dream: Keep your inner child alive and dreaming. Innovation thrives on fresh ideas and continuous growth. Unleash your inner rockstar and envision a brighter future for your business.

7. Announce Yourself: Make a memorable introduction when networking with

fellow entrepreneurs. Lead with your name, title, company name, and role to leave a lasting impression.

8. Take Advantage of Resources, but Don’t Take Advantage of Resources: Utilize free services from nonprofit organizations supporting small businesses, but be a responsible partner in the process. Understand the value these services bring to your business.

9. Fail Forward: Embrace failure as part of the journey to success. Mistakes are invaluable lessons. Learn, adapt, and continue moving forward.

10. Celebrate the Little Wins: Acknowledge and revel in your achievements, no matter how small. These moments of victory fuel your entrepreneurial spirit.

*Social Connection:*

*Website:* <https://www.ideamanufacturer.com/>

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# Community Op-Ed: New York City is Back – With More Jobs Than Ever

By Mayor Eric Adams

Less than two years ago, I was sworn in as the 110th mayor of New York City. Our city was still reeling from the devastation of a global pandemic. Commercial neighborhoods and office buildings were deserted. Headlines questioned the future of New York City.

But I knew then what every New Yorker has always known: this city would be back.

And right now, that comeback is official: We have regained the nearly one million private sector jobs that were lost during COVID-19, and New York City has more total jobs than EVER before in our city’s history, totaling 4,709,400 million jobs. Not just private sector jobs. Total jobs. And more than 280,500 of those jobs have been created since the beginning of this administration.

This is more than just a recovery, and I am proud to

say we got there ahead of schedule. Before we took office, experts were projecting the city wouldn’t regain pre-pandemic job levels until 2025, but this is the “Get Stuff Done” administration. And we got it done in 22 months.

Our plan was straightforward: Protect public safety, invest in public spaces, and support working people, or as we have been calling it, the “Triangle Offense.”

As I have said for so long, public safety is the prerequisite to prosperity.

It is what I campaigned on, what I was elected to do, and what we have delivered for New Yorkers.

That is why we took immediate action and invested \$171 million in our Subway Safety Plan, took action on gun violence, car theft, and retail crime, and boosted enforcement of quality of life and criminal offenses alike.

This simple equation — jobs are up, crime is down, and every day we are deliv-

ering for working people — is the foundation of everything else we want to accomplish moving forward.

And the results speak for themselves: Riders are back on our transit system heading back to work, and New Yorkers are safer — and feel safer — and it makes all the difference.

We are embarking on the most ambitious housing effort in generations, investing in sustainability and resiliency projects across the five boroughs, and making transformative changes in how we keep our city clean.

We are also delivering billions into the pockets of working people across the city, but when it comes to lifting up working people, we are going to go even further.

Too many people have been left out of this recovery. Black unemployment is too high. Our wealth gap is too wide. Equity remains a serious issue in communities of color across the board.

We must build a fairer, more inclusive economy. And we are going to start with a “Working People’s Tour” of the five boroughs — one that highlights the New Yorkers powering our recovery, introduces new economic solutions, and allows us to hear directly from those who are still lacking access to good jobs. We will create new interventions to help boost growth and build on-ramps to opportunity across the five boroughs because all New Yorkers must share in our city’s prosperity, no matter what line of work they are in or what borough they hail from.

New York City has a history of coming back stronger no matter how tough things get. Going forward, we are going to make sure that every New Yorker can share in our city’s legendary opportunity and prosperity as well.



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“GOOD NEWS YOU CAN USE”

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# Home Buying in Harlem Be Prepared to Buy Now



Rev. Dr. Charles Butler

I received an alarming call from a prospective home buyer this week. She was working with a program that provided her with a loan officer, a real estate broker, a real estate attorney, and a home inspector. All these professionals were employed by one company. This is called a “One-Stop Home Buying Center.” I thought these businesses no longer existed, but I was wrong. They still exist and will try to steal your money!

It is never a good idea for your home buying team to come from one source. You do not want anyone to choose the members of your team. You must do the research, interview, and select the members of your team. In this instance, her team used her lack of knowledge to work against her.

She signed a contract with-

out proper legal counsel and lost most of her down payment. She called me seeking assistance to recoup her money. I told her she could report them, but since she had signed the contract, there was little that could be done.

This person’s experience demonstrates the importance of attending the home buyer education workshop seminar series offered at HCCI. Even if you are not eligible for the grant, the program could help you from making a costly mistake and losing your money. You should attend an approved housing counseling workshop at the beginning of the process.

The home buying workshop will give you insights on navigating through the dangerous and tricky waters of negotiating a purchase price, determining the right type for your specific needs, and selecting a team of professionals. You will learn about industry terminology, mortgage products, and available grant programs. You will acquire the confidence needed to complete the process and to successfully become a homeowner.

Here are some things you need to know: (1) Do not make an offer on a home until you have a pre-approval let-

ter from an authorized lender. Know how much you can afford to spend on a monthly mortgage payment. Understand the various types of mortgage products and determine which one is most suitable for you. If you make an offer before getting pre-approved, your deposit will be in jeopardy.

(2) Sign nothing until your attorney has reviewed the sales contract. Sit down with your attorney and go over the contract with him/her until you completely understand all its legal ramifications. Once you have signed the contract, it is a legally binding document. It can be very difficult and/or costly to get out of the agreement.

(3) Get referrals from your housing counselor or people you trust who have just recently completed the home buying process. Do not under any circumstances do what is called “a one-stop shop,” where the entire team is pre-selected.

*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](mailto: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](http://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.

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HARLEM CALENDAR OF COMMUNITY EVENTS



Nov 8 Amateur Night at Apollo

**Nov 2 10:00pm Apollo Comedy Club.**  
Grab your seat for a night of side splitting laughter at the Apollo Comedy Club, hosted by Jay Comedian and featuring up and coming comics Rashad Bashir, Mario Hodge, and Lyssa Laird. Tickets \$30

**Nov 3 10:00pm Apollo Music Café featuring Susan Carol.**  
Singer, songwriter and musician Susan Carol brings her honeyed vocals and casual candor to the Apollo Music Café! \$30

**Nov 4 10:00pm Apollo Music Café featuring Joshua Banbury**  
Don't miss American Classical vocalist Joshua Banbury make his Apollo Music Café debut, one night only on the Apollo's intimate Soundstage!

**Nov 4 9:00am - 12:00pm NYRR Open Run Inwood Hill Park. NYRR Open Run**

**Morningside Park NYRR Open Run**  
Runs brings free 5k weekly community-led runs to neighborhood parks across the greater New York city area. The program is free and open to runners and walkers of all ages, abilities and experience levels. Sign up online.

**Nov 8 Amateur Night at the Apollo.**  
Every Wednesday 7:30pm

**Nov 10-11 8:00pm Steve Miller at Jazz at Lincoln Center's Rose Theater.**  
Renowned blues rock guitarist, multi-platinum selling singer songwriter, Rock and Roll Hall of Fame inductee and 2022 Songwriters Hall of Fame Inductee Steve Miller returns to Jazz at Lincoln Center's Rose Theater.

**Nov 11 11am - 3:30pm NEW YORK URBAN LEAGUE ANNUAL HBCU FAIR**  
The New York Urban



Nov 4 Apollo Music Cafe

League (NYUL) will host its 36th annual Historically Black Colleges and Universities (HBCU) Fair on Saturday, November 11, 2023, from 11:00 AM - 3:30 PM. The 36th annual HBCU College Fair is



Nov 11 Jazz at Lincoln

presented in partnership with the Malcolm Bernard HBCU College Fair, Denry Farrell Riverbank State Park, and the New York Urban League Young Professionals with sponsorship from Wells Fargo, Amazon, Audacy, Fidelis Care, National Grid, PayPal, Key Bank, Municipal Credit Union, Chick-fil-A, and Melba's.

Attendance is free, but pre-registration is required for access to all aspects of the fair: go to <https://hbcufair.swoogo.com/registration/begin>.



Nov 3 Apollo Music Cafe

**Nov 20 7:30pm In Conversation: Cold Chillin' Records Showcase at the Apollo Theater.**

Calling all old school hip-hop heads! Join us for a conversation with iconic hip-hop label Cold Chillin' Records Tyrone "Fly Ty" Williams, Ralph McDaniels of Video Music Box and Ant Marshall (Lyricist Lounge) with special appearances by Big Daddy Kane, Roxanne Shanté, Marley Marl and more, to commemorate the 35th anniversary of the historic Cold Chillin' Juice Crew All-Stars Apollo Theater Showcase. Tickets \$15

**Dec 2 8:00P Dezron Douglas Quartet at Miller Theater at Columbia University School of the Arts.**  
Miller is located at 2960 Broadway at 116th Street. Tickets start \$25. Students with valid ID \$10



Dec 2 Miller Theater



Nov 20 Apollo



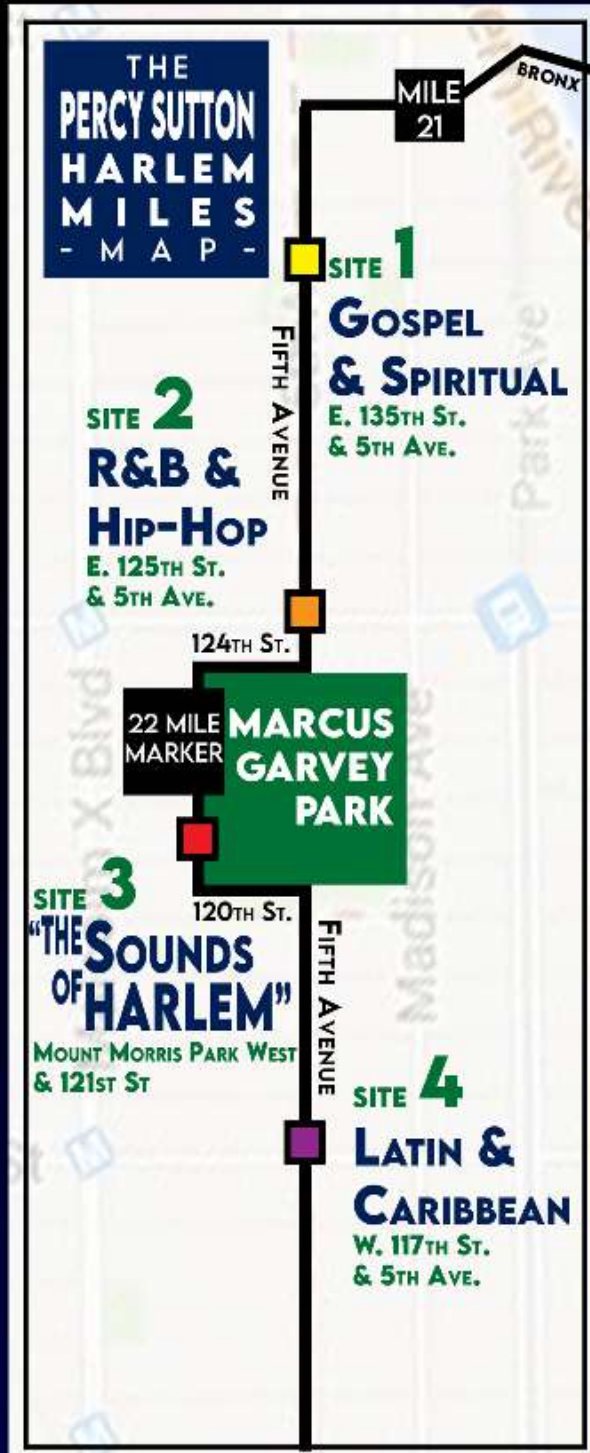
Nov 2 Apollo Comedy Club





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**STAGE 2**



**R&B & HIP-HOP**  
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**STAGE 3**



**“THE SOUNDS**  
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**STAGE 4**



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# The 125th Street BID Presents the 2023 Harlem Holiday Lights Celebration!

Marking 30 years of making Harlem shine, the 125th Street Business Improvement District (BID) will kick off the neighborhood's beloved annual tradition as a free event open to the public on Tuesday, November 14, 2023 (with a rain date on November 21) starting at 125th Street and Broadway. This event is New York City's only parade of lights to kick off the holiday season and welcome everyone of all ages.

In partnership with Manhattan Community Boards 9 and 10, Mount Morris Park Community Improvement Association, Apollo Theater, Columbia University, Settepani Restaurant, and the NYPD, this year's Harlem Holiday Lights Celebration is focused on "Celebrating Our Youth!"

This year, the Harlem Holiday Lights Parade will also feature two special Grand Marshals, including



**Grand Marshal Stephanie Pacheco - NYS Youth Poet Laureate**

Stephanie Pacheco, NYS Youth Poet Laureate and member of the 2022 NYC Youth Slam Team, and Dr. Lena Green, DSW, LCSW, CLC, Executive Director of HOPE Center Harlem, a community-based mental health clinic in Harlem. Dr. Green received the Joseph R. Biden Presidential Service and Lifetime Achievement Award in September 2023, the National Association of Social Workers, New York City Chapter's



**Grand Marshal Dr. Lena Green, DSW LCSW CLC - Executive Director of HOPE Center Harlem**

(NASW-NYC) Social Work I.M.P.A.C.T. Award in 2019.

The parade will also include local businesses and community members, welcoming New Yorkers and visitors from all over the globe to experience the vibrancy, culture, and the best of Harlem.

Join us for an illuminated evening that will feature a variety of street activations along the parade route and outdoor activities from entertainment on the streets,

giveaways from businesses, a block party, and so much more.

As part of the evening, guests can join the "Shine On Harlem Challenge" and experience the dazzling light and sound display along 125th Street, from November 14, 2023 through March 2024, using the popular Vibemap to explore interactive musical trees and support local businesses.

Thanks to the generous funding from the NYC Department of Small Business Services (SBS), the BID will also bring back the "Singing Trees" placed throughout the district. Designed by Limbic Media, each "Singing Tree" is adorned with distinct lighting color schemes and rhythmic patterns, playing different musical genres from jazz and hip hop to R&B and classical.

We want to give a special thanks to our supporters and sponsors for their



generosity and for making this special parade of lights possible, including Con Edison, Columbia University Data Science Institute, NYC Department of Small Business Services, Foxworth Realty, United House of Prayer, First Corinthian Baptist Church, HOPE Center Harlem, WHCR 90.3, M.A.C. stores, Marcus Meets Malcolm, Home

to Harlem, Mount Morris Ascension Baptist Church, and so many others.

To be a part of this incredible event, email bid125thst@aol.com. For more information, visit HarlemBID.com and follow us on Instagram and X at 125thStreetBid, as well as Facebook at 125thBID.

Happy Holidays, and we hope to welcome you!



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Harlem Community Newspapers | November 2, 2023

10



125TH STREET BID PRESENTS

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RAIN DATE NOVEMBER 21, 2023



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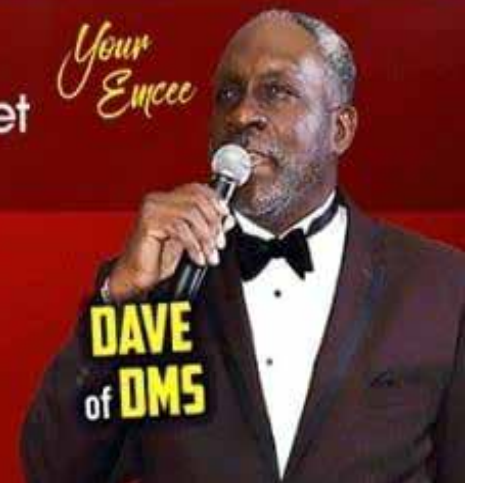
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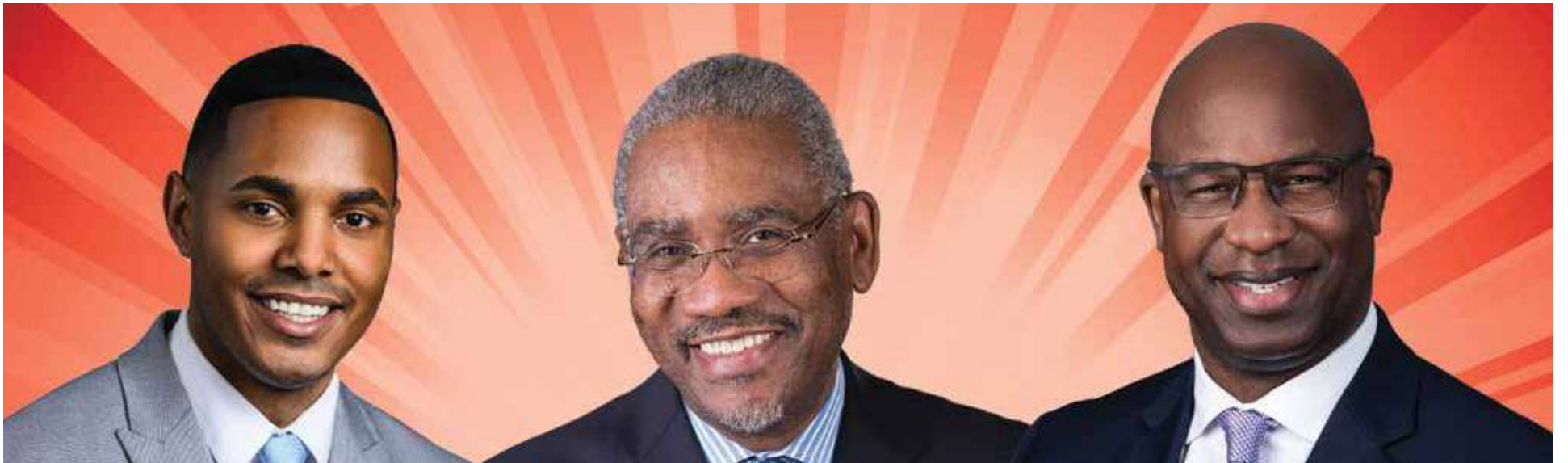
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# Broadway Inspirational Voices, “HOPE In HARMONY AWARD” honors artists who Support and Strengthen Communities in Need



Angela Grovey (BIV Executive Director) & Allen René Louis (BIV Artistic Director)



Adrienne Warren (Tony Award-winner)

By Maria Grazia Cavenaghi

**B**roadway Inspirational Voices - BIV “HOPE In HARMONY AWARD Ceremony & Fundraiser” was held at Sony Hall on October 9, 2023. The Renowned Choir & National Nonprofit of Broadway Artists, whose Mission is to Support and Strengthen Communities in Need through Arts, Education, and Outreach Programming, hosted the fundraiser.

Angela Grovey, the dynamic Executive Director of BIV, and her passionate team made “The Hope In Harmony” a memorable, uplifting event enriched by fabulous entertainment, elegance, and inspiration.

Attendees experienced a captivating award ceremony recognizing the exceptional work BIV continues to do with its Arts & Education Programming and the remarkable impact BIV honorees have made on communities near and far. Genuine love was in the air, making everyone feel like they were attending a beautiful and warm family reunion.

With Broadway’s finest coming together, the stage was lit by performances that resonated with the soul and uplifted the spirit.

The event was followed by a cocktail party, allowing guests to mingle with choir members, Broadway luminaries, and other distinguished attendees who share a passion for the arts and its power to bring about positive change, improved education, and meaningful achievements for all deserving communities.

The evening’s guest host was the inspiring three-time Tony Award and Grammy nominee Joshua Henry, who filled the room with talent, laughter, and passion.

Some of Broadway’s finest talents were present, like the one and only Andre De Shields, and some gave amazing performances, including such notables as Brian Stokes Mitchell, Norm Lewis, Adrienne Warren, J Harrison Ghee, Jared Alexander, John Manzari, Naomi Funaki, Emilie Kouatchou, Shoshana Bean, and Shayna Steel.

BIV also presented their 2023 Inspiration Awards to

the talented United States Artist Fellowship Recipient and tap dancer/choreographer Ayodele Casel; the multi-Grammy/ Emmy/ Tony Award-winning composer and lyricist Marc Shaiman; and six-time Tony Award-winning actress and singer Audra McDonald.

The nominees gave meaningful and inspirational acceptance speeches. Particularly moving was McDonald’s message, which praised BIV’s Arts & Education Programming and the Choir & National Nonprofit of Broadway Artists for their fundamental work to uplift and support their communities. She was so emotional that she could hardly speak and brought the audience to a standing ovation.

This unforgettable evening united talent, passion, and compassion, generating positive actions and change.

Follow BIV on Facebook: @BroadwayInspirationalVoices Twitter: @BIVoices Instagram: @BIVoices with hashtags #HopeInHarmony #BIV-Fundraiser #HopeInspire-Transform



Audra McDonald (six-time Tony Award-winning actress and singer)



Joshua Henry (Three-time Tony Award and Grammy and host of Hope in Harmony)



Ayodele Casel



Marc Shaiman

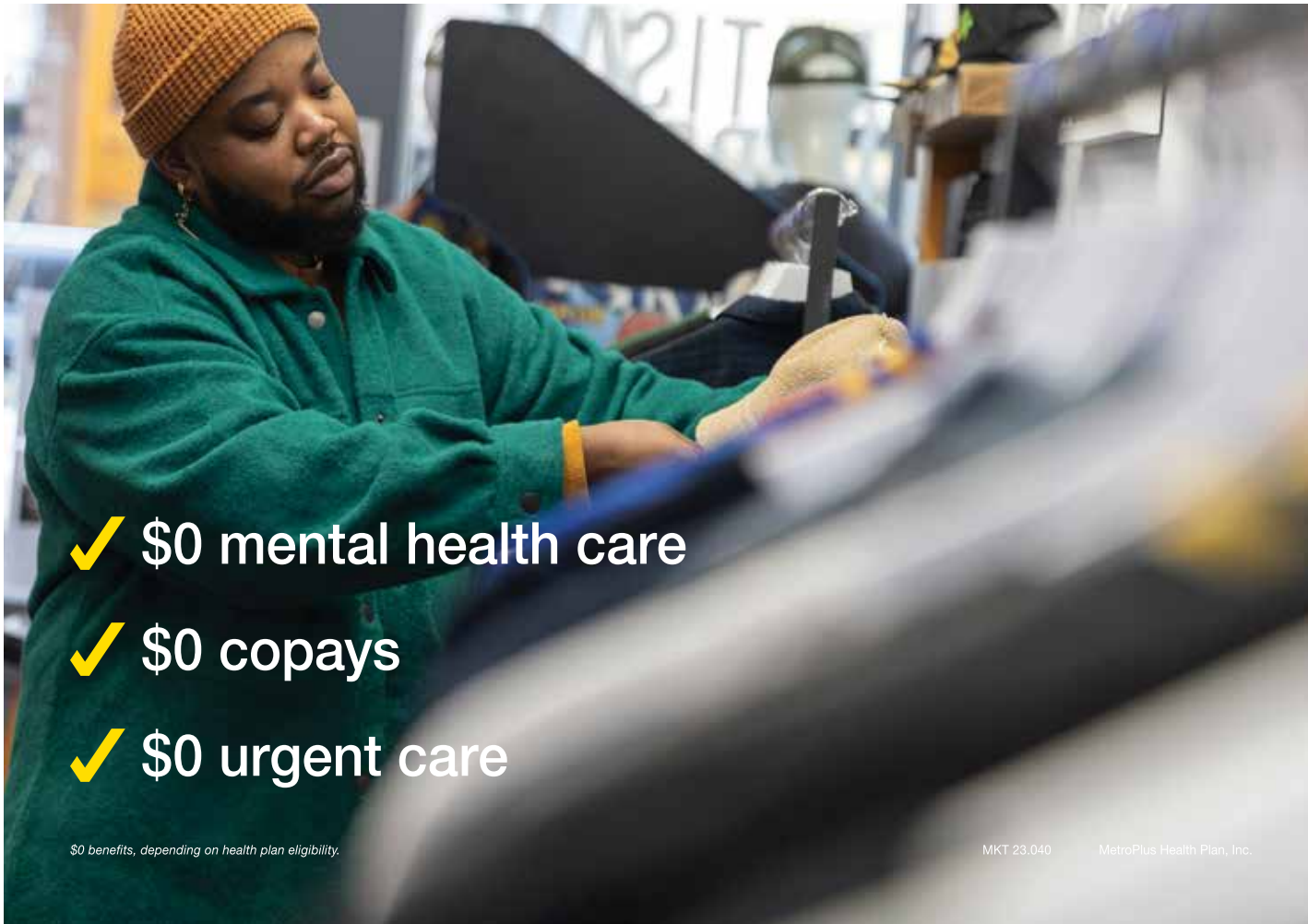


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# Urbanology: The Honorable Percy E. Sutton Harlem Mile



By W.A. Rogers

The annual New York Marathon will take place Sunday, November 5, 2023, and for many of the runners, the Harlem Mile, a distance roughly between 138th Street and Fifth Avenue and 110th Street and Fifth Av-

enue, is one of the hardest parts of the race.

Runners hit what is known as the wall at this time. The wall is when the body reaches the point of breaking down, and the psychological motivation to stop or give up seems to be the greatest.

A few years ago, The Greater Harlem Chamber of Commerce and The New York Road Runners (who are GHCC members) developed an initiative called the Harlem Mile. Four locations along the race route from 138th Street and 5th Avenue to 116th Street and 5th Avenue. have four musical stages providing inter-

national sounds of Harlem.

The Harlem Mile was named after the Honorable Percy E. Sutton, who helped create the New York Marathon when he was the Borough President of Manhattan. The first five borough Marathon took place in 1970.

Over the years, not only has the entertainment along the Harlem Mile become a motivating high point for the many non-professional marathon runners, but it is also an excellent place for family and friends to come together to watch the race and hear great music.

Live Gospel and Spiritual music will be the theme

for the 135th Street stage on 5th Avenue, and it salutes Hezekiah Walker and Yolanda Adams. R&B and Hip Hop is the theme for the 125th Street stage on 5th Avenue, paying homage to James Brown and Mary J. Blige.

The main stage on the route is at 121st Street, and Mount Morris Park West will feature live entertainment. This stage will feature a special tribute to greats Ella Fitzgerald and Duke Ellington. The 116th stage will focus on Latin and Caribbean music, spotlighting music by Joe Cuba and Bob Marley.

During the end of the

race, many of the runners stop and dance and become energized to continue the race. For thousands of runners who come from all parts of the world, this is their first introduction to Harlem.

The New York Marathon is New York's largest tourist event, where thousands of runners and their families and friends invade New York for one week. Harlem Marathon Week is another initiative developed by GHCC in partnership with the Harlem Tourism Board and many other civic and private sector organizations.

This is a wonderful op-

portunity for many who are visiting New York for the race to come Uptown. Starting Monday, October 30, through November 5, there will be several activities in Harlem. Please visit [www.harlemdiscover.com](http://www.harlemdiscover.com) or call 212 862-7200 for additional information.

If you have a friend or family member running in this year's New York Marathon, or if you would just like a close-up look at the race and want to hear great music, I suggest you come out to one of the locations of the Harlem Mile on Sunday, November 5.

## Answers to Puzzle on page 17



## HERBS ARE NATURE'S MEDICINE LIVER AND EYE HEALTH

By Zakiyyah

The eyes are considered the Windows of the Soul, and it is the liver that opens into the eyes. When the liver is harmonized and receives blood properly and plentifully, the eyes can see. Many eye and vision disorders are liver-related. During physical activity, the liver allows the blood to move freely outward when the body needs blood for nourishment. During rest, the blood returns to and is stored in the liver. When we have difficulty sleeping, sleep restlessly, or wake unrested, it may partially be due to our liver being out of balance and unable to do its job fully.

The herb Eyebright aids

in stimulating the liver to clear the blood and relieve those conditions that affect clarity of vision and thought. It should be taken liberally on a daily basis to treat all eye problems. For conjunctivitis, eye weakness, dry or tearing eyes, ophthalmia, and other eye disease, the tea can be used as an eyewash and combined with goldenseal, rue, or fennel.

Other herbs that invigorate and restore balance to the eyes are red raspberry, jaborandi (glaucoma), and yellow marigold (glaucoma).

Some herbs that restore balance to the liver include Burdock, Chaparral, Dande-

lion, Yellow Dock, Gentian, Prickly Ash Bark, and Sassafras.

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# GAMES

See answers on page 16 and 18

**CROSSWORD**

1	2	3	4	5	6	7	8	9	10	11	12
13					14			15			
16					17			18			
19				20		21	22				
		23			24						
25	26	27		28	29		30	31	32	33	34
35		36		37		38	39				
40				41		42		43			
44			45	46				47			
48			49		50		51		52		
			53	54		55	56				
	57	58	59			60			61	62	63
64				65	66		67				
68				69			70				
71				72			73				

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				7		5		3
	3				1			
		5	2		4			9
1						7		
	9	4				2	8	
		8						6
	6		8		5	4		
			1					3
8		1		2				

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## THEME: FAMOUS SCIENTISTS

### ACROSS

- Dylan lyric, "There was music in the \_\_\_ at night and revolution in the air"
- \*Many scientists have this
- Alpha Centauri B, e.g.
- Measured in kilowatt-hours, on electric bill
- Ring of flowers
- TV's "\_\_\_ Blinders"
- Make believe
- Public promotions
- Appropriate for Halloween
- \*F unit of capacitance named in whose honor?
- \*Marine biologist and "Silent Spring" author
- L.A. baller
- Not on a rolling stone?
- Value added reseller
- New Zealand fruit
- Option at a hot dog stand, adj.
- One's final notice
- Without, in French
- Time being

- Toy construction set brand
- Turning token taker
- Jewish month
- Jab on field of play
- A ride up ski hill
- Short for Milton
- \*A unit of electric current named in whose honor?
- Home to Zion National Park
- Wood-shaping tool
- Morays, pl.
- One little piggy
- \*A telescope was named in his honor
- \*Primatologist and world's foremost expert on chimpanzees
- Popular snorkeler's attraction
- Have a cold
- Sphere in Las Vegas, e.g.
- Pond buildup
- To and \_\_\_
- Gives off
- Goes with a rod
- Small dog's bark
- Tears down

### DOWN

- Take into custody
- On a deck?
- So-so
- a.k.a. tent caterpillar or lappet moth
- Maurice of "Where the Wild Things Are"
- Eugene O'Neill's creation
- He had
- Popular 70s genre
- Witnesses
- Hawaiian tuber
- Similar
- Kind of bourbon
- P in POI
- Out of whack
- Cleopatra's killer, according to legend
- Not a full size bus
- \*V unit of electric potential named in whose honor?
- Crosswise, on deck
- Build temporarily (2 words)
- \*W unit of power named in whose honor?
- Type of rich soil
- Most populous country
- Burn with water
- \*Synonymous with unit of frequency and a car rental company
- Muscle quality
- Floor plank
- Muse of love poetry
- The \_\_\_ makers of "Pitch Perfect"
- #53 Across, sing.
- Vacuum cleaner, in U.K.
- Like kale or spinach
- Swelling of human organs
- Golfer's destination
- Desires
- Ancient Semitic deity
- Lump of stuff
- Black tropical cuckoos
- Guitar forerunner
- Is it really more?
- \*Carl Benz invented the first practical modern one in the 1880s
- Retirement plan, acr.

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**GO TO PAGE 19**

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# “The Vice President’s Black Wife: The Untold Life of Julia Chinn” by Amrita Chakrabarti Myers

REVIEW by Terri Schlichenmeyer, Harlem News contributor

“The Vice President’s Black Wife” by Amrita Chakrabarti Myers, is set in the 18th century, when America was merely a teenager. “Kentucky was the frontier,” says Myers, with great stands of trees between “vast swath[s] of rich, fertile land.” Robert Johnson was a surveyor in that area, and he liked what he saw. He and his wife arranged to buy several thousand acres of the best farmland around.

This made Johnson a wealthy man and, by extension, his oldest son would never want for a thing. And so when

young Richard, born in 1780, was all grown up but still unmarried, his parents gave him a plantation and a hundred slaves to run it.

One of them was Julia Chinn.

Fourteen years old, Julia was pretty, smart, and capable; in fact, Richard’s mother chose her to run his house while he was away in Washington, particularly because of her intelligence and her management abilities.

It didn’t take long for Richard to notice Julia or for him to bed her, then wed her.

Myers hints that spite made Richard do it or that he was flaunting social mores. It surely wasn’t illegal to sexually assault one’s female slaves; in Kentucky, it wasn’t illegal to marry someone of another race, either. Was there affection in the marriage, or, as Myers suggests, was it a business transaction, with Julia trading her freedom for their daughters’ future?

We may never know. Richard didn’t sell Julia, and he never freed her, though his girls received manumission. But after he served as Vice President of the U.S. and his death at a ripe old age, his brothers conspired to erase the family he loved...

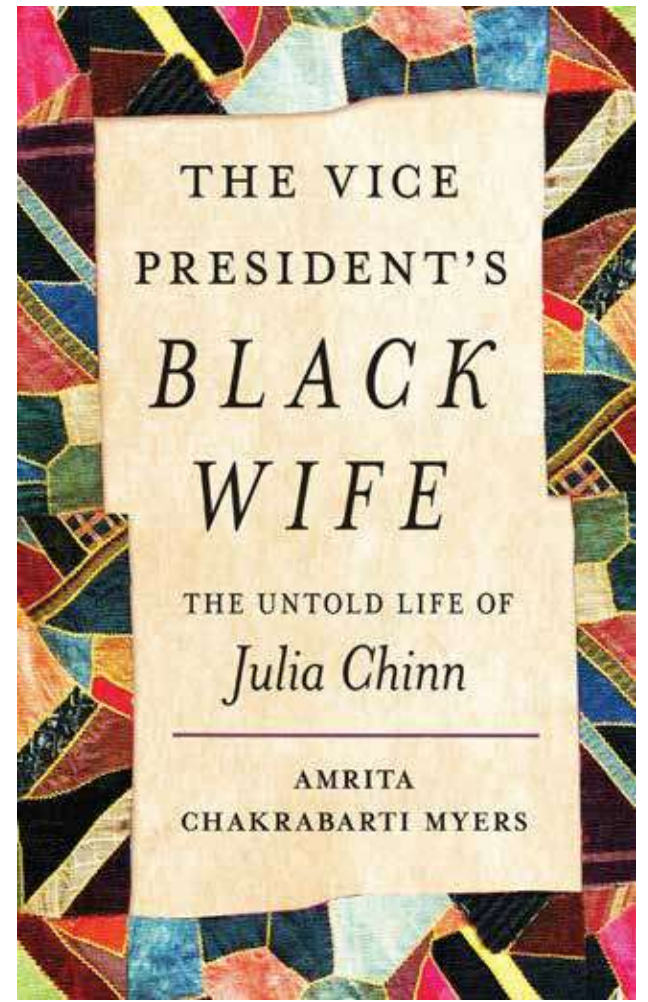
Sometimes uneven, sometimes repetitive, but at the same time, so very interesting, “The Vice President’s Black Wife” proves that there are many things about history left to learn.

Starting with Julia’s mother, author Amrita Chakrabarti Myers begins in a commonplace place – the lives of enslaved women and children – but she departs from the norm by telling tales with a large dash of feminism. In many ways, as she shows, women, both white and enslaved, often had much more power than history books would like us to believe, and that, surprisingly, extended to Julia Chinn. It’s truly eye-opening.

Still, this book is chilling in the what-ifs – perhaps even more so because Julia was well aware of them, and so are readers. These possibilities will leave you shaken by the twist in the story at the end of the book, which will send you racing back to re-read the preface. Or you might just re-read it all because “The Vice President’s Black Wife” is that kind of book, indeed.

“The Vice President’s Black Wife: The Untold Life of Julia Chinn” by Amrita Chakrabarti Myers

c.2023, The University of North Carolina Press \$30.00 296 pages



## SUDOKU ANSWERS

4	1	2	9	7	8	5	6	3
9	3	7	5	6	1	8	2	4
6	8	5	2	3	4	1	9	7
1	5	6	3	8	2	7	4	9
3	9	4	7	5	6	2	8	1
2	7	8	4	1	9	3	5	6
7	6	3	8	9	5	4	1	2
5	2	9	1	4	7	6	3	8
8	4	1	6	2	3	9	7	5

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