Harlem Holiday Lights Celebration: A Night's Delight

see pages 10-11
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.
The Cathedral of St. John the Divine celebrates the season with joy of Christmas: Peace on Earth

The Cathedral of St. John the Divine rings in the festive season with beloved holiday concert The Joy of Christmas: Peace on Earth on Saturday, December 9, 2023 at 7 PM at The Cathedral of St. John the Divine, located at 1047 Amsterdam Avenue (at 112th Street), Manhattan.

This year’s Cathedral Christmas concert features the Cathedral Choirs and Orchestra under the direction of Kent Tritle, Director of Cathedral Music and Organist and Bryan Zaros, Associate Director of Music and Choirmaster. The program includes Johann Sebastian Bach’s splendid “Gloria in Excelsis,” American composer Amy Beach’s “Peace on Earth,” and music of 20th and 21st-century composers Franz Biebl and Hannah Kendall. Throughout the concert, the audience joins with choirs and orchestra to sing favorite Christmas carols!

The Cathedral’s holiday concerts are some of its most highly anticipated performances of the year. The season continues on December 31 with the New Year’s Eve Concert for Peace, a beloved Cathedral tradition since 1984. In 2024, choral and orchestra performances continue in the Cathedral’s magnificent acoustic space with performances spanning history and cultures, as in the Spring the Cathedral welcomes back its awe-inspiring Great Organ in the spring after several years of cleaning and restoration.

For tickets and more information on Joy of Christmas and all of the Cathedral’s upcoming concerts, visit the Cathedral’s website.
It was a great day and a grand occasion recently at the Abyssinian Baptist Church. I am proud to admit as a member of the church, it is my favorite place to be, praising my God for all that he has done, with the declaration from the Bible verse Joshua 24:15 “...But as for me and my household, we will serve the Lord.”

Abyssinians have been serving the Lord for 215 legendary years, established in 1808 by fifteen African Americans who departed from worshipping at the very white First Baptist Church in lower Manhattan because of racial discrimination.

As a group with determination to serve God, they engaged Reverend Thomas Paul, a minister from Boston to help in the organizing of the first African American Baptist Church in New York State.

The name was taken from Abyssinia, the original name of present-day Ethiopia. The first property was purchased on Anthony Street (currently Worth Street) in lower Manhattan.

As the church grew in membership, the congregation moved to Waverly Place in Manhattan’s West Village. As in the theme song of The Jeffersons, a popular television sitcom, the Abyssinian Baptist Church was “moving on up.”

In 1902, the church journeyed to its third home on West 40th Street in Midtown Manhattan. In 1908, the Reverend Adam Clayton Powell, Sr., from Immanuel Baptist Church in New Haven, Connecticut was called to service. His vision of a home for Abyssinians was to be built in Harlem, ground up to serve as a model worship place and community house.

That vision happened in 1922 with the land purchase of its present site at 132 West 138th Street, Harlem. The most astute men of God followed Rev. Powell, Sr., including his son, the Congregationalist Adam Clayton Jr., the Reverend Dr. Samuel DeWitt Proctor, and the esteemed late great Dr. Calvin Otis Butts, III, who passed in 2022. Currently, we are praying our way with the Pastor Search Committee on who will pick up the mantle to serve the global community.

On Sunday, November 12, 2023, the two-fold anniversary of 215 years which included 100 years in Harlem, was celebrated in a display of gratitude and appreciation for all that the ancestors sacrificed to build this mighty edifice.

As you observe the magnitude of the numbered Red Velvet anniversary cake presented by Cake Man Raven, the unmatched baker and cake designer, hear me when I say: from the poignant words of the anniversary message from guest speaker, Dr. Michael Eric Dyson, the soul-stirring sound of the choir saturating the sanctuary, and the joy in those who gathered, there was a sweet, sweet spirit in the place. Let the church say amen!

[Hazel Rosetta Smith is a journalist, playwright, and artistic director for Help Somebody Theatrical Ministries and HRS Speaks! Contact: misshazel@twc.com]
Harlem Haven for Seniors Launches, Offering Community, Food, and Fun to Harlem’s Older Population

Approximately one third of senior citizens in New York City live alone, many of them feeling lonely, isolated, and often in despair. What’s more, data shows that more than 2.2 million, or one in nine, New Yorkers are facing hunger – and that includes seniors. To help ease loneliness and hunger local seniors may be facing, The Salvation Army Harlem Temple Corps recently started a new program called Harlem Haven for Seniors.

Harlem Haven for Seniors started only two months ago with seven seniors attending and now, the program has tripled to more than 20. The Corps has a goal to engage 50 seniors in their new program by the end of the year. They also intend for it to be a role model program that other organizations can replicate throughout the city.

The program is building a close-knit community. Every Wednesday morning at 10:00am, dozens of seniors gather at the Harlem Temple Corps community center to socialize with each other, share interests and activities, and build new friendships. They eat meals together and enjoy time doing arts and crafts, chair yoga, trivia, cards, mug swaps, and taking field trips into the city.

At the first session on September 6, program attendees had a meet and greet where they mingled and learned about each other. Mr. Julius from Oak Street Health, a local medical facility, also gave a presentation about helpful medical advice. On October 4, they went on a field trip to City Island and had lunch at Seafood Kingz. They’ve since visited a farm where they got to meet some animals and shop at a market.

These are all activities they would not have experienced otherwise. Seniors were disproportionally affected by Covid, and many have remained isolated since then. Harlem Haven gives them something special and fun to do on Wednesdays and offers an incentive to step outside and interact with others.

“The Salvation Army lives and works in Harlem, and we see firsthand the needs of our senior population. They are a vibrant and vital part of our community but too often go unnoticed and underserved. Many stay in their apartments and suffer from the cold and lack of food. We designed this program to help them step back into life and connect with others,” said Captain Neekenson Fils-Aime. “This group isn’t shy, and many leave with a smile and say they can’t wait to return the next week.”

In addition to Harlem Haven, the Harlem Corps offers a wide range of services and activities for people of all ages – and especially families and children. It played a vital role during Covid when a huge number of residents were living day to day and continues those services now. Children have always been a center of their services. On Giving Tuesday, they will kick off their annual Red Kettle campaign. Funds will ensure no child goes without a holiday present and will be used for services throughout the year. For more information visit www.salvationarmyny.org.

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Op-Ed: Helping New Yorkers live longer

When we came into office, we promised to ensure that our prosperity would be felt across the five boroughs. And the health of our people is key to that prosperity.

But despite coming out of a once-in-a-century pandemic, life expectancy in this city has not fully recovered. Between 2019 and 2020, overall life expectancy in New York City fell to 78 years. So, it is time we gave New Yorkers some extra life.

That is why we recently launched HealthyNYC, our ambitious plan to extend and improve the lifespan of all New Yorkers to 83 years by 2030. HealthyNYC sets clear goals to reduce the greatest drivers of premature death, including chronic and diet-related diseases, overdose, suicide, maternal mortality, violence, and COVID-19.

Pillboxes, injections, and doctor’s appointments should not define the lives of New Yorkers — we can, and must invest in helping all New Yorkers enjoy healthier, quality lives. This is personal to me. I have seen up close how chronic disease can hijack your life. Many New Yorkers know my personal story but don’t know my mother’s. Dorothy Adams was a diabetic for 15 years, and I watched her inject herself with insulin for seven of those years. But she changed her diet and lifestyle, and she could live until she was 83. I believe if we had caught the chronic diseases she was facing earlier, she would have been with us even longer.

Many New Yorkers have someone in their life impacted by a chronic disease, addiction, or cancer. They worry about the next examination, the next injection. New Yorkers shouldn’t face anxiety and worry about their health and the health of their families. With HealthyNYC, we are going to refocus our public health work around the goal of helping people live longer lives.

And we will do that by addressing health inequities in our Black and Brown communities. This includes increasing access to quality health care to reduce pregnancy-associated mortality among Black women through programs like our citywide doula initiative.

We also know that unhealthy foods — fast food, processed foods, and sugary drinks — contribute to chronic diseases. Much of the problem lies in the fact that often, only higher-income neighborhoods have access to healthy food and the Whole Foods of the world, while our low-income neighborhoods are left with junk food options. Eighty percent of health care dollars in America go toward treating diet-related chronic diseases that these foods fuel. We don’t want to keep feeding this crisis, so we are going to increase access to healthy foods and promote plant-forward diets to reduce chronic and diet-related disease deaths.

Through HealthyNYC, we are also going to expand access to mental health care and social support services, including early intervention for communities of color and LGBTQIA+ youth, as well as address the impact of social media on youth mental health and suicidal ideation to reduce suicide deaths.

Additionally, we will take on the overdose crisis in our city. New York City has lost too many people to overdoses. Too many families and communities have faced the pain and heartache of seeing a loved one go through addiction. So, we are going to increase access to proven harm-reduction and treatment and recovery centers to reduce overdose deaths.

Increasing life expectancy across our city is an all-hands-on-deck moment because every New Yorker deserves a healthier, longer life. With HealthyNYC, we will build a healthier, more prosperous city for all.

By Mayor Eric Adams

Harlem Community Newspapers | November 23, 2023
Home Buying in Harlem
Be Prepared to Buy Now

An unfortunate truth of home buying for prospective first-time buyers today is facing the harsh reality of not earning enough money to afford to purchase a home at today’s prices.

I mentioned to some friends a few days ago how I could not afford to buy my home at its current market value. You cannot allow any more time to pass by. If you are ever going to complete the home buying process successfully, you must start the process.

However, too many prospective first-time home buyers appear to be so discouraged over this situation that they are ready to forgo their dream of homeownership altogether and just be happy with renting. But you must understand the rents will continue to increase significantly and will soon also be unaffordable for many Harlem residents.

I want to encourage you not to give up your dream; homeownership is still a reality. Push past your anxieties. Being a home buyer requires you to have faith that you can succeed. The Apostle Paul reminded his son in ministry, “God did not give us a spirit of fear, but power, love, and a sound mind,” 2nd Timothy 1:7.

Here are a few helpful tips to assist you in completing the process: (1) Attend a home buyer education workshop with Harlem Congregations for Community Improvement, Inc. (HCCI). This program will equip you with knowledge and provide step-by-step instructions. You will gain the confidence needed to complete the home buying process successfully. You will learn how to assemble your home buying team from industry professionals. You will learn the home buying process, and it will enable you to make better decisions.

(2) Create a monthly household budget and aggressively save as much money as possible. Avoid all wasteful spending. The home buying process is costly. You will need lots of money to cover the minimum down payment, closing costs, and other fees associated with purchasing a home. Most lenders will require at least 3-4 months of mortgage payments in the same account after you close on the property.

(3) Create a personal purchasing plan. If you fail to plan, you plan to fail. Detail exactly what steps you must take to complete the home buying process. Include savings, the type of property you can afford, and the projected purchase date in your plan.

(4) Use credit responsibly. Lenders want to see 24 months’ clean credit history with at least 3-4 active credit accounts. Pay your debts on time. Pay more each month than the minimum amount. Avoid late fees, penalties, and additional interest payments. By staying on top of your credit debt, you will be increasing your monthly savings. The biggest reasons mortgage applications are denied are due to poor credit history and high credit debt.

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 at 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.
Dec 1-3
25TH Annual Crafts at the Cathedral for the Holiday Shopping Season
Four years since it was last held in the soaring gothic nave of the world’s largest cathedral, the fine juried craft show Crafts at the Cathedral returns this holiday season on Friday, December 1 through Sunday, December 3, 2023, at The Cathedral of St. John the Divine, located at 1047 Amsterdam Avenue (at 112th Street), Manhattan.

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

December 2
BeBe Winans
The Apollo’s Historic Theater. Tickets start at $40. Six-time Grammy winner BeBe Winans returns to The Apollo for a historic live album recording concert backed by Donald Lawrence & Company. Among the artists Winans has written and produced for are Whitney Houston, Eric Clapton, Stevie Wonder, David Foster, Gladys Knight, Anita Baker, Bobby Brown, and The Clark Sisters - as well his younger sisters Angie and Debbie Winans. Tickets are on sale now at www.apollotheater.org/holidays-at-the-apollo-2023/

Dec 2 Opus 118 Celebration of Light.png
Dec 2 Opus 118 Celebration of Light

Dec 2 4:00pm – 6:00pm
Celebration of Light with Opus 118 and Sing for Hope
Being held at Broadway Presbyterian Church 601 West 114th Street
This concert is FREE and open to the public

December 3, 1:00pm
Double Dutch Holiday Classic
The Apollo’s Historic Theater. Tickets start at $40. The National Double Dutch League returns to The Apollo for the annual Double Dutch Holiday Classic where world-class Double Dutch teams of all ages from around the world compete for the championship title of “Best of Show. Tickets are on sale now at www.apollotheater.org/holidays-at-the-apollo-2023/

Dec 4, 7:30pm
Shoshana Bean and Friends
The Apollo’s Historic Theater. Tickets start at $54.95
Tony and Grammy Award-nominee Shoshana Bean returns to The Apollo with her legendary holiday concert spectacular. This annual one-night-only event has become a New York holiday tradition and features very special guests from stage and screen. Music Direction by David Cook. Produced by Shane Scheel for For The Record Live. Tickets are on sale now at www.apollotheater.org/holidays-at-the-apollo-2023/

December 9, 1:00pm
Winter Wonderland
The Apollo’s Marquee. FREE & open to the public
Under the twinkling lights of our famous marquee, The Apollo invites audiences to bring the whole family for a wide array of holiday-themed activities, including, picture taking with Santa Claus and amazing performances. This event is hosted by The Apollo Tour Director and Ambassador, Billy Mitchell. Tickets are on sale now at www.apollotheater.org/holidays-at-the-apollo-2023/

December 9, 7:30pm
Amateur Night Holiday Special
The Apollo’s Historic Theater. Tickets start at $30. The Apollo Amateur Night Holiday Special showcases talented alumni of the show’s “Stars of Tomorrow” segment, spotlighting the young performers hoping to follow in the footsteps of Apollo Legends like Ella Fitzgerald and H.E.R., whose careers were launched on the stage of The Apollo. Tickets are on sale now at www.apollotheater.org/holidays-at-the-apollo-2023/

December 9, 7:30pm
Opus 118 Chamber Players Present a Celebration of Light Saturday December 2, 2023 at 4 PM ET Featuring Sing for Hope

Music Monday, a free and open-to-the public monthly concert series hosted by The Forum. Performances take place in The Forum’s ground-floor Atrium on Monday evenings, once a month. The November concert will feature the voices of Every Voice Kids Choir, Youth Choir, Concert Choir, Hunter Singers, and TC Choir. Get ready to sing along to your favorite holiday songs! All are welcome to attend. RSVP encouraged.

More information and to RSVP: https://theforum.columbia.edu/events/music-monday-forum-featuring-every-voice-choirs-0
Giving Guru Katrina Parris Reveals 6 Savvy Tips to Delight Your Picky Friends and Co-Workers

As the holiday season approaches, 85% of Americans are gearing up to purchase gifts for their loved ones or co-workers, with an average spending estimate of $831 per person, totaling over $184 billion nationwide.

Amidst this bustling holiday shopping season, NiLu (https://shop-nilu.com/), 191 Malcolm X Blvd. Harlem USA, a beloved Black-owned establishment since 2015, celebrates eight years of nurturing an inclusive community space where independent makers thrive.

NiLu’s inception took root in 2002 through Katrina Parris Flowers (KPF). This Harlem-based floral boutique gained recognition in esteemed publications such as New York Wedding and Oprah’s O Magazine. After a transformative series of life events, Katrina and her husband decided to pivot and opened NiLu, named after their sons Nigel and Luke. Parris passionately states, “We love representing Harlem through international gifts, many from local makers and creatives in the community and beyond.”

Katrina Parris’ Gift-Giving Tips:
Tailored to the Occasion: Match the gift to the event to make it more meaningful.
Passion-Powered Presents: Tap into their hobbies and interests for a heartfelt connection.
Year-Round Surprises: Embrace subscription gifts for a gift that keeps on giving, from fresh flowers to delectable treats and soothing candles.
Memories Over Materials: Consider gifting experiences like theater tickets, dinner, movies, concerts, or comedy shows for lasting joy.
Personal Touch: Opt for customized gifts like monogrammed items, animal-themed pillows, or quirky socks to reflect your unique bond.
Safe Choices: Avoid personal care products or scents unless you know their preferences and allergies.
Gift-Giving Tips - Corporate Edition:
Occasion-Ready: Always align corporate gifts with the occasion to leave a professional and thoughtful impression.
Brewed to Perfection: Specialty coffee, teas, and chocolates are universally appreciated.
Table Talk: Coffee table books related to known interests, be it sports, music, food, cars, or travel, make for engaging corporate gifts.
Green Greetings: Fresh plants or flowers add a touch of nature and delight, fitting any occasion.
Communicate: Remove the tag and ensure clear «To» and «From» labels to avoid confusion or awkward moments.

Steer Clear: Avoid personal care products and jewelry to maintain a professional and respectful gift-giving approach.

NiLu, an online lifestyle brand with a brick-and-mortar flagship store nestled in the heart of Harlem, is a sanctuary for artisans. Their product range spans crafted accessories, exceptionally thoughtful gifts, and distinctly beautiful home goods. Both in-store and online, NiLu creates a vibrant space for the community to discover hidden gems and support local and global artisans. Among NiLu’s best-selling items are products that might be unfamiliar to the masses but cherished within the Black community.

The store proudly features an extensive selection of merchandise from Black and women-owned businesses, including Sheila Bridges, Adjourn Teahouse, Harlem Candle Company, LoMar Farms, Healthmade, and Frederick Benjamin, to name a few. The Harlem 2023 Collection, an exciting addition, showcases a diverse array of new NiLu and Harlem-based merchandise, spanning self-care essentials, holiday entertainment must-haves, and a unique collection for Kwanzaa and Black History Month.

©2023 New York Lottery

Please gift responsibly. Must be 18+ to purchase a Lottery ticket. Gambling problem? Visit NYPProblemGamblingHelp.org. Call the HOPEline 1-877-8-HOPENY or text HOPENY.
It was a spectacular parade of lighted floats filled with music and enthusiastic participants on 125th Street on Tuesday, November 14, 2023, during the Harlem Holiday Lights annual event. Barbara Askins, CEO & President of 125th Street BID, kicked off the event in an interview with Channel 7 ABC before the parade, shouting and singing “Harlem Light It UP,” to the delight of the spectators!

There were a variety of street activations along the parade route and outdoor activities, from entertainment on the streets to giveaways from businesses, a block party, and so much more. As part of the evening, guests joined the “Shine On Harlem Challenge” and experienced the dazzling light and sound display along 125th Street, which will continue through March 2024, using the popular Vibemap to explore interactive musical trees and support local businesses.

This is the 30th year of the Harlem Holiday Lights celebration and the 2023 theme was “Celebrating Our Youth.” The parade included two special Grand Marshals—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. Parade Float Participants included 125th Street BID, Community Board #9, Community Board #10, National Black Leadership Commission on Health, Apollo Theater, Melba’s Restaurant, Living Redemption, Lagos Restaurant TS, Mt Morris Park Community Improvement Association, Apollo Theater, Columbia University, Settepani Restaurant, Mt. Morris Park Community Improvement Association, and the NYPD.

2023 Sponsors and contributors for this year’s event included the following: NYC Business Services, Columbia University Data Science Institute, Foxworth Realty, Con Edison, NY Urban League, Harlem Mothers S.A.V.E, and HUBBNYC.

Additional supporters include Manhattan Borough President Mark Levine, WHCR 90.3FM, Afro-Latin Jazz Alliance, NYPD, M.A.C. Cosmetics, and the Renaissance New York Harlem Hotel. Thanks to the generous funding from the NYC Department of Small Business Services (SBS), the BID also brought 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.

Continue to enjoy the “Singing Trees” along 125th Street, and remember to shop with Harlem retailers, enjoy restaurants and entertainment venues, and especially support Harlem Small Businesses on “Small Business Saturday.”

HAPPY HOLIDAYS!

Photos by: Seitu Oronde Paul Morejon Fernando Gonzalez Emerald Knox Leon Brown
‘Tis the Season for Scams: 5 Ways to Protect You and Your Family  (Statepoint)

In today’s hyper-connected digital universe, cyber criminals have more information than ever before, with the ability to reach you through unsecure public Wi-Fi, your email inbox, via text message, and more.

According to a Scam and Robocall Report from T-Mobile, Americans lost an estimated $39.5 billion to phone scams in 2022. Lucky for you, there are several ways to protect and safeguard your personal information to help prevent scammers from scammin’ this holiday season.

1. Avoid Public USB Ports: Traveling by plane this holiday season? The FCC warns that cyber criminals can download malware to public USB charging ports to gain access to your information. Prevent this by using an AC power outlet instead.

2. Beware of Charity Scams: It’s the season of giving, but the FCC warns many cyber criminals take advantage by creating fake charities staged as real non-profit organizations to gain access to your payment information. Woof. To prevent this, don’t click on suspicious email or text links and verify the organization is registered at the National Association of State Charity Officials or Better Business Bureau’s Wise Giving Alliance before donating this holiday season.

3. Screen Your Calls: Scammers are continuously upping their game, with total robocall attempts up 75% from 2021 to 2022. Detecting whether an incoming call is a potential scam isn’t always easy, but T-Mobile’s Scam Shield app makes it simple. Free to all T-Mobile customers, Scam Shield enhances your scam-blocking protections so you can say goodbye to scam calls. In 2022 alone, Scam Shield identified or blocked 41.5 billion scam calls in the T-Mobile network. That’s a whopping 1,317 calls identified or blocked every second. With Scam Shield, when the network detects a potential scam call, it is flagged and displayed as “Scam Likely” on your device. Customers who want even more protection can download the Scam Shield app or dial #662# from their T-Mobile smartphone to enable Scam Block, which automatically blocks any calls that match the database of scam calls. Take that, tricksters. To learn more, visit t-mobile.com/scamshield.

4. Shop Smarter Online: According to Statista, 57% of holiday shoppers plan to use their smartphone to make holiday purchases this year, and scammers are onto them, ramping up activity during the two weeks before Christmas. To minimize any cyber Grinches trying to steal your personal info, monitor your financial accounts regularly for suspicious charges and sign up for your bank or credit card company’s text or email notifications to stay on top of fraudulent activity.

5. Use Secure Tools: Safeguard your online accounts with Multi-Factor Authentication, which requires users to enter two different kinds of information to log in, like a password and one-time PIN code. It’s like having a digital bouncer to make sure only you get into your accounts. Another protection is a password manager, giving you the ability to securely store passwords across multiple platforms and websites. The tool also provides an autofill password function and a new password generator.

To learn more about the industry’s top fraud trends and how to stay protected from scammers year-round, check out T-Mobile’s Scam Shield Report found at t-mobile.com/news.
Best Way To Store Thanksgiving Leftovers

By Samuetta Hill Drew

Thanksgiving is a time when family and friends gather over a specially prepared meal. Much love and care go into the planning and cooking of this special meal, but some safety rules should be followed in preparing and storing Thanksgiving foods and leftovers.

Germs that can make you sick can survive in many places around your kitchen, including food, hands, utensils, cutting boards, and countertops. Therefore, follow four simple safety steps - clean, separate, cook and chill. Wash your hands, utensils, and surfaces frequently.

It is important to remember the “two-hour rule” when everyone is sitting around the table eating, laughing, and talking. When cooked food is at room temperature, it only has “two hours” before it becomes unsafe. Therefore, ensure you put out just enough food for your guests and place the rest in the refrigerator.

Whether putting food in the refrigerator, the freezer, or the cupboard, you have plenty of opportunities to prevent illnesses. It is estimated that one in six Americans will get sick from food poisoning this year. Food poisoning not only makes you sick, but it can also cause long-term health problems.

The goal is to keep yourself and others from being sickened by microorganisms such as Salmonella, E. coli O157:H7, and C. botulinum, which causes botulism. Keeping foods chilled at proper temperatures is one of the best ways to prevent or slow the growth of these bacteria.

Some basic storage safety tips to follow are:
- Refrigerate or freeze perishables right away. Never allow meat, poultry, seafood, eggs, produce or other foods that require refrigeration to sit at room temperature for more than “two hours.” This also applies to leftovers, “doggie bags,” and take-out foods. Also, do not crowd the refrigerator or freezer so tightly that air cannot circulate when putting food away.
- Keep your appliances at the proper temperatures. Keep the refrigerator temperature at or below 40 degrees Fahrenheit. The freezer temperature should be 0 degrees Fahrenheit. Check temperatures periodically.
- Check storage directions on labels. If you have neglected to refrigerate some food items properly, it is usually best to be safe and throw them out.
- Be aware that food can make you sick even when it does not look, smell, or taste spoiled. This is because food-borne illnesses are caused by pathogenic bacteria, which are different from the spoilage bacteria that make foods “go bad.”
- Clean the refrigerator regularly and wipe spills immediately. This helps reduce the growth of Listeria bacteria.
- Keep food covered. Leftovers should be stored in tight containers.
- Check expiration dates.

Following a few food safety rules will help you keep an eye on safety so you and your family can enjoy your Thanksgiving meal while remaining grateful and healthy.
“CELEBRITIES CHEFS EMBRACE INTERNATIONAL TASTE OF HARLEM” By Jared McCallister

Harlem culinary celebrities, who regularly serve up large portions love for Harlem, are excited to participate in the International Taste of Harlem (ITOH) and celebrate the world-famous neighborhood’s global array of restaurants, eateries, and bakeries.

Presented by the Greater Harlem Chamber of Commerce, the ITOH will highlight 30 internationally themed uptown establishments now through Nov. 26, encourage Harlemites to support local businesses, and importantly, urge neighborhood residents to circulate more of their disposable income in Harlem.

The celebrity owners — Kenneth Woods of Sylvia’s Restaurant; chef Marcus Samuelsson of Red Rooster of Harlem; chef and baker Aliyyah Baylor of the Make My Cake bakery; Melba Wilson of Melba’s; Norma Jean Darden of Miss Mamie’s Spoonbread Too; baker Alvin Lee Smalls of Lee Lee’s Baked Goods; chef Elhadji Cisse of Ponty Bistro; and Betty Park of Manha’s Renowned Asian and Soul Foods — are excited about ITOH, and ready to share their wares with customers.

Tim Zagat, co-founder of the respected Zagat Survey restaurant guide is thrilled about the ITOH. “As a Jewish kid who grew up on W. 117th Street, I’m proud of my family being Harlemites. I acquired my taste for eating in the Harlem community. There are great restaurants in the neighborhood, and it’s ever-growing,” Zagat said. “I’m proud of all the restaurants and bakeries in the International Taste of Harlem.”

For more information on the International Taste of Harlem, contact Baron Carr of the Greater Harlem Chamber of Commerce at (212) 862-7200.
6 Major Cold & Allergy Medicines That Don’t Work

By Dominique Lambright

If you get ill with the sniffles this season, you might be motivated to create a workaround for your go-to treatment.

In a unanimous decision, a U.S. Food and Drug Administration (FDA) panel concluded that phenylephrine, the active component in approximately 300 million units of over-the-counter drugs, did not actually function. According to Mark Dykewicz, MD, professor and department chief of allergy and immunology at Saint Louis University School of Medicine, “modern trials, when carefully performed, are not demonstrating any improvement in congestion with phenylephrine.”

The committee found that oral preparations were the least effective. Phenylephrine, frequently branded as “PE,” is present in medications such as Sudafed PE, Vicks DayQuil and NyQuil Sinex Nighttime Sinus Relief, Robitussin Peak Cold Nighttime Nasal Relief, Mucinex Sinus-Max, Theraflu, and Benadryl Allergy Plus Congestion.

Consider Trying Nasal Irrigation

Using a neti pot or another device to rinse your nasal passages will help wash out your sinuses and help release heavy mucus. Whenever possible, it is recommended that patients drink sterile water, which has been boiled for three to five minutes, or distilled water.

Saline or saltwater nose drops can also help remove nasal mucus and improve airflow.

You can relieve nasal pressure and inflammation by inhaling the steam in a hot shower. It takes effort, but you’ll feel much better if you push yourself. You might also try resting your face on a heated cloth for a few minutes.

Some congestion solutions are recommended for a more natural route to better breathing:

**Run A Humidifier**

Mucus can be thinned and sinus irritation reduced by using a humidifier or cool-mist vaporizer.

**Consider Trying Nasal Irrigation**

Tochi Iroku-Malize, MD, MPH, president of the American Academy of Family Physicians and founding chair and professor of family medicine at Hofstra/Northwell in Hempstead, New York, says that the first stages in combating respiratory infection are straightforward. To minimize dehydration and assist in removing mucus, Dr. Iroku-Malize recommends obtaining enough rest, not smoking, and drinking plenty of water.

Saline or saltwater nose drops can also help remove nasal mucus and improve airflow.

**Spice Things Up**

Dr. Robert Glatter, an emergency medicine instructor at New York’s Lenox Hill Hospital, says: The following four dietary additives have been shown to increase mucus production and cause nasal congestion:

- Red pepper flakes
- garlic
- turmeric powder
- fresh ginger

As a result, nasal congestion will be relieved, and mucus will have an easy way to escape.

**Drink Essential Oils**

Dr. Glatter believes eucalyptus, peppermint, and rosemary oils may help for up to three days. A diffuser can be used for aromatherapy. When added to hot water and inhaled, eucalyptus oil “seems to hold the most promise,” he says.

**Know When To Call Your Doctor**

According to Dr. Iroku-Malize, the majority of cold and flu symptoms, including congestion, clear up on their own within a week. Make an appointment with your primary care physician if your symptoms, such as difficulty breathing or a fever, persist.
Urbanology: Keeping Your Eye On Ions

By W.A. Rogers

As the weather is changing, it is important to discuss Negative and Positive ions.

For those of you who are not aware, Negative ions are oxygen atoms with an extra electron charge. Negative ions are created in sunlight, running water, and the earth’s radiation. Warm running water in your shower creates steam, also creates Negative ions. High concentrations of Negative ions can be found near beaches, waterfalls, by strong winds, and rapidly running water in mountain streams.

The feeling of relaxation you get at a beach, a waterfall, or after a nice hot shower comes from your body being exposed to large amounts of Negative ions. Research has shown that Negative ions can positively affect moods, pain management, body temperature, focus, and attention. Research also shows that Negative ions can relieve feelings of depression, stress, and anxiety.

There is a growing market for machines that can produce Negative ions. Ionizers will soon be used in hospitals and many other public spaces as Negative ions can kill airborne germs, bacteria, smells, and dust. This happens when they attach themselves to positively charged ion particles in large numbers. The germs, pollen, mold, and other allergens become too heavy to remain airborne and drop to the floor.

The Positive ions are the bad guys and are all around us. Electrical equipment, televisions, computers, cell phones, air conditioning, clothes dryers, and inner-city pollution give high exposures of Positive ions. That is why the market is growing for ionizers. You can buy an ionizer on Amazon to clear Positive ions from your home or workplace. Ionizers come in many sizes; there are even plug-in models.

Ionizers can be helpful during the winter months to decrease airborne viruses and bacteria. The flu and cold season is upon us, so school children and senior citizens have to be careful.

In 1956, Japanese researchers developed a high-tech fiber called Teviron, which could create Negative ions. This discovery began a phase of negative ion technology that focused on developing clothing that could generate Negative ions through movement.

The military and the athletic industry have been exploring methods to produce clothing that generate Negative ions to improve performance, health, and overall well-being.

A few activewear brands use negative ion technology, but you must research negative ion products and remember that not all that glitters may be gold.

Negative ion clothing can also help in weight loss. This type of product has become very popular in women’s undergarments. Negative ions are truly wellness gifts from heaven.

The waterfalls in the northern region of Ghana generate large amounts of negative ions and are considered some of the area’s most relaxing and healthy features. HTB is planning a trip to the Northen region in April 2024. Information will soon be posted on www.goharlem.org.

Answers to Puzzle on page 17

K I S S  B A R  E D U C E
O N T O  A R C O  Y E S E S
I K O N  H A R T  E L E C T
Y A N K O V I C  F O R A
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C O L T  G L A S N O S T
P A Y E E  N A M E  D A I S
O P E N S  A M I D  L I E U
W O R S T  W E E  E L S E

Herbs are Nature’s Medicine

Kitchen Herbology: BASIL

By Zakiyyah

The highly fragrant leaves of basil are used as a seasoning herb for a variety of foods. Adding a good helping of basil to your pasta sauce not only enriches the taste but also increases the cardiovascular health benefits of your dish.

Many years ago, when I was a teenager, basil was the sole remedy in curing my severely allergic reactions – not only to “pollen,” but to dairy, dust, and pet dander. I used to wake up and sit on the edge of my bed for an hour, sneezing, rubbing my eyes, honking and itching my throat, and clearing the residu-

... 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 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/yajaldpzv; blog: www.herbsarenaturesmedicine.blogspot.com. View my upcoming book: booklaunch.io/Zakiyyah/theenergeticsofherbs.
**ACROSS**
1. "Heaven’s on Fire" band
5. Setting of "Cheers" TV show
8. Derive
13. "I’m ___ you!"
14. Gas station brand
15. Affirmatives
16. Image in Orthodox Church
17. *Robert Wagner or Stephanie Powers, on TV
18. *Vote for H.W. Bush, e.g.
19. *Weird Al’s last name
22. Dog-___ book
23. Clingy plant
24. Spiky succulent
27. Accumulates (2 words)
31. Turkish military leader
32. Consequence
35. *Wintour of Vogue
36. Zoroaster follower

**DOWN**
1. Ornamental pond dweller
2. Deep black
3. Greek promenade
4. Shakespeare’s offering
5. *Lou Reed’s "Home of the ____"
6. Like thick smoke
7. Campus military org.
8. Attractive to look at
9. *"Back to the Future" car
10. One on drugs
11. Cecum, pl.
12. Is, in Paris
14. “A horse is ___ ___ of course, of course”
20. Resin-producing tree
21. Old World lizard
23. Took the bait
24. *Christopher Reeve’s sartorial style in “Superman II”
25. Old World lizard
26. Indigenous person from Suriname or Guyana
27. Surveyor’s map
38. E in B.C.E.
39. #53 Down, third person singular
40. Do like exhaust pipe
41. Hertz’ offering
43. Extra cost
44. Expert, in U.K. (2 words)
46. *Ricky Martin’s boy band
48. Arrival time acronym
49. *Piano player Lee Current on "Fame"
51. *Baltimore player
53. *Mikhail Gorbachev’s policy
56. Recipient of money
57. *Umberto Eco’s “The ___ of the Rose”
58. Oration station
59. *Close of “The Big Chill”

**See answers on page 16 and 18**

**DON’T MISS ANOTHER ISSUE!
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**GO TO PAGE 19**
You have to choose. You can’t have both. This one or that one, that or the other, think about it and then pick a side. Or maybe you don’t even have to think about it. Maybe, as in the new novel “Laws of Annihilation” by Eriq La Salle, the decision was made decades ago.

Agent Janet Maclin wasn’t entirely unprepared for the news, but still, it’s tough to learn that you have incurable cancer and that death is near. The diagnosis explained her constant pain and the ravaging of her entire body daily, but it didn’t explain how she was going to break the news to her two partners in the department.

Detective Phee Freeman and Detective Quincy Cavanaugh were not just partners but friends – maybe the only friends Maclin had anymore – and she was reluctant to share her news. She was not going to survive this, so why would it matter? They were busy enough on a huge case; there was no need to add anything else.

A young Black man had been caught spray-painting hate symbols on a Jewish synagogue, and the mob that witnessed his deed chased the young man to his death. Did this lead to the bloody, gruesome murders of Jewish rabbis who had called for peace in the community? Were those deaths connected to the disappearance of a man named Spider, who was heavily involved in an Islamic group in Harlem, and who was the young man’s uncle? And where was Ezra Pearl, an influential man in the Jewish community who’d been filmed leading the chase that caused the young man’s death?

The Mayor of New York was calling for calm, but with both sides demanding revenge, two people missing, and a killer (or two) on the loose, Maclin knew that calm wouldn’t be that easy. Neither would solving what was a growing list of violent crimes.

As New York City seethed, she hoped to live long enough to see this end.

Crack open “Laws of Annihilation,” and you might think you’d stepped onto a random sidewalk in a major city somewhere in America. The events in the book are entirely plausible, given current events today and last summer’s heatwave. You can almost feel the tension. You can almost smell it.

That realism sharpens the vicious gruesomeness of the murders that pepper this story, as does the authenticity in the details pertaining to religions. The latter is subtle, as author Eriq La Salle leads readers to understand without detracting from the story.

This thriller contains violence, profanity, and a relatively quick, relatively chaste bedroom scene, but a warning bears repeating. Still, if you love a good thriller with a decent cliffhanger, “Laws of Annihilation” is one thing you should read.


SUDOKU ANSWERS

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