New Black Actors Are Taking Over Broadway!

HarlemWelcomes 50,000 New York City Marathon Runners

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

HarlemWeen
see page 5

see pages 11-14

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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 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.

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Mailing: P.O. Box # 1775, New York, New York 10027
Phone: 646-988-1015
Email: harlemnewsinc@aol.com
Website: www.harlemcommunitynews.com
Twitter: @harlemnewsinc • Facebook: /harlemnewsinc
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The NY City Marathon was held this Sunday, November 5, 2023. Approximately 50,000 runners from all over the world participated in the race that went through Harlem, where runners experience a special treat - “The Harlem Mile.” (see page 3)

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 parade route during the day. (see pages 11-14)

Did you get the COVID Booster? Every week, for the past couple of months, I learn about someone around me getting over COVID. Fortunately, I have not known of anyone near me who has died from COVID lately. However, the fact is - that COVID is still with us, so please get your booster.

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.
Harlem Welcomes 50,000 New York City Marathon Runners

Sunday, November 5, 2023, was a sunny, not-too-cold day for the NYC Marathon. Known as the world’s biggest and boldest marathon, the day was filled with runners, supporters, and entertainment, as all five boroughs lined with fans participated. The “Harlem Miles” volunteers, sponsors, and supporters turned out and cheered the runners on “Harlem Style.”

Harlem welcomed over 50,000 runners from 150 countries and all 50 U.S. states.

Tamirat Tola (Ethiopia) was the winner of the men’s open division; Tola pulled away from the field in the final six miles to win the men’s race and break the 12-year-old course record in 2:04:58. Hellen Obiri (Kenya): Winner of the women’s open division; Obiri won the TCS New York City Marathon, using a kick in the final 400 meters to clock a time of 2:27:23. She is the first woman in 34 years to win the Boston and TCS New York City Marathons in the same calendar year. Marcel Hug (Switzerland): Winner of the men’s wheelchair division; Hug won his sixth career TCS New York City Marathon title, breaking the record for the most wheelchair division titles in event history. He took the tape in 1:25:29 and, with his victory, became the first man to sweep all six Abbott World Marathon Majors races in a calendar year. Catherine Debrunner (Switzerland): Winner of the women’s wheelchair division, Debrunner captured her first TCS New York City Marathon title in 1:39:32 to break the previous course record of 1:42:43 set in 2022.

The Percy Sutton Harlem Miles, coordinated by the Greater Harlem Chamber of Commerce, entertained the runners with four stages of music along the route: Gospel, Spirituals, R&B, Hip Hop, Latin, and Caribbean music, along with a “live” performance of “The Sounds of Harlem” salute to Jazz legends Ella Fitzgerald and Duke Ellington.

Photos by Seitu Oronde

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
New York City celebrated the 50th anniversary of its annual NYC Village Halloween Parade last week, drawing extravagant costume creations of zombies, killer clowns, vampires, and giant skeletons, along with mild and meek character portrayals on the Avenue of the Americas.

Children wait all year for the one day when they dress up as characters that live in their minds, games, and movies. However, few parents explain the meaning behind the annual fright-fest even though many give permission to their children to highlight the most wicked and evil monsters and request candy at the doors of strangers.

Though Halloween may be a secular event today, focused on costumes, and candy by way of trick-or-treating, its origin is rooted in an annual religious pagan festival that was appropriated by the early Catholic Church under Pope Gregory.

Known as St. Gregory the Great, he advised England to do away with the religious customs of non-Christians, by converting their customs to a Christian religious purpose.

With that in mind, the church counteracted the awakening of goblins and ghosts on Halloween, October 31, by designating two Catholic holidays. All Saints Day and All Souls Day are to be celebrated on the following two days with morning mass at Catholic churches, and candles lit along altar railings with prayers that loved ones are resting in peace.

There is also a blend of spiritual rituals in the Spanish culture to celebrate spirits and souls on those first days of November. El Dia de los Muertos is not, as is commonly thought, a Mexican version of Halloween, though the two holidays do share some traditions that include costumes and parades. The Day of the Dead is when families welcome back the souls of their deceased relatives for a brief reunion. It is believed that the border between the spirit world and the real world opens, and the souls awaken and return to the living world to joyfully feast, drink, and dance. Music plays a big part in the welcome.

The living family members treat the deceased as honored guests. Framed pictures of loved ones are placed on home altars with flowers and other assembled precious items of remembrance. Candles illuminate the souls’ way back to their homes on Earth. Flowers are spread and wine and bread are shared at gravesites.

The most prominent symbols related to Halloween are skeletons, as displayed in vast numbers throughout the parade. However, on the day of the dead, adults wear skull masks and children are treated to sugar candy molded into the shape of skulls and everyone enjoys the traditional sweet spirit bread baked to honor the dead.

Whatever one’s religious beliefs are and the practices that are followed, it is interesting to discover what other cultures are doing on holidays that we annually celebrate. Knowledge is power!

[Hazel Rosetta Smith is a journalist, playwright, and artistic director of Help Somebody Theatrical Ministries. Contact: misshazel@twc.com]
HarlemWeen

Photos by: Seitu Oronde

All eyes were on the big Halloween parade in the village last week on October 31st. However, Harlem youth enjoyed a festive event on the plaza of the Harlem State Office Building – HarlemWeen. This free, family-friendly-costumed festival has been held since 2011.
Op-Ed: New Yorkers are Spreading the Love. Here’s How You Can Get Involved

By Mayor Eric Adams

We all love New York City. And this year, New Yorkers have been showing their love by lending a helping hand as part of our Spread Love campaign. Since March, nearly 30,000 New Yorkers have given more than 235,000 hours of their time to help out our neighbors who are in need.

Thanks in no small part to the sacrifices of volunteers, our city is back better than ever. Jobs are at an all-time high and crime is down. We overcame the darkest days of the pandemic because of the selfless work of everyday volunteers. But so many of our neighbors — especially young people, families, and older adults — still need our help. Imagine what would happen if every New Yorker committed just one hour a week to an act of service. The result would be transformative.

There are so many opportunities to get involved. It can be as simple as helping an older neighbor shovel snow or pitching in to clean up your local park. If you don’t have time to spare, you can also donate directly to community organizations that support New Yorkers in need. Organizations are happy to take extra food items, clothing, hygiene products, technology, and supplies.

As cold weather approaches, you can also donate winter coats and jackets to keep your fellow New Yorkers warm. Just this past week, we launched the annual New York Cares coat drive to collect and distribute a record 250,000 coats. You can help make history by reaching into your closet and dropping off old or unused coats at a location near you. Find out where at newyorkcares.org/coat-drive.

When you give to others, you won’t just be helping New Yorkers in need — you’ll also be helping yourself. I have felt the joy of giving back firsthand. Every Wednesday, I hand out food to our brothers and sisters in need. It is one of the most meaningful moments in my week. And that’s why we launched the We <3 New York campaign: to help every New Yorker discover the satisfaction of engaging with their communities.

The opportunities to help out are nearly limitless, and our city’s NYC Service office can help connect you. At NYC.gov/Service you can easily find volunteer postings near you from more than 500 community organizations across the city. You can search by interest, keyword, location, and more. You can sign up by yourself or with family and friends because volunteering together is even more fun!

Recent volunteer opportunities include working with furry friends, helping older New Yorkers care for their pets. You can also sign up to develop your green thumb by volunteering at a local garden, help neighbors get access to healthy food by working at a food pantry, tutor local high school students in language, or support our newest New Yorkers through an asylum seeker volunteer opportunity.

Love means taking action. Love means serving others. Love means getting stuff done for New Yorkers in need. Now is the time to spread that love to every block and borough. Together, we can make a real difference in the lives of our fellow New Yorkers.
Home Buying in Harlem
Be Prepared to Buy Now

Can anyone afford to buy a home in Harlem? I recently heard about several brownstones and some excellent co-operative apartments that are now on the market. The market value is pretty steep for most first-time home buyers, but it is obtainable.

You must be ‘mortgage ready,’ meaning having adequate money saved for the down payment and closing, a minimum two-year work history, and twenty-four months of clean credit history with at least 3-4 active lines of credit.

However, your first step is to attend an approved housing counseling program. Harlem Congregations for Community Improvement, Inc. (HCCI) offers a free monthly virtual seminar series. The program meets on Thursday evenings from 7:00 – 9:30 pm. To register, visit our website – www.hcci.org – and at the top of the homepage, click on the tab for programs and services, then home buyer education. Once you complete the registration form, you will receive an auto-response email confirmation, and a link for the workshop. We have an open enrollment policy, which allows you to start at any point in the cycle.

The workshop is designed to help you understand the steps in the home-buying process, how to assemble your home-buying team of professionals to assist you through the process, and provide you with the terminology used in the industry. You will learn to calculate your debt-to-income ratio (DTI), the various mortgage products, FHA, SONYMA, Conventional, and Veterans. The workshop will provide you with websites to use in researching potential properties. You will learn how to negotiate an offer and the different types of properties, from single to multi-family homes, co-operative, and condominium units.

Start now by creating a monthly household budget. This is the primary tool in the home buying process. The bank will determine your pre-approval amount based on your gross monthly income, but your budget is based on net income. Your other monthly living expenses must also be factored into the equation. This is the most important step in the home buying process, because you must make your mortgage obligation and still meet your other monthly living expenses.

In today’s market, most lenders are only lending about 3 - 4 times your annual income. This is why it is so difficult to purchase a home in Harlem. Current banking regulations will not allow a borrower’s debt to income (DTI) ratio to exceed 43% of your monthly gross income. Even if the bank wanted to lend you more money, it would be prohibited under these new guidelines.

This means you must have more money for a larger down payment to offset the purchase price, and the amount of money you will be qualified to borrow. This point again emphasizes the importance of aggressively saving as much money as possible to buy a home in Harlem successfully.

For more information on 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.
Dec 2 Miller Theater

Dec 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 10 – Jan 15
Second Annual “Gingerbread NYC: The Great Borough Bake Off”
Amateur and Professional Bakers From Around the City Take on “Iconic New York” for Around the City Bake-Off “Gingerbread NYC: The Great Borough Bake Off” – MCNY’s second annual gingerbread competition and celebration of communities and neighborhoods in each of the five boroughs. The Gingerbread NYC installation at the Museum gives New Yorkers and tourists a delicious opportunity to celebrate the city.

Nov 11 11am – 3:30pm
NEW YORK URBAN LEAGUE ANNUAL HBCU FAIR
The New York Urban 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 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, Chnick-fil-A, and Melba’s.

Dec 9 Apollo Holiday

Dec 9, 7:30pm
Harlem Holiday Lights 2023
Join the “Shine on Harlem Challenge and experience the dazzling light and sound displays along 125th Street. Participate in the entertainment and events along the parade route. Watch the parade of lighted floats starting at 6:00pm.

Nov 20 Apollo
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/
New Black Actors Are Taking Over Broadway!

By Linda Armstrong

Blacks on Broadway is a particular issue that occurs at certain times of the year in Harlem News. In that issue, I share all the Broadway shows that have Black actors in them. It is a chance to let them shine and be honored for what they do on Broadway. Seeing us in a musical is always uplifting, but what audiences need to realize is that as much as we are inspired seeing Black performers on the stage, they, too, are inspired when they see us in the audience.

To make sure that more Blacks on Broadway are acknowledged, going forward, there will be additional issues featuring Blacks on Broadway once a month. These stories will share the names and roles of the new Black performers who are in Broadway shows. It gives everyone a better chance to be seen and appreciated.

In the first of many articles to come, we will acknowledge that Disney’s “The Lion King” has been on Broadway for 26 years and counting. “The Lion King” is a production that easily touches the heart and soul and rejuvenates the spirit! In Disney’s classic musical, playing at the Minskoff Theatre at 200 W 45th Street, we learn about the story of Simba, his Lion King father, Mufasa, and the circle of life that we are all participating in, whether we realize it or not. In this rich, cultural setting, a young man is making his Broadway and Lion King debut—Vincent Jamal Hooper, who plays Simba. This Disney production has long held the distinction in the Blacks on Broadway articles of being one of the top Broadway shows with a huge number of Black actors.

“The Lion King” playing at the Hudson Theater at 141 W 44th Street, is a musical comedy that tells the story of three friends who knew each other since college. Two are musical theater writers, and the third is a theater critic. The audience is taken on a journey of their friendships but in reverse order. The audience gets to see how one’s life choices can truly impact the situations that you find yourself facing. It also shows how complicated relationships can be, especially for people trying to make it big in theater.

This production has countless laughs and amazing singing! Five Black actors who are part of the merriment on stage include Krystal Joy Brown (Gussie Carnegie), Maya Bond (Mimi from Paramount), Talia Simone Robinson (Meg Kincaid), Natalie Wachen (KT), and Christian Strange (Ru/Reverend).

“Spamalot,” playing at the St. James Theatre at 246 W 44th Street, started performances on October 31. This is a musical comedy based on the film “Monty Python and the Holy Grail.” There are flying cows, killer rabbits, dancing girls, knights, and the lady of the lake. This musical comedy stars James Monroe Iglehart as King Arthur and Nik Walker as Sir Galahad.

Go out and enjoy our people as they thrive on Broadway!
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“We’re thrilled to celebrate 30 years of brightening up 125th Street and are proud to be New York City’s only parade of lights. In partnership with NYC Department of Small Business Services and local partners, Community Boards 9 and 10, Apollo Theater, Mount Morris Park Community Improvement Association, Columbia University, Settepani, and NYPD, the holiday energy in Harlem will be even bigger and brighter than ever before to mark the 30th anniversary of Harlem Holiday Lights. The evening will feature new activations, including ‘Singing Trees’ to celebrate the spirit of the historic and cultural corridor while supporting our independent local businesses.”

“Harlem Holiday Lights is a FREE event, open to the public, and will take place on Tuesday, November 14th beginning at 6 pm. Our rain date is Tuesday, November 21st.” “The theme for this year’s Harlem Holiday Lights focuses on ‘Celebrating Our Youth’ featuring two special Grand Marshals, Stephanie Pacheco, NYS Youth Poet Laureate and member of the 2022 NYC Youth Slam Team, as well as Dr. Lena Green, DSW, LCSW, CLC, Executive Director of HOPE Center Harlem, a community based mental health clinic in Harlem.”

“Starting at 6 pm, we’re going to kick off the festivities with 15 magically lit up floats at 125th Street and Broadway, followed by Adam Clayton Powell Jr. Blvd, down to West 116th Street, north on Malcolm X Blvd, around Marcus Garvey Park, north on Lenox Avenue, west on 135th Street, south Adam Clayton Powell Jr. Blvd and will end the route at Hancock Place.

-Barbara Askins, President, 125th Street BID

For more information, please visit www.harlemlightitup.com, follow us on Instagram at HarlemHolidayLights. For more on the 125th St. BID, visit www.harlembid.com and follow us on Instagram 125thstreetbid, X at 125thStreetBid, as well as Facebook at 125thBID.

The parade will start at 125th Street and Broadway, traveling throughout Central Harlem and ending at Hancock Place.
Thank you to our partners, supporters, and participants!

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Hosted by 125th Street BID, Manhattan Borough President’s Office, and Columbia University

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Visit ssa.gov/extrahelp or call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) to apply.

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Kisha Barton’s Inspiring Breast Cancer Triumph

Kisha Barton’s breast cancer journey was a testament to strength and resilience, emphasizing the vital importance of early detection and breast reconstruction. Her experience also cast a spotlight on the disparities faced by Black women in breast cancer outcomes.

When Kisha discovered a lump in her breast, she had no idea that Black women have the highest incidence of breast cancer and the highest death rate. However, this knowledge did not deter her. Instead, she embarked on a path towards early detection, determined to confront her diagnosis head-on.

Upon receiving her stage 2 invasive ductal and lobular carcinoma Breast diagnosis, Kisha was initially met with confusion and fear. However, she quickly resolved to face her fears and fight back with unwavering determination.

Throughout her journey, Kisha encountered what she would later call her “angels.” These were individuals who guided her through the complex web of cancer care, helping her navigate the intricate landscape. They led her to Memorial Sloan Kettering Cancer Center (MSK), a pivotal moment in her fight against cancer. MSK provided her with world-class care, and, eventually, the declaration of being cancer-free.

Kisha’s determination extended beyond her personal journey. She established “Dorothy Delivers Inc.,” a nonprofit aimed at empowering underserved communities in New York City, with a special focus on health and wellness resources for women of color with breast cancer. Through this initiative, Kisha aimed to increase health awareness, provide access to healthcare screenings, and promote healthy living within these communities.

Kisha’s story serves as a rallying cry, particularly for women of color, encouraging them to prioritize early detection, recognize the significance of breast reconstruction, and demand equitable access to healthcare resources. She understands that Black women face disproportionate challenges when it comes to breast cancer, and her advocacy highlights the need for change.

Throughout her journey, Kisha also came to understand the critical role of breast reconstruction for both physical and emotional recovery. Dr. Jonathan Bank from NYBRA Plastic Surgery played a pivotal role in helping Kisha regain her self-confidence and restore her sense of self. His compassionate approach and commitment to empowering women through their reconstruction journey were instrumental in Kisha’s recovery.

Today, Kisha stands as a symbol of resilience and hope. Her story isn’t just about survival; it’s about empowerment and advocacy. Kisha Barton’s legacy, through Dorothy Delivers Inc., serves as a reminder that each of us can make a difference. Her story encourages us to prioritize early detection, share our experiences, and work towards health equity for all.

Together, we can overcome cancer, paving the way for healthier lives and brighter futures. Institutions like Memorial Sloan Kettering and professionals like Dr. Jonathan Bank play a vital role in our journeys toward recovery and empowerment. Kisha Barton’s story is an inspiration to all, proof that strength, determination, and unwavering support can conquer even the most formidable of challenges.

Resources:

References:

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How to Overcome Job Hunt Burnout in Today’s Tough Market

(StatePoint)

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 greatly expand your options, be open to hybrid and on-site work opportunities.

• 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
5 Ways to Make Math Part of Your Kids’ Daily Lives

(StatePoint)

Mathematics can feel intimidating to a lot of students, but by making it a part of your child’s daily life, they can have fun with the subject, while beefing up their skills for STEM learning in the classroom. Here are five ways to incorporate math into errands, chores and hobbies:

1. **At the store:** Involve your child in the process of shopping and making home purchases. Let them use their skills in areas such as arithmetic, percentages and fractions, to help you find the best deals, and to estimate what the total cost of your cart will be at checkout. This is also a good opportunity to talk budgeting and money management.

2. **At the game:** Make math fun at the stadium or arena. Whether your child is an athlete, a fan, or both, sports can be an excellent way to bring probability, averages and statistics into everyday conversation, along with more advanced STEM concepts, like kinematics. To better understand the performance of a particular team or athlete, kids can crunch numbers and visualize data with graphs and charts.

3. **In the kitchen:** Whipping up dinner for the family? Baking a batch of cookies for the school fundraiser? Have your child measure and weigh the recipe’s ingredients, convert from metric to English measurements, if needed, and set the oven timer and temperature. Like many household tasks, food preparation inherently involves numbers and mathematics. The best part? You’ll also be encouraging the development of a practical life skill.

4. **While driving:** Calculating fuel prices and efficiency, along with estimated times of arrival, all involve basic math skills, and can be honed while on the road. More advanced concepts, such as torque, aerodynamics, and kinetic, electrical and thermal energy, can also be applied to driving and road trips. But you don’t have to be in motion to find a relationship between cars and math. Many of these same mathematical concepts can be addressed while performing automotive maintenance.

5. **On-the-go:** Of course, for on-the-go math learning, and for the classroom, your child should be equipped with gear that makes learning fun and intuitive. The natural textbook display functionality of a graphing calculator, like the fx-9750GIII from Casio, makes graph plotting, probability distribution, vector arithmetic and spreadsheets a highly visual experience, whether kids are calculating their NFL team’s probability of making it to the big game, or the air resistance of an SUV. Plus, the calculator is capable of programming in CASIO Basic and MicroPython, so that kids can put the T into STEM learning, anytime, anywhere.

For many reasons, kids are not always excited about math class. Maybe it’s because the subject feels dry, or maybe it just feels too challenging. Making connections between math and the real world can be a game changer though, introducing the subject as a fun and engaging way of understanding the world.

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Urbanology: Cold Water Therapy

By W.A. Rogers

Hydrotherapy is the practice of using hot or cold water as a healing tool. It has been used for thousands of years by Taoist masters, yogis, and in many cultures in Europe, Asia, and Africa. During my Taoist master training, we had to get up at 5:30 am to begin every day with an ice-cold shower.

At that time, I assumed it was a way to develop mental and physical endurance, which it did. I recently read an article in a wellness newsletter, www.natural-mentor.com, that gave a few scientific reasons why this ancient cold water shower therapy has been a wellness practice for centuries.

Cold water opens capillaries and flushes blood deep into all the body’s internal organs. The cold shower will encourage circulation by flushing your system with new blood. It seems that when your capillaries are open, new blood circulation will replace the old blood, carrying more oxygen to nourish the body and regenerate cells.

According to the article, older people may benefit more from cold shower therapy because it instantaneously allows the body’s cells to recuperate. Normally, body cells recover in seventy-two hours. Your body cell recuperation becomes slower as you grow older. This means that cold shower therapy can slow the overall body aging process.

12 to 15 minutes of cold shower therapy can also burn as much body fat as an hour of exercising. The body will work hard to re-establish the normal level of warmth, and by doing so, it will burn extra calories and melt body fat. Cold shower therapy will stimulate the brown fat (brown adipose tissue) cells to warm the body. Stimulating the brown fat cells in your body has been shown scientifically to increase your metabolic rate and aid fat loss.

There are two types of fats. Humans and other mammals have brown fat cells, and white fat cells (white adipocytes). White fat cells develop because of the storage of excess calories. When we consume too many calories, the body converts them into a contingency energy reserve in white fat.

Brown fat generates heat by burning white fat. A human newborn/infant has approximately 5% of its body weight made up of brown fat. A large amount of this brown fat is located on the upper half of the spine and towards the shoulders; its main function is to protect the infant from hypothermia. As we get older, the level of brown fat drops. Lean people will have more brown fat than obese individuals, and, in most cases, younger people have more brown fat than older people.

Cold shower therapy should not be used during pregnancy or menstruation or if you have heart disease, rheumatism, or a fever. It is also recommended to rub almond oil over the body before getting wet. The skin can easily absorb the oil when it is mixed with water, which will nourish the body through the pores.

Cold water therapy is not for everyone, but it can help you lose weight, look younger, boost your metabolism, and strengthen your nervous system. Cold water shower therapy is another ancient wellness secret that modern science is just discovering.
THREE: FAMOUS SCIENTISTS

ACROSS
1. Dylan lyric, “There was music in the _____ at night and revolution in the air”
6. *Many scientists have this
9. Alpha Centauri B, e.g.
13. Measured in kilowatt-hours, on electric bill
14. Ring of flowers
15. TV’s “____ Blinders”
16. Make believe
17. Public promotions
18. Appropriate for Halloween
19. *F unit of capacitance named in whose honor?
21. *Marine biologist and “Silent Spring” author
23. L.A. baller
24. Not on a rolling stone?
25. Value added reseller
28. New Zealand fruit
30. Option at a hot dog stand, adj.
35. One’s final notice
37. Without, in French
39. Time being
40. Toy construction set brand
41. Turning token taker
43. Jewish month
44. Jab on field of play
46. A ride up ski hill
47. Short for Milton
48. *A unit of electric current named in whose honor?
50. Home to Zion National Park
52. Wood-shaping tool
53. Morays, pl.
55. One little piggy
57. *A telescope was named in his honor
60. *Primatologist and world’s foremost expert on chimpanzees
64. Popular snorkeler’s attraction
65. Have a cold
66. Retirement plan, acr.
69. Goes with a rod
70. Gives off
72. Small dog’s bark
73. Tears down

DOWN
1. Take into custody
2. On a deck?
3. So-so
4. a.k.a. tent caterpillar or lappet moth
5. Maurice of “Where the Wild Things Are”
6. Eugene O’Neill’s creation
7. He had
8. Popular 70s genre
9. Witnesses
10. Hawaiian tuber
11. Similar
12. Kind of bourbon
15. P in POI
20. Out of whack
22. Cleopatra’s killer, according to legend
24. Not a full size bus
25. *F unit of electric potential named in whose honor?
26. Crosswise, on deck
27. Build temporarily (2 words)
29. *W unit of power named in whose honor?
31. Type of rich soil
32. Most populous country
33. Burn with water
34. *Synonymous with unit of frequency and a car rental company
36. Muscle quality
38. Floor plank
42. Muse of love poetry
45. The ____ makers of “Pitch Perfect”
49. #53 Across, sing.
51. Vacuum cleaner, in U.K.
54. Like kale or spinach
56. Swelling of human organs
57. Golfer’s destination
58. Desires
59. Ancient Semitic deity
60. Lump of stuff
61. Black tropical cuckoo
62. Guitar forerunner
63. Is it really more?
64. *Carl Benz invented the first practical modern one in the 1880s
65. Swimmer’s destination
66. Retirement plan, acr.
“The Reformatory” by Tananarive Due

REVIEW by Terri Schlichenmeyer, Harlem News contributor

Y ou’ll do better next time. You’re sorry, deeply sorry, sincere in your apology, and it won’t happen again. You had a chance to think about your transgressions, and you were wrong. What can you do or say to make things better? How can you properly make amends?

As in the new book “The Reformatory” by Tananarive Due, how long should you pay for something you didn’t do?

The North Florida countryside was passing by fast as Robert Stephens sat small in the passenger seat of the fancy car. Any other time, he’d be enjoying himself, but not now.

But Papa wasn’t around anymore, having been run out of town for his union work. It was just Gloria, Robert, and old Miz Lot-tie, and Robert was terrified.

Ever since he was little, he’d been able to see things nobody else could see. He told Gloria that Mama visited him sometimes, even though she’d been dead for months. He knew things, too; the closer the car got to The Reformatory, the more he knew he couldn’t stay there for the next six months. The place smelled like smoke, but there were no fires. It smelled like death and fear.

He had to trust that Gloria would get him home. He’d trust Mama to watch over him. He could see “haints” at The Reformatory. The place was full of them. Though it might look like one, “The Reformatory” is not just a ghost story. It’s tighter, scarier, and more ominous because this tale has deep roots based on truth.

Like the tentacles belonging to some sort of evil creature, Jim Crow laws ooze into every corner of this book, wrapping tendrils around the characters and their lives. That’s a terror that’s told authentically and is (un) easy to imagine, but then author Tananarive Due kicks the frights into maximum overdrive with ghosts and madmen that you can sometimes barely tell apart. Even scarier: they’re inside The Reformatory and outside it, and they want revenge – both of the otherworldly kind and based in reality. Scarier still: they’re willing to make deals.

“The Reformatory” by Tananarive Due c.2023, Gallery / Saga Press $28.99 576 pages
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