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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. 30 No. 2

January 11, 2024 – January 17, 2024

FREE



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Americans Reveal  
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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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PAT STEVENSON

Next week, we celebrate MLK Day. We offer some articles about Rev. Dr. Martin Luther King Jr and his words in this issue. Let us celebrate by reevaluating our own commitment to furthering Democracy and the future of our families, our community, and the United States of America. What we can all do is commit to voting in November and encourage as many people as we know to vote as well.

I am celebrating 30 years of publishing the Harlem Community News. We are pivoting to a more significant online presence while maintaining our print editions. Go to our website and subscribe to our daily newsletter, Harlem Daily. It is free. Watch for our 30th Anniversary events and support requests--coming soon!

Did you get the COVID-19 booster and your flu shot? People are still getting sick from and dying from COVID. It is still here--get vaccinated!

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

Again, Happy New Year 2024.

**Pat Stevenson  
Celebrating  
30 years  
Publishing**

# Biden Declares 2023 a 'Great Year for American Workers'

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

With companies adding 216,000 jobs in December, the labor market continued a resilient path, indicating that the economy is still growing quickly, even though hiring may slow down as rising borrowing prices reduce consumer demand for goods and services.

The U.S. Bureau of Labor Statistics released its employment report on January 5, 2024, revealing that total nonfarm payroll employment increased while the U.S. maintained a 3.7

percent unemployment rate. According to the report, the job gains were particularly notable in the government, health care, social assistance, and construction sectors, while transportation and warehousing experienced job losses.

In the household survey, the unemployment rate remained at 3.7 percent, with 6.3 million unemployed. Although the figures were slightly higher than the previous year, the rates for various demographic groups, including adult men and women, teenagers, whites,

Blacks, Asians, and Hispanics, showed minimal changes. The long-term unemployed, defined as those jobless for 27 weeks or more, accounted for 19.7 percent of all unemployed persons in December. The labor force participation rate and the employment-population ratio decreased by 0.3 percentage points in December.

"This report confirms that 2023 was a great year for American workers. The economy created 2.7 million new jobs in 2023—a year when the unemployment rate was consistently below 4 percent—more jobs than during any year of the prior Administration,"

President Biden said in a statement.

"The strong job creation continued even as inflation fell to the pre-pandemic level of 2 percent over the last six months, and key prices have fallen over the last year—for a gallon of gas, a gallon of milk, toys, appliances, car rentals, and airline fares. American workers' wages and wealth are higher now than before the pandemic began, adjusting for inflation," the president asserted.

Government employment saw an increase of 52,000 jobs in December, continuing an upward trend in local and federal government jobs. Healthcare added 38,000 jobs, with ambu-

latory healthcare services and hospitals experiencing notable gains. Social assistance employment rose by 21,000, primarily in individual and family services. Construction employment increased by 17,000 last month, with nonresidential building construction contributing to the rise.

Financial analysts said the employment report suggests a positive trend in the U.S. labor market, with moderate job gains and a stable unemployment rate.

"I won't stop fighting for American workers and American families. I know that some prices are still too high for too many Americans, and I am doing

everything in my power to lower everyday costs for hard-working Americans—from bringing down the price of insulin, prescription drugs, and energy, to addressing hidden junk fees companies use to rip you off, to calling on large corporations to pass on savings to consumers as their costs moderate," Biden declared.

"And I will continue opposing efforts by Congressional Republicans to shower massive giveaways on the wealthy and big corporations, cut Medicare, Medicaid, and Social Security, and block us from lowering costs for American families."

*Photo courtesy NNPA*



**PONDER THIS! Practice Good Stress Management with Every Breath**



By Hazel Rosetta Smith

Chances are that your breathing is not what it should be. Under the stresses and strains of modern-day life, particularly the ongoing pandemic, even a “healthy” person has trouble breathing normally.

The importance of breath has been an integral part of the history of hu-

mankind. In the East, the care of breathing is emphasized in the religions of the Tibetans, Indians, Chinese, and Japanese, in which chanting demands intense breathing concentration.

The quality and fullness of our breathing directly affect the quality of our lives. Any hampering of the process of breathing will harm our physical fitness, creativity, and ability to deal positively with stressful situations.

Understanding how essential an adequate system of breathing is and how caring for our breath will enhance the quality of our lives, is essential. Our breathing is affected by everything that happens to us – physical or emotional strain, injury, frustration, and even enormous success. Anything that goes

on in us and around us has a simultaneous effect on our breathing. We hold our breath when shocked, shallow breath under stress, and it is speeded up and stimulated by joy and intimacy.

Breathing is the natural flow of life within the automatic system of our body. It should be natural and flow easily throughout. A certain kind of breathing may be right for one situation, but inadequate for another. Sometimes, a very full breath will be needed, other times a shallow breath is sufficient.

We move less than prior generations in all that we do, since high technology and digital mechanisms have taken over much of the work for which bodily movement was once needed and has since deprived us of many opportunities to expand our lungs.



Seldom do we think about the hours of shallow breathing in the comfort of extensive sitting while watching home movies. Our lungs need expansion to clear the airwaves and that is possible only through proper inhalation and exhalation. There are exercises for strength training for our breathing muscles.

Oftentimes a handheld de-

vice is given to patients after surgery that involves breathing exercises of resistance to strengthen the capacity of the lungs during the bedridden recovery period. Doctors suggest immediate daily walks after surgery for the circulation of the blood and strengthening of the lungs.

According to a medical study of hypertension, all it takes is 5 minutes of

breathing exercises 6 days a week to lower blood pressure. The greatest support for stress management is proper breathing.

Do not associate going to the gym with being where you get your heart pumping and your lungs expanding. Concentrate on your air-flow no matter where you are. Take each breath as if your life depends on it... because it does.

*[Hazel Rosetta Smith is a journalist, playwright, and Executive Artistic Director for HSTM-Help Somebody Theatrical Ministries and HRS – Hazel Rosetta Speaks! Retired, former Women’s Editor and Managing Editor for the New York Beacon News. Contact: misshazel@twc.com and online www.hazel-rosettasmith.com]*

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# New Year, New Job? Maximize Your Chances in 2024



By Tonya Sims

With the turn of the calendar, the job market is set to sizzle as companies gear up for hiring sprees. Studies show that January and February see the highest recruitment activity, making it the perfect time to polish your professional portfolio and land your dream job. But in a competitive land-

scape, what can you do to stand out from the crowd and snag that coveted interview?

**Sharpen Your Resume:**

Your resume is the first impression you make, your digital handshake. Ditch the generic templates and invest in a well-crafted, tailored resume highlighting your unique skills and achievements. Quantify your accomplishments – did you increase sales by 20%? Organize a successful company event? Let these stats sing, and remember, relevance is vital. Customize your resume for each position, targeting specific keywords and showcasing skills directly relevant to the job description.

**Unleash the Power of the “Mini-Me”:**

A resume business card

can be your secret weapon in a sea of paper resumes. Imagine handing out a pocket-sized summary of your expertise at a networking event or leaving it behind after a chance encounter. It’s a conversation starter, a memory jogger, and a unique way to leave a lasting impression.

**Network, Network,**

The Jobvite 2022 Job Seeker Nation Report, showed that 46% of candidates find openings through friends and 25% through professional connections. Collectively, that means around 80% of people find employment opportunities through the hidden job market. Leverage your existing network and build new ones. Attend industry events, connect with professionals on LinkedIn,

and don’t hesitate to contact friends and family. Remember, the adage is true: it’s not what you know; it’s who you know.

**LinkedIn: Your Online Resume:**

Forget the dusty resume tucked away in your drawer. LinkedIn is your living, breathing professional profile, constantly evolving and accessible to recruiters worldwide. Optimize your profile by sharing projects and accomplishments and engaging in industry discussions. Remember, recruiters actively search LinkedIn for potential candidates, so make your profile shine!

**Beyond the Big Boards:**

Job boards like Indeed and Glassdoor are undeniably helpful, but don’t rely solely on them. Explore company websites, follow



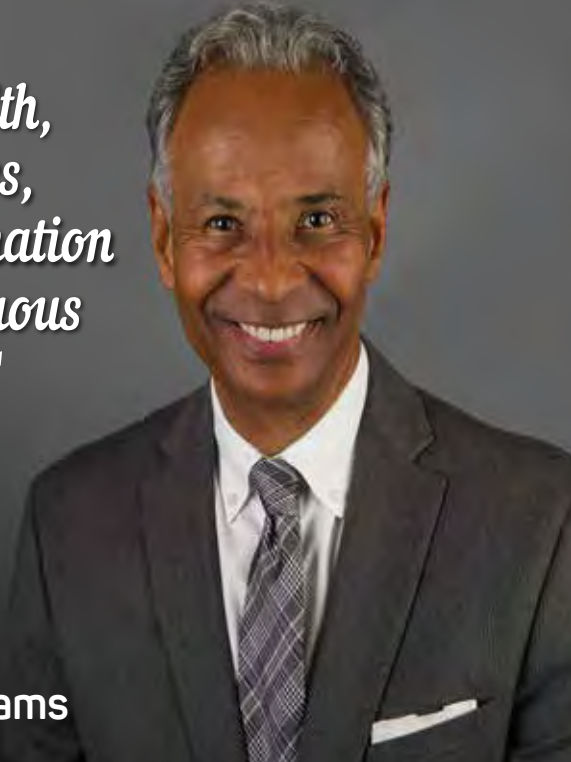
hiring managers on LinkedIn, and reach out directly. This proactive approach demonstrates your genuine interest and initiative, separating you from passive job seekers.

**Practice Makes Perfect (and Less Nervous):**


Interviews can be nerve-wracking, but preparation is your compass. Research the company and the interviewer, practice answering common questions, and prepare questions to demonstrate your interest. You can practice interviewing in the mirror or with a mentor. This can boost your confidence and fine-tune your delivery.

Remember, a successful job search is a marathon, not a sprint. Be patient and persistent, and don’t get discouraged. With a well-crafted resume, a strategic approach, and self-belief, you’ll be well on your way to landing your dream job.

*"Dental health, like success, is not a destination but a continuous journey"*



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Let's talk: [umez.org](http://umez.org)

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**Op-Ed: Keeping Nightlife Safe in New York City**



By Mayor Eric Adams

New York City is the city that never sleeps. We are a 24-hour city that is the nightlife capital of the world. And we remain the safest big city in America. When I came into office two years ago, we had a mission: Protect public safety, revitalize the economy, and make this city more livable for hardworking New Yorkers.

Our bars, restaurants, music venues, and nightclubs employ workers across the city and are home to every level of our live performance industry. But

across the five boroughs, local residents often deal with noise, trash, and crime from nightlife. Complaints can lead to unannounced inspections that shutter nightlife businesses, sometimes permanently.

Just because our nightlife establishments throw a great party, residents and businesses should not be stuck with a hangover the next day. We want to protect public safety while keeping our nightlife businesses open.

So, last week, I joined the owners of the nightlife venue, Paragon in Brooklyn, to announce a new public safety program to keep our nightlife venues safe. CURE, or Coordinating a United Resolution with Establishments, brings together the NYPD, Small Business Services, and the Office of Nightlife to improve public safety responses to nightlife establishments and better

engage business owners by focusing on compliance and education, not punitive enforcement.

Previously, nightlife establishments had faced unannounced, late-night, multi-agency inspections through a program created in the 90s called MARCH. We heard directly from the nightlife industry that this program wasn't working. We listened to our business owners and residents, and together with multiple agencies, we worked to ensure we were improving safety while keeping nightlife venues open.

CURE creates direct lines of communication between the Office of Nightlife and local establishments and gives businesses a chance to correct issues before enforcement takes place. No more demonizing nightlife in our city. When a noise complaint or trash complaint about a venue comes in, we will work

with businesses to resolve the issues so residents can have peace of mind and quiet and businesses can keep their doors open. CURE is how we protect public safety, cut red tape, ensure a better quality of life, and keep business doors open.

And it is all part of our efforts to drive down crime while supporting our local economy and making our city more livable. This year, jobs are up, crime is down, our streets are cleaner, and we remain the safest big city in America.

We will continue to roll out programs that make living in this city easier for residents and business owners — programs that make our neighborhoods quieter, keep our streets clean, support small businesses, and reduce crime. And we are creating a better quality of life for everyone who lives, rests, and plays in our city.



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# Home Buying in Harlem Be Prepared to Buy Now



Rev. Dr. Charles Butler

What is happening to the home values in Harlem? They are continuing to increase at an unbelievable rate. This is great for existing homeowners, but very bad for prospective first-time buyers. Going into this new year, the question remains: can anyone afford to buy a home in Harlem?

Unfortunately, the obvious answer is no. Homeownership does not appear to be available for most low-to-moderate income families. However, there are some affordable Housing Development Fund Cooperative (HDFC) units available on the market. These units can serve as starter homes. You can build up some equity, which can be used to purchase your dream home later. The one challenge with HDFC units is if sold for a profit. Usually, you will have

to pay a flip tax, meaning a portion of your equity must be given to the cooperative.

The first step in the home buying process is to enroll in 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, go to our website – [www.hcci.org](http://www.hcci.org) – at the top of the homepage, click on the tab for programs and services, and 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, and provide you with the terminology used in the industry. You will learn to calculate your debt-to-income ratio (DTI), and about the various mortgage products, FHA, SONYMA, Conventional, and Veterans. The workshop will provide you with web-

sites 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, cooperative and condominium units.

Start now by creating a monthly household budget. This is the primary tool to help you with this calculation. 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 will also have to be factored into the equation. These are crucial steps in the home buying process because you want to ensure that you can meet your monthly mortgage obligation and these other expenses.

Your budget is the primary tool in the home buying process; it will tell you how much you can save, how much you can afford, and how soon you can buy. This again emphasizes the importance of saving as much money as possible to buy 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](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

**Jan 11 10am,  
Jan 14 4pm and 6pm  
Free Screening  
in Harlem "When  
Harlem Saved A King"**

A free screening of "When Harlem Saved A King" will be held at Robert Frederick Smith Center for the Performing Arts.

**Jan 11-13 7:30pm  
Urban Bush Woman  
at Harlem Stage**

Steeped in memory and ancestral magic, Urban Bush Women's Haint Blu is an ensemble dance-theater work that will flow through the Harlem Stage Gatehouse, taking the audience to a place where spirits share their legacies, journey onward, and leave the thick residue of their knowing behind. Known as the color that Southern families paint their front porches to ward off bad spirits, Haint Blu, uses performance as a source of healing, taking us from movement into stillness and rest. This is a site-specific work that moves throughout the theater; it is interactive and involves walking and standing. Seats are available for those in need. To celebrate our 40th season, we are offering a special discount - Buy tickets to

4 or more performances and GET 40% OFF! Use discount code HS40 at checkout

**Jan 13 10:00 a.m.  
until 3:00 p.m.  
Representative  
Adriano Espaillat  
(NY-13) Career Fair]**

Espaillat 2024 Winter Career Fair will be held at SCAN Harbor Johnson Center, located at 1833 Lexington Avenue, New York, NY 10029. The career fair for New York's 13th congressional district is a great opportunity for job seekers or individuals looking to network, build career skills, and develop their resumes. All events require RSVP prior to attendance.

**Jan 15  
10:00am - 12:00pm  
Harlem Street Tree  
Care: MLK Day of  
Service**

Come work with NYC Parks Stewardship to care for local street trees! Volunteers will learn how to aerate, cultivate, mulch, and identify street trees. They will also learn about the important roles street trees play in New York City. Volunteers should dress in clothes that can get dirty and closed toe shoes. Face masks may

**Denny Farrell Riverbank State Park**  
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**COME CELEBRATE THE LEGACY**  
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**Jan 11 and 14 When Harlem Saved a King**

be worn at your discretion. Space is limited and registration is required. Volunteers under 18 must be accompanied by a chaperone. This event has been funded in part by NYC Service. To sign up a group of 10 or more volunteers please reach out to [stewardship@parks.nyc.gov](mailto:stewardship@parks.nyc.gov).

Being held at Fred Samuel Playground

**Jan 15 3:00pm  
Apollo Theater's  
Uptown Hall: MLK -  
Blueprint For The  
Culture**

The 17th annual Apollo Uptown Hall MLK celebration focuses on Rev. Dr. Martin Luther King Jr. and the Civil Rights Movement of the 60's as the template for modern social and civil justice movements. Location: Apollo Theater, 253 W 125th St,

New York, NY 10027

**Jan. 16,  
12 p.m. - 3 p.m.  
Martin Luther King Jr.  
Day at Jackie  
Robinson Museum**

Honor the legacy of Dr. King and the fight for civil rights at the Jackie Robinson Museum, where you can learn about Jackie Robinson and Dr. King's close friendship and their collaboration during landmark campaigns of the Civil Rights Movement. Event will be held at Location: One Hudson Square Building, 75 Varick St.

**Feb 4, 8:00PM  
Afrique en Cirque  
at Lehman Performing  
Arts Center**

Afrique en Cirque is a show by Yamoussa Bangoura, inspired by daily life in Guinea. This performance shares the beauty, youth and artistry of African culture. A colorful show beyond its scenery, costumes and staging, it makes any theatre vibrate with energy and represents the strength, agility and life's joys of young Africans. The audience will see acrobats

execute gravity-defying moves and human pyramids, accompanied by the contemporary sounds of live Afro-Jazz, percussion, and kora. Welcome to the universe of Kalabanté Productions, and prepare for an unforgettable journey. Tickets can be purchase at Lehman Performing Arts Center.

**Feb 17 2:00pm  
"The Flip Side of  
the Coin" at Greater  
Hood Memorial A.M.E.  
Zion Church**

A Gospel Musical Play "The Flip Side of the Coin: The Brothers Speak" will be held at Greater Hood Memorial A.M.E. Zion Church, 160 West 146th Street. This play is written and directed by Hazel Rosetta Smith. Tickets are \$25. For tickets call Virginia Montague 212-283-0294 or Hazel Smith at 636-320-1760.

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McDonald's Produced and Directed by A. Curtis Farrow  
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2024**  
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Jan 20 McDonalds Gospelfest Auditions



Feb 17 Flip Side Play at Greater Hood

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## 10 MLK Quotes Promoting Equal Rights, Unity, and a Multicultural America

By Jaivon Grant | California Black Media

The Rev. Dr. Martin Luther King (MLK) Jr. was more than a social activist who, through his strong advocacy and rare brilliance, became America's most celebrated symbol of racial justice and social progress. He was a symbol of unity, hope, and peace for people of all racial and ethnic backgrounds.

As we celebrate MLK Day, it's important to acknowledge what the inspirational civil rights leader did for communities across the United States who face(d) racial discrimination — even today.

Here are 10 quotes from across MLK's life that represent what he stood for.

**1. "I have a dream that one day, this nation will rise up and live out the true meaning of its creed... that all men are created equal."**

This quote is culled from perhaps his most memorable speech, delivered at the Lincoln Memorial in August 1963. While highlighting the racial injustices that Black Americans faced, MLK reminded the marchers that Jim Crow discrimination had ended legally — but not in practice. It had been nearly a century since the Emancipation Proclamation was signed, but Black Americans were far from being "free," he proffered.

**2. "Our lives begin to end the day we become silent about things that matter."**

This is MLK's call-to-action to take an active role against injustices that are faced in society. Being passive and hoping for the best is no way to fight a problem that will cause exponential damage to the unity that so many civil rights activists have fought to achieve today and onward.

**3. "If I cannot do great things, I can do small things**



The Martin Luther King Jr. Memorial, featuring a portrait of the civil rights leader carved in granite, was dedicated by President Barack Obama in 2011.

Photo courtesy NNPA

**in a great way."**

Every positive contribution — big or small — counts in the fight towards achieving equality. It's easy to notice the bigger aspects of an object or idea and miss the smaller pieces that comprise them.

**4. "Love is the only force capable of transforming an enemy into a friend."**

It takes true mental fortitude to establish trust with a perceived enemy. MLK was encouraging us to look past the negative things that people have done to us.

**5. "If we do an eye for an eye and a tooth for a tooth, we will be a blind and toothless nation."**

Constantly seeking revenge will inevitably lead to an endless downward spiral of destruction for all who are involved in that dynamic. Within the same speech, King noted that "violence ends by defeating itself." Rather than destroying enemies, we should give them perspective and understanding.

**6. "Injustice anywhere is a threat to justice everywhere... Whatever affects one directly, affects all indirectly."**

When one offense is overlooked somewhere else in the world, it makes it possible for many other injustices to be swept under the rug — especially the ones that affect us directly.

**7. "The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."**

This quote speaks for itself. Perseverance is tested through hardship, not times of peace — and this applies to all aspects of life. Will you be in the trenches when confronted by adversity?

**8. "Darkness cannot drive out darkness; only light can do that."**

King often spoke of having love in one's heart. In his sermon — mirroring the light-driving-out-darkness metaphor — the civil rights icon expressed that only love could drive out hate.

**9. "We must accept finite disappointment but never lose infinite hope."**

Disappointment does not last forever. Eventually, it ends. Despite challenges one faces, there is always a light at the end of the tunnel — when hope is in the heart.

**10. "If you can't fly, then run; if you can't run, then walk; if you can't walk, then crawl; but whatever you do, you have to keep moving forward."**

No matter how you do it, continue to grow and move towards progress. King preached that non-violence can be achieved.

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# This Martin Luther King Jr.'s Day Let Us Embrace His Dream

By Pat Stevenson

Last week, we saw various recounts of the anniversary of the Jan 6th Insurrection in the Capital. This week, we celebrate the birthday and legacy of Rev. Dr. Martin Luther King. In 1963, Martin Luther King Jr. led a peaceful march on Washington, D.C., with 250,000 people to whom he delivered his address, "I Have a Dream." King led marches for the right to vote, desegregation, labor rights, and civil rights.

King said, "I have a dream that one day this nation will rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident, that all men are created equal.'...I have a dream that my four little children will one day live in a nation where they will not be judged by the

color of their skin, but by the content of their character."

We have not reached the manifestation of many points of King's dream. However, we were well on the way as Biden appointed more Black women judges than any other administration. We have seen many corporations being led by African Americans, and of course, we have had our first Black President and now the first Black woman vice president. We can imagine what King would say about the forced resignation of Harvard President Claudine Gay. I cannot imagine the words he would use to begin to address the promises of Donald Trump and the Republicans to undue within a couple of years, what many have marched and died for over decades. I cannot imagine what King would say about the insur-



rection held on January 6th. King is not here to give us some thought-provoking speeches about the threat to Democracy. He is not here to inspire people in this nation to speak up, stand up, and vote for Democracy. It is up to each of us to dare to "Dream," and find the strength of Rev. Martin Luther King Jr. within us.

In 1964, at the age of 35, King was the youngest man to have received the Nobel Peace Prize for combating racial inequality, and he turned over the prize money of \$54,123 to the furtherance of the civil rights movement. In his lat-

er years, he expanded his focus to include the fight against poverty, capitalism, and the Vietnam War. He was assassinated on April 4th in Memphis, Tn. Martin Luther King Jr. Day was established as a holiday throughout the United States beginning in 1971; the holiday was enacted at the federal level by legislation signed by President Ronald Reagan in 1986. Each year, the day honors his many legislative gains through dedication and hard work, and his promotion of peace and kindness.

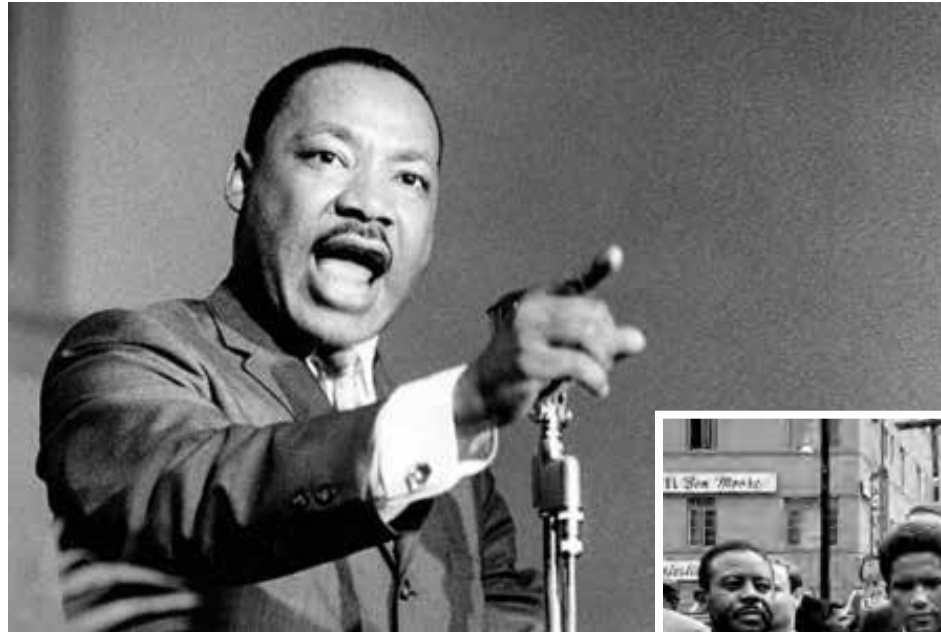
*Photo source: Queens Public Library*

# Dr. Martin Luther King Jr.: His Dream Lives On

**A**s we celebrate the accomplishments of Rev. Dr. Martin Luther King Jr., who was born on January 15, 1929, let's reflect on his legacy.

During the less than 13 years of Dr. Martin Luther King, Jr.'s leadership of the modern American Civil Rights Movement, from December 1955 until April 4, 1968, African Americans achieved more genuine progress toward racial equality in America than the previous 350 years had produced. Dr. King is widely regarded as America's pre-eminent advocate of nonviolence and one of the greatest nonviolent leaders in world history.

Drawing inspiration from both his Christian faith and the peaceful teachings of Mahatma Gandhi, Dr. King led a nonviolent movement in the late 1950s and '60s to achieve legal equality for African Americans in the United States. While others were advocating for freedom by "any means necessary," including violence, Martin Luther King Jr. used the power of words and acts of nonviolent resistance, such as protests, grassroots organizing, and civil disobedience, to achieve seemingly impos-



sible goals. He went on to lead similar campaigns against poverty and international conflict, always maintaining fidelity to his principles that men and women everywhere, regardless of color or creed, are equal members of the human family.

Dr. King's "I Have a Dream" speech, Nobel Peace Prize lecture and "Letter from a Birmingham Jail" are among the most revered orations and writings in the English language.

In 1955, he was recruited to serve as spokesman for the Montgomery Bus Boycott, which was a campaign by the African-American population of Mont-

gomery, Alabama to force integration of the city's bus lines. After 381 days of nearly universal participation by citizens of the black community, many of whom had to walk miles to work each day as a result, the U.S. Supreme Court ruled that racial segregation in transportation was unconstitutional.

In 1957, Dr. King was elected president of the Southern Christian Leadership Conference (SCLC), an organization designed to provide new leadership for the now burgeoning civil rights movement. He would serve as head of the SCLC until his assassination in 1968, a period during which he would emerge as the most important social leader of the modern American civil rights movement.

In 1963, he led a coalition of numerous civil rights groups in a nonviolent campaign aimed at Birmingham, Alabama, which at the time was described as the "most segregated city in America." The subsequent brutality of the city's police, illustrated most vividly by

mented his status as a social change leader and helped inspire the nation to act on civil rights. Dr. King was later named Time magazine's "Man of the Year."

In 1964, at 35 years old, Martin Luther King, Jr. became the youngest person to win the Nobel Peace Prize. His acceptance speech in

The next year, 1965, Congress went on to pass the Voting Rights Act, which was an equally-important set of laws that eliminated the remaining barriers to voting for African-Americans, who in some locales had been almost completely disenfranchised. This legislation resulted directly from



television images of young blacks being assaulted by dogs and water hoses, led to a national outrage resulting in a push for unprecedented civil rights legislation. It was during this campaign that Dr. King drafted the "Letter from a Birmingham Jail," the manifesto of Dr. King's philosophy and tactics, which is today required-reading in universities worldwide.

Later, in 1963, Dr. King was one of the driving forces behind the March for Jobs and Freedom, more commonly known as the "March on Washington," which drew over a quarter-million people to the national mall. It was at this march that Dr. King delivered his famous "I Have a Dream" speech, which ce-

Oslo is thought by many to be among the most powerful remarks ever delivered at the event, climaxing at one point with the oft-quoted phrase "I believe that unarmed truth and unconditional love will have the final word in reality. This is why right temporarily defeated is stronger than evil triumphant."

Also in 1964, partly due to the March on Washington, Congress passed the landmark Civil Rights Act, essentially eliminating legalized racial segregation in the United States. The legislation made it illegal to discriminate against blacks or other minorities in hiring, public accommodations, education or transportation, areas which at the time were still very segregated in many places.

the Selma to Montgomery, AL March for Voting Rights lead by Dr. King.

Between 1965 and 1968, Dr. King shifted his focus toward economic justice – which he highlighted by leading several campaigns in Chicago, Illinois – and international peace – which he championed by speaking out strongly against the Vietnam War.

Dr. King's less than 13 years of nonviolent leadership ended abruptly and tragically on April 4, 1968, when he was assassinated at the Lorraine Motel in Memphis, Tn. Dr. King's body was returned to his hometown of Atlanta, Georgia, where high-level leaders of all races and political stripes attended his funeral ceremony.

Source: *TheKingCenter.org*



# Cozy or Cramped? Americans Reveal How They Feel About Living in Small Spaces

(StatePoint)

When it comes to the home, bigger doesn't always mean better.

A new survey from Duck brand, which offers products that provide simple, imaginative and helpful solutions for a variety of tasks around the home, discovers that more than half of Americans living in a small space say they feel cozy and comfortable as opposed to cramped.

"We often assume that a larger home is the most desirable, but that's not always the case," says Chaffy Assad, product manager at Shurtape Technologies,

LLC, the company that markets the Duck brand. "In fact, nearly half of the survey respondents enjoy living in a small space, which most defined as a two-bedroom home or smaller."

A more intimate space offers many benefits: 61% say it's easier to clean, 54% say it costs less and helps save money and 52% say it's easier to maintain. Additionally, 57% plan to continue living in their home for the foreseeable future.

While there are many benefits to tinier homes, there are some challenges to living with less space. Fifty-nine percent of Americans say the biggest downside is the lack of storage,

with 48% of people feeling it's harder to keep small spaces clean and organized compared to larger spaces.

Which areas prove to create the biggest cleaning conundrums? The kitchen ranks number one as the hardest room to keep neat and tidy, with the living room a close second, followed by the bedroom in third. The belongings that are the most difficult to make space for are cookware, bags, shoes and gym equipment.

That being said, Americans are good at finding ways to make the most of their home by keeping clutter to a minimum and getting creative with organiz-



ing, the survey finds. Duck brand offers a variety of organizing ideas and solutions that help people tidy up, from the EasyMounts Mounting System that can transform a disorganized entryway, closet or garage, to the versatile EasyLiner

Brand Shelf Liner that can make surfaces stylish and mess-free.

"No matter how limited your space is, there is always a way to maximize it," Assad adds. "Making minor and affordable changes, like mounting re-

movable hooks on the wall, easily adds extra storage to hang such items as cooking utensils or a purse, while installing shelf liner on kitchen shelves or in bathroom drawers protects surfaces and makes it simple to wipe up spills or messes."

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# Closing the STEM Skills Gap to Create New Possibilities for Kids

(StatePoint)

Over the next decade, it's projected that nearly 3.5 million manufacturing and STEM-related jobs will be available, yet 2 million are expected to go unfilled due to a skills gap, according to the U.S. Bureau of Labor and Statistics. Advocates are addressing systemic educational barriers that impact student success in order to fill this skills gap and expand opportunities for young people.

That's the idea behind Driving Possibilities, a \$110 million STEM career readiness and community engagement initiative of the Toyota USA Foundation. Its unique approach brings industry and academia together, while coordinating

nonprofit services that address barriers and societal disparities—all to prepare youth for successful futures.

“From machine learning and connected technologies to autonomous vehicles and electrification, the career opportunities of tomorrow will be boundless for those with STEM skills. During this time of rapid industry advancement, it's more important than ever to give all young people an equal opportunity to access rewarding careers in high-growth industries tomorrow,” says Colleen Casey, executive director, Driving Possibilities.

With the goal of increasing student awareness, excitement and interest in STEM learning, the multi-pronged approach



A teacher at West Dallas STEM School conducts a lesson with students. (c) Jason Kindig

of Driving Possibilities includes innovative, hands-on STEM programming from pre-K to 12th grade levels, professional and leadership development for teachers, and industry exposure and

mentorship opportunities for students. The program also addresses students' essential needs to ensure they have the food, transportation, mental health services, after-school programming

and early intervention literacy support they need to succeed.

This long-term initiative is already making a huge impact for thousands of families in such high-need

locations near Toyota's operations in Michigan, Kentucky, Indiana and Alabama. And while the program looks a little different in each location because it is based on the unique needs of each community, the mission remains the same: to level the playing field for students facing educational barriers. To learn more, visit [toyotaeffect.com](http://toyotaeffect.com).

“Young people are tomorrow's problem-solvers, makers and innovators. But they can face many roadblocks on their journey. Listening to what students need and then working within their communities to come up with solutions, will contribute to thriving communities, stronger local economies and limitless possibilities for all,” says Casey.

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# Seasoned Salt: Good Or Bad (And What To Use Instead)

By T. Renee Causay

I grew up with seasoning salt. The popular spice blend was a staple in many kitchens around the country. It added that little extra “oomph” to your dishes and seemed to make them taste better.

But that’s not all it did.

If you’re using seasoning salt regularly, chances are you are getting more than the recommended amount of sodium, too. Although your body needs some salt, too much salt is linked with high blood pressure, which in turn increases your risk of heart disease and stroke.

Seasoning salt is also sometimes called seasoned salt. The main ingredient of this commercial product is salt, but it also includes a blend of spices and herbs.



These usually include onions, pepper, garlic, and paprika. It’s commonly used to enhance the flavor of foods, especially meat

and poultry, as well as French fries and some side dishes. Lawry’s Seasoned Salt and Morton Seasoned Salt are among the many

popular brands of seasoning salt. It seemed like in just about every Black person’s home I went to, they had at least one or both.

Each contains comparable amounts of sodium (not to mention other Trans Fat ingredients). For example, Lawry’s has 380 mg of sodium in a single serving. Morton has 350 mg per serving and Badia seasoning salt has 380 mg. Some of the salt-makers produce a lower-sodium version of their regular seasoning salt.

And what size is a serving size? Only 1/4 teaspoon! That’s it. That’s a pinch of salt, but we know many of us usually use at least a full teaspoon or more.

It’s no secret that Americans consume too much salt and get way more sodium than necessary — or healthy. You do need some.

The Institute of Medicine recommends 2,300 mg daily for most healthy Americans but only 1,500

for those with health issues such as hypertension and diabetes. The average American gets about 3,400 mg daily, reports Harvard University’s School of Public Health.

**Ingredients:**

- 1 cup Salt
- 2 tsp celery salt
- 2 tsp garlic salt
- 2 tsp paprika
- 2 tsp dry mustard
- 2 tsp onion powder
- 2 tsp pepper

Simply stir it up, or what I like to do is put it in a Ziploc-style sandwich bag and shake it all up to see that it’s all mixed.

Now, go ahead and use your seasoned salt and share the recipe with your family. Their hearts will be healthier, and they’ll thank you for it.

Photo courtesy NNPA

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## Why You Shouldn't Brush Off the Dentist This Year

(StatePoint)

When scheduling annual physicals, screenings, vaccinations and other preventive care, don't forget about another critical part of overall health that gets neglected all too often: dental care.

A recent study from the National Library of Medicine revealed that nearly half of American adults postponed their scheduled dental visits during the pandemic. Even prior to the public health emergency, at least one-third of U.S. adults didn't see their dentist annually.

"Now is a great time to schedule an appointment with your dentist," says Dr. Cary Sun, chief dental officer, Cigna Healthcare. "Brushing off dental care can have serious implications for

your health and wellness. Even forgoing recommended teeth cleanings can lead to gingivitis, gum disease and cavities. This can also escalate into bigger problems, like the need for root canals or crowns, or even tooth loss."

Even with dental insurance, extensive treatments can amount to thousands of dollars in out-of-pocket expenses, compared to little or no out-of-pocket expense for preventive care, such as exams and cleanings. A recent study found that high out-of-pocket costs are the top reason people delay dental care – a good reason to see the dentist for an annual checkup sooner rather than later.

Studies also show that oral health has connections to overall health, including an impact on cardiovascular

health. Research links gum disease to inflammation that can come before heart attacks, strokes and sudden vascular events, according to Penn Medicine.

With all this in mind, review your dental plan for available benefits. Don't have dental insurance? Dental plans can be purchased year-round and there are many affordable options. If you have a comprehensive plan through your job, it may cover care such as exams and cleanings, and other necessary treatments like crowns, root canals, gum therapy, extractions and orthodontics (braces).

If you are between jobs or self-employed and are in need of a dental plan, online tools can help you comparison shop, and brokers can help you purchase an indi-

vidual dental plan. You can also contact insurers directly to learn more about their options for individuals.

Finally, if you are afraid to see a dentist – which millions of Americans are – there are plenty of ways to address that, too. Many dentists accommodate fearful patients, offering headphones, sunglasses and other items to soothe anxieties. There are also new approaches, such as teledentistry, that allow you to see a dentist at home through imaging and communication technologies. This doesn't replace in-person care, but can help allay dental fears.

For those with dental plans through Cigna Healthcare, Cigna Dental Virtual Care is available through its partnership with dental.com, which provides a nationwide network of on-call, in-net-

work dentists 24/7. Using this platform, Cigna Healthcare customers can get a video consultation, and licensed dentists can triage urgent situations such as pain, infection and swelling, and prescribe medications including antibiotics and non-narcotic pain relievers.

Cigna Dental customers can also use their smartphones to screen for potential oral health issues anytime and at no cost. Powered through its dental.com partnership, a new technology called SmartScan provides step-by-step instructions to help patients take guided photos of their teeth and mouth. While not a replacement for an in-person dental examination, SmartScan analyzes the photos to identify potential issues such as plaque buildup, possible cavities or tooth damage.



More information is available at [cigna.com](http://cigna.com) and [cignadental.com](http://cignadental.com).

"It's a perfect time to take control of your oral health. Innovations in dental care make it easier than ever to gain peace of mind from a checkup, or to catch the little problems before they become major, painful and expensive ones," says Dr. Sun.

PHOTO SOURCE: (c) Drazen Zigic / iStock via Getty Images Plus

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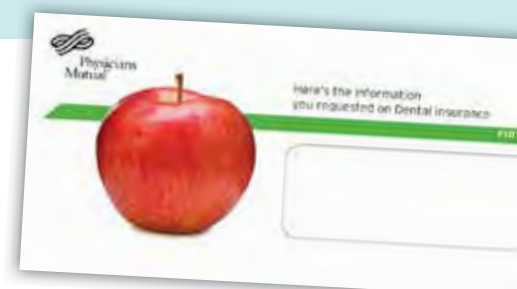
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# Urbanology: Gratitude



By W.A. Rogers

Often write about being thankful because, living in the matrix of today's world, we can sometimes overlook our many blessings.

Many of us are unable to overcome depression. One common cause of de-

pression is the inability to recognize our blessings. If you are reading this article and you are depressed, be thankful. The mind of the universe is sending you a message. We become depressed because we focus on depressing things, things that we fear and do not want.

What you think about often will manifest in your reality. When we think about the life we would like to have with faith and without fear and doubt, we can transform the reality of our lives. For this, we should be thankful.

Gratitude is the quality of being thankful. A simple phrase like "thank you" is

an easy way to show gratitude. It can be difficult to show gratitude if you are not aware that you have been born with the blessing of thought manifestation and with all that you need to be happy.

Nothing or no one outside of you can genuinely make you happy. The foundation of happiness is internal. We are all socially programmed to believe that the key to our happiness is external.

Often, our thoughts of depression come from our socially programmed illusionary view of our limitations and lack of the external things that we feel would make us happy.

Do you ever wonder when you read about some famous, wealthy person committing suicide when it seems that they could have had any material thing that they wanted? One reason for this anomaly is when you can have any material thing you want and are still unhappy, life loses its value.

We can manifest changes in our lives and our external environment; when you become aware of this fact, every morning you wake up, you should be thankful and show gratitude for another day and the ability to change your life.

All things happen for a reason. When we face disappointment, setbacks, and

tragedy, we often become depressed and wonder why something like this would happen to us.

Another way to address disappointments, setbacks, and tragedy is to look for ways to use them to allow you to rise to higher consciousness, and learn to use the experience to make you a better person who can become an example that will inspire others. If you can do this, you can realize that there can be a benefit in all things.

Never allow yourself to feel that there is nothing you can do to improve your current situation; you can use your mind to change your internal and external real-

ity. The only person who stands in your way is you. When you move your programmed self out of your way, the seemingly impossible can become possible. You should be thankful for this ability and find ways to show gratitude.

I would like to wish all who are reading this article a healthy, blessed, and productive New Year. The best way to experience the healing power of gratitude is to be thankful for the ability to manifest our thoughts into reality: a gift we must truly believe that we have.

## Answers to Puzzle on page 17



## HERBS ARE NATURE'S MEDICINE

### TARRAGON: The Herb, Essential Oil, and Hydrosol

By Zakiyyah

**As a spice** - Tarragon makes an excellent vinegar and gives a spicy, sweet flavor to fish, eggs, cheese, and sauces. Of the two types of tarragon, French tarragon has a flavor similar to aniseed or basil, making it more popular in food. *Source: The Complete Book of Spices by John Heinerman*

**As an herb** - Use tarragon in tea to stimulate appetite, as a gargle and mouthwash for bad breath, as a warm tea for insomnia, and to promote menstruation and urination. When applied externally, the freshly crushed herb helps to draw out toxins from rattlesnake and spider bites, hornet, wasp, and bee stings.

Because tarragon has a

high level of estragole, it must be used with caution. Dilution of 1% maximum recommended. Do not use if breastfeeding.

**As an essential oil** - Tarragon can benefit the urinary system, help fight infections, and relieve gas. Topically, I use it in Jojoba oil at 3-5% dilution to alleviate stress and tension by rubbing it along the temples, neck, and shoulders.

**As a hydrosol** - Tarragon has pronounced antispasmodic properties for the digestive tract and respiratory system; it relieves gas, bloating, and gastric spasms. It relaxes the nervous system, calming asthma, and stress-related physical symp-

toms. *Source: Hydrosols: The Next Aromatherapy by Suzanne Catty*

### ... 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, call 347-407-4312. ENERGETIC( NO-PAIN) PRANIC FACE LIFT: <https://tinyurl.com/y3aldp2v>; blog: [www.herbsarenaturesmedicine.blogspot.com](http://www.herbsarenaturesmedicine.blogspot.com). View my upcoming book: [booklaunch.io/Zakiyyah/theenergeticsofherbs](http://booklaunch.io/Zakiyyah/theenergeticsofherbs).*



See answers on page 16 and 18

**CROSSWORD**

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			4	3		1		8
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**THEME: WINTER FUN**

**ACROSS**

- Mulligatawny and gazpacho, e.g.
- Half of NFL
- “Oscar” of sports
- Relating to sight
- Sargasso \_\_\_\_\_
- Dugout glider
- Not fresh
- First H in HRH
- Face-to-face exams
- \*Ice fishing shelter
- \*“Polar” activity
- \*Type of Christmas tree
- Diagonal
- Tax return professional, acr.
- Kind of cola
- Diaphragm spasm
- Scepters’ partners
- Of two minds
- \_\_\_\_ Jean Baker
- \*Rabbit’s winter one

is white

- Sheik’s bevy?
- Type of dam
- Butcher’s refuse
- Etna’s emission
- Secret disclosure
- Stellar
- Chap or fella
- Diabetic ketoacidosis, acr.
- A or O, to blood
- Unit of electrical resistance
- \*Finger warmers
- \*Certain sleigh ride
- Courtroom excuse
- Gobbled up
- Train runners
- Land of taekwondo
- “Caroline in the City” Thompson
- Relating to Scandinavia
- Not home
- \*Last winter mo.
- Klondike river

**DOWN**

- Acronym in a bottle
- Chooses
- Colorado’s neighbor
- a.k.a. pilau
- Like a longer route?
- Grayish
- ATM extra
- Carpus, pl.
- Bring home the bacon
- Unforeseen obstacle
- \*Skier’s aid
- Da or oui
- Jenny McCarthy to Melissa McCarthy
- Engagement, archaic
- \_\_\_\_-di-dah
- Onslaught
- \*Warming drink
- Faculty members, for short
- Behind a stern
- \*Frosty’s eyes
- Type of hood
- Apollo of “Rocky”
- Inuit skin boat
- \*a.k.a. anorak
- \*Betelgeuse, e.g.
- \*Snow, in Italy
- Lord’s estate
- Lithuania’s neighbor
- NaOH
- Like a rosebush
- Church song
- Meow, alt. sp.
- \_\_\_\_-in-the-dark
- Milano moolah
- Toe the line
- Product of laceration
- Michael Douglas’ dad
- “The Sun \_\_\_\_ Rises”
- \*What clues #4 and #34 Down have in common
- High affair
- Barack Obama, pres.

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# “What Winners Won’t Tell You: Lessons from a Legendary Defender” by Malcolm Jenkins

REVIEW by Terri Schlichenmeyer, Harlem News contributor

It’s as plain as the nose on your face. Right in front of you, that’s where it is – or, at least, that’s where success should be, but you sometimes wonder if you don’t have all the facts. You need to research being successful and do some thinking on it. Or read “What Winners Won’t Tell You” by Malcolm Jenkins, and you can try following the clues.

It’s hard to believe, but when former NFL defensive back Malcolm Jenkins was a boy, he tried to quit playing Pop

Warner football twice. His father wasn’t hearing it, though; he told Jenkins, “You got to finish what you start,” even when you hate it.

The lesson stuck: as a 13-year-old, Jenkins went out for track and excelled. He “wasn’t dreaming about being in the NFL” then, nor did he particularly want to play football in college. He “just loved to compete,” but later, after a week at football camp, he caught the attention of the right coach. When he got home from that camp, a letter with

a full scholarship awaited him.

As a 1st-round draft pick, fourteenth overall, for the Saints and later having played for the Eagles, he writes about being strategic in his career, being a good team player, and having the confidence to reach beyond and grab for success.

You can be accomplished, too, he says, if you remember that “for fear to win, you have to be afraid. Don’t let other people’s opinions become self-fulfilling. Know who works for you, and be sure they have your back. Give back to your community. Learn where you came from. Be open to change in your organization and your outlook, and trust science. Finally, collaborate, cooperate, and show up every day to get better.”

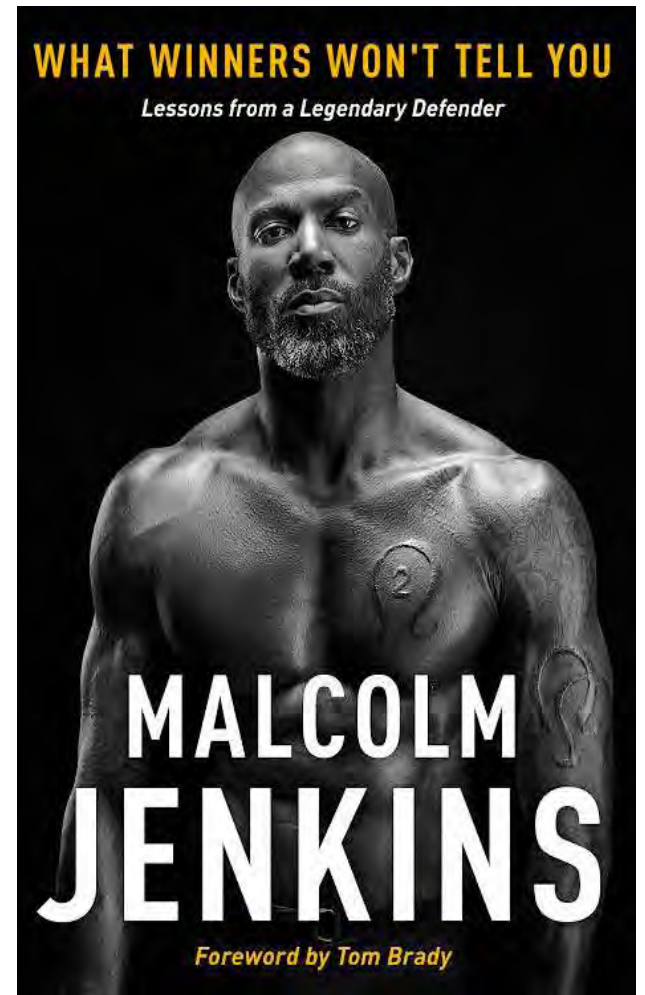
Is “What Winners Won’t Tell You” an odd choice for a business book?

Yes and no. Deep within this memoir are many interesting and worthwhile nuggets of inspiration and advice, but you’ll have to look for them. They’re buried inside tales of football – so much so that if you don’t understand football even just a little bit, you’ll be too lost, and you’ll never find them. Indeed, this book contains more football

anecdotes, strategies, and swagger than there are the “lessons” promised. Still, the lessons are there for you to find, and the stories illustrate their importance.

If you are obsessed with football or a fan of Jenkins and his incredible talent, you may find this book a must-read. If you’re not a fan, then “What Winners Won’t Tell You” is a just plain “no.”

“What Winners Won’t Tell You: Lessons from a Legendary Defender” by Malcolm Jenkins c.2023, Simon & Schuster \$28.99 304 pages



## SUDOKU ANSWERS

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

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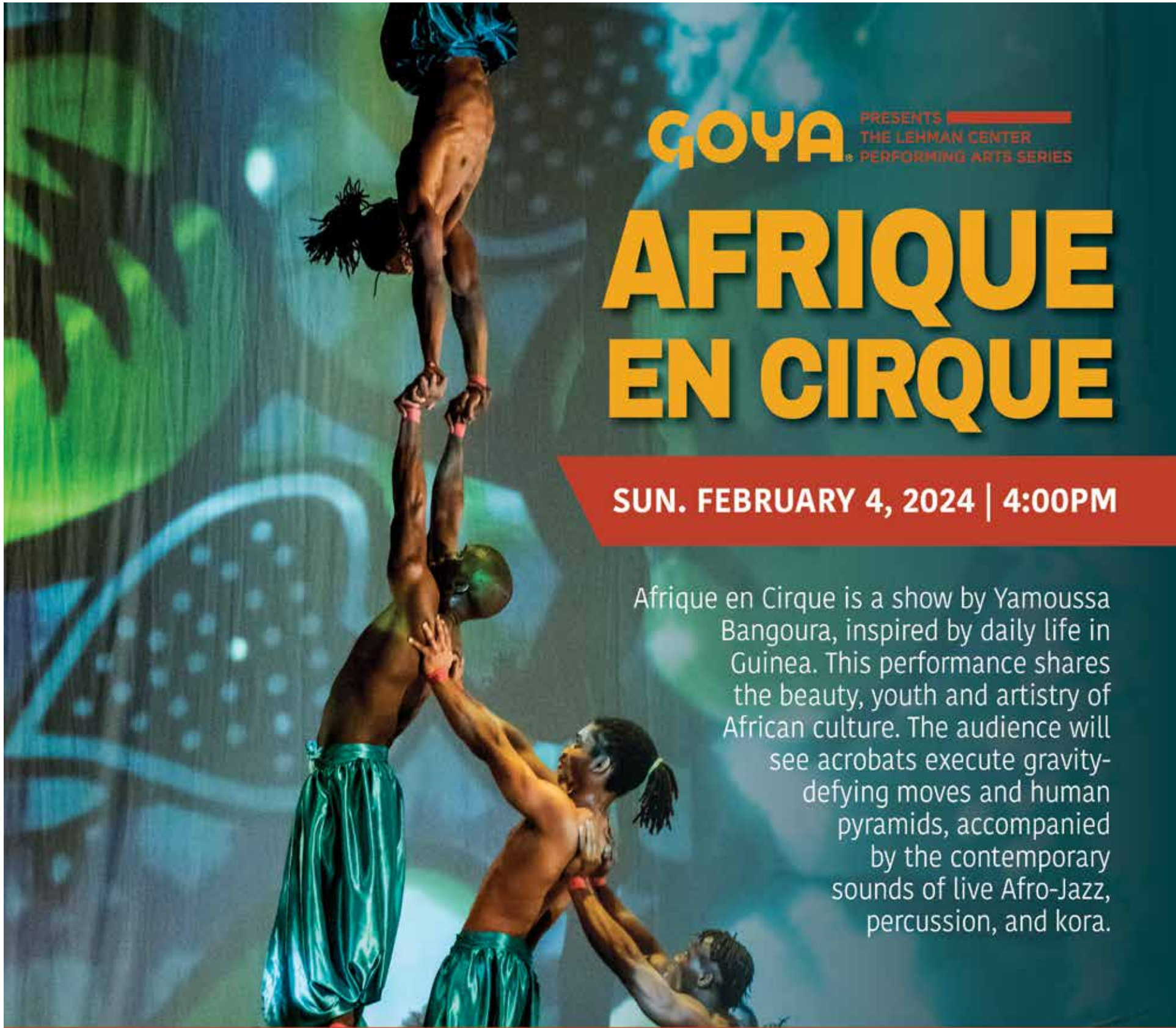
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