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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. 3

January 18, 2024 – January 24, 2024

FREE



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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.

HARLEM COMMUNITY NEWS
BROOKLYN COMMUNITY NEWS
BRONX COMMUNITY NEWS
QUEENS COMMUNITY NEWS

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PAT STEVENSON

Next month is Black History Month. Freedom’s Journal was the first Black-owned newspaper, founded in 1827 in New York. It was created to provide a voice for African Americans, and counter the negative stereotypes that were prevalent in the mainstream press. The Black Press continues to be relevant today as we continue to give a voice to the Black community. There are more than 200 Black-owned newspapers in the United States. Most, including the Harlem Community News, are members of the NNPA, an organization that began more than 75 years ago. (see page 4)

I began publishing community newspapers primarily covering the African American communities in New York 30 years ago. At that time, I decided to focus on the rarely reported “Good News” in the community, as well as provide information pertinent to improving the lives of our readers. As we celebrate 30 years of publishing, 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 has been reported that more than 10,000 people died from COVID in December. It is still here--get vaccinated!

You can visit our website at 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**

Brooklyn Academy of Music (BAM) Hosts 38th Annual Brooklyn Tribute to Dr. Martin Luther King, Jr.



(L-R) Attorney General of New York Letitia James, United States Representative Nydia Velázquez and Speaker of the New York City Council Adrienne Adams pose for a photo together backstage during 38th Annual Brooklyn Tribute to Dr. Martin Luther King, Jr. at BAM Howard Gilman Opera House on January 15, 2024 in New York City. (Photo by Jason Mendez/Getty Images for (BAM) Brooklyn Academy of Music)

The Brooklyn Academy of Music (BAM) proudly hosted the 38th Annual Brooklyn Tribute to Dr. Martin Luther King, Jr., a deeply cherished event honoring the legacy of the civil rights leader. The momentous gathering took place in the Howard Gilman Opera House and was accessible worldwide through a live-streamed broadcast.

Presented by BAM and Brooklyn Borough President Antonio Reynoso, this year's event featured an empowering keynote speech by Freedom Reads founder Reginald Dwayne Betts. The program also featured a beautiful music performance by singer-songwriter Madison McFerrin. The award-winning Sing Harlem choir, under the direction of Amaya Knoelle Hig-

ginson, paid tribute to Dr. King through uplifting melodies, including soul-stirring performances of The Black National Anthem "Lift Every Voice" and "We Shall Overcome."

Influential civic leaders shared profound perspectives on Dr. King's impact on the community and the ongoing pursuit of justice. Speakers included BAM President Gina Duncan, BAM Chief Civic Engagement Officer Coco Killingsworth, Brooklyn Borough President Antonio Reynoso, Governor Kathy Hochul, Mayor Eric Adams, Attorney General Letitia James, Senator Charles Schumer, Congresswoman Nydia Velázquez, Speaker of NYC City Council Adrienne Adams, Brooklyn DA Eric Gonzalez, Council Member for NYC District 35 in Brooklyn Crystal Hudson, and Commissioner of Cultural Affairs for the City of New York Laurie Cumbo. Each speaker addressed the crowd, reflecting on Dr. King's legacy and the collective responsibility to continue the fight for justice and equality.

After the tribute, the community screening of the new Netflix biopic

Rustin took center stage in the BAM Rose Cinemas, paying homage to the life of Bayard Rustin, a pivotal figure in the civil rights movement. The in-person introduction by Walter Naegle, Bayard Rustin's real-life partner and executive director of the Bayard Rustin Fund, added a poignant and personal dimension to the event.

In addition, BAMkids Celebrates Martin Luther King, Jr.: Small Things in Great Ways was offered to families with young children. This program included fun activities including music, movement, and crafts centered around family unity and positive change.



Majority Leader of the United States Senate Chuck Schumer speaks on stage



Sing Harlem Choir

NEW YORK STATE | Office of Children and Family Services

EXPLOITATION

The signs of adult abuse aren't always clear.

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By Lamez Kinsey,
Resource Editor

You May be Eligible for \$2,500 if your parent lost their life as a Healthcare worker fighting COVID-19

If you are age 26 or under and had a parent that lost their life as a healthcare worker fighting Covid-19, you may be eligible for up to

\$2,500 from the Frontline Families Scholarship. If you are planning on undergraduate study next year apply at <https://learnmore.scholarsapply.org/frontlinefamilies/>

The Frontline Families Scholarship Fund was established by Dr.

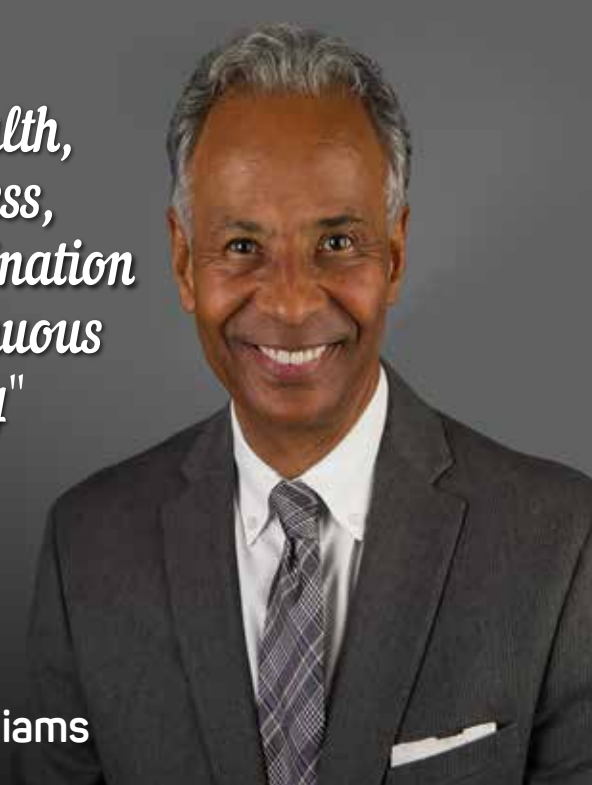
Michael Osterholm, world-renowned epidemiologist, to provide educational assistance to the surviving family members of frontline healthcare workers and volunteers who lost their lives in the fight against COVID-19. Because

of the inequitable impact of COVID-19, priority will be given to families who are historically underserved and those who have demonstrated financial need. Thanks to the supporters of the Frontline Families Scholarship Fund for


their generosity. The program is administered by Scholarship America®, the nation's largest designer and manager of scholarships and other education support programs for corporations, foundations, associations, and individuals.

Eligibility for individual programs is determined at the sole discretion of the sponsor and eligible applications are reviewed by Scholarship America's evaluation team. Deadline to apply: February 15, 2024 3:00 pm CT

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Op-Ed—The Safest Big City in America



By Mayor Eric Adams

Since day one, our administration has been clear about our vision for the five boroughs — creating a city that is safer, more economically viable, and more livable for the 8.3 million hardworking New Yorkers who call the greatest city in the world home. I always say that “public safety is the prerequisite to prosperity.” That’s why, since coming into office 24 months ago, we’ve been dedicated to making sure New Yorkers are safer and feel safer.

Two years later, the results are in. Crime has gone down across the city, and jobs have gone

up. We have recovered all of the nearly 1 million private-sector jobs we lost during the pandemic, and New York remains the economic engine of this nation.

When we came into office in January 2022, the city was emerging from the devastating effects of the COVID-19 pandemic, and, in just one week, an 11-month-old baby was shot in the head, police officers were shot night after night, and NYPD Detectives Rivera and Mora were both murdered. The memory of that week will remain with me always.

But, as of December 31, 2023, it’s official: overall crime was down in 2023. Both murders and shootings were down double digits once again in 2023, with murders down 12 percent and shooting incidents down 25 percent — the highest decrease in shooting incidents in our city since 1995.

These decreases build off of reductions that had

already begun under our administration in 2022. And I want to be clear: these aren’t just numbers — these are lives saved, families kept together, and neighborhoods and communities spared from tragedy and trauma.

Shootings were also down in all five boroughs — all across our city — in 2023 as compared to 2022. This means our model of precision policing and our 360-degree approach to tackling crime have been working. Our administration continues to support our officers and find upstream solutions to uplift the most vulnerable in all our communities.

Additionally, transit crime declined in 2023, and we have made almost 2,000 arrests related to auto theft — the highest number in 20 years. And in the last two years, we removed more than 13,500 illegal guns from our streets.

We know that traffic violence is also violence, and so we cracked down

on illegal scooters and mopeds, seizing more than 12,500 illegal mopeds and scooters in 2023 — this was a 74 percent increase over 2022, and the highest number of mopeds and scooters confiscated in New York City history.

All these measures taken together, along with our efforts to continue the fight against illegal and “ghost” guns, have laid the foundation for our economic recovery. And, in just two years, more than 285,000 jobs have been created under our administration.

Thanks to the hard work of NYPD Commissioner Caban, the brave men and women of the NYPD, Deputy Mayor Banks and his public safety team, and the other commissioners and agencies that have worked hand-in-hand on our public safety efforts, New York City remains the safest big city in this country.



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“GOOD NEWS YOU CAN USE”

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Home Buying in Harlem Be Prepared to Buy Now



Rev. Dr. Charles Butler

I hope you have made your New Year's resolution; this year, your resolution is a statement of action. Think and believe this is the year you will achieve your dream of becoming a homeowner. Do not underestimate the power of positivity and prayer! Belief is a key ingredient to overcoming obstacles and accomplishing your goals. You must have faith and believe that with God, all things are possible.

Trust God to guide your steps. Put God in your plan of action. Seek God to direct your path toward homeownership. You still must have a realistic plan and a realistic goal. There shall be no more focusing on the mistakes and failures of the past. You must now look to a bright future. A new year brings about new possibilities, new attitude,

and a new outlook! Yes, this can and will be your year to succeed.

Lenders want to see three primary mortgage application requirements – (1) a minimum of 2 complete years of consistent employment. If you are also working a part-time job, the lender will need to see 2 years of employment to include that income into your pre-approval amount. (2) at least 24-months clean credit history with at least 3-4 active accounts, and (3) your money for the down payment and closing costs. It is apparent now that you cannot rely on any grant programs because they may not be available when you are ready to use them.

Harlem Congregations for Community Improvement, Inc. (HCCI) has a credit building and savings program that can assist you in achieving your goal of homeownership. We now have 25 first-time new home buyers who used this program to assist them in completing the process. The Lending Circles program is both a savings and a credit-building program.

The program works like a 'susu,' except the money

is automatically withdrawn from your checking account each month, and when it is your turn to receive the money, it will be automatically deposited into your account. The activity is reported to all three credit reporting bureaus as an installment loan, which helps to increase your credit score and provides you with an active line of credit. There are three savings amounts - \$50, \$100, & \$200.

There can be no less than a minimum of 6 members and no more than 12 members in a circle. The length of time will depend on the number of members in the circle. To apply go to the website – www.lendingcircles.org – and enter zip code 10039. Complete the online application and upload a valid picture ID, voided personal check or bank document to verify your routing and account numbers, and 2 months of pay stubs or 3-month bank statements to verify income. We start a new circle every month.

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.

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HARLEM CALENDAR OF COMMUNITY EVENTS



Jan-Jun 2024 at Harlem Stage

Jan 26th 7:00pm,

Jan 27

7:00pm & 9:30pm

Jazz at Lincoln Center presents The Blues with Bobby Rush and Shemekia Copeland

The Blues with Bobby Rush and Shemekia Copeland takes place at Frederick P. Rose Hall, the home of Jazz at Lincoln Center, located on Broadway at 60th Street in New York, NY.

For information and tickets, visit jazz.org/the-blues

Feb 1st 7:30pm
Reckoning With Our Past at Jazz at Lincoln Center

Jazz At Lincoln Center, for Reckoning With Our Past: Conversations For Our Shared Future, moderated by Soledad O'Brien with Lonnie Bunch (Secretary of the Smithsonian Institution),

and special guests! You can REGISTER FOR FREE using my customized link: <https://bit.ly/3tEZtLV>

Feb-4th, 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



Feb 4 Lehman Performing Arts Center

to the universe of Kalabanté Productions, and prepare for an unforgettable journey. Tickets can be purchased at Lehman Performing Arts Center.

Feb 17 3:00pm
"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.



Jan 20th McDonalds Gospelfest Auditions



Feb 17 Flip Side Cast at Greater Hood

Jazz At Lincoln Center Presents The Blues With Bobby Rush and Shemekia Copeland



Bobby Rush
by Laura Carbone



Shemekia Copeland
by Victoria Smith

Jazz at Lincoln Center welcomes Grammy Award-winning artist Bobby Rush, a legend of blues tradition and innovation, to The Appel Room for the first time on January 26-27, 2024, at 7pm and 9:30 pm. Grammy-nominated vocalist Shemekia Copeland delivers a 30-minute opening set with her critically acclaimed band before each performance.

At 90, the singer, guitarist, and blues harp master communicates his unique, personal experiences through live performance. From introspective to animated, wistful to celebratory, he takes listeners on a journey of virtuosic finger-picking, searing grooves, and plenty of unscripted humor.

Winning his first Grammy at 83, Bobby Rush has gone on to receive a total of two Grammy Awards (and six nominations), and has been recognized as a Blues Hall of Fame inductee, a 16-time Blues Music Award winner (among 56 nominations), and a burgeoning show tune writer; with a musical currently in development called 'Slippin' Through the Cracks,' co-written by playwright Stephen Lloyd Helper.

Joining Rush for his Appel Room event is a

multi-Grammy-nominated vocalist and effervescent storyteller Shemekia Copeland. An award-winning blues, soul, and Americana singer, Copeland possesses an instantly recognizable and deeply soulful roots music, voice and expression. She is beloved worldwide for the fearlessness, honesty, and humor of her revelatory music, and for delivering each song she performs with unmatched passion.

The performances will take place at Frederick P. Rose Hall, the home of Jazz at Lincoln Center, located on Broadway at 60th Street in New York, NY. For information and tickets, visit jazz.org/theblues

Jazz at Lincoln Center's 2023-24 season focuses on the concept of community, the broader community of jazz, the numerous communities that nurtured its master practitioners across its timeline, the communities of consciousness that influenced these practitioners, the music's power to bridge divides and coalesce these distinct communities, and the role of jazz. Throughout its 2023-24 season, Jazz at Lincoln Center explores these subjects with concerts featuring forward-thinking composers,

virtuosic improvisers, and ingenious conceptualists that populate the Jazz at Lincoln Center Orchestra with Wynton Marsalis.

Implicitly or explicitly, season concerts, education programs, advocacy initiatives, and Jazz at Lincoln Center Orchestra tours directly evoke themes that illuminate, as Managing and Artistic Director Wynton Marsalis put it, the notion that "Our music has the exceptional ability to bring people together."

The organization's 36th season runs from Sept. 21, 2023, to June 8, 2024, in Rose Theater, The Appel Room, and Dizzy's Club – all at Frederick P. Rose Hall, the home of Jazz at Lincoln Center, located on Broadway at 60th Street in New York, NY. In addition to 24 unique live concerts throughout Frederick P. Rose Hall, and more than 350 nights of music at Dizzy's Club, the organization will offer webcast performances via the Jazz Live app, in-person and virtual education programs, and Jazz at Lincoln Center Orchestra with Wynton Marsalis tour dates worldwide.

For a complete listing of Jazz at Lincoln Center's 2023-24 season concerts,

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THE MOVIE MUSIC OF TERENCE BLANCHARD

JANUARY 28TH AT 7:30 PM
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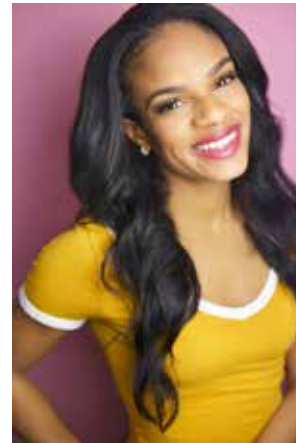
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Join the New York Philharmonic and Oscar-nominated composer Terence Blanchard as they perform highlights from Blanchard's astonishing 80 film & television credits including *Malcolm X* (1992), *25th Hour* (2002), and *BlackKkLansman* (2018).



LincolnCenter.org/Blanchard

“SIX” Has New Queens On Broadway!



Storm Lever



Olivia Donalson



Khailla Wilcoxon

By Linda Armstrong

One of the most fun musicals on Broadway, with an amazingly lively soundtrack, is hands-down “SIX,” playing at the Lena Horne Theatre,

located at 256 W 47th St.

The musical gives the six ex-wives of King Henry VIII of England a chance to tell their individual stories, and they are very entertaining, to say the least. The House of Tudor is called to

task! “SIX” is a non-stop party on Broadway from the opening number to the finale! It will have you jumping up and cheering from your seat.

This musical has been a vehicle for Black actresses

since its inception; as Broadway shows do, the cast gets updated. What is wonderful is that Black ladies are still a very vibrant part of this story and are playing their roles to the max! As of December 5, 2023, three new Black actresses in the starring Queen roles joined the cast. Khailla Wilcoxon plays Catherine of Aragon, Storm Lever portays Anne Boleyn, and

Olivia Donalson is seen as Anna of Cleves. This cast is fresh off the “Aragon” National Tour. “SIX” is created by Toby Marlow and Lucy Moss. Moss is also co-director with Jamie Armitage. The vibrant, exhilarating musical features choreography by Carrie-Anne Ingrouille.

When you go to see “SIX,” it is no surprise that this musical won the

2022 Tony Award for best original score—music and lyrics and the Outer Critics Circle Award for Best Musical. “SIX” has set design by Emma Bailey, costume design by Gabriella Slade, lighting design by Tim Deiling, sound design by Paul Gatehouse, and orchestrations by Tom Curran. Make plans to hear these ladies’ stories; you’ll be thrilled you did!





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Civil Rights Leaders 2024 Insights on Martin Luther King’s Courage

“He also never lost sight of the fact that civil rights — addressing racial and economic injustice — were inextricable from liberation, freedom, equality, and world peace.”

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

During his short life, Dr. Martin Luther King Jr. stepped on all kinds of powerful toes in his fight for civil rights, and he was a courageous and determined leader who refused to let prison or violence sway his end mission. He also never lost sight of the fact that civil rights—addressing racial and economic injustice—were inextricable from liberation, freedom, equality, and world peace.

As the founding leader of the Southern Christian Leadership Conference (SCLC), Dr. King led a nonviolent movement to abolish the triple evils crippling American society: racism, poverty, and militarism. Associates said he believed those forces were contrary to God’s will for humanity and that they could

only be effectively opposed by an interfaith-inspired nonviolent, multiracial social change movement.

On April 4, 1967, King spoke publicly and eloquently against the tragedies of the U.S.-led war in Vietnam. Today, as the nation observes Dr. Martin Luther King Jr. Day, civil rights leaders, including those who knew the slain leader, offered their thoughts on what his position might be on conflicts in the Middle East and Russia and on the twice-impeached and four-times indicted former President Donald Trump.

“At the March on Washington in 1964, Dr. King talked about Alabama Gov. George Wallace having his lips dripping with interposition and nullification,” said the Rev.



Peter Johnson, who began working for the Congress of Racial Equality (CORE) in Plaquemine, La., and later was recruited by Andrew Young to work for King in the Southern Christian Leadership Conference in Atlanta. “What’s the difference between George Wallace and Donald Trump? You’re not going to hear Trump publicly say the n-word, that’s the only difference,” Johnson

remarked. “King would easily have seen that Trump is a bigot in the true sense of the word who actually believes he is superior to people of color.”

Johnson, Rev. Dr. Jesse Jackson Sr, Rev. Dr. Benjamin Chavis Jr, and others said that the wars between Israel and Hamas and Russia and Ukraine would have stirred Dr. King courageously to declare in King’s own words that “An injustice anywhere is a threat to justice everywhere.” Dr. King would again say, “Peace is not just the absence of war; it is the presence of peace.”

Rev. Jesse Jackson noted that King spoke of a deeper malady in American society. His view was that presidential administrations have been embroiling themselves in conflicts across the globe for the wrong reasons.

“Dr. King was outspokenly anti-war and anti-racism,” said Rev. Mark Thompson, a civil rights leader who recently

joined the National Newspaper Publishers Association as the trade association’s global digital transformation director. “There’s no question King would oppose the war in Ukraine and seek diplomatic solutions. I believe he would also call for a ceasefire in Gaza.”

“I believe his posture on Congress’s dysfunction would be consistent with the words he used to describe segregationist intransigence in his ‘I Have a Dream’ speech—interposition and nullification,” Thompson declared.

NNPA President and CEO Rev. Dr. Benjamin F. Chavis Jr., also an SCLC youth coordinator in the 1960s, concurred. “Dr. King was a nonviolent freedom fighter who believed that we are all members of one humanity. His concept of the ‘beloved community’ was all-inclusive and not discriminatory to anyone,” Chavis insisted. “Today’s world realities

of racism, anti-Semitism, Islamophobia, oppression, war, hatred, and bigotry are void of love for one another. We need Dr. King’s wisdom, inclusive theology, and leadership courage today more than ever before.”

Johnson said there’s little doubt about where King would stand on today’s issues because the icon never wavered. “I don’t think he would have changed his position fundamentally,” Johnson determined.

“The Black Press of America, through the NNPA, salutes and pays an eternal salute to the wisdom, vision, and courage of The Reverend Dr. Martin Luther King Jr.,” Chavis declared. “May the 2024 Martin Luther King National Holiday be a day of reflection, action, freedom movement building, and constructive social change for all people in America and throughout the world.”

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Black Leadership in NFL Gains Momentum



Houston Texans head coach DeMeco Ryans celebrates on the sideline during the first half of an NFL football game against the Tennessee Titans, Sunday, Dec. 31, 2023, in Houston. AP Photo/Eric Christian Smith

By Cliff Brunt
AP Sports Writer

This year's NFL playoffs will feature a record number of Black men who have thrived in leadership positions they rarely had the opportunity to hold in previous generations.

Three Black head coaches have reached the playoffs — Pittsburgh's Mike Tomlin, Tampa Bay's Todd Bowles, and Houston's DeMeco Ryans. Miami coach Mike McDaniels, who has a Black father and identifies as biracial, also is in the playoffs. No more than three Black coaches have reached the playoffs in any previous season.

An all-time high of six Black quarterbacks is starting among the 14 playoff teams — Baltimore's Lamar Jackson, Kansas City's Patrick Mahomes, Philadelphia's Jalen Hurts, Dallas' Dak Prescott, Green Bay's Jordan Love, and Houston rookie C.J. Stroud.

"It's great to see," Jackson said of the Black quarterbacks. "Life's just different now. Stuff is evolving. Guys are just being great and just showing off their

true talent."

Having so many Black men succeed in two of the most visible cerebral leadership positions in American professional sports — NFL head coach and starting quarterback — should be celebrated, said N. Jeremi Duru, director of the Washington College of Law's Sport & Society Initiative at American University. He said millions are watching them shatter the stereotype that Black men don't have the mental acumen to excel in those kinds of roles.

The growth at quarterback has taken time. The first Black pro starting quarterback of the modern era was the late Marlin Briscoe with the Denver Broncos of the American Football League in 1968. James Harris was the first Black pro quarterback in the modern era to open a season as a starter with the AFL's Buffalo Bills in 1969 and the first to win an NFL playoff game with the Los Angeles Rams in 1974. Doug Williams was the first to win a Super Bowl with the Washington Redskins in 1988. The late Steve McNair was the first

to win a league MVP award with the Tennessee Titans in 2003.

Thanks in part to their work, Black quarterbacks aren't a rarity anymore. There were a record 14 Black starting quarterbacks at the beginning of this season. And with so many in the playoffs, they are clearly excelling.

Black quarterbacks celebrate each other's success. Mahomes was thrilled when Hurts signed his five-year, \$255 million extension last April. Mahomes' Chiefs defeated Hurts' Eagles last year in the first-ever Super Bowl matchup between Black starting quarterbacks.

Jackson said Stroud is just one reason he's excited about the future of Black quarterbacks in the league.

"The head coaches are often former offensive coordinators, former quarterback coaches, and former quarterbacks," he said. "And so once you begin to see more Black quarterbacks, particularly in a league that values offensive-minded head coaches ... then you're building up the ranks of potential future head coaches."



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Les McCann Dies at 88

By Associated Press

Les McCann, a prolific and influential musician and recording artist who helped found the soul-jazz genre and became a favorite source for sampling by Dr. Dre, A Tribe Called Quest, and hundreds of other hip-hop performers, has died. He was 88.

A Lexington, Ky. native, McCann was a vocalist and self-taught pianist whose career dated back to the 1950s, when he won a singing contest while serving in the U.S. Navy and appeared on “The Ed Sullivan Show,” the top variety program of its time. With admirers including Quincy Jones and Miles Davis,

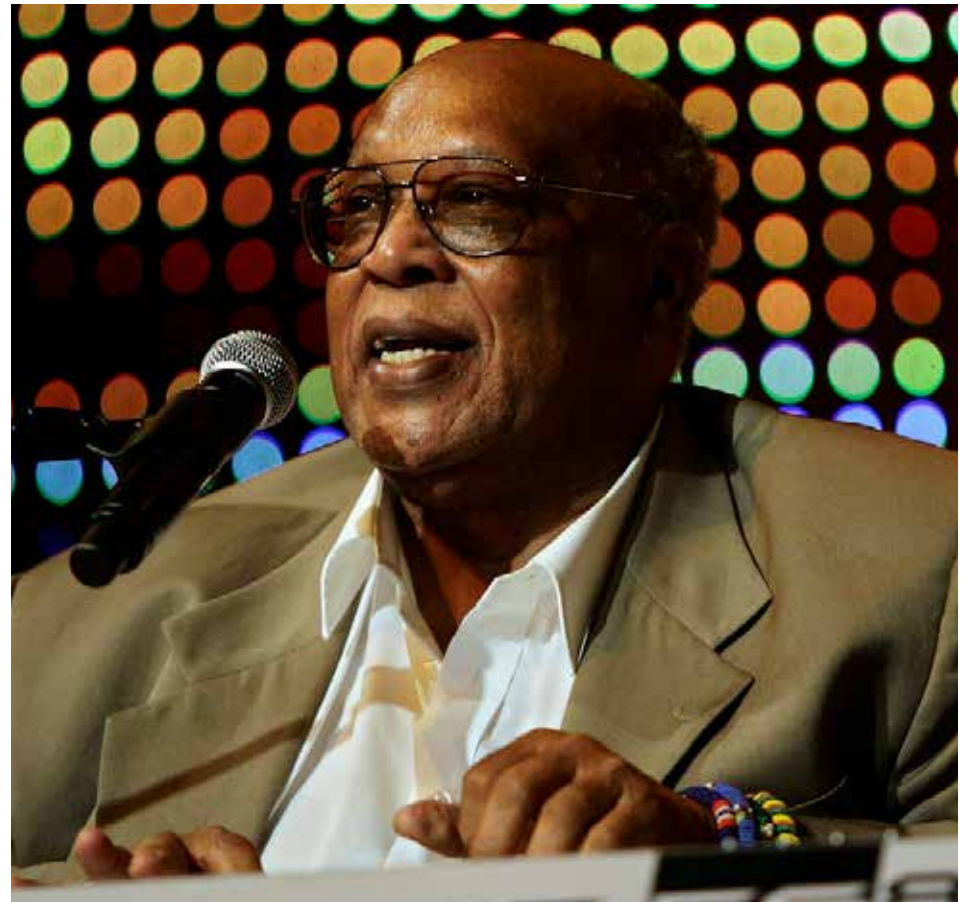
he went on tour worldwide and released dozens of albums, starting in 1960 with “Les McCann Ltd. Plays the Truth.”

He was best known for “Compared to What,” a funky protest song on which he first teamed up with his future musical partner, saxophonist Eddie Harris. Written by Eugene McDaniels and recorded live at the 1968 Montreaux Jazz Festival, “Compared to What” blended jazzy riffs and McCann’s gospel-style vocals. The song condemned war, greed, and injustice with such couplets as “Nobody gives us rhyme or reason/Have one doubt,

they call it treason.”

Among those covering “Compared to What” was Roberta Flack, a McCann protégé whose career he helped launch by setting up an audition with Atlantic Records. McCann was a pioneer in merging jazz with soul and funk. He would record with Flack and tour with popular musicians like Wilson Pickett, Santana, and the Staples Singers.

His other albums included “Talk to the People” (1972), “Layers” (1973) and “Another Beginning” (1974). Last month, Resonance Records issued “Never A Dull Moment! – Live from Coast to Coast (1966-1967).”



Les McCann
Photo courtesy Martial Trezzini/Keystone via AP

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USPS celebrates judiciary trailblazer Constance Baker Motley with 47th Black Heritage Stamp

The 47th stamp in the Black Heritage series honors Constance Baker Motley (1921-2005), civil rights pioneer and the first African American woman to argue a case before the U.S. Supreme Court, and the first to serve as a federal judge.

The dedication ceremony for this Forever stamp is free and open to the public. News of the stamp is being shared with the hashtags #ConstanceBakerMotley and #BlackHeritageStamps.

The ceremony will take place on Wednesday, January 31, 2024, at 11 am at

Constance Baker Motley Recreation Center, 348 E. 54th St., New York, NY 10022. Attendees are encouraged to register at: usps.com/constancebakermotley.

Constance Baker Motley started her career in 1945 when she began working for the future U.S. Supreme Court Justice Thurgood Marshall at the National Association for the Advancement of Colored People (NAACP) Legal Defense and Educational Fund.

From 1945 to 1965, Motley worked on about 60 cases that reached the Su-

preme Court. She won nine of the 10 cases she argued before the Court.

In 1966, Motley was nominated by President Lyndon B. Johnson to a seat on the U.S. District Court for the Southern District of New York — the largest and busiest federal trial court in the country. She rose to chief judge in 1982 and senior judge in 1986.

The stamp features a portrait of Motley by artist Charly Palmer, based on an Associated Press photograph. Rendered in acrylic on canvas work, the portrait displays elements of Palm-

er's signature style. The stenciled circular shapes around the head suggest royalty, and the heavy brushstrokes and scratches provide added textures. Stenciled curlicues embellish the lower background and continue onto Motley's black dress. Her colorful corsage and a brooch further enliven the image.

The Constance Baker Motley stamp will be issued in panes of 20. Forever stamps will always be equal in value to the current First-Class Mail 1-ounce price.



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Urbanology: Pest Management a Holistic Approach



By W.A. Rogers

While walking on 125th Street one Saturday, I checked out some vendors. I became interested in a vendor providing information and products that can address pest infestations naturally.

If you are familiar with my articles, you will note that I often write about natural ways to improve health and the quality of life. I was interested and stopped to explore the products.

Daria Skeete, the vendor, owns Herbbull {www.herbbull.com}. Ms. Skeete is a retired public school teacher who taught at the former Friends Academy on W 113th Street in Harlem.

She also taught classes at the Adam Clayton Powell Jr. State Office Building as an adjunct professor at BMCC. Twenty years ago, she was offered a very low-priced but very infested Harlem apartment. This started her investigation

into Organic Pest Control and later caused her to form an organic pest control business.

I was very interested in her organic approach to pest control. Fortunately, I no longer have that problem, but before moving into a Harlem condominium, my family and I lived in a brownstone in Harlem on West 122nd Street. We did not have a major problem, but living in a house anywhere, you will occasionally experience bugs and mice.

My daughter was very young then, and we had a dog. So, we tried to stay away from dangerous chemically based pesti-

cides. I know many people are not so lucky and have an ongoing battle with rodents, roaches, and sometimes bedbug infestation.

This is especially true with seniors and families in low-income housing units. What was interesting in my conversations with Ms. Skeete was her knowledge of herbs and other low-cost ways to reduce pest infestation without the use of dangerous chemicals or having to use, traps, glue bait, and even poison to kill rats.

New York has a serious rat problem; the first ever Rat Czar {Kathleen Corradi} has even been appointed to address the issue. One of the problems of using poi-

son to address the city's rat infestation is the death of dogs, cats, and birds.

I invited Ms. Skeete to join the Harlem Tourism Board because hotels and bed and breakfast housing often suffer from bed bug problems, especially with guests from Europe. Paris has been in the news lately concerning this issue as it must be addressed before the 2024 Olympics.

If you visit the Herbbull website, you can find tips on naturally eliminating bed bug infestation. There is even a new Herbbull Bed bug extra strength spray. Ms. Skeete says that she is semi-retired but is interested in giving workshops

and consulting. According to Ms. Skeete, many herbs and plants can be used to address pest infestation naturally.

I interviewed Ms. Skeete on my Tuesday, January 16, 2024, Urbanology show on the Soul City Broadcast network. You can watch the interview on the htbharlem Facebook page.

I also invited Ms. Skeete to the next HTB membership meeting scheduled for January 24 from 6:30 pm to 8:00 pm. It will take place at the Harlem Renaissance Marriott Hotel at 233 West 125th Street. Send an email to harlemtourismboard@gmail.com for more details on the next meeting.

Answers to Puzzle on page 17

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HERBS ARE NATURE'S MEDICINE THE GOLDEN HERBAL INGREDIENT: BERBERINE

By Zakiyyah

Barberry is another of my favorite herbs for the liver and gallbladder, as it helps support liver function and cleanse a congested system. Its most important antiseptic photochemical is Berberine, which is found in the roots, rhizomes, stems, and bark of several herbs, as it is one of the most effective natural supplements on earth. Also known as Chinese Goldthread, berberine, bright yellow and somewhat bitter, is found in other 'yellowish' herbs, including goldenseal, goldthread, Oregon grape root, and tree turmeric.

Barberry boasts many health benefits, as berberine has been shown to inhibit the growth of bacteria and

boost the immune system. Barberry extract offers benefits for the cardiovascular and neural systems and the ability to fight infection, treat diabetes, improve heart health, and more.

Barberry has been used in traditional medicine for its anti-inflammatory and anti-microbial effects to treat a wide range of infections of the bladder and urinary tract, as well as the eyes, ears, mouth, and throat, each of which can cause bacterial pinkeye. In fact, Murine eye drops contain berberine as the active ingredient. Other common infections that can effectively be treated by barberry include yeast and bladder

infections and skin disorders, like psoriasis, that can benefit from a liver tonic.

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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: theherb-alist1750@gmail.com, call 347-407-4312. **ENERGETIC (NO-PAIN) PRANIC FACE LIFT:** <https://tinyurl.com/y3aldpzv>; blog: www.herbsarenaturesmedicine.blogspot.com. View my upcoming book: booklaunch.io/Zakiyyah/theenergetic-sofherbs.

GAMES

See answers on page 16 and 18

CROSSWORD

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THEME: THE GRAMMYS

ACROSS

- Moonshine maker
- *Artist with most 2024 Grammy nominations
- Not his
- "Roots" author
- That guy
- Full of emotion (2 words)
- Relating to #3 Down
- Tarzan's mom, e.g.
- Caribbean island destination
- *The Recording _____, voting organization
- *"What Was I Made For?" movie
- *"A Boy Named _____," 1970 Grammy winner
- Prickle on a wire
- Drench
- Waiter's handout
- *Grammy-nominated Lauper song, "True _____"
- Amusement destination
- Rachel Renee Russell's

"____ Diaries"

- Extend subscription
- South Korean boy band
- Type of wrap
- Italian wine region
- Forearm length unit
- Honey-producing facility
- Saw incision
- Nauseant
- Fancy marbles used as shooters
- U.S. Marine Corps gift recipient
- EU currency
- Aglet on a shoelace, e.g.
- *____.com Arena
- *Miley Cyrus' Song of the Year nominee and popular romantic gift
- Texas cook-off dish
- *"In the _____ Tonight," by Grammy-winner Phil Collins
- Send, as payment
- Safe place
- Bird word
- Leave out
- Bookkeeping entry

- Refrigerator sound
- Scatter

DOWN

- Not Sunni
- Baby powder ingredient
- Pelvic parts
- Shows the way
- Aristotle's school
- One-horse carriage
- Mailing "code"
- Single-cell protozoan
- *Grammy-winner, _____ Alpert
- *Purse for the red carpet
- Bumpkin
- Pampering place
- Bar _____, ME
- Rewards, in the olden days
- Pendulum's path
- Cantina staple
- *Ice _____, Best New Artist nominee
- Wooden ship caulking
- Space exploration mission
- *Grammy host for the fourth time

- Plumbing problem
- Early stages of illness
- Reminiscent of the past
- *"Anti-Hero" performer
- Not purl
- Pacific Islanders' herbal drink
- Handrail post
- Neckwear decoration
- Use scissors
- Soft palate vibrations
- House pest
- Resided
- Social media conversation
- Bank of Paris
- Big Bang's original matter
- Word on a gift tag
- Arabian bigwig
- Fair attraction
- Hot pot
- Denoted by symbol X
- Debtor's letters

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New Year, New You Books by various authors

REVIEW by Terri Schlichenmeyer, Harlem News contributor

Each year, you make resolutions with the best of intentions.

But then there are leftover holiday cookies that beg to be eaten, a sofa that needs to be held down, and words you shouldn't say right there on the edge of your lips. Your resolutions can hardly compete with real life, so maybe you need help through one of these great books...

Be a Healthier You: Is it possible to grow younger? Not exactly, but why would you want to feel your actual years when you can read **"How Not to Age"** by Michael Gregor, M.D., FACLM (Flatiron Books,

\$39.99) and enjoy life?

Aging is not a disease. It's something we all do, if we're lucky, but Gregor says that changing your diet, exercise, altering your lifestyle, and paying attention to your body can help you get older in a healthy way. Based on the lives of some people living in a "Blue Zone" like the one that's been in the news lately, you can use real science to live longer and love it.

Even if you're already Over a Certain Age, there are plenty of sidebars and short chapters that are perfect for browsing and making small changes.

Be a Better Parent: You

love your kids. You do. But why do you sometimes feel so trapped and angry? You feel awful about it, too, and in **"Mom Rage: The Everyday Crisis of Modern Motherhood"** by Minna Dubin (Seal Press, \$29.00), you'll read a provocative, possibly controversial book about mothering, child-care, and expectations, and ways to stop your feelings. This book addresses all the myths you've heard and destroys them, it helps you ask for the things you really need, and it break any cycle you may have inherited. This is a feel-better book for any mother who needs it now, or might in the future.

Be a Better Person: Chances are, you just spent a season opening your heart, your calendar, and your wallet. Do you know where your dollars and your time went? In **"The Price of Humanity: How Philanthropy Went Wrong and How to Fix It"** by Amy Schiller (Melville House, \$29.99), you'll see, and you might not like it.

In order to shed light on this subject, author Schiller first needed to take a deep look at what's wrong with philanthropy today, and why its downfalls have happened over time. She looks at various kinds of giving and their effectiveness, and why this new year is the time for us to look into philanthropy to make it better. This book isn't just for foundation chairpeople or leaders. It's also for anyone who fundraises, for philanthropists, and for the generous person who wants to do better, effectively.



If these great books don't address the ways you want to have a new you this New Year, head to your favorite bookstore or library. The staffs there can help

you decide what's do-able, what's challenging, and what's change-able. Diet books, break-that-habit books, stop smoking books, they've got what you need.

You bring the intentions. New Year, New You Books by various authors c.2023, various publishers, \$29.00 - \$39.99. various page counts

SUDOKU ANSWERS

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2	1	6	9	3	7	8	4	5

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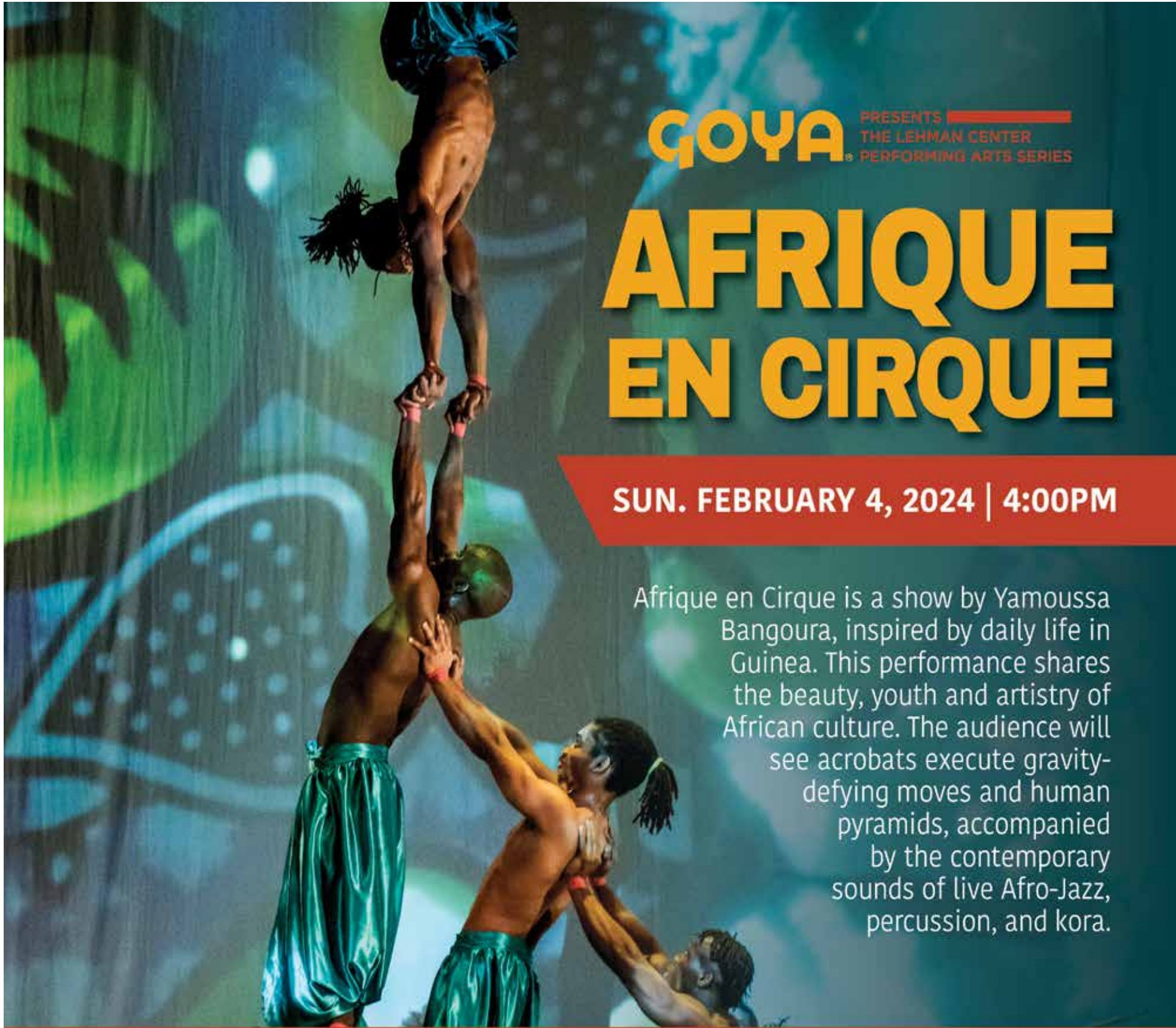
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