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"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. 42

October 17, 2024 - October 23, 2024

FREE



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and St. Nicholas Ave
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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

We hope you enjoyed celebrating “Indigenous Peoples Day” and “Columbus Day” this past Monday. We will have a recap of the “Indigenous Peoples Day” celebration that took place on Randall’s Island in next week’s issue.

October is Breast Cancer awareness month. I am a triple negative breast cancer survivor for 9 years now. Be sure to get your mammograms and do self checks on a regular basis. When you feel something different, immediately get it checked. (see page 12)

Fashion Week was held in Harlem last month. See a recap by Society Editor Audrey Bernard. (see page 10)

Condolences to the family of Cissy Houston (Whitney Houston’s mother). (see page 9)

Condolences to the family of Van Deward Woods, son of the late Herbert and Sylvia Woods, founders of the famous Sylvia’s Restaurant.

You can visit our website at www.harlemcommunitynews.com to see past issues or subscribe to our “free” daily newsletter,- Just go to our website and enter your email address.

Pat Stevenson
Celebrating
30 years Publishing

Co-Naming of 113th Street and St Nicholas Ave as Carl C. Green Way

Harlem came out to announce the co-naming of 113th Street and St. Nicholas Avenue as Carl C. Green Way in honor of the former Harlem Globetrotter, successful businessman, and dedicated chairman of the board of Our Children's Foundation, Carl C. Green. The official unveiling ceremony took place on October 5th. A lifetime of leadership and unwavering commitment to the Harlem community was celebrated.

Carl C. Green, a native of Harlem, first gained national recognition as a member of the world famous Harlem Globetrotters, where his athletic prowess and showmanship brought

joy to audiences around the globe. Following his basketball career, Green transitioned to the world of business, where he continued to thrive, and earning widespread respect as an entrepreneur and community leader.

His work with Our Children's Foundation, a non-profit dedicated to improving the lives of underserved youth through educational and cultural programs, cemented his legacy as a pillar of the Harlem community. As the chairman of the board, Green tirelessly advocated for the next generation, ensuring that countless young people in Harlem had access to the resources and support they needed to

succeed.

City Councilmember Yusef Salaam, who sponsored the co-naming resolution, expressed enthusiasm about the dedication: "Carl C. Green embodied the spirit of Harlem-resilience, excellence, and a commitment to lifting up others. By naming this street in his honor, we are ensuring his contributions to our community are forever remembered."

The street co-naming will serve as a lasting tribute to Green's lifelong dedication to Harlem and its residents. Family, friends and community leaders will gather his extraordinary legacy and contributions.



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PONDER THIS! Help May Be Closer than You Think



By Hazel Rosetta Smith

Amazing things can happen when you least expect them. Hope must reign steady to allow help to find its way to you. So it was with Jason, a young man of color who caught my eye in the laundry room of the building where I live. While the washer swirled, he was deeply embedded in a thick

Sherlock Holmes mystery novel by Sir Arthur Conan Doyle, a favorite of mine.

My inquiry about the book opened the way to hear Jason's story. Jason said his obsession with books came from his older brother, an avid reader. Books became a source of adventure in the life of the two brothers in the tight quarters of the studio apartment they shared.

Money was tight for Jason, he had held numerous jobs to make ends meet, trying to keep the tiny space that remained his after the passing of his brother.

Jason got a job in the mailroom of a mid-town law firm. His job was to fill the mail cart and drop off envelopes at desks of professionals who seldom

acknowledged his presence as he moved from floor to floor, in and out of the elevators. Jason enjoyed listening to the bits and pieces of quick chatter between the lawyers and their clients.

One day, two men stepped into the elevator, barely noticing Jason and his cart at its rear. They talked about a location they needed for an independent film shoot in New York City. One of them complained about the city's hefty fee to film and did not want to spend over the budget for the location. He would rather find something that already had the makings of what they needed, a small space in a high-rise apartment loaded down with old books.

Jason did not give

their conversation much thought until after he had returned to the mailroom. Call it instinct or spiritual intervention, the message was clear. Jason jumped to his feet and scurried up to the floor where the two men had gotten off the elevator. There they were, standing at the water cooler, as if they were waiting for him.

Jason took a deep breath and stepped up to the men with confidence. Looking straight in their eyes, he said his name and told them, "I live in the location you want for your film." When they asked him how he knew what they wanted, he said, "I heard you in the elevator." This was clearly not the case of, I heard it through the grapevine.

An appointment was made to visit Jason's studio apartment. It was just as he had described it and very few changes had to be made. His big brother's book collection looked every bit like a Barnes & Noble Bookstore. The contract was signed, five days of filming took place and Jason was paid \$45,000. There is nothing more to be said, except you never know, your help may be closer than you think. Stay open, Beloved.

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

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The Abyssinian Baptist Church Diaconate Board cordially invites you to our Annual Apparel & Accessories Outreach Initiative on Saturday, October 26, 2024 from 10am-3pm at the Abyssinian Baptist Church located at 132 Odell Clark Place (138th Street between Adam Clayton Powell Jr. and Malcolm X Blvds).

AND DO NOT FORGET TO DO GOOD AND TO SHARE WITH OTHERS, FOR WITH SUCH SACRIFICES GOD IS PLEASED.
HEBREWS 13:16 NIV

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Harlem Tourism and Hospitality Industry is Coming Back Strong

By William A. Rogers, President, Harlem Tourism Board

The Tourism and Hospitality Industry has been an economic development tool worldwide. Many countries, cities, and towns have used tourism and hospitality as tools to create employment, career, and business opportunities. In America, many areas rely on tourism as their location's main economic development engine.

I first learned about the benefits of tourism and hospitality from the Honorable Percy E. Sutton. Mr. Sutton was a visionary who believed that New York City, New York State, and his beloved Harlem could use the Tourism and Hospitality Industry to address many of the financial challenges the city and state faced in 1974.

Mr. Sutton was the architect of two major New York

City tourism-related projects that are still going strong: the five-borough New York City marathon in 1976 and HARLEM DAY in 1974. The New York Marathon is the largest annual tourism and hospitality event that takes place in New York. HARLEM DAY just celebrated its 50th anniversary.

Post-COVID, Harlem Tourism and Hospitality Industry is coming back strong. The opening of the Harlem Renaissance Marriott has become an important factor in developing employment, career, and business opportunities with the assistance of the Harlem Tourism Board.

HTB assisted many Harlem residents in obtaining positions at the hotel. Five Star Security, a locally based security firm and HTB corporate member, has the security contract for the

hotel. They provide training and employment opportunities for many Harlem residents.

HTB member Kevin Davis, CEO and founder of Klub Cart Tours {www.klubcarttours.com}, a Harlem-based tour company that has the first modified electric golf cart tour vehicles in New York. HTB helped the tour company negotiate with the Harlem Hotel to have a tourism desk in the lobby to book tours for hotel guests and others interested in a unique, fun way to tour the greater Harlem area and Mid-Town Manhattan.

HTB submitted a proposal to City Councilman Yusef Salaam that focused on developing training programs for tour guides and drivers. HTB is also asking for support to provide stipends to select students who

will work under the direction of Silicon Harlem {www.siliconharlem.com} and HTB to upgrade and maintain the HTB website www.goharlem.org. Goharlem.org will become an economic development tool for the Harlem Tourism and Hospitality Industry.

As a one-stop portal for Harlem tourism-related businesses, the HTB site will become a collaborative marketing platform. Local, national, and international tourists will be the targeted market.

Several new restaurants are opening in Harlem. HTB was a co-sponsor for a soft opening for Native Restaurant, one of Brooklyn's most popular restaurants, which will be opening this fall on the second floor of the Magic Johnson Theater. HTB will help promote the restaurant's grand



opening.

HTB is hosting a networking mixer to celebrate Global Champagne Day at the new location of the Comedy in Harlem Club, 750 St. Nicholas Avenue, on October 25, 2024. Tickets are still available on Eventbrite, but you'd better hurry. HTB's event is on the official event list for Global

Champagne Day. This event will provide support for Nicky Sunshine, HTB member and co-owner of the comedy club. Speaking of comedy, my good friend Phyllis Yvonne Stickney will be at the Comedy in Harlem Club {www.comedyinharlem.com} on Saturday, October 19.

Congratulations, Pat!
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Keeping New Yorkers Safe and Warm This Fall and Winter



By Mayor Eric Adams

New Yorkers deserve safe, warm, and comfortable living conditions during fall and winter, and the city is here to make sure they get it.

Last week, the heat season started in New York City. While cold and winter weather can bring dangerously low temperatures, heavy snow, strong winds, ice, sleet, and freezing rain, landlords and property owners across the city are required to maintain heating and safe indoor temperatures for their tenants between October 1 and May 31.

That's why we are hitting the ground running this season, making our city work better for everyday, working-class people. The city's Department of Housing Preservation and De-

velopment has mobilized across the five boroughs to remind tenants and owners about their responsibilities to keep New Yorkers warm and safe.

When outdoor temperatures drop below 55 degrees, indoor temperatures must be maintained at a minimum of 68 degrees during the day between 6 am and 10 pm. Indoor temperature must be kept to at least 62 degrees overnight, regardless of the temperature.

These heat regulations are designed to protect New Yorkers' health and safety. Heat is not a luxury; it is a necessity that all New Yorkers deserve. New Yorkers without access to heating are unprotected and at risk during the heating season. People can get sick, injured, and possibly even die from cold temperatures and winter storms.

Every day, New Yorkers work hard to build a better future for themselves, their kids, and their families. But we all know we cannot have a truly livable city with a housing and affordability crisis continuing to

linger. New Yorkers need our support, and we give it to them by ensuring they have heat during the fall and winter.

And we have been very clear: when landlords and property owners violate our heating regulations, the city and the Housing Preservation and Development team will hold them accountable. Last year, the city responded in record time to 144,000 heat and hot water-related problems and collected more than \$3.5 million in various penalties associated with these violations.

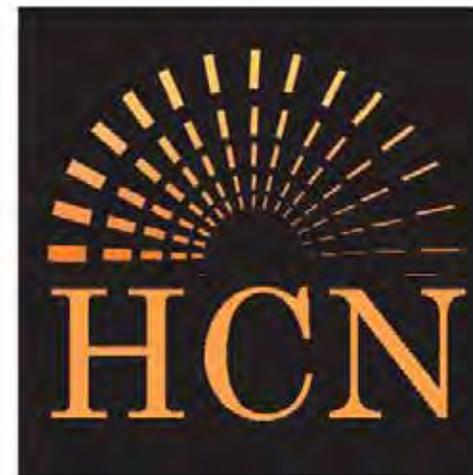
Fall and winter are different than they used to be. With climate change leading to more frequent and intense cold, a storm can be more than just uncomfortable — it can be dangerous or even life-threatening. That is why New York City is getting ready in advance — and we want all New Yorkers to be ready, too.

Having heat is one of the most effective ways to guard against cold storm emergencies. So, if your apartment is cold, report the issue to your landlord immediately. If the prob-

lem persists, contact 311 for assistance. If low-income property owners are struggling, they can contact the Home Energy Assistance Program for help with heating bills and equipment repairs.

From day one, our administration has fought to protect our city's tenants. Whether by launching the city's first-ever Tenant Protection Cabinet, initiating the Public Engagement Unit's live operator tenant helpline to provide immediate support to New York tenants, or securing the largest civil rights settlement in city history — that issued \$1 million in civil penalties and set aside 850 apartment units for voucher holders — our administration has used every tool possible to tell New York City tenants, 'we've got your backs.'

This administration has made public safety the center of everything we do, including preparing for weather emergencies and keeping New York City tenants safe and warm in their homes. Let's work together to make the fall and winter seasons our safest.



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Home Buying in Harlem Be Prepared to Buy Now



By Rev. Dr. Charles Butler

Harlem Home Expo was a Huge Success!

The Harlem Home Expo held at Riverside Church on Saturday, October 5, 2024, did not disappoint the 150 participants who came from all boroughs, Westchester and New Jersey to attend the event. In fact, as one prospective home buyer stated, "This event was great! It exceeded my expectations in every way!"

Harlem Congregations for Community Improvement, Inc. (HCCI) sponsored the event. Attendees were treated to two extremely informative panel discussions centering on (1) Current trends in the housing industry and (2) Important tips for first-time buyers. Plus, the participants were treated to Dr. Charles Butler's Home First Down Payment Assistance Grant workshop presentation. This grant program will provide 20% of the purchase price for either and/or down payment or closing costs assistance up to \$100,000. You must meet the program's six eligibility requirements.

Dr. Butler, Vice President of Equitable Development Initiatives with HCCI, was the principal organizer of the event and praised God for "giving us a beautiful day and a great turnout of prospective homebuyers eager to successfully complete the home buying process. Butler stated, "Homeownership is very much attainable for people of color, but you must create a 'personal purchasing plan' and execute your plan. Remember, if you fail to plan, you plan to fail. Don't get discouraged if you do not achieve your homeownership overnight, just continue striving to reach your goal. You can make it happen."

In addition to the panel discussions, participants spoke with officers to compare mortgage products and learn about the mortgage application process. Housing counselors from HCCI were available to discuss with the participants the steps home buying process, assembling their home buying team, and how to maximize multiple grants to lower the outstanding principal balance and have a comfortable mortgage payment. Real estate brokers informed the participants of available properties currently on the market.

Dr. Malcolm Punter, President and CEO of HCCI, stated, "Homeownership is the key element to creating intergenerational wealth within our community and

breaking the cycle of poverty that continues to plague many families of color. It is imperative that we continue to develop affordable housing opportunities for our community residents."

When asked if he felt the event was successful, Rev. Butler stated, "Overall, both the participating partners and attendees expressed their gratitude and appreciation for being at the event. Everyone was impressed with the information provided, having exposure to the many housing industry professions, and the opportunity to network made the event a wonderful success."

Participating partners included the following: Amalgamated Bank, Apple Bank, Bank of America, Citi Bank, Citizens Bank, City National Bank, East West Bank, Flagstar Margarita Bank, Key Bank, M&T Bank, Ocean-First Bank, Peapack Private Bank, Ridgewood Savings Bank, Valley Bank, LISC, E. Greaves/Bridge Insurance agent, Margarita Liriano Home Inspector, and Real Estate Brokers Vanessa Villaneuva and Danielle McLaurin.

Thanks to Riverside Church and their theatre and maintenance staff for their assistance.



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HARLEM CALENDAR OF EVENTS

Lehman

Oct 19-Nov 2

Oct 19, 8pm

The legendary Puerto Rican salsa band takes the stage to commemorate their 45th anniversary. This powerhouse ensemble guarantees an unforgettable celebration of Puerto Rican musical heritage. Johnny Rivera and Friends, Featuring Miles Peña, Giro, and a surprise guest Tickets: \$125, \$95, \$75, \$60, \$50

Oct 26, 8pm

Direct from Puerto Rico, the incredible Johnny Rivera is joined by Miles Peña, Giro, and a surprise guest to perform their iconic hits. Their voices, coupled with heartfelt cultural influences, guarantee a night of infectious rhythms. Tickets: \$125, \$95, \$75, \$60, \$50

Nov 2, 8pm

José Luis Rodríguez, known as “El Puma,” a native of Venezuela, returns to the stage, bringing his legendary voice and undeniable charisma to audiences worldwide. This iconic Latin music star delivers a powerful performance filled with timeless classics and vibrant energy.

Oct 25, 7:00pm
Shirley Chisholm
Unbossed...at the
Museum of the City
of New York

Shirley Chisholm Unbossed & Unbowed is an immersive, interactive solo show that tells the story of the first African-American woman elected to Congress and the first to run for the presidency of the U.S. Actress and playwright Ingrid Griffith portrays 15

different characters in this performance that traces Shirley Chisholm’s journey from her childhood in Barbados to her rise in politics and activism in the United States. .

Cost \$25. The show presented in conjunction with exhibition Changing the Face of Democracy: Shirley Chisholm at 100.



Oct 25 Museum of City NY Shirley Chisholm

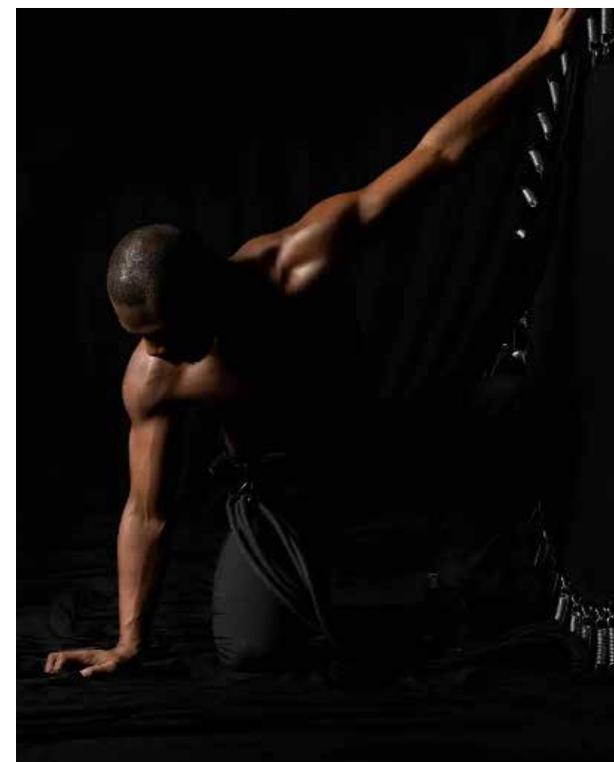
Oct 26

2:00pm & 7:00pm

Christopher Rudd at the Apollo at The Victoria

The Apollo Works in Process series continues with a powerful three-part contemporary ballet by Jamaican-born dancemaker, Inspired by the 2012 murder of Trayvon Martin, blends different styles of dance with contemporary

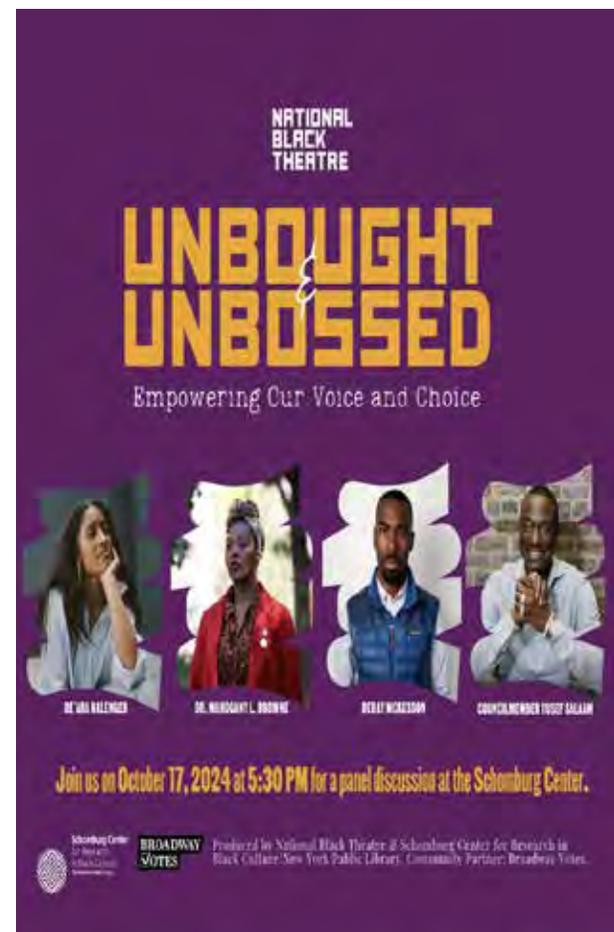
circus, film, and theatricality to put America’s racial landscape into historical context, combat systemically taught racial biases and imagine hope for a more just and equitable future. Journeying through time and form, Rudd’s dynamic work invites audiences to engage in a conversation about reconciliation and their duty as bystanders.



Oct 26 Christopher Rudd at Apollo at Victoria



Nov 2 Super Sabado at El Museo del Barrio



Oct 17 at Schomburg Center

Cissy Houston, Mother of Whitney Houston, Dies

Gospel legend Cissy Houston, the mother of Whitney Houston, recently passed, according to a statement released by her beloved family members.

“In our time of deep sorrow, we announce the passing of Emily “Cissy” Houston, who transitioned on Monday, October 7, at 10:30 am ET, at her home in Newark, New Jersey, while under hospice care for Alzheimer’s disease.” Houston, who recently turned 91 years old on September 30, 2024, was surrounded by her family.

“Our hearts are filled with pain and sadness. We miss the matriarch of our family,” says Pat Houston,

the daughter-in-law of Cissy Houston. “Mother Cissy has been a strong and towering figure in our lives. A woman of deep faith and conviction, who cared greatly about family, ministry, and community: her more than seven-decade career in music and entertainment will remain at the forefront of our hearts. Her contributions to popular music and culture are unparalleled. We are blessed and grateful that God allowed her to spend so many years with us and we are thankful for all the many valuable life lessons that she taught us. May she rest in peace, alongside her daughter, Whitney and granddaughter Bobbi Kristina, and other cherished family members.



“On behalf of The Houston Family, we are touched by your generous support, and your outpouring of love during our profound time of grief. We respectfully request our privacy during this difficult time.”

Photo courtesy Whitney Houston Estate

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Photo: Jay Yamada

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Audrey Society Whirl: The “I Am So Harlem” Fashion Extravaganza Was Epic

By Audrey J. Bernard
Society Editor

Recently, SoHarlem held the SoHarlem Inaugural Fashion Show & Fundraiser in the historic Manhattanville Factory District at 439 West 127th Street, Harlem, New York, honoring fashion industry icon Bethann Hardison.

This was an inspirational evening filled with memorable music, art, and delicious cuisine, and closed with the ultimate culturally inspired creative collection. Additionally, SoHarlem presented its signature weekend-long Pop-Up featuring SoHarlem’s Design Collective. “SoHarlem’s entrepreneurs have been creating extraordinary work, and the three-day Pop-Up of their fashion

lines is a wonderful reflection of Harlem’s legendary contribution to fashion,” expressed visionary Founder and CEO of SoHarlem, Janet Rodriguez.

Hardison is an icon and trailblazer known for her groundbreaking contributions to the fashion industry, especially for her advocacy for diversity and inclusion. Hardison was one of the first models to gain prominence in the 1970s. She broke barriers on the runway, appearing in shows for top designers and on significant fashion magazine covers at a time when White models largely dominated the industry. In addition to her modeling career, Hardison became a vocal advocate for diversity in fashion. In 1984, she

founded her own modeling agency, Bethann Management, which aimed to promote models of color and create opportunities for them in the industry.

The I Am So Harlem fashion show featured unique designs from Creative Collective. Models walked the runway accompanied by live music from South African cellist Thapelo Masita, using the impressive Manhattanville spaces as a backdrop. Immediately following the show, guests were invited to view Don’t Hate the Players, Change the Game, a captivating interview with the legendary Dapper Dan, which won the Living Legend Award at the Kwanza Film Festival. They also appreciated the art installation

by Milagros Batista; Robert Owen’s Harlem Derby Style Hat Collection; and enjoyed food by Chef Miya C Pack.

SoHarlem has been an essential force in the transformation of the once underutilized Manhattanville Factory District into a successful business community employing local residents and serves as an incubator where designers take the time to develop their design skills, business, and marketing acumen to help build their business.

Host Sponsor Scott Metzner, President of Janus Property, stated, “This event marks a major milestone for the Creative Entrepreneurs SoHarlem has been incubating. The Fashion Show is a rare opportunity for SoHarlem’s entrepreneurs to share their creativity and celebrate the vibrancy of the West Harlem Innovation Triangle.”

Since its founding in 2011, SoHarlem has assisted in launching more than 25 micro-businesses, from custom-made couture garments, urban streetwear, fashion accessories, and other businesses. Its Creative Economy Training Institute, started in 2017, has trained more than 50 unemployed and underemployed residents. Funds raised at the event support SoHarlem atelier, where their designs are created and produced.

Designers work in the SoHarlem atelier, so all of their designs are created and produced in Harlem, ensuring that the quality of the craftsmanship is first in class. As participants in the SoHarlem incubator



program, these designers are Creative Entrepreneurs who have taken the time to develop their design skills and have had the benefit of developing their business and marketing acumen to utilize these platforms to build their business.

Designers walked the runway and included founders of the following companies: Zaire Benjamin, Lost Souls; Gisele Eboma, Surfing Queen; Deirdre Washington, BLHR; Roselyn Grullon, Rosa’s; Tre Buchannan, MILAN; Mario Miguelito, VoidAYSLUM; Andres Biel, I Fly Universe; Walter Dixon, ATASHI; Noah Joseph, Art in Heaven; Belkola Vasquez, Belkola; Henry Smith, TheManHenry House of Tailoring; Olivia Smashum, Blue Olive; and Javier Valencia, Javier Valencia Designs.

To learn more about SoHarlem, visit www.SoHarlem.org.

Photos by
Daniel Vasquez



Stacey Adams Speaks Up at BAM

By Cynthia Horner



Dozens and dozens of small children clutching autographed copies of the brand-new book, “Stacey Speaks Up,” cozied up to their parents and guardians and sat enthralled as attorney/activist/author Stacey Abrams celebrated the release of her book at the Brooklyn Academy of Music (BAM) in Brooklyn, NY.

The event, which was presented in conjunction with Greenlight Bookstore to promote her latest children’s book, was packed, and the ticket holders sat enraptured as she discussed her literary beginnings during her one-on-one conversation with renowned fellow creative Maulik Pancholy.

As families intently listened, Abrams disclosed, “When I was growing up, my mom was a librarian; she was a college librarian with a specialty in children’s literature. And when we were growing up, my parents couldn’t afford daycare, when we were really little, so we went to the daycare at my mom’s school. When the daycare let out,

which was before my mom got off of work and my dad worked in a shipyard miles away, I literally used to take naps and sleep with books. It was so much fun.

“And so I grew up loving books, loving stories. When you’re little, and you tell stories, people might get a little mad at you, but when you learn to write them down, they tell you you’re an author. And so for me, writing the ‘Stacey series’ has been about taking some of the experiences I had as a young person and the lessons I’m still learning as an adult and connecting with that.”

Poised and comfortable in the setting with an audience whose enthusiasm was similar to how fans would extol over a music celebrity, children smiled and clapped as images from her new book appeared on the screen.

She disclosed the meaning behind “Stacey Speaks Up,” with messages which resonated with her enraptured audience, who nodded fervently in agreement with practically every sentence.

For example, Abrams shared the empowering

message behind “Stacey Speaks Up,” with her captivated audience. She explained, “When there are rules that feel unfair, when you’re little, when you’re younger, you feel like there’s nothing you can do. What I learned from my parents and what I wanted to talk about in this book is that sometimes we can’t wait for the big people to solve the problem. Sometimes, we’ve got to tell them how to solve the problem. And so ‘Stacey Speaks Up’ was about hunger and little kids who don’t have enough to eat and how we can help solve that problem. So Stacey, her friends, and her cohorts speak up and try to save the day. Kitt Thomas, an incredible artist, has drawn these remarkably illustrated books.”

Stacey Abrams has always been bigger than life in politics, in voter rights initiatives, and countless other achievements, but in this moment, she and the children in the audience were on the same level. And lessons learned: you, too, can speak up.

*BAM Photos by
Nate Langston Palmer*



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Understanding Breast Cancer: Key Facts and Prevention Tips for Early Detection

Courtesy *Speakin Out News*

According to Breast Cancer Prevention Partners, Black women with breast cancer have a 31% mortality rate, which is higher than any other ethnic group.

Breast cancer incidences are higher in Black women ages 45 and under than White women.

Causes

Many risk factors may increase your chance of developing breast cancer, but it is not yet known exactly how some of these risk factors cause cells to become cancerous. Hormones seem to play a role in many cases of breast cancer, but just how this happens is not fully understood.

Certain changes in DNA can cause normal breast cells to become cancerous. DNA is the

chemical in each of our cells that makes up our genes — the instructions for how our cells function. We usually look like our parents because they are the source of our DNA. But DNA affects more than how we look.

Symptoms

Early breast cancer usually doesn't cause symptoms. But as the tumor grows, it can change how the breast looks or feels. The common changes include:

- A lump or thickening in or near the breast or in the underarm area
- A change in the size or shape of the breast
- Dimpling or puckering in the skin of the breast
- A nipple turned inward into the breast
- Discharge (fluid) from the nipple, especially if it's bloody
- Scaly, red, or swollen skin

on the breast, nipple, or areola (the dark area of skin at the center of the breast). The skin may have ridges or pitting so that it looks like the skin of an orange.

Exams and Tests

Your doctor can check for breast cancer before you have any symptoms. During an office visit, your doctor will ask about your personal and family medical history. You'll have a physical exam. Your doctor may order one or more imaging tests, such as a mammogram.

Doctors recommend that women have regular clinical breast exams and mammograms to find breast cancer early. Treatment is more likely to work well when breast cancer is detected early.

Tests include:

- Clinical Breast Exam
- Mammogram

- Imaging Tests
- Biopsy
- Lab Tests With Breast Tissue

Treatments

There are many treatment options. The treatment that's best for one may not be best for another.

The options are surgery, radiation therapy, hormone therapy, chemotherapy, and targeted therapy. You may receive more than one type of treatment.

Surgery and radiation therapy are types of local therapy. They remove or destroy cancer in the breast. Hormone therapy, chemotherapy, and targeted therapy are types of systemic therapy. The drug enters the bloodstream and destroys or controls cancer throughout the body.

The treatment that's right for you depends mainly on the stage of the cancer, the results of the hormone receptor tests, the result of the HER2/neu test, and your general health.

Possible Complications

Complications of breast cancer include:

- Destruction of the breast
- Destruction of the chest wall surrounding the breast
- Mastitis
- Nipple discharge
- Chest pain
- Radiation therapy side effects
- Chemotherapy side effects

When to Contact a Medical Professional

Contact a doctor right away if you experience any of these warning signs:

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the



nipple area or the breast.

- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in any area of the breast.

Preventions

You can help lower your risk of breast cancer in the following ways:

- Get screened for breast cancer regularly. By getting the necessary exams, you can increase your chances of finding out early on, if you have breast cancer.
- Control your weight and exercise. Make healthy choices in the foods you eat and the kinds of drinks you have each day. Stay active.
- Know your family history of breast cancer. If you have a mother, sister, or daughter with breast cancer, ask your doctor what is your risk of getting breast cancer and how you can lower your risk.
- Find out the risks and benefits of hormone replacement therapy. Some women use hormone replacement therapy (HRT) to treat the symptoms of menopause.
- Limit the amount of alcohol you drink.

Natural Remedies

What changes can you make to reduce your breast cancer risk

or ease your treatment? According to research or other evidence, the following self-care steps may be helpful:

What You Need To Know: Get a checkup

See your healthcare professional once a year for a breast exam and mammogram to detect disease before it becomes advanced

Cut back on cocktails, but not on nutrition

Limit your alcohol consumption and take a multivitamin containing folic acid to reduce alcohol-related breast cancer risk

Eat risk-reducing foods

Add plenty of fiber, tomato products, soy products, and fish to your diet

Prioritize exercise

Maintain a regular exercise program throughout your life

Seek support

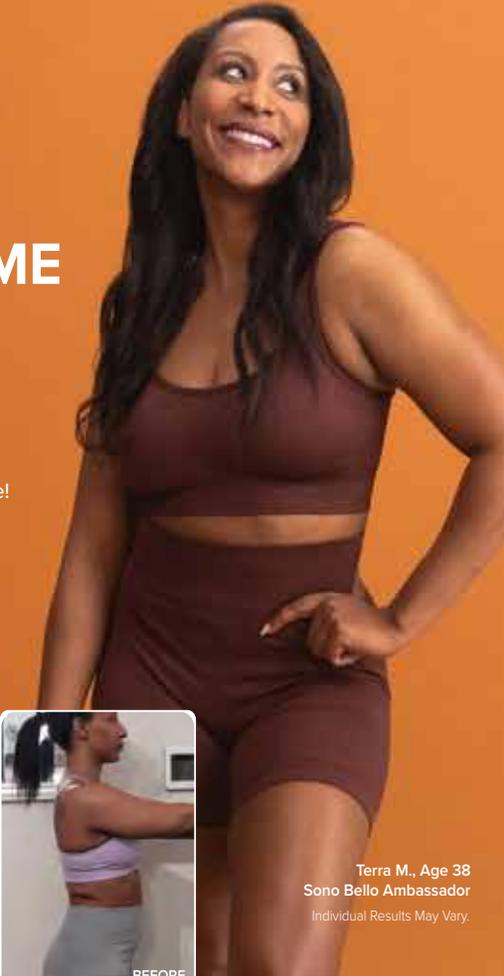
If you have breast cancer, join a weekly patients' group for social support

Mix in melatonin

If you have breast cancer, take 20 mg of this hormone at night under medical supervision to possibly help shrink tumors and slow progression

These recommendations are not comprehensive and are not intended to replace the advice of your doctor or pharmacist.

Photo courtesy NNPA



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Theresa L.
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Study Links Whole-Genome Duplications in Black Cancer Patients to Environmental Exposure

By Stacy M. Brown
NNPA Newswire Senior
National Correspondent

A comprehensive new study published in *Nature Communications* has revealed a significant link between whole-genome duplications (WGDs) in cancer and the higher mortality rates observed among Black patients in the United States.

The research, which analyzed cancer samples from over 1,800 self-reported Black patients, found that tumors from these individuals were significantly more likely to exhibit WGDs—an aggressive genomic alteration—than those from White patients.

The study's findings highlight the critical role of both genetic and environmental

factors in driving racial disparities in cancer outcomes.

“We observed that cancers from self-reported Black patients had a significantly higher incidence of WGDs across multiple cancer types,” the study authors stated. The increased prevalence of WGDs in Black patients, ranging from 11% to 35% higher depending on the dataset, was most prominent in breast, endometrial, and lung cancers. That genetic alteration, which leads to increased metastasis and disease progression, was also associated with shorter survival times, suggesting a potential mechanism for the well-documented racial disparities in cancer mortality.

WGDs are large-scale chromosomal events in which a cell duplicates its

entire set of chromosomes. The process creates genomic instability, promoting more aggressive cancer behavior, metastasis, and drug resistance. Tumors with WGDs tend to be harder to treat due to their adaptability. “These duplications allow cancers to ‘sample a wider range of karyotypes,’ making them more capable of resisting treatment and spreading throughout the body,” the study noted.

The findings are particularly concerning given the existing disparities in cancer outcomes between Black and white Americans. Black women, for instance, have a 41% higher mortality rate from breast cancer and a 21% higher mortality rate from endometrial cancer than their white counterparts,

even when diagnosed at similar stages of the disease. The study's authors suggested that the higher frequency of WGDs in Black patients' tumors may contribute to these disparities. “The increased incidence of WGDs in Black patients may be contributing to racial disparities in cancer outcome

In addition to genetic factors, the study pointed to environmental exposures as a significant contributor to the higher WGD rates observed in Black cancer patients. The researchers discovered that combustion byproducts, such as those resulting from the burning of fossil fuels, can cause WGD events in cell cultures. “We further demonstrate that combustion byproducts are capable of inducing WGDs in cell culture,



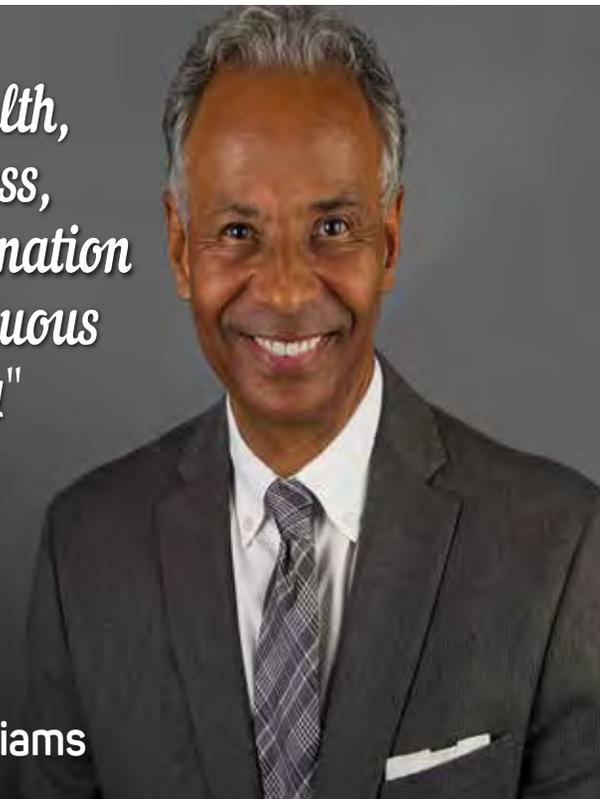
and cancers from self-reported Black patients exhibit mutational signatures consistent with exposure to these carcinogens,” the authors said. The study tied the increased frequency of WGDs to carcinogens like polycyclic aromatic hydrocarbons (PAHs), pollutants that are prevalent in urban environments where many Black Americans live.

Due to historical redlining practices and continued economic inequality, Black communities are disproportionately

located near industrial areas and high-traffic zones, exposing residents to higher levels of environmental pollutants. “Black individuals are more likely to live in areas with elevated levels of air pollution, including diesel exhaust and other combustion-related pollutants,” the researchers explained, suggesting that these environmental factors may be driving the increased frequency of WGDs in Black patients.

Photo courtesy NNPA

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



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Vice President Harris Announced Actions To Increase Pathways for Debt Relief

Vice President Kamala Harris announced a series of actions by the Consumer Financial Protection Bureau (CFPB), Department of Defense (DOD), and Department of Health and Human Service (HHS) to increase pathways for medical debt relief, to address illegal actions by third-party debt collectors, and to improve our understanding of the impacts of medical debt.

Getting sick or taking care of loved ones should not create financial hardship for families. Yet, more than 100 million Americans struggle with medical debt. Over 40 million Americans—1 in 5 adults—owe around \$88 billion in medical debt in collections, making it the largest source of debt in collections—more than credit cards, utilities,

and auto loans.

That is unacceptable to President Biden and Vice President Harris. Vice President Harris has repeatedly highlighted the negative impacts of medical debt, noting that medical debt can stand in the way of someone's dream to own a car, home, or small businesses. In June, Vice President Harris announced the CFPB's proposed rule to remove medical debt from the consumer credit reports of more than 15 million Americans and called on states to take action to tackle medical debt. Following the Vice President's call to action, HHS approved North Carolina's innovative program to encourage hospitals to relieve medical debt and relieve approximately \$4 billion in medical debt for nearly 2 million working families in North Carolina. Further, American Rescue Plan funds are being leveraged to eliminate an estimated \$7 billion in medical debt for up to nearly 3 million Americans by the end of 2026.

"No one should be denied economic opportunity because they got sick or experienced a medical emergency. That is why I have worked to cancel hundreds of millions in medical debt to date—part of our Administration's overall plan to forgive \$7 billion by 2026—and make it so medical debt will soon no longer be included in your credit score," said Vice President Harris. "As someone who has spent my entire career fighting to protect consumers, I am proud to announce today's new actions to build on our work to reduce the

burden of medical debt by increasing pathways for relief and cracking down on predatory debt collection tactics."

To continue addressing the burden of medical debt, the Vice President announced the following actions:

Holding Third-Party Debt Collectors Accountable

The Consumer Financial Protection Bureau (CFPB) released an Advisory Opinion on improper medical debt collections. The Advisory Opinion clarifies the responsibilities of debt collectors to confirm that debts are accurate, valid, and substantiated before engaging in collection actions.

CFPB also released a Consumer Advisory that explains to consumers what actions they can take when they suspect that they have been improperly billed or if they have had improper or illegal collection actions taken against them. The Consumer Advisory suggests actions such as: following-up with their provider if a bill looks incorrect, asking their provider for an itemized bill, negotiating bills if the price appears wrong, reporting to the CFPB if they have been improperly billed, and pursuing legal action if appropriate.

Increasing Pathways to Reduced Medical Bills

The Department of Defense has proposed a rule aimed at providing financial relief for civilians receiving medical care at military medical treatment facilities (MTFs).

Providing Transparency on Tax-Exempt Hospital

Debt Collection Practices
CFPB released a blog post highlighting billing issues that occur when non-profit hospitals fail to provide financial assistance. Under the law, tax-exempt hospitals are required to offer financial assistance to help offset healthcare costs for low-income patients.

Better Understanding the Impact of Medical Debt on Seniors

HHS is collecting evidence and data to inform future actions to address the burden of medical debt. For the first time, the Center for Medicare and Medicaid Services added new questions on medical debt to their Medicare Current Beneficiary Survey (MCBS). The MCBS is an annual survey of people covered



by Medicare to better understand their health care needs. These new questions will provide essential background on levels of medical debt carried by seniors and those with disabilities and the impacts of these debts on their day-to-day lives.

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Urbanology: Synchronicity



By William A. Rogers

In 1949, Swiss psychologist Carl Jung wrote the foreword for one of the first Western translations of the *I Ching*. Richard Wilhelm's translation of this Chinese classic got the attention of the science community because one of the world's best-known psychologists provided credibility to the 2000-year-old

book. This is a book that many considered too abstruse to be intelligible, or of no value at all. In his foreword Jung introduced the term *Synchronicity*, which he described as a concept that takes the coincidence of events in space and time as meaning something more than mere chance.

Jung considered synchronicity to be a term that could be used to explain the alignment of universal forces with the life experiences of an individual. Jung believed that many experiences we perceive as coincidences are not a coincidence at all, but rather the alignment of these forces creating the situation we find ourselves facing.

The *I Ching* was the foundation of not only Jung's theory of synchronicity - it also

served as the foundation for German philosopher G.F. Hegel's *dialectical theory of history* which became the foundation for Karl Marx's theory of *dialectical materialism*. The theories of Hegel and Marx made a tremendous impact on the philosophical direction of Western civilization.

I am amazed that a book that is over 2000 years old could serve as the foundation for information technology (Gottfried Von Leibniz's theory of binary mathematics 1675) and the discovery of the genetic code by James Watson and Francis Crick in 1953.

In 1675, Leibniz a German mathematician and philosopher was introduced to the *I Ching* and used his study of the text to confirm his system of binary math-

ematics, which became the bases of computer science.

In 1953 Dr. James Watson and Dr. Francis Crick announced to the world their discovery of the genetic code, consisting of sixty-four binary triplet figures called DNA codons, which correspond directly to the sixty-four binary triplet hexagrams used to consult the *I Ching*. We are still learning how to use the genetic code, and the future development of information technology will change the world.

In the last paragraph of his famous introduction Jung writes, "As to the thousands of questions, doubts, and criticisms that this singular book stirs up, I cannot answer these. The *I Ching* does not offer itself with proofs and results; it

does not vaunt itself, nor is it easy to approach. Like a part of nature, it waits until it is discovered. It offers neither facts nor power, but for lovers of self-knowledge, of wisdom - if there be such - it seems to be the right book."

All things happen for a reason and there is no such thing as a coincidence if you are reading this article and you are interested in learning how to use the *I Ching* to improve the quality of your life, perhaps you can call 917 821-7099 and schedule an appointment or send an email to onuwon@gmail.com for further information.

Many believe that what we call a coincidence is a message from the mind of the universe. Jung used the term Synchronicity to describe this phenomenon.

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Answers to Crossword on page 17

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HERBS ARE NATURE'S REMEDY The Elements in Nature and your Zodiac Sign

By Zakiyyah

Our understanding of "As Above - So Below" continues as we learn more about our physical connection to the earth and its cycles.

Our last five articles discussed the five basic elements in the Universe and their associated emotions, and how the universal elements are connected to each of our basic organs. **The Water Element** governs the kidneys and bladder, and is impacted by fear. **The Wood Element** governs the liver and gallbladder, and is deeply affected by anger. **The Fire Element** governs the heart and small intestines, and is ruled by joy. **The Earth El-**

ement governs the stomach and spleen and is affected by worry. And finally, **the Metal Element** governs the lungs and large intestines, and succumbs to grief.

In learning to read your body as it reflects healthy periods and periods when you are sick, or suffer chronic or severe ailments, these states of health and illness that your body goes through can also be tied inherently to your Zodiac sign.

Your Zodiac sign holds profound insight into circumventing illness and disease, while maintaining optimum health and vitality. The next series of articles will cover the

Zodiac Elements: the **Air Signs** of Gemini, Libra and Aquarius; the **Fire Signs** of Aries, Leo and Sagittarius; the **Water Signs** of Cancer, Scorpio and Pisces; and the **Earth Signs** of Taurus, Virgo and Capricorn.

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GAMES

See answers on pages 16

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12	
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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

HARLEM COMMUNITY NEWSPAPERS

Statepoint Crossword
THEME: HALLOWEEN

ACROSS

- 1. Cut of lamb
- 6. Numbers, abbr.
- 9. Friend from Down Under
- 13. Jonas Salk's conquest
- 14. Bingo!
- 15. Secret storage
- 16. Like a beaver?
- 17. Sun, in Spain
- 18. Knightly suit
- 19. *Can take the form of a certain flying mammal
- 21. *Spell casting
- 23. Between E and NE
- 24. Fisherman's fly
- 25. Away's partner
- 28. Biology lab supply
- 30. Offspring of alumnus
- 35. Month before Nisan
- 37. Latte choice
- 39. Filthy dough
- 40. Sound on a scale

- 41. *Homeowner's Halloween option
- 43. Subsequently
- 44. A deadly sin?
- 46. Competitive advantage
- 47. Assigned theater spot
- 48. Popular post
- 50. Biblical firstborn
- 52. What skeletons and skedaddlers have in common
- 53. Tiresias in "Oedipus Rex", e.g.
- 55. French vineyard
- 57. *Grisly
- 61. *Ghostly apparition
- 65. Throat dangler
- 66. *The Murders in the ___ Morgue"
- 68. Actress Watts
- 69. Relating to a lobe
- 70. Songwriter Gershwin
- 71. a.k.a. tangelos
- 72. Pitcher
- 73. Lt.'s inferior, in the Navy

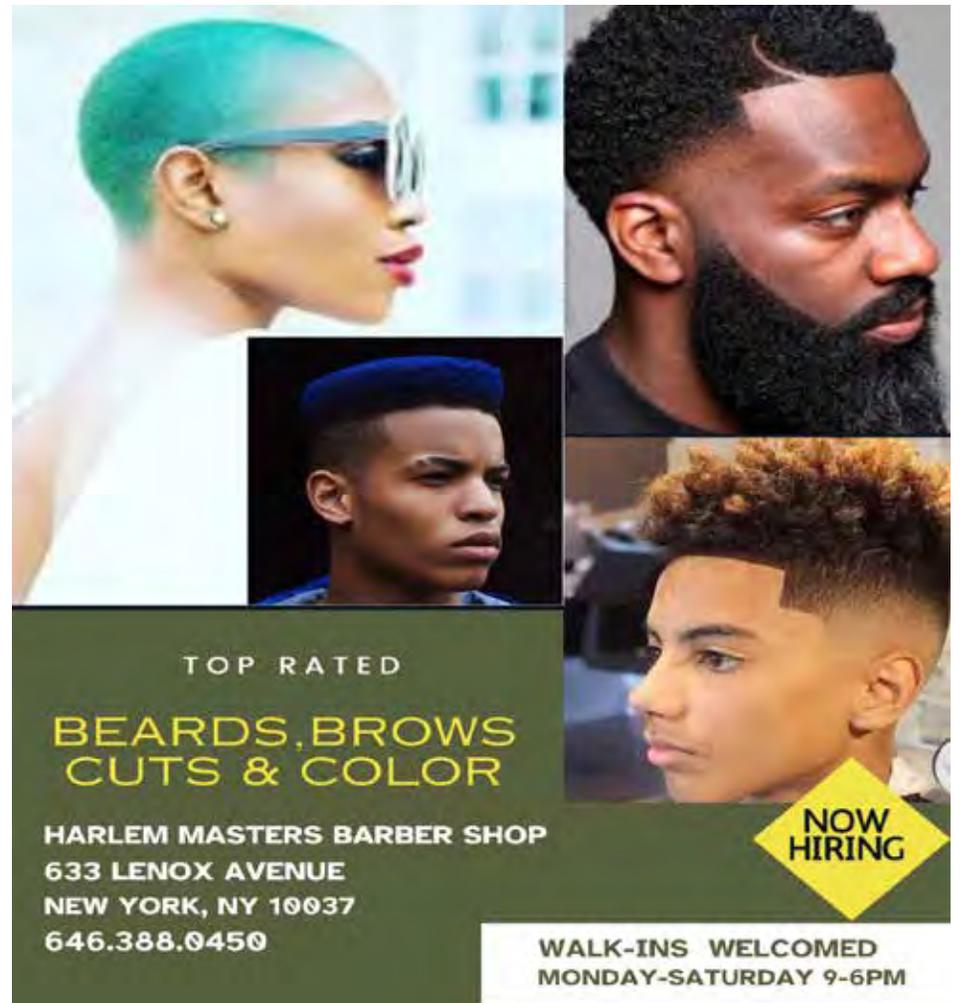
- 74. River clay deposits
- DOWN**
- 1. Hightailed it
 - 2. *Adjective for Merlin, hairwise
 - 3. Aquarium scum
 - 4. **Unattractive" Munster relative
 - 5. Sl vakian monetary unit
 - 6. Project Apollo org.
 - 7. Exclamation of surprise
 - 8. Pico de gallo, e.g.
 - 9. Painter Chagall
 - 10. Pinnacle
 - 11. Chris Hemsworth's Marvel role
 - 12. *Like decorated house on Halloween
 - 15. El Chapo's organization, e.g.
 - 20. MC Hammer's "Too ___ to Quit" album
 - 22. Black gold
 - 24. Puppy purveyor, often
 - 25. *Teeth of #19 Across

- 26. Love intensely
- 27. a.k.a. honey badger
- 29. 0.405 hectare
- 31. *Blood and ___
- 32. Partner of pains
- 33. *Spooky house sound
- 34. "Fiddler on the Roof" gossipy character
- 36. Coral barrier
- 38. Gads, anagrammed
- 42. Mold a mind
- 45. Expel a lawyer
- 49. Ever, to a poet
- 51. Bluish planet
- 54. *#12 Down, alt. sp.
- 56. Sushi option
- 57. Stubborn beast
- 58. Swear, not curse
- 59. Type of hexahedron
- 60. Having wings
- 61. Black-eyed legumes
- 62. Sound of a bell
- 63. Fail to mention
- 64. Magnolia State, abbr.
- 67. *R.I.P. container

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Sealed bids will be received until noon on Thursday, October 24, 2024 at 655 St. Nicholas Avenue, NY, NY 10030, or via email to info@harlemacademy.org, at which time they will be publicly opened and read

The bid specification/contract form may be obtained by submitting a written request to info@harlemacademy.org prior to the bid deadline.

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Books on Farms, Food and Farming History by various authors

REVIEW by Terri Schlichenmeyer, Harlem News contributor

We always hear about farms, but why not read these great books on farms, food, and farm history? In this issue we spotlight three interesting books that you may “grow” to love.

If animals are on your farm, you already know they have feelings, make friends, and have definite opinions. In **“The Wisdom of Sheep: Observations from a Family Farm”** by Rosamund Young (Penguin Press), you’ll read about life on Kite’s Nest Farm, where crops are organically grown, and the animals are loved.

You almost can’t raise livestock without watching them closely, and here, Young writes about her sheep and her cows (she’s also the author of “The Secret Life of Cows”), how they interact

with one another, and how they otherwise behave. Farmers will identify with Young’s quiet reverence for the land she loves; anyone who appreciates domestic animals of any kind, will truly enjoy this collection of short essays and observations.

For any farmer, it comes as no surprise that what we eat has become politicized. The surprise is that it didn’t happen *this* century. In **“Ruin Their Crops on the Ground”** by Andrea Freeman (Metropolitan Books), you’ll learn the long, but nearly hidden history. It started just after America officially became a country. George Washington told his troops to ruin the Indigenous people’s crops *and land*. Later, a lack of access to food was one way slave owners kept control over the enslaved; today,

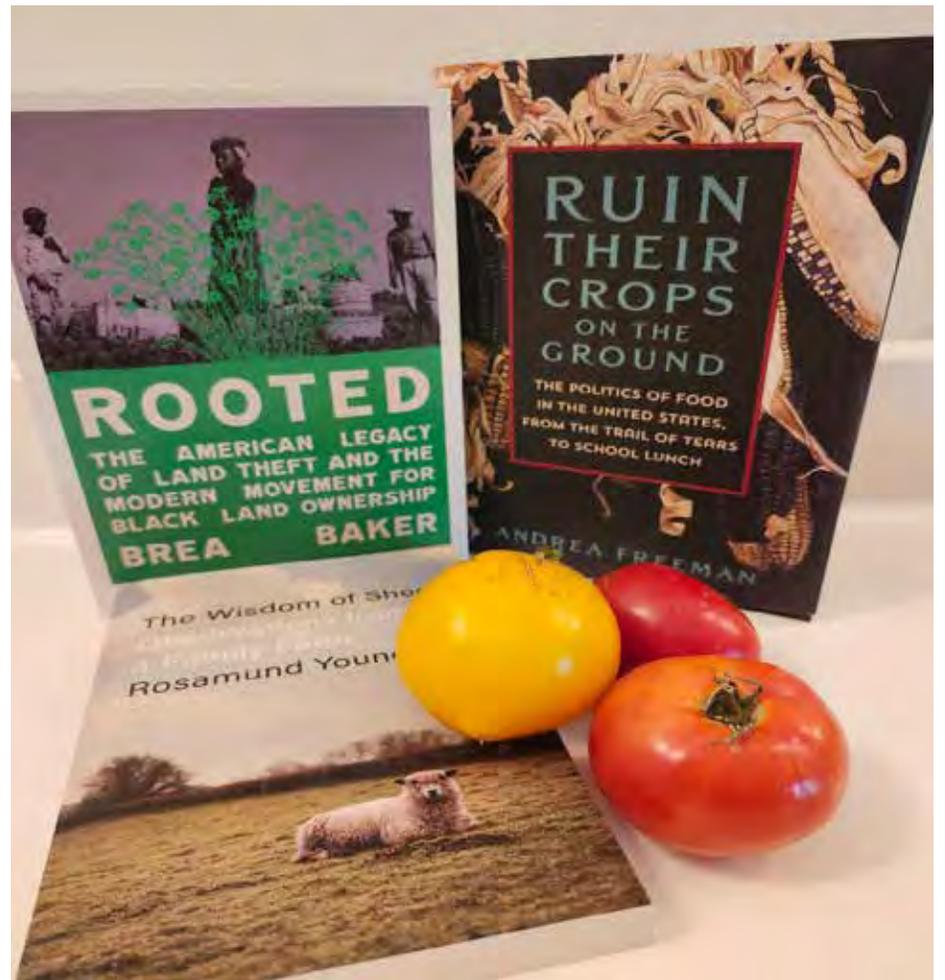
feeding children at school is contentious and sometimes, growing crops and growing votes are tied together. This book explains how this happened, why it’s relevant, and what readers can do to ensure that the best meals get to our plates, despite of (or because of) government laws and policy.

And finally, what you know about the history of farming in America depends on which side of the field you’re on. In **“Rooted: The American Legacy of Land Theft and the Modern Movement for Black Land Ownership”** by Brea Baker (One World Books), you’ll read about Baker’s search for her ancestry, and what she learned about disenfranchisement, wealth, and the legacy of Black farms.

Yes, this is a book about Black history, but it’s also one of *American* history. It asks a lot of questions and offers much to think about. Most of all, it’ll make you wonder: what do we do now with the knowledge we have about the farms that were stolen?

If these aren’t enough and you want more books about farms, food, and farm history, be sure to check with your favorite bookseller or librarian. They’ll find plenty more for you: growing your own food, owning a farm and being a farmer, farm-to-table recipes, farms in history, raising livestock, and keeping chickens in your backyard.

Books on Farms, Food, and Farming History by various authors
c.2024,
various publishers
\$27.00 - \$30.00
various page counts



SUDOKU ANSWERS

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