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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"

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December 5, 2024 - December 11, 2024

FREE



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Disney's New  
Treasurer Cruise  
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Make Waves**

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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

Thanksgiving - Family, Food, Turkey, Giving, Expressions of Gratefulness.

The most heart-warming part of Thanksgiving are the various organizations, churches, restaurants and businesses who feed the hungry or just offer a free meal to the community.

There is no excuse for anyone feeling hungry during Thanksgiving week. The streets are filled with different organizations, individuals, churches, politicians, and businesses giving away turkeys, all the trimmings and other food items. Then on Thanksgiving Day you will see lines of people in front of churches, organizations and restaurants getting a free hot meal.

Bethel Gospel Assembly and Manna’s Restaurant have teamed up for years offering hot meals, clothing, fellowship and words of inspirations.

(see page 12)

Don’t miss another copy of the Harlem Community News. You can subscribe and receive a copy mailed to you weekly - \$49.99 for one year. (see subscription form on page 18) or you can visit our website at [www.harlemcommunitynews.com](http://www.harlemcommunitynews.com) to see past issues or subscribe to our “free” daily newsletter.

Our final 30th Anniversary issue will be December 26th. You can show your support by running a congratulations ad or contributing to our go fund me. See info on our website [www.harlemcommunitynews.com](http://www.harlemcommunitynews.com).

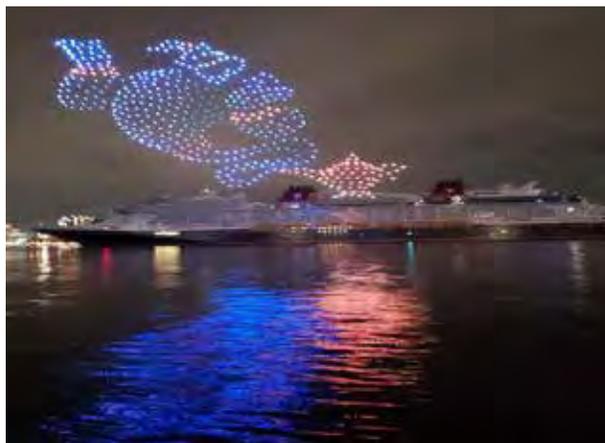
**Pat Stevenson**  
**Celebrating**  
**30 years Publishing**

# Treasure Cruise Abounds as Disney Magic Continues to Make Waves

By Charley Anderson



Disney's Chief Executive Officer Bob Iger (left), with Josh D'Amaro, Chairman of Disney Experiences (right)



Pat Srevenson (left) with Annette Gibbs, Sr. Mgr. Global Public Relations, Disney



Harlem News Charley Anderson (left) and Pat Stevenson (right) attend the Christening of the "Disney Treasure" in New York

On November 19, 2024, Pier 60 at Chelsea Piers, NY, was transformed into a Disney Treasure paradise for the ship's christening. Excitement was heavy as guests arrived, observing the illuminated Disney Treasure signs throughout the venue. On a balcony above, Jasmine and Alladin welcomed and waved guests past live drummers towards the great room where the lavish celebration would unfold.

A grand potpourri of delicious bites, specialty drinks, desserts, visual attractions, plenty of seating, and tables with fresh flower centerpieces enchanted guests. Entertainment for the night featured Jordin Sparks with a spirited performance of Disney's new signature song, "Live the Adventure." And, of course, no Disney celebration is complete without an appearance by Mickey and Minnie, who

charmed guests with hugs and photo opportunities.

Disney's Chief Executive Officer Bob Iger, with Josh D'Amaro, Chairman of Disney Experiences, opened the celebration with a speech that acknowledged Disney's 200,000 dedicated, hard-working cast members and employees and made them all official godparents of the Treasure.

Guests were awed when terrace doors opened to reveal the fully lighted Disney Treasure sitting in the harbor in all its glory. In true Disney fashion, there was an unbelievable breathtaking light show above the ship performed by 1,000 drones synchronized to depict Disney stories to a medley of Disney songs. The burst champagne bottle was a fitting ending to the christening light show. New York has not seen anything like Disney's sophisticated light show.

In an unprecedented growth move, Disney Cruise Line recently announced its plan to double its fleet of cruise ships by 2031 so that more families worldwide can experience the magic of Disney.

This fall marked the final construction milestone and welcoming of Disney's newest cruise ship, the Disney Treasure. The Treasure was led by tugboat from its birthplace at Meyer Werft shipyard – Papenburg, Germany into open waters to Eemshaven, Netherlands, where it would set sail on October 29, 2024, for arrival on November 12, 2024, at its new port home at Port Canaveral, Florida. Its next stop would be to New York City for its elaborate Harbor Waterfront christening on November 19, 2024.

Nearing the end of the two-week transatlantic journey, in a remarkable show of

true Disney magic, Disney Treasure answered a coast-guard distress call. Treasure crew members rescued four people from a sinking catamaran 265 miles off the coast of Bermuda.

The Treasure arrived at Port Canaveral in the early morning of November 12, 2024, greeted by numerous docked spectators, anxious to see Disney's newest ship.

The Disney Treasure is the sixth ship in the Disney fleet and is sister to the Disney Wish that debuted in 2022. Both ships feature stories of Disney, Pixar, Marvel, Star Wars, and various Disney Parks attractions. The Treasure offers new venues, dining experiences, and live performances. It makes its maiden voyage from Port Canaveral to the eastern Caribbean on December 21, 2024.

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# PONDER THIS! When You Are Not In Charge



This is what it feels like when you are not in charge. When you cannot say yea or nay, go, or stay, that is the moment of actual reality. When you have been reduced to a room number and a bed with an assigned letter of the alphabet to designate what side of the room is your homestead, that is when you know you are not the one in charge.

Like it or not, you are under absolute occupation and that is especially traumatic to anyone whose mind is willing, though their body is not.

Everyone wants to be acknowledged. It is physically debilitating and mentally destabilizing to think you are not of value, not even to yourself. I understood her sentiment that to feel “useless” implies with deep anguish that what you bring to the plate is without purpose or worth.

What can we do for someone forced to live in an unfamiliar place? Do not let them forget who they are and what they mean to you. A framed picture of an enjoyable time or a special event that you are both pictured

in can be a source of precious memories and conversation. Listen, but do not make promises you cannot keep.

Consider topics to talk about other than health concerns and please do not bring sad news. The best thing you can do is to bring something that is of interest to them and not an item that you are imposing on them.

Kindly remain attentive to what they have to say, rather than voicing your issues. You can show respect for their feelings of isolation or neglect by allowing them to express their experiences in ways that are their truth, without denying that what they are telling you can be real. In many ways, their life has

taken an ugly turn, and they need to tell somebody about it. You may be the one.

When you visit, let gladness be where sadness may dwell. And, before you make your exit, show love and appreciation to those who are attending to those in need of long-term care. Whenever possible share with those in charge what you have been told. It is not easy on any level, no matter what side you find yourself. We must strive to let love reign supreme.

*[Hazel Rosetta Smith is a journalist, playwright, and director for Help Somebody Theatrical Ministries and retired, former Woman's Editor and Managing Editor of the New York Beacon News. Contact: misshazel@twc.com]*

Things happen even when we thought we had a plan. I visited a friend in a nursing home; a situation she never thought would be her destiny. I asked how she was feeling and she took her time with a deep breath and replied, “I feel useless.” Those three words changed the ambiance of the visit.

Have you ever thought about how it would be if you had no decision-making options? When activities that have been a natural part of your lifestyle are under the supervision of people who have absolutely no clue as to who you are, it is natural to experience a shutdown in spirit and enthusiasm.

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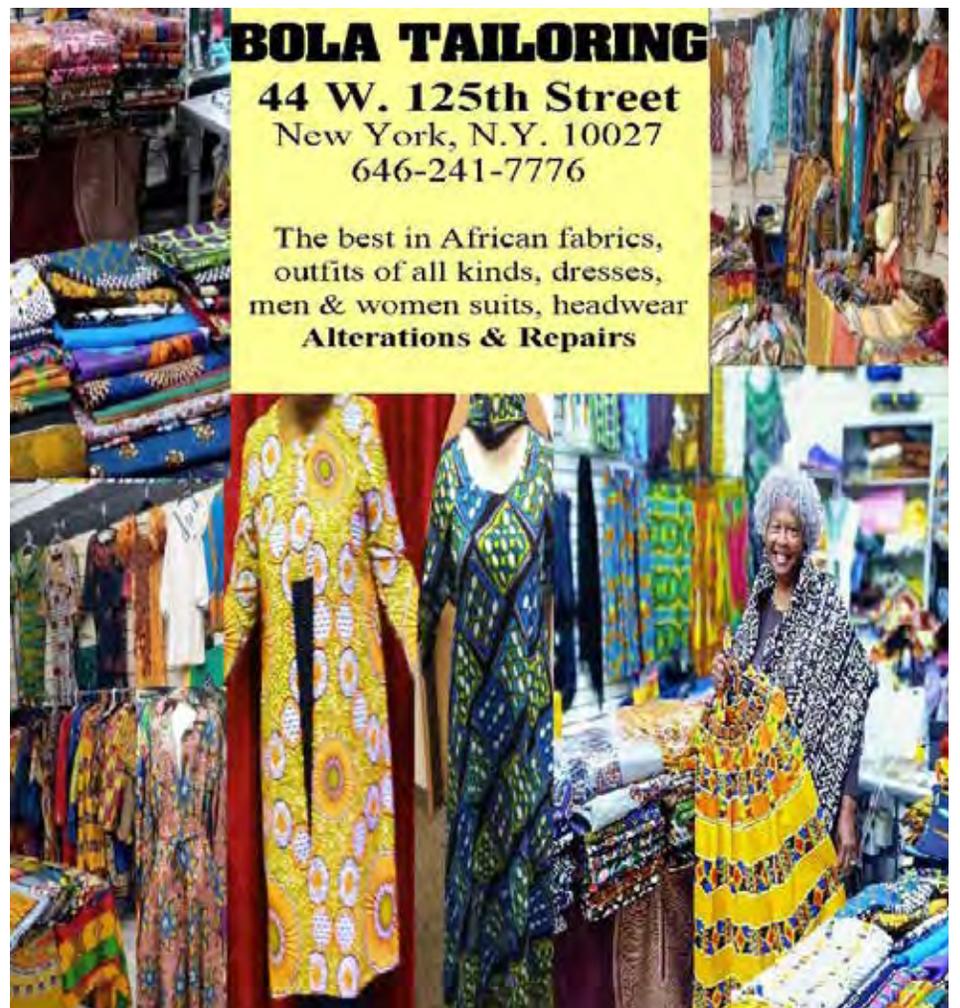
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# The Updated Financial Plan Puts Working-Class New Yorkers First and Makes our City Safer and More Affordable



By Mayor Eric Adams

From day one, we have put New Yorkers first, working to make this city safer, more affordable, and more livable. Thanks to our strong fiscal management — including saving nearly \$900 million in taxpayer dollars over just two fiscal years, last week, we were able to deliver the November 2024 Financial Plan Update that invests in public safety, the programs and benefits that New Yorkers rely on, and improves quality of life for our city’s 8.3 million residents. Because we made smart and tough budget decisions early on, we are able to continue investing in working-class New Yorkers and their families. And we are stepping up to fund critical programs that had been supported with temporary federal stimulus funds.

This administration has been committed to cleaning up crime and disorder across the five boroughs. We are pro-public safety, and we are making sure our families and kids can feel safe and be safe. The November 2024 Financial Plan Update puts more cops on our streets, adding an additional 1,600 police officers to our neighborhoods over two new police classes by next October. This will increase our uniform force to nearly 34,000 officers to keep our communities safe.

Our officers work every day to keep us safe, and they need a leader who is spending every minute of every day keeping us safe, too. That is why, last week, I also announced the appointment of Jessica Tisch as next police commissioner. Commissioner Tisch is a 12-year veteran of the NYPD and a 17-year veteran of city government, who has dedicated her professional life to serving the people of New York City. Most recently, Commissioner Tisch served as commissioner of the Department of Sanitation. She led the ‘Trash Revolution’ in our city, delivering generational change through our containerization program and universal curbside composting service.

Commissioner Tisch literally cleaned up our streets as sanitation commissioner and will now figuratively do it as police commissioner. She is the right leader in this moment and will ensure that New York City remains the safest big city in America.

The November plan also funds staffing technology and other needs at the Bellevue Outpost Therapeutic Housing Unit to treat justice-involved patients with serious health conditions. And it expands the New York City Sheriff’s Electronic Ankle Monitoring Program with funding for 51 new positions to help increase safety. It puts more money into New York City Department of Correction to support programs that reduce recidivism in our city.

New Yorkers work hard every day to provide for themselves and their families. They not only deserve a safe city, but a fair shot and their fair share, and in this November plan we are giving it to them. This plan helps working-class New Yorkers pay for necessities like housing, groceries, and bills by putting over \$467 million in the cash assistance program and \$115 million into our CityFHEPS rental assistance

program to help families find housing and stay in their homes.

The plan also deepens our commitment to New York City Public Schools by filling gaps in the budget left by expiring stimulus funding. I am a public-school graduate; I know how important our public schools are for our kids and how important school nurses are to providing care for our kids. That’s why we are stepping in and continuing to fund school contract nurses with a goal that there’s a school nurse in every school building. Additionally, we are allocating \$80 million for New York City Public Schools technology resources to make sure that administrators, schools, and our kids have the best technology at their disposal.

New Yorkers love their parks, and we are taking care of our green spaces by fully containerizing all Department of Parks and Recreation curbside trash locations with 9,000 lockable steel bins. This will continue our ‘Trash Revolution’ across the five boroughs and make sure our streets get even cleaner. We are kicking trash to the curb, reclaiming public space, fighting rats, and so much more.



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# Home Buying in Harlem Be Prepared to Buy Now



By Rev. Dr. Charles Butler  
**F**or those who have been lamenting over the extremely high cost of homes in the Harlem market and the lack of affordable properties, it's time to quit the complaining, put your 'big boy pants' on, and deal with the home buying challenge.

Wishing and hoping will not make homeownership a reality for you. You must do some deep soul-searching and make some tough financial decisions if you are going to succeed in the home buying process.

Home buying is not right for everyone, although everyone should have the right to decent and affordable housing. Do the math and calculate the cost of becoming a first-time homeowner. Have you saved enough money for the down payment and closing costs? If not – how can you increase your savings? What monthly expenses can you either eliminate or reduce right now?

Start by creating a month-

ly household budget and itemize all your income and expenses. The budget is your primary tool in the home buying process. It will tell you three important things as it relates to becoming a homeowner – (1) How much can you save each month; (2) how soon will you be ready to buy; and (3) how much can you afford to spend? This information is essential to your planning to become a homeowner. Your savings, annual income, and credit are the three essential elements you must have to become a first-time homeowner. With determination, desire, and discipline, you can make it happen!

The American dream of homeownership is quickly fading away, and all that remains is a glimmer of a dying hope. But if there is hope, there is still a chance to become a first-time homeowner. Do not get discouraged if you believe homeownership is worthwhile, and if you are tired of paying your landlord's mortgage, then continue believing you can and will become a first-time homeowner! Dare to dream!

Do not give up on your dream of becoming a homeowner. Understand this is a fight, and you must be willing

to make some big sacrifices, but you can make it happen. Have faith in God and faith in yourself that you can accomplish this goal. If you start thinking negatively about the situation, it will become overwhelming, and you will never become a homeowner.

Start by attending a home buyer education workshop seminar series offered by Harlem Congregations For Community Improvement, Inc. (HCCI). We offer a free virtual 4-part seminar series on Thursday evenings from 7– 9:30 pm. Because of the holiday season, the next series will begin on Thursday, January 9, 2025. Register at our website – [hcci.org](http://hcci.org) – at the top of the homepage, click on the tab for programs and services, then home buyer education and open enrollment. Once you submit the registration form, you will receive an email confirmation and a link for the workshop.

For more information on the home buying process, contact Rev. Dr. Charles Butler at 212 281-4887 ext. 231 or email [cbutler@hcci.org](mailto:cbutler@hcci.org).

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# HARLEM CALENDAR OF EVENTS

**Dec 7 & 12, 12:00pm**

**Stories for Change:**

**harlem is Saturdays at Harlem Hospital**

Join us for an exciting kick-off to the holiday season with Stories for Change, the launch of Saturdays at harlem is. This free family-friendly event features an afternoon of powerful storytelling and live performances by Dr. Linda H. Humes, Sanga of the Valley, and Claude Jay. You can also experience Harlem's rich cultural legacy with an interactive guided tour of the harlem is . . . Music, Theater & Dance exhibit.

RSVP is required, space limited by emailing [bh@communityworksnyc.org](mailto:bh@communityworksnyc.org) or calling 917-757-2242. Location: Harlem Hospital Center, 506 Lenox Avenue at 135th Street, second floor. Don't miss this special launch event, the first in a vibrant series of cultural programs in the heart of Harlem!



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# Survey Reveals What's Top of Mind for Holiday Shoppers (Statepoint)

As the holiday season approaches, many consumers are planning to kick off their shopping earlier this year, aiming to lock in low prices, take advantage of promotions, and ensure all their gifts arrive on time. A recent survey by Sensormatic Solutions reveals key insights that can guide both shoppers and retailers during this busy time.

According to the survey, 52% of respondents plan to start their holiday shopping earlier than last year, and while shoppers are looking for deals, 48% plan to spend more than they did last year.

“Understanding consumer trends is critical for both shoppers and re-

tailers alike,” said Christa Anz, global marketing leader, Sensormatic Solutions. “This survey highlights important considerations that can enhance the shopping experience and inform retail strategies.”

Here are some of the survey’s top findings:

**Early Shopping Trends:** Over half (54%) of shoppers plan to begin their holiday shopping before November. This trend indicates a shift towards early planning to secure deals and avoid the rush of the season’s busiest shopping days. Early shopping also helps lock in the best prices and ensure stock availability.

- Preferred Pickup

**Options:** This year, 42% of shoppers plan to use Buy-Online-Pick-Up-in-Store (BOPIS), and 35% will opt for curbside pickup. However, 29% of respondents are concerned about possible long wait times, suggesting to retailers the importance of efficient customer service during peak hours and the need to provide several pickup options.

- **Spending Management:** While nearly half of shoppers plan to spend more this year, 52% of respondents noted they are creating a shopping list to avoid impulse purchases. In fact, 64% of younger shoppers have used recent deal days and flash sales to maximize

their spending.

- **Prioritize Safety:** Safety is key to a productive holiday shopping season. In fact, 69% of consumers feel safer with visible security measures such as security personnel, surveillance cameras, and Electronic Article Surveillance (EAS) tags, and 34% of them consider these features essential for in-store shopping. This aligns with performance data that suggests such visual deterrents can effectively reduce theft and organized retail crime. Retailers should prioritize safety features, such as surveillance cameras and security personnel, to foster a positive shopping environment.

For more holiday



shopping insights, visit [sensormatic.com](https://sensormatic.com).

This holiday season presents an opportunity for both consumers and retailers to adapt to evolving shopping behaviors. By under-

standing these insights, retailers can better meet customer expectations, while shoppers can enjoy a more informed and relaxed shopping experience.



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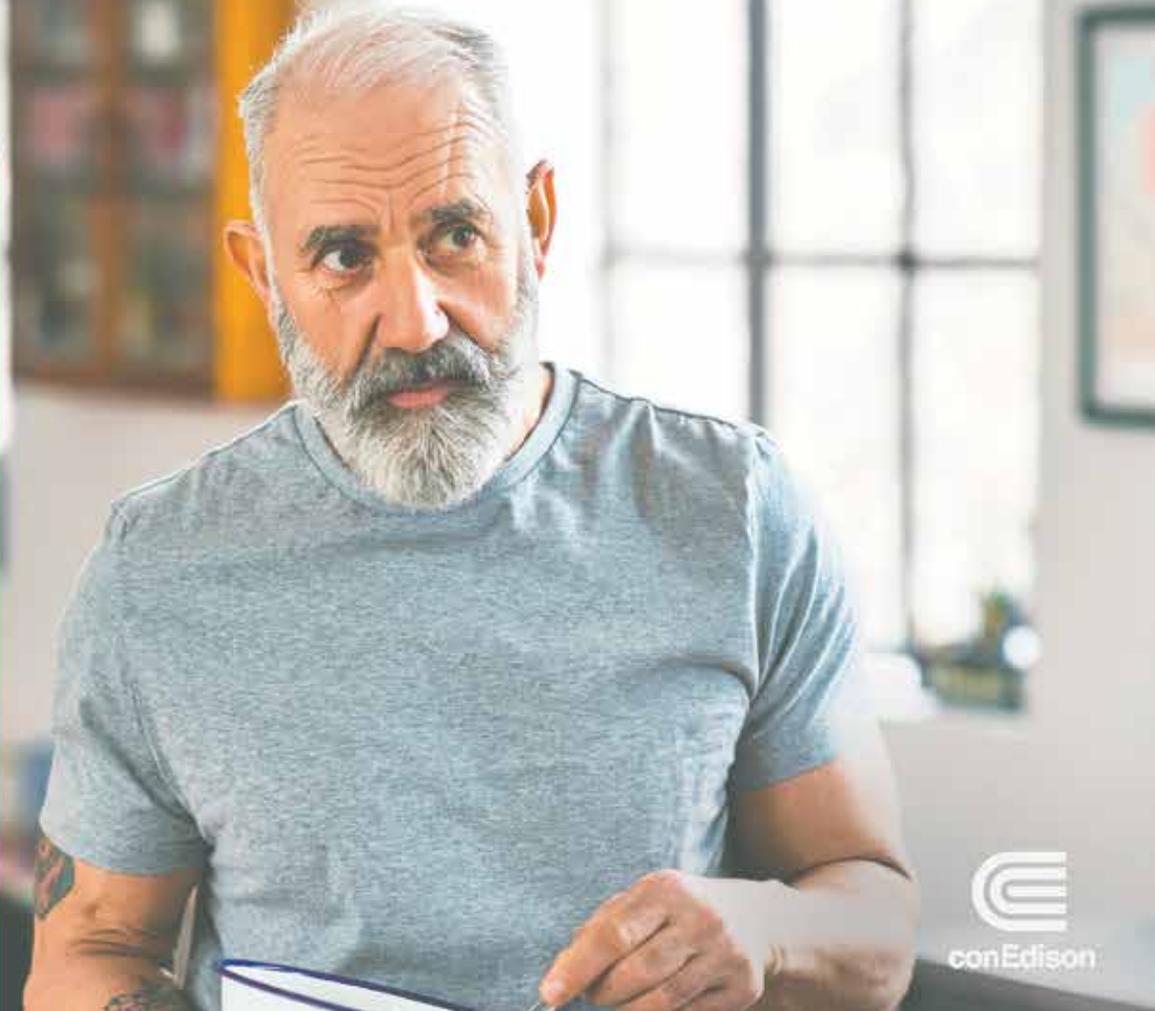
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# The 52nd Annual AUDELCO Awards: An Evening to Cherish

By Linda Armstrong

The 52nd Annual AUDELCO Awards, held at the Alhambra Ballroom in Harlem, was monumental. It was a time when excellence in Black Theater was acknowledged and rewarded. The Awards still keep the vision of its founder, the late Vivian Robinson, alive as productions vie to win the VIV. The evening of love, support, and applause for the Black theater community was co-hosted by actors Jerome Preston Bates and Toni Seawright. AUDELCO President Jackie Jeffries put together an evening of phenomenal creativity and exciting performances and honored the creme de la creme of Black Theater.

The winners from the evening included production from this past season and showcased brilliant work. The AUDELCO Awards is the one time of year that the Black Theater family can come together and say, "Job well done." AUDEL-

CO is our love letter to our people and the superb work that they do every season.

This year's winners shined brightly. Leading the way, "Hell's Kitchen," produced by The Public Theater, received five VIV Awards for Best Musical; Outstanding Musical Director--Adam Blackstone; Best Choreographer--Camille A. Brown; Lead Actress in a Musical--Maleah Joi Moon and featured actress in a musical--Kecia Lewis.

"The Refuge Plays," produced by Roundabout Theatre Company/New York Theatre Workshop, received four VIVs for Best Play; Best Director of a Play, Patricia McGregor; Lead Actress in a Play, Nicole Ari Parker; and Lead Actor in a Play--Daniel J. Watts.

"Zooman and the Sign," produced by the Negro Ensemble Company, received three VIV Awards for Lighting Design--Melody A. Beal, Sound Design--Twan Howard, and Featured Actor in a

Play--Reginald L. Wilson. Wilson also received the Lead Actor in a Play award for "Scrambled Eggs," produced by Faith Steps Productions and 24 Bond Arts Center. It was a fantastic night for Wilson as he was already honored with a Special Achievement Award for his vast work this season.

"The World According to Micki Grant," produced by New Federal Theatre, garnered three VIV Awards for Best Director of a Musical--Nora Cole; Lead Actor in a Musical--Brian Davis and Lead Actress in a Musical--Matelyn Alicia, April Armstrong, and Patrice Bell. (This award was presented this way because these ladies all portrayed Grant and were remarkable!)

"Table 17," produced by MCC Theatre, received the VIV for Best Playwright--Douglas Lyons, and Outstanding Ensemble--Kara Young, Biko Eisen-Martin, and Michael Rishawn.



(l-r) Jerome Preston Bates, Lizan Mitchell (Lifetime Achievement recipient) and Elizabeth Van Dyke

Since The Outstanding Ensemble category had a tie, the New Federal Theatre's "Telling Tales out of School" was recognized for its outstanding work. VIVs went to cast members--Richarda Abrams, Elizabeth Van Dyke, Petronia Paley, and June Ballinger.

"Untitled," produced by the Negro Ensemble Company, won Best Revival of a Play and Set Design--Chris Cumberbatch and Angel Smith.

"Cats: The Jellicle Ball," produced by PAC NYC, received two VIV Awards. Andre De Shields won for Featured Actor in a Musical, and the VIV for costume design went to Qween Jean.

The Outstanding Solo Performance Award was given to Laurence Fishburne for "Like They Do In The Movies," produced by

Perelman Performing Arts Center.

"Fabulation: or The Re-Education of Undine," produced by the Billie Holiday Theater in Brooklyn, received accolades for Sharon Hope, Best Featured Actress In a Play.

Throughout the evening, in between award categories, the creme de la creme of Black Theater was honored with distinguished awards. June Terry received the Legacy Award for her decades of work in costume design. Daniel Koa Beaty was honored with the Outstanding Achievement Award for the vast productions he had written and performed over the decades. Trezana Beverly received a Lifetime Achievement award for her distinguished career. Lifetime Achievement Awards were presented to some very incredible

people-- 50 year vet A. Dean Irby, renowned dancer and choreographer George Faison, and film/Broadway actress extraordinaire Lizan Mitchell.

Pioneer Awards were given to such luminaries as Obediah Wright, a director, choreographer, dancer, actor, singer, and educator. Ralph Carter was presented with the Pioneer Award in celebration of "Good Times" 50th Anniversary and his amazing Broadway career. Michael Dinwiddie, a playwright, television scriptwriter, and NYU Professor, also received the Pioneer honor.

The Outstanding Achievement Award was presented to Layon Gray, a playwright/director/producer, and R&B singer Alyson Williams, who was honored for her decades of work.

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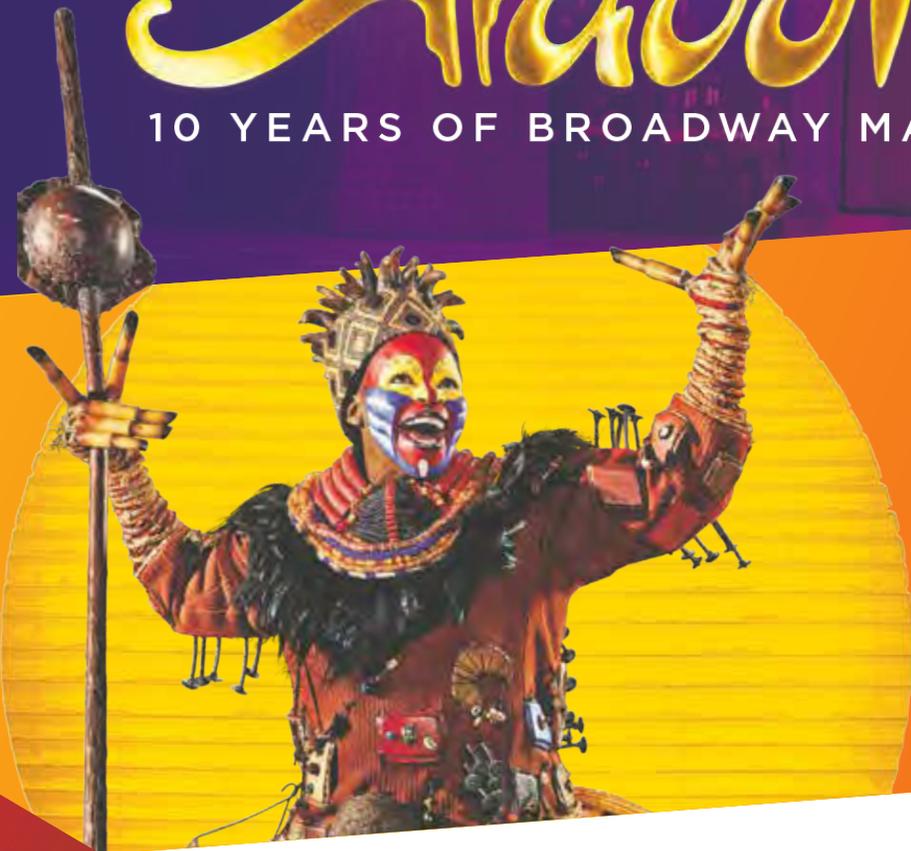
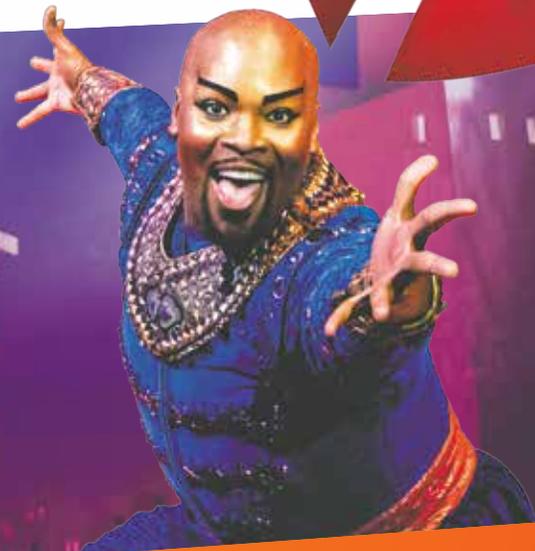
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# Manna's Restaurant and Bethel Gospel Assembly Gave Joy, Food and

## Clothing on Thanksgiving By Larnez Kinsey

The Park Family of Manna's Restaurant, has been part of the Harlem community for 50 years. Betty Park, the founder, is well known in the Harlem Community and has been supporting non-profit organizations and churches for five decades.

In addition to supporting Bethel's Thanksgiving efforts for eight years, their commitment to Harlem's youth through their scholarship program speaks volumes. The scholarship, now named in memory of her late son, Charlton Park, helps send local high school seniors to college, fostering the next generation of leaders. Betty is more than a businesswoman—she is a legacy, continuously giving back to the community that raised her. The Park family is currently accepting applications for its 2025 scholarship program. Applicants can apply at [mannasdoescatering@gmail.com](mailto:mannasdoescatering@gmail.com).

On November 28, 2024, Bethel Gospel Assembly hosted its annual Thanks-

giving Dinner and Clothes Giveaway. Most of the food was provided by Manna's Restaurant. The event was a beautiful testament to the power of community in Harlem. For over 100 years, Bethel Gospel has been a cornerstone of Harlem, offering not just a place of worship but also a true sanctuary for the community. This year's event was a vibrant reflection of that spirit—a space where love, care, and support filled the air, ensuring that the most vulnerable in our community had a place to be heard, helped, and celebrated.

Walking into the event, I was immediately struck by the welcoming atmosphere. Bethel isn't just a place to hear the word; it's a place to receive resources that can change lives. Volunteers came from all corners to make the event happen. One of the most inspiring stories was from Tristan Health, a chef who has been volunteering at Bethel for the past ten years. This man travels from Denmark to lend his culinary skills to



(l-r) Bishop Carlton Brown and wife, Pastor Loma Brown



(l-r) Tristan Heath, volunteer; Bishop Carlton Brown; Betty Park of Manna's Restaurant



Coats and clothing available for those in need



(l-r) Laliethel Alvar, Bishop Carlton Brown, Pastor Loma Brown, Raeven McKay and one of the wellness check participants

this event—it's a tradition for him now, a commitment to Harlem that goes beyond borders.

The clothing giveaway, held in the gym, was another testament to Bethel's commitment to serving Harlem. Racks upon racks of clothing were available, and the energy in the room was filled with people com-

ing together to support each other. Lasharn Patt, a long-time volunteer at Bethel since 1987, was there ensuring the smooth running of the event. It's no surprise that Bethel has built such a loyal base of supporters—volunteers like Lasharn have been with them for decades, and they embody the very essence of Harlem's

resilience.

One of my most touching moments was meeting Zelda Washington, the Associate Pastor of Bethel Gospel Assembly, who leads the Christian Youth Ministry Education program. For six years, she has been investing in the young minds of Harlem, helping them grow not only spiritually but academically. Bethel's scholarship program for

college-bound students was also highlighted, offering another layer of support for the youth in this community.

Thank you, Bethel, Manna's Restaurant, and all other contributors and volunteers for showing us what true community support looks like. Let's continue to build on this foundation, one act of service at a time



Park Family presenting Scholarship at HARLEM WEEK 50th Anniversary event this past October



Community sat in dining room awaiting service of a hot Thanksgiving dinner



Bethel Gospel Assembly Faculty and volunteers



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 Hot/Honey Wings, Fried Wings, Curry Chicken Bee/Vegetable Lasagna, Ox tails, Meatloaf, Roast Beef, Swedish Meat  
 Balls, BBQ Pork Ribs, Pineapple Glazed Ham, Smothered Pork Chop, Roast Turkey, Baked Salmon, Fried Whiting Crab  
 Cakes., Chicken Parmesan, Eggplant Parmesan, Baked Ziti, Pepper Steak, Fruit Salad, Banana Pudding, Peach  
 Cobbler, Cakes, Make your own Salads, Fruit, Macaroni Salad, Tuna Salad, Pasta Salad, Calamari Salad, Beet Salad,  
 Potato Salad, Macaroni & Cheese, Collard Greens, Candied Yams, Rice & Beans, Vegetable Fried Rice, String Beans,  
 Corn, Steamed Cabbage, Sautéed Spinach, Jambalaya Rice, Black Eyed Peas, Mash, Potatoes, Plantains, Corn Bread,  
 Deviled Eggs.

# Biden-Harris Administration Moves to Expand Medicare and Medicaid Coverage for Anti-Obesity Medications

By Stacy M. Brown, NNPA Newswire Senior National Correspondent

As the incoming administration prepares to enact sweeping changes to health policy, the Biden-Harris Administration is addressing a critical health issue: obesity. A new proposal aims to expand Medicare and Medicaid coverage for anti-obesity medications (AOMs), potentially providing millions of Americans access to life-saving treatments.

Obesity, which affects an estimated 42 percent of the U.S. population, is a chronic disease linked

to increased mortality and serious conditions such as diabetes, cardiovascular disease, and stroke. Despite recent advancements in obesity treatment, including medications that can reduce heart attack risk and Type 2 diabetes, these drugs remain prohibitively expensive, often costing up to \$1,000 per month without insurance.

The Biden-Harris proposal seeks to broaden Medicare and Medicaid coverage for these medications, reducing out-of-pocket costs by up

to 95 percent for some enrollees. The expanded coverage could benefit an estimated 3.4 million Medicare beneficiaries and 4 million Medicaid enrollees. "This proposal ensures that Americans can access treatments they need to lead healthier lives without financial burden," a senior administration official stated.

The Biden-Harris Administration continues to prioritize accessible healthcare. Since taking office, President Biden has strengthened Medicare, Medicaid, and the

Affordable Care Act through measures like the American Rescue Plan Act and the Inflation Reduction Act. These efforts have already delivered significant savings for millions of Americans, including insulin price caps, free vaccines, and a \$2,000 annual out-of-pocket cap for prescription drugs starting in 2025.

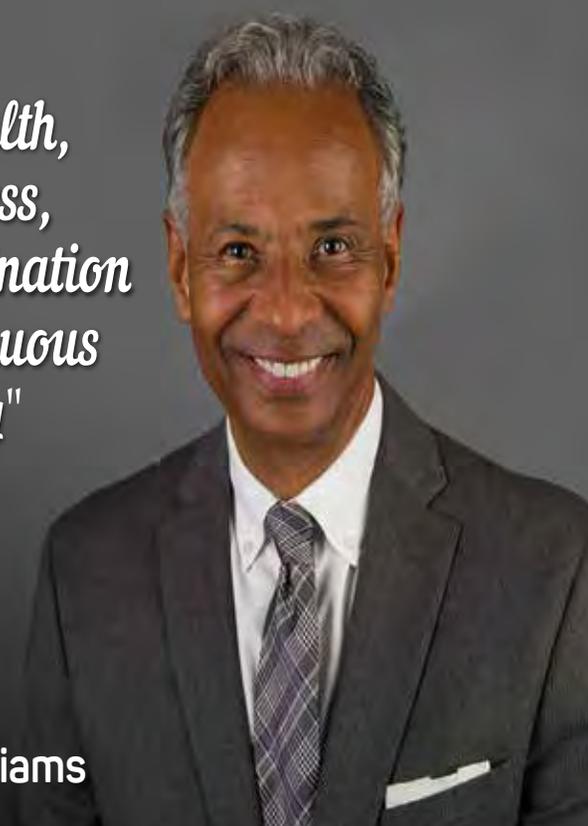
The proposal to expand AOM coverage builds on this record, aiming to address obesity comprehensively through prevention,

treatment, and systemic change. The administration's National Strategy on Hunger, Nutrition, and Health has already integrated nutrition and obesity counseling into Medicare and Medicaid, targeting diet-related diseases such as obesity.

As the U.S. prepares for a dramatic shift in health policy under Trump's administration, the Biden-Harris Administration's final actions emphasize reducing costs and expanding access to life-saving treatments. By broad-

ening AOM coverage, millions of Americans could soon have the support they need to address obesity and its related health challenges. The Biden-Harris administration's efforts starkly contrast to the incoming leadership at HHS, whose unorthodox views and conspiracy theories have sparked significant public concern.

"We can lower drug prices and improve health outcomes for Americans," Biden stated.



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# INTRODUCING - Harlem's MediLink Clinic

By Jared McCallister

Set to deliver equitable and affordable healthcare, Harlem's MediLink Clinic — powered by the Medpod diagnostic telemedicine firm — are debuting a partnership that will deliver comprehensive quality healthcare to up-town residents. The plan is to expand the innovative, cost-saving technologies to underserved communities.

The Brooklyn-based Medpod company known for its unique mobile hardware, pioneering software and money-saving technological services — has joined with the MediLink Clinic, at 685 Malcolm X Blvd. (between W. 144th and W. 145th Sts.) to unveil state-of-the-art mobile hardware, pioneering software and money-saving medical services in Harlem — starting with two launch

events in December and a grand opening in 2025.

The company's entrance into Harlem is supported by the Greater Harlem Chamber of Commerce; former Harlemite Ed Miller, a founding member of the Harlem Congregations for Community Development, and head of the Harlem branch of the Twin City Outreach Mission literacy program; Harlem Tourism Board President William "Tony" Rogers; longtime Medpod brand ambassador former Harlem Globetrotter Bobby "Zorro" Hunter, and the Harlem Globetrotter Alumni. Medpod partners with the Henry Schein healthcare company and a host of respected healthcare industry firms.

The Medpod/MediLink Harlem Clinic will host an informational "soft launch"

on Wednesday, Dec. 18, from 2 p.m. to 4 p.m., to introduce Medpod's "MobileDoc" units to healthcare professionals and providers, representatives of religious institutions, businesses, and organizations, and government officials. Members of the public are invited to learn about Medpod technology, and get equipment demonstrations on Thursday, Dec. 19, from 10 a.m. to 4 p.m. A grand opening for the Medpod/MediLink Harlem Clinic is scheduled for February 2025.

Mobility and advanced technology are the keys to Medpod's services. There are two versions of the Medpod's mobile units — one that folds into a suitcase-sized bundle and another smaller component that fits into a backpack used in an elevator-less

walk-up buildings. There are also job opportunities for retired nurses who are looking to work in their community.

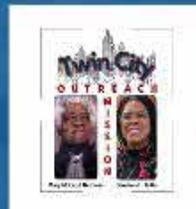
Through its customized telemedicine and telediagnostic devices, Medpod brings comprehensive healthcare to the patients' locations — whether at home, at work, in a neighborhood center, group home or religious institution. The company's patented "MobileDoc" units and aggregated cloud-based telemedicine systems provide patients with "reimbursable remote healthcare on par with face-to-face visits, even in a patients home." Diagnostic capabilities include vital measurements, EKG readings, ultrasound procedures, stethoscope observations, spirometry for the lungs, tests for vision

and retina damage, concussion and more.

The arrival of Medpod in Harlem marks new era for the company, explained founder, chairman and CEO Jack Tawil, a healthcare veteran. "The Medpod technology that you're going to see is powering that clinic," said Tawil, noting that the Harlem collaboration with MediLink is the first time that Medpod is directly involved in delivering care to the public. Medpod has regularly enabled "hospital systems and doctors throughout the country in the world" with the firm's ground-breaking mobile technologies. In one venture, Medpod assisted intellectually and developmentally disabled patients in New York through the state's Balancing Incentive Program (BIP) initiative.

"We were able to change the way that they receive care," he said proudly. By using Medpod services in the group homes, emergency room visits were reduced dramatically for the patients. "We were able to reduce hospitalizations by 86% for that population, resulting in major savings for the state of New York's Medicaid program which pays for that patient population."

For more on Medpod, visit [medpodhealth.com](http://medpodhealth.com). Learn more about the December launch events by contacting Tony Rogers at [urbanologysystems@gmail.com](mailto:urbanologysystems@gmail.com) or (917) 821-7099; and Ed Miller at [twincityoutreachmission@gmail.com](mailto:twincityoutreachmission@gmail.com) or (803) 305-2067.



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[WWW.MEDPODHEALTH.COM](http://WWW.MEDPODHEALTH.COM)



# Urbanology: Being Thankful



By William A. Rogers

We are now in the holiday season, and a time for joy, but for many, it is the most depressing time of the year. Some will face this holiday season without a loved one; some may not have the money to do or buy the things they need or want.

A common cause of depression is the inability to

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

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

Gratitude is the quality of being thankful. A simple word like “thank you” is an easy way to show gratitude. It can be difficult to show gratitude if you are not aware that you were born with the blessing of thought manifestation and with all that you need to be happy.

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

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

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

We can manifest changes in our lives and our exter-

nal environment when we become aware that, every morning you wake up, you should be thankful and show gratitude for another day and the ability to change your life.

All things happen for a reason. When we face disappointment, setbacks, and tragedy, we often become depressed and wonder why something like this would happen to us.

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

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

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

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

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### Answers to Crossword on page 17

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## HERBS ARE NATURE'S REMEDY Living Within the Rhythm of the Universe

By Zakiyyah

Knowing what to eat and when is critical to restoring and maintaining optimum health. Living and eating within the body’s 24-hour cycle is your first tool to affect a healing change.

**The Eliminating Cycle: 4 am–12 noon**, eat only eliminating foods/fluids - fruits and natural juices. This will supercharge your body/day by replacing any grits, bacon, sausage, bread, or any cheese/milk combinations you might be accustomed to or addicted to.

By changing your morning habits, you can begin to eliminate digestive disturbances like heartburn,

belching, headaches, coated tongue, flatulence, foul breath, and sometimes even difficult breathing. Artificial antacids can demineralize your bones.

**The Building Cycle: 12 noon–8 pm**, eat nourishing and building foods, like natural grains and proteins. Eating them midday is the time when the earth’s cycle is at its pinnacle; your body is energy-fueled.

Drink water all day – but do not drink fluids with your meals – it dilutes the digestive enzymes from doing their job and facilitates digestive disturbances.

**The Regenerative Cycle: 8 pm–4 am**, do not

eat any heavy foods. If need dictates, eat only a very light meal – no grains or meats. By doing this, you allow the body to rest, regenerate, and rejuvenate. You will sleep better and wake more energized.

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*This information is to help you balance your natural healing energies and is not intended as a diagnosis or cure, nor as a substitute for medical supervision; phone: 347-407-4312, email: theherbalist1750@gmail.com; blog: www.herbsarenaturesmedicine.blogspot.com.*

# GAMES

See answers on pages 18

**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.

See answers on pages 19

# HARLEM COMMUNITY NEWSPAPERS

Statepoint Crossword  
**THEME:**  
**HAPPY HOLIDAYS**

- ACROSS**
1. F, unit of electrical capacity
  6. \*Buche de Noël, e.g.
  9. What influencers do?
  13. Yemeni's neighbor
  14. Another word for Tokyo
  15. Singer Ross of "Where Did Our Love Go" fame
  16. Laundry room fire hazard, pl.
  17. Much of it about nothing?
  18. Furnish with a fund
  19. \*\*A Bad Moms Christmas" actress Bell
  21. \*Tiny Tim creator
  23. Tibetan ox
  24. Khrushchev's domain
  25. \*Goo on real Christmas tree
  28. Sketch
  30. \*Poinsettia's

- motherland
35. "\_\_\_\_\_ Good Men", movie
37. Brussels' org.
39. Plant fungus
40. Reluctant
41. Klutzy
43. \*\*"It's beginning to look \_\_\_\_\_ like..."
44. Domains
46. Bog down
47. Oxen connector
48. Under epidermis
50. Mums' mums
52. Over, poetically
53. Alleviate
55. \_\_\_\_\_ Mahal
57. \*Tanne in "O Tannenbaum" (2 words)
61. \*It is feliz to Feliciano
65. Radioshow host: "Hello, you're \_\_\_\_\_"
66. Knot-tying vow (2 words)
68. Dispatch boat
69. Carthage's ancient neighbor
70. \*Egg\_\_\_\_\_

71. Oil lamp dweller
  72. Fishing poles
  73. Bigheadedness
  74. Painter Degas
- DOWN**
1. Lore people
  2. Mideast ruler
  3. Hindu princess
  4. Jittery
  5. Farthest from point of origin
  6. Ground beef description
  7. Like Lemmon and Matthau together
  8. Merchandise
  9. Swim's alternative
  10. Dwyane, once of Miami Heat
  11. Any day now, to Shakespeare
  12. Swerves
  15. King's order
  20. Increasing
  22. Philosophy ending
  24. Undo, as in strings
  25. Green side
  26. Before, in the

- olden days
27. J.M. Barrie's Pan
29. "Howdy, \_\_\_\_\_!"
31. Internal picture
32. Meltable home
33. Singer Sam of "Twistin' the Night Away" fame
34. Weasel's aquatic cousin
36. \*\*"Last Christmas" band, with !
38. Edible pod
42. Busybody, in Yiddish
45. Mountain range
49. Certain fraternity house letters
51. Cruel
54. Île de la Cité river
56. Tripped the light fantastic
57. \*Number of ghosts in "A Christmas Carol"
58. \*\*"He's Just Not That \_\_\_\_\_ You", movie
59. Police's surprise
60. Habitual twitches
61. Not happening (2 words)

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# "Christmas Romance Books and More" by various authors

REVIEW by Terri Schlichenmeyer, Harlem News contributor

This is what you want for the holidays: love, intrigue, family, and you'll find them inside these great Christmas romance books and other novels in this roundup.

When city girl Tia Solanke is faced with a boyfriendless Christmas, she's understandably sad. In "Only for the Holidays" by Abiola Bello (Soho Teen, \$19.99), Tia's mother thinks a change of atmosphere will help, so she plans a Christmas vacation on a nearby farm where the handsome "country boy" who helps run the place also happens to be single. He's also looking for a date to the farm's Winter Ball. Hmm. Mistletoe Rating: Five out of Five.

Here's something different: set in Nor-

way, "Christmas at Glitter Peak Lodge" by Kjersti Herland Johnsen (HarperVia, \$17.99) is part mystery, part winter tale, and part romance, written in bite-sized chapters for one-a-day reading. When Ingrid Berg assumes management of the lodge her grandmother owns, she wonders how she's ever going to keep the place running. Can she overcome her problems, or will it be a ho-ho-horrible holiday?

For the romance fan who wants something more classic, try "The Christmas Cookie Wars" by Eliza Evans (G.P. Putnam's Sons, \$19). Melody Monroe has been trying to keep the Christmas spirit alive for her nine-year-old twins, but the boys ar-

en't feeling very Christmassy. So when Melody has a chance to seize some holiday spirit, she joins their school's cookie-baking committee, despite that the school's principal is a horrible man who soon starts an argument. Who wins? Nobody but Santa – and love, of course.

You know who'd come to your rescue if your fiance dumped you? Your bestie, of course, and in "The Holiday Honeymoon Switch" by Julia McKay (G.P. Putnam's Sons, \$19), Holly's man has jilted her and her bestie, Ivy, steps in with a plan. They'll switch places: Ivy will go on the ex-honeymoon alone, while Holly will take Ivy's cabin-vacation. But when Mr. Ex checks into the hotel, and the cabin host turns out to be a cabin hottie, these single belles might hear romantic Jingle Bells.

And, okay, you can't have enough romance for the holidays, but you need something else, too... like maybe a thriller to chill ya? In "You Better Watch Out" by James S. Murray and Darren Wearmouth (St. Martin's Press, \$28), it's two days before Christmas and Jessica Kane wakes up with a terrible injury. She distinctly recalls being assaulted on her daily run, but it takes a minute to realize that she's not home. What's even scarier is that five other people have had the same experience, and they're all trapped in an otherwise empty town. When

they begin dying, one by one, Jessica knows that Santa Claus isn't the only one who's come to town.

Not enough for your holiday enjoyment? Then pick up some new books by asking your favorite bookseller or librarian for more holiday romance. Or you can always ask Santa.

Christmas Romance Books and More by various authors c.2024, various publishers \$17.99 - \$28.00 various page counts



## SUDOKU ANSWERS

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

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