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"Good News You Can Use"

Vol. 31 No. 16

April 17, 2025 – April 23, 2025

FREE



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OUR MISSION STATEMENT

The Harlem Community Newspapers, Inc. will publish positive news and information. Our mission is to deliver “good” and informative news to our readers focusing on health, education, housing, business and employment opportunities. We look for and publish results, not problems. We promote businesses, opportunities and events happening in the communities we serve. We are dedicated to providing our readers with valuable information they can use to improve the quality of life for themselves, their families and our communities.

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

Free copies distributed in your community weekly

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PAT STEVENSON

“Good News You Can Use” is our motto. I truly struggle more than ever to find the “good news” in today’s climate. I guess it is “good news” that we have some politicians who seem to be doing all they can to speak up; It is “good news” there are so many people across the nation who are willing to protest. It is “good news” many of the courts are ruling according to the constitutions and a few law firms and earlier this week Harvard University made it clear they would not capitulate to the whims of our current administration. There are many. However, are there enough to make a difference in the eventual outcome. What will you do? There is a movement to wipe out “Black History.” The Black press is recording Black History everyday, and we are ready to continue to be a voice for Black People and all those in our communities. However the community must support us if we are to remain in business. We are not non profit, we are not supported by the government, we rely on advertising and contributions from the communities we serve. You can make a donation to the Harlem Community News at <https://gofund.me/f20a37c1>.

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**Pat Stevenson
Celebrating
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The Big Apple Cluster

COMMUNITY DAY OF HEALTH AND WELLNESS
 Wednesday, April 23, 2025 8:00 AM - 2:00 PM

Healthy Breakfast Served
 8:00 am - 8:45 am

Join us for a day dedicated to health, featuring panel discussions with health experts to discuss ways you can better your health. The day will start with an invigorating interview with Pastor Malcom J. Byrd and Lisa Loury Lomas, Ph.D., Eastern Area Director of The Links, Incorporated.

Moderator: Cheryl Wills
Author & Emmy Award-Winning Anchor,
Spectrum News NY1

Agenda

9:30 AM - 11:00 AM
Holistic Community Wellness
Panel Discussion

12:00 PM - 1:00 PM
Institutional Investment in the Community
Panel Discussion



In addition to these important conversations, we will be joined by our neighborhood partners to offer preventative health screenings such as:

- Blood pressure screenings
- Breast cancer screenings
- Prostate cancer screenings
- Other health and wellness resources

DON'T MISS THIS OPPORTUNITY TO LEARN, SHARE, AND CONNECT WITH OTHERS AS WE DISCUSS HEALTH IN YOUR COMMUNITY.

VENDORS AND FOOD WILL BE PRESENT.



PONDER THIS! Palm Sunday Began the Holy Week for Christians



By Hazel Rosetta Smith

In the Christian tradition, Holy Week consists of Palm Sunday, Maundy Thursday, Good Friday, Holy Saturday, and Easter (Resurrection) Sunday. The first day of Holy Week is Palm Sunday, celebrating the triumphal entry of Jesus riding on a donkey into

Jerusalem, culminating with Resurrection Sunday, which falls this year on April 20, 2025.

Palm Sunday is officially Passion Sunday. The liturgy begins in numerous churches with a blessing and procession of palms. It involves a structured and traditional order of worship, with specific prayers, and readings in a particular sequence. Music plays a significant role in liturgical traditions of Palm Sunday, with hymns, chants and other musical forms used to enhance the worship experience.

The stripping of palm into lengthy pieces takes place on the

day before in preparation of their distribution on Palm Sunday to all attendees of church services. As a part of the sacred commemoration, congregants wave the palms and shout “Hosannah” in remembrance of the cry of the people when Jesus arrived in the city.

After reforms of the Roman Catholic liturgies in 1955 and 1969, the ceremonies were somewhat simplified in order to emphasize the suffering and death of Christ, rather than the ceremonial aspects of the palm.

Palm strips are often hand crafted into crosses worn by members

of the congregation as sacred signs of the passion story. In Catholic churches, the palm is later burned to serve as the ashes that are pressed in the shape of a cross on foreheads by priests on Ash Wednesday, the beginning of the Lenten Season, forty days before Easter Sunday.

The palm branches laid before Jesus as he entered Jerusalem carried deep cultural meaning for the people of his time. The crowds affirmed Jesus as the prophesied Messiah and king coming to claim his throne in Jerusalem. Such royal processions are described in 1 and 2 Kings, where people strewed their garments and palms to welcome victorious kings (2 Kings 9:13).

The gospels of the Bible present Jesus as the long-awaited Messiah, and the palm branches symbolize the victory and deliverance Jesus would accomplish through his death and resurrection. The annual stripping of palm fronds was held at the Abyssinian Baptist Church in Harlem, pastored by Rev. Dr. Kevin R. Johnson. Have a Blessed Resurrection Sunday.

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



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BEFORE

Improving Quality of Life as We Make New York City the Best Place to Raise a Family



By Mayor Eric Adams

We all want to enjoy a great quality of life in the greatest city in the world — but it’s the everyday things that matter. New Yorkers don’t want to live with excessive noise, illegal parking, homelessness-related issues, outdoor drug use, aggressive panhandling, and all the other issues that have risen steadily across the five boroughs over the last six years.

That’s why the Adams administration is tackling these problems head on with our new NYPD Quality of Life Division. This is a citywide public safety initiative focused on enhancing trust between communities and the police, while addressing everyday concerns that impact New Yorkers’ sense of safety and well-being. We want our streets

to feel and be orderly and safe for all New Yorkers, especially our families and children.

The Quality of Life Division will begin operations with a pilot program in five precincts and one housing Police Service Area. These commands will have localized, precinct-based teams — called Q-Teams. The teams are made up of officers who have already forged relationships with their communities and have had additional training on resolving quality-of-life conditions — once and for all. To be clear, this is in no way a return to “broken-windows” policing. Our Q-Team officers will improve quality of life for everyone, making our neighborhoods more livable — and will accomplish this important task while working hand-in-hand with neighbors.

The Q-Team pilot program is modeled after CompStat — a system that uses real-time data to determine where police focus their efforts and holds precinct commanders accountable. This tried-and-true method — pioneered in New York City more than 30 years ago — is now being used all over the world. We will use data to track and tackle

quality-of-life issues as they occur and focus our attention accordingly.

The Quality of Life Division builds on our recent achievements in reducing crime across New York City. Because of our administration’s steadfast focus on public safety, we have now had five straight quarters of decreasing crime — since January 1, 2024 — and we are shattering crime record after crime record. The first three months of the year saw the lowest number of shootings in our city’s recorded history. And New York City additionally saw the second fewest number of homicides in recorded history. Transit crime also decreased by double digits and are at the lowest levels in history, if you remove one year of the pandemic.

We’re making historic strides in making our streets and subways safer, but we know to make New York City the best place to raise a family, we must also make it easier for our children to succeed in schools. Adding more teachers in our schools to provide more individualized care to our students is one of the best ways to help them learn, so

we are hiring 3,700 additional teachers at 750 public schools across the five boroughs for the 2025-2026 school year. The best part of it all: these plans were created by schools for schools — empowering our principals and teachers to create systems that work best for their students so that they can excel.

Our new class sizes are capped at 20 students per grade for grades K-3, 23 students per grade for grades 4-8, 25 students for grades 9-12, and 40 students for performing groups and physical education classes. We are committed to ensuring that, by the coming school year, at least 60 percent of our classes will have these smaller class sizes.

And we are announcing the extra funding early so that principals have enough time to hire quality teachers, and plan for the school year that starts this fall.

Safe and clean streets, thriving neighborhoods, bustling transportation systems, and schools where children can get the attention they need so they can learn — these are the things our administration is delivering to New Yorkers every day, everywhere.



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Home Buying in Harlem Be Prepared to Buy Now



By Rev. Dr. Charles Butler

Several prospective first-time home buyers have expressed their discouragement over the lack of available affordable housing in Harlem. This continues to be the number one obstacle to becoming a homeowner. This barrier appears insurmountable, and many prospective buyers are now ready to give up on their dream of homeownership simply because they are discovering the home buying process is too overwhelming.

I have stated many times during my workshops that for most first-time buyers the home buying process will be extremely difficult to successfully complete. But do not get discouraged. Do not quit. Do not retreat. You must be willing to do whatever it takes to overcome every obstacle thrown at you. Allow nothing to disrupt your goal of homeownership.

The statistical data points out that only about 10% of

those wanting to buy a home will be able to successfully complete the process. Those who can complete the process display a great deal of desire. They are tired of paying their landlord's mortgage. They desire to create a better quality of life for their family. This desire becomes so strong that it motivates them to push past all the heartache and setbacks they encounter.

Those who succeed have learned to create a personal purchasing plan. If you fail to plan, then you plan to fail. However, if you have a good plan in place and follow the steps that are taught in the home buying seminar, you can achieve your dream of becoming a homeowner. Here are some suggestions to assist you: (1) be ready when an opportunity becomes available. You must have your money saved. You will be able to get a jump on the competition if you already have a pre-approval from your lender. Real estate agents will know you are serious about completing the process.

(2) Maintain a healthy credit score. Aim to get a score over 700. Use your credit wisely. Keep your balance below 30% of the maximum limit. Remember

lenders want to see 24-month clean credit history with at least 3-4 active accounts. Some lenders will use non-traditional credit such as rent receipts, utility bills etc. if your credit history alone does not meet this requirement.

(3) Expand your search. If you are not finding available affordable properties within the Harlem community, you may need to consider looking into other boroughs. Continue to focus on properties in Harlem just in case something within your price range becomes available.

(4) Stay in contact with your real estate agent and housing counselor. They can inform you whenever any new housing opportunities are available. Keep a constant watch on the housing websites especially Zillow, Street Easy and Trulia. Stay focused. Maintain a positive attitude throughout the process and you will be successful.

If you are interested in attending the workshop or have questions regarding the home buying process contact Rev. Dr. Charles Butler at (212) 281 4887 ext. 231 or email at cbutler@hcci.org.

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HARLEM CALENDAR OF EVENTS

HARLEM EVENTS

April 24-27

Gateways Spring Festival at Carnegie Hall

Gateways Festival Orchestra returns to Carnegie Hall on April 27, crowning week-long celebration of Black classical artistry. Spring Festival 2025 travels from Rochester to New York City April 24-27, where highlights include the New York premiere of a new orchestral commission of spirituals from Damien Sneed, featuring J’Nai Bridges; and William Levi Dawson’s Negro Folk Symphony, led by Anthony Parnter, the first time since its New York premiere at Carnegie Hall over 90 years ago.



May 2 at Harlem School of the Arts

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July 1 Summer Camp

Michelle Obama: I'm Choosing Me By Stacy M. Brown, NNPA

Former First Lady Michelle Obama is setting the record straight about her marriage, brushing off rumors of a split from former President Barack Obama and calling out the sexist assumptions that fueled them. In part two of her appearance on the “Work in Progress” podcast hosted by Sophia Bush, Michelle Obama addressed the online speculation that ramped up earlier this year when Barack Obama appeared alone at several high-profile events, including the funeral for former President Jimmy Carter and the inauguration of Donald Trump. Critics quickly jumped to conclusions — but Michelle Obama made it clear that her choices had nothing to do with marital

discord. “This year people couldn’t even fathom that I was making a choice for myself,” Obama said. “They had to assume that my husband and I are divorcing. This couldn’t be a grown woman just making a set of decisions for herself, right?”

She added, “That’s what society does to us. We start actually finally going, What am I doing? Who am I doing this for? And if it doesn’t fit into the stereotype of what people think we should do, then it gets labeled as something negative and horrible.” The best-selling author and former First Lady, who spent eight years in the White House without scandal — unless one counts Barack Obama’s infamous tan suit — said

her efforts to make room for her voice and decisions have often been misinterpreted. “I feel like it’s time for me to make some big girl decisions about my life and own it fully,” she said. “Because if not now, when? What am I waiting for? Look, the summers are—we’re in the summer countdown at 61, right? It’s not so tragic if something happens to you and you’re 80. So now is the time for me to start asking myself these hard questions of who do I truly want to be every day?” Michelle also spoke about the discomfort women often feel when asserting themselves. “When I say ‘no,’ for the most part, people are like, ‘I get it,’ and I’m OK,” she said. “That’s the thing that we, as wom-

en, I think we struggle with — disappointing people.”

Despite the rumor mill, the Obamas have continued to share affectionate public messages. On Valentine’s Day, Barack posted a photo with Michelle, writing, “Thirty-two years together, and you still take my breath away.” Michelle echoed the sentiment in her post: “If there’s one person I can always count on, it’s you, @BarackObama. You’re my rock. Always have been. Always will be.” The couple met in 1988 at a Chicago law firm. Michelle, a 25-year-old Harvard Law graduate, was assigned to mentor Barack, then a summer associate finishing law school. They married in 1992 and have two daughters, Malia, 26, and



Sasha, 23. Many on social media, especially in Black communities, were quick to ridicule the divorce rumors, pointing out that the Obamas — whose biggest scandal was wearing a tan suit — are still treated with more suspicion than Donald

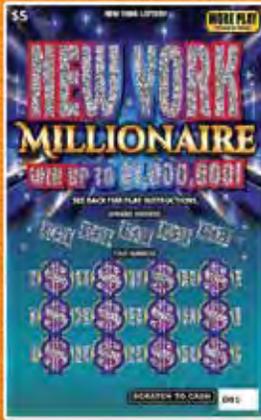
Trump, a twice-impeached and 34-time convicted felon who routinely is ensconced in scandals. “This couldn’t be a grown woman just making a set of decisions for herself, right?” Michelle Obama said.




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Harlem Jazz Club Revival Kicked Off with a Second Line Parade Down 125th Street

The Harlem Jazz Club Revival, a ten day live music festival with over 200 musicians kicked off this past Friday, April 11th, with a Second Line Parade Down 125th Street in Harlem starting at the Red, featuring HJCR Ambassador drummer, composer, and bandleader T.S. Monk, James Carter, Patience Higgins, James Zollar, Rakiem Walker, Michael Cruse, Morgan Faw, and Kevin Oliver, Jr. Attendees were immersed in the rhythm and soul of Harlem, experiencing one of America’s most iconic music scenes.

This 3rd Annual Harlem JAZZ Club Revival™ is set to dazzle audiences with ten

unforgettable days of live music, running from April 11th to April 20th, 2025. Featuring over 60 events across 18 iconic venues, the festival will highlight the vibrant musical heritage of Harlem.

The festival celebrates Harlem’s rich jazz legacy cultural cornerstone for more than 100 years. With 200+ artists performing in venues like Red Rooster, Patrick’s Place, and more intimate spots such as Tsion, Bixi, and BLVD, Harlem will become the ultimate destination for music lovers. The festival lineup spans genres including jazz, soul, blues, R&B, indie, hip-hop, Latin, and Afro-Caribbean.

“This revival promises an unforgettable celebration of all genres on the jazz history tree,” said Dakota Pippins, creator of JazzHistoryTree.com. Artistic Director C. Kelly Wright added, “It’s a way of honoring Harlem’s music scene while introducing new audiences to its magic.”

A special feature of the parade was the “21 Horn In Memoriam Salute”, honoring the legacies of recently departed musicians. This tribute included a heartfelt musical calling of names and a commemoration of the artists who have enriched Harlem’s jazz community.

Following the parade, registered attendees attend-

ed an exclusive opening night soirée, where they mingled with musicians and jazz enthusiasts. The celebration continued with over five additional curated live music events that evening, offering something for every music lover—all in Harlem.

Whether you’re a seasoned jazz lover or a newcomer, this festival offers something for everyone. Don’t miss this chance to experience the rhythm and soul of Harlem!

For a full schedule of events and to RSVP, visit hlnj.org

photos by:
Nadezda Tavodova
Tezgor



l-r Kelly Wright, James Zollar, Al Zollar, Gakota Pippins



The Harlem Chamber Players Announce An Evening with Tania León May 7th Fundraiser

The Harlem Chamber Players, Inc. (THCP), an arts non-profit organization dedicated to bringing affordable and accessible live classical music uptown, will host An Evening with Tania León - A Fundraiser for The Harlem Chamber Players on May 7, 2025 at 6:00 PM at The Africa Center located at 1280 5th Avenue.

Founded in 2008, The Harlem Chamber Players annually presents a rich season of formal live concerts, indoors, outdoors, and online. They have been featured on national radio on WQXR as well as The Greene Space at WQXR and WNYC. The Harlem Chamber Players have also

been mentioned in articles in The New York Times, The Wall Street Journal, The Guardian, Musical America, and on NPR, NBC, and Here and Now on ABC. The Harlem Chamber Players were awarded the 2022 Sam Miller Award for the Performing Arts.

As part of their mission to present culturally relevant programs and promote arts inclusion and equal access to the arts, many of their concerts are free and open to the public. And in the instances where admission is charged, prices are kept low with discounts for seniors and students, as well as opportunities for comped seating for those in financial need that desire to enjoy our programming.

In an effort to keep bringing spectacular music and live events to their audience, The Harlem Chamber Players are hosting this exciting event featuring 2021 Pulitzer Prize in Music winning composer and 2022 Kennedy Center honoree Tania León.

A founding member and first Music Director of the Dance Theatre of Harlem, León instituted the Brooklyn Philharmonic Community Concert Series, co-founded the American Composers Orchestra's Sonidos de las Américas Festivals, was New Music Advisor to the New York Philharmonic, and is the founder/Artistic Director of Composers Now, a presenting, commissioning and

advocacy organization for living composers.

Honors include the New York Governor's Lifetime Achievement, inductions into the American Academy of Arts and Letters and the American Academy of Arts and Sciences, and fellowship awards from ASCAP Victor Herbert Award and The Koussevitzky Music and Guggenheim Foundations, among others. Most recently, León became the London Philharmonic Orchestra's Composer-in-Residence.

This event will feature an interview with Tania León led by Founder and Executive Director of The Harlem Chamber Players, Liz Player as well as a brief Q&A session with the audi-

ence. Additionally, the signature standard of musical excellence that The Harlem Chamber Players promotes will be represented in performances by members of The Harlem Chamber Players Ashley Horne, Claire Chan, William Frampton, and Wayne Smith performing works by Sophia Kunxu Dou, Soprano and Composer Candice Hoyes who will join the ensemble in performance, and guest of honor Tania León.

Tickets start at \$150 and can be purchased via our fundraising website at <https://theharlemchamberplayers.networkforgood.com/events/75214-an-evening-with-tania-le-n-a-fundraiser>



Visit website www.HarlemChamberPlayers.org for more information.

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Greater NY Chapter of the Links presented the Dr. Marcella Maxwell “Black Swan” Luncheon

by Pat Stevenson

This past weekend, the Greater NY Chapter of the Links, presented the Dr. Marcella Maxwell –“Black Swan” Luncheon at Pier 60 Chelsea Piers. The event celebrated the extraordinary rise and empowerment of women who are driving change across industries and communities. Joy Reid, former political commentator on MSNBC, kicked off the event with inspiring and uplifting words of hope for the future of this country. She said, “We Black folk have always been the voice of morality in this country. We have community and community is our strength.” She also announced that she plans to launch her own new show soon.

The Links members

were dressed in Black to represent this year’s theme “Black Swan,” a theme chosen to represent Black women who lead - rare, resilient, elegant and powerful.

“The Greater New York Chapter of The Links, Incorporated proudly hosted a sold-out Dr. Marcella Maxwell Annual Luncheon, welcoming over 800 guests to celebrate excellence, sisterhood, and service under the inspiring theme Black Swans. The afternoon raised more than \$120,000 in scholarship funds to support the education and empowerment of future leaders. We honored Tanya Lewis Lee and Satchel Lee with the Trailblazer Award for their tireless work in maternal health, recognized

American Ballet Theater’s Project Rise with the Break-through Award for building a pipeline to ballet careers for youth of color, and presented Joy-Ann Reid with the Vanguard Award for her transformative voice in journalism and national discourse. We also paid tribute to three women whose generosity continues to shape the future of dance—Susan Fales-Hill, Arielle Patrick, and Karen Phillips—true champions of equity and access in the arts,” said co-chair of luncheon Mignon Epsy.

Lastly, there was spectacular fashion show featuring designers Andrea Iyamah, Kaphill and Fe Noel.

The Links, Incorporated is an international, not-for-profit corporation, estab-



lished in 1946. The membership consists of more than 17,000 professional women of African descent in 299 chapters located in 41 states, the District of Columbia, the Commonwealth of the Bahamas, and the United Kingdom. It is one of the nation’s oldest and largest volunteer service organizations of extraordinary

women who are committed to enriching, sustaining, and ensuring the culture and economic survival of African Americans and other persons of African ancestry. The Greater New York Chapter of the Links, Incorporated was organized by Dorothy Reed and Bernia Austin at the invitation of Margaret R. Hawkins and

Sarah S. Scott of Philadelphia, co-founders of The Links, Incorporated. The Greater New York Chapter was chartered with eight members on May 21, 1949 at an installation service held at the Hotel Theresa in New York City.

Photos by:
Karlie Louis



Betty King Obiajulu, Platinum Member; Past Eastern Area Director; Co-Chair of Chapter Establishment Committee and DeNora Getachew, Greater New York (NY) Chapter of the Links, Incorporated.

First Annual Dr. Marcella Maxwell Spring Luncheon 2025 Co-Chairs - Mignon Epsy Edwards and Racquel Oden



Luncheon Co-Chair Mignon Epsy-Edwards, Luncheon Co-Chair Racquel Oden, GNY Chapter President DeNora Getachew, Honoree Joy Reid, Links, Incorporated - National Vice President Shuana Tucker Sims

Greater NY Chapter of the Links presented the Dr. Marcella Maxwell “Black Swan” Luncheon cont'd



DeNora Getachew, President, Greater New York (NY) Chapter of the Links, Incorporated; Luncheon Co-Chair Racquel Oden; American Ballet Theatre Benefactor - Karen Phillips, Misty Copeland, ballet dancer for American Ballet Theatre; Aubrey Lynch II Director of ABT RISE; Luncheon Co-Chair Mignon Espy-Edwards; Susan Jaffe, ABT - Artistic Director; Arielle Patrick - ABT Benefactor; Susan Fales Hill, ABT Benefactor, Barry Hughson ABT - Executive Director, Michelle Miller -Luncheon Mistress of Ceremony, Journalist, and CBS Co- Host Saturday Morning.



Honorees Satchel Lee and Tanya Lewis Lee



Vendor Coreen Simpson, Black Cameo Collection



(second from left-right, Link Patricia Francis, Link Michelle Stendt, flanked by 2 members of American Ballet



Pat Stevenson of HCN and Kendall Reid, President, Mid Manhattan NAACP this photo by: Audrey Bernard



Vendor Marketplace

photo on right: front Harlem News Publisher, Pat Stevenson, back row l-r NYBeacon Journalist Audrey Bernard, Judge Tanya Kennedy, Harlem news Columnist Charley Anderson



50 or Older? The Pneumococcal Pneumonia Vaccine is Recommended for You (StatePoint)

Pneumococcal pneumonia is a potentially serious bacterial lung disease that can disrupt your life for weeks and even land you in the hospital. Medical experts want you to know that there are steps you can take to reduce your risk of serious illness.

An important step is getting pneumococcal vaccination if it's recommended for you. This vaccine helps protect against pneumococcal disease, including, pneumococcal pneumonia, bloodstream infection (bacteremia), and infection of the lining of the brain and spinal cord (meningitis). In October 2024, the Centers for Disease Control and Prevention updated its adult immunization sched-

ules, and now recommends pneumococcal vaccination for all adults 50 or older, even if you are healthy, and maintains its recommendation of vaccination for adults 19-49 with certain underlying medical conditions like asthma, COPD, chronic heart disease and diabetes.

“The immune system naturally weakens with age, so even if you're healthy and active, being older puts you at greater risk of severe illness from pneumococcal pneumonia. The CDC's updated guidelines are intended to keep more people healthy and safe,” says Albert A. Rizzo, MD, chief medical officer for the American Lung Association.

The American Lung Association maintains an ongoing educational program about pneumococcal pneumonia with Pfizer. As part of the program, they are sharing these fast facts:

- Anyone can get pneumococcal pneumonia and unfortunately, it is a disease you can have more than one time. Certain populations are at higher risk for severe illness, hospitalization and death. You can use American Lung Association resources to help you determine your risk.
- The symptoms of pneumococcal pneumonia include fever, chills, cough, chest pain, difficulty breathing or rapid breathing, and these symptoms can appear suddenly and without warn-



ing.

• Having the flu increases the likelihood of developing pneumonia, including pneumococcal pneumonia. You can reduce this risk by getting a flu shot every year to help prevent seasonal influenza. In addition, those at risk

for pneumococcal disease can get vaccinated against pneumococcal pneumonia. Ask your healthcare provider about pneumococcal vaccination today.

For more information about pneumococcal pneumonia risk factors, symptoms and prevention, visit

Lung.org/pneumococcal.

Thanks to the CDC's recommendations, more Americans can take the step of vaccinating against pneumococcal pneumonia and reducing their risk of severe illness.

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Rediscover the Charm of our “City Within a City” - A New Tourism Initiative Awaits



By Kechira Angel Etoty

Nestled within the bustling heart of our metropolis, amid social and economic tension, lies a hidden city so densely populated. A thriving microcosm with a combined population that deems it equivalent to the 26th largest city in America.

Greater Harlem, the city within a city spans river-to-river, park-to-park encompassing Manhattan Community Boards 9, 10, 11 & 12. When the members of each board are taken into consideration, it gives the City Within a City a combined population of 634,250 (an estimate larger than Atlanta, Miami, Baltimore and Detroit).

The goal of this initiative set out by the Harlem Tourism Board and Tourism Committee of the Greater Harlem Chamber of Commerce doesn't boast doing anything new, instead is a call to nurture and celebrate what is already here.

The Harlem Tourism Board launched its Our Harlem, Your Harlem campaign in 2013 to promote the Greater Harlem Area as one of NYC's "must-see" tourist destinations. Summer 2025 marks the launch of

the City Within a City campaign aiming to rediscover the oneness that keeps Harlem thriving as the already vibrant home to the greats.

The mission highlights tourism as the centerpiece of Harlem's economic development efforts, geared towards energizing the marketplace. By cultivating a narrative around authentic experiences embedded in the neighborhood's attractions, there is a real opportunity to improve business and employment outcomes for all.

Whether you are Harlem-born or Harlem-bred, the Harlem Tourism Board in partnership with community partners and supporters invites you to rediscover what travel looks like within Harlem. City within a City seeks to share Harlem with the world through a series of activations in art, design,

technology, music, fashion, nature conservancy and historical preservation leading up to a larger conference marking the closing ceremony of HARLEM WEEK.

The themes central to this campaign include honoring legacy, curating immersive experiences and a commitment to community.

Greater Harlem remains the home of legends, a haven for artists, a hub for design and the model for modern city living. This initiative seeks to honor the legacy that has paved the way, raising awareness about the people and events pivotal to the history of Harlem, while striving to create more pathways to new opportunities.

City Within a City challenges you to experience the world through Harlem. Taste tantalizing dishes from local



eateries, where chefs pour their passion into every plate. As you savor each bite, you'll feel a connection to the community that thrives on creativity and innovation. This sensory engagement not only enhances the visitor experience but also fosters a deeper appreciation for the culture and people behind the city's vibrant tapestry.

A commitment to community supports local businesses and artisans, visitors contribute to the economic vitality of the neighborhoods they ex-

plore. This sense of connection transforms a simple visit into a meaningful experience—one that resonates long after the journey has ended.

As the City Within a City initiative officially launches, it beacons an invitation to experience modern city living in Harlem. If you would like to share a project, launch ideas for how to improve travel throughout Harlem, visit www.goharlem.org. Email: harlem-tourismboard@gmail.com or Call:(646) 983-6306



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May, Volunteer Greeter

Urbanology: The Awakening of a Sleeping Giant



By William A. Rogers

At least 10 million Africans were enslaved and transported to Europe and the Americas between the 15th and 19th centuries. Portuguese, Dutch, English, Spanish and French ships ruled the sea and developed the Atlantic slave trade, the transatlantic slave trade, and the Euro-American slave trade.

Africans not only built the economic foundation that allowed America to become the most powerful country in the world, but they also helped build the economies of every European power that benefited from free African slave labor.

A great number of the 10 million African slaves who were shipped to America came through Goree Island in Senegal and The Cape Coast Castle in Ghana. Goree Island and Cape Coast Castle were two of the largest slave-trading centers on the African coast during the four centuries of African slave trading.

The British Dutch, Danes and Portuguese were the colonizers in Ghana, the main countries involved in the slave trade. In 2023 HTB

took several people to Senegal and the visit to Goree Island was an emotional but an important part of the trip. It allowed the visitors to reconnect with their ancestors.

In December 2025 HTB will take about 20 people to Ghana for the annual Cultural Oneness Festival in Northern Ghana and part of the travel itinerary will allow visitors to visit the slave castle in Cape Coast. I am sure like Goree Island the tour will be emotional, but an important part of returning home to pay homage to our ancestors.

The African Diaspora is a sleeping giant. African and Caribbean Americas alone spend over one trillion dollars a year for goods and services even during COVID. It would be difficult to calculate the amount of money

the global African Diaspora spends on goods and services in one year.

Thanks to the transatlantic slave trade industry, the African Diaspora is truly a powerful sleeping giant. If this giant awakens and realizes it is African, and the motherland is the richest continent on earth, imagine the possibilities of coming full circle 1400 to 2025 about 625 years.

The social programming of the African Diaspora by their colonizers over the past 625 years has been very effective in keeping the African diaspora divided. In 2019 Ghana developed a home coming marketing initiative to encourage members of the African diaspora to come home.

Many African and Caribbean Americans travel to

Ghana, for pleasure and to explore business opportunities. Some even applied for dual citizenship and purchased property.

COVID slowed travel especially to Africa and countries outside of America. The Cultural Oneness Festival is one of the many events developed to revise the initiative to encourage travel to Ghana for business, culture and pleasure.

The registration for the December 2025 trip to Ghana is now open if you are reading this article you will be the first to know. To be one of the 20 traveling with us in December visit www.culturaloneness.com. The first down payment is due on May 31st. You can also send an email to harlemtourism-board@gmail.com for additional information.

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HERBS ARE NATURE'S REMEDY Heal Thy Self: Self Preservation is Your Birthright

By Zakiyyah

Join us to learn how to use the Sacred Gifts from the Earth to HOLISTICALLY heal yourself and your loved ones. Everyone should learn what main herbs should be in their "home medicine bags" that can be used as tools to maintain the health and wellness of your family. Your bag should hold many singular herbs, that when combined would generate many different formulas.

There are five basic herb groups that should be part of every formula. Take our upcoming herb course to learn more.

1) PRIMARY HERBS address the major complaint when a person is sick, and

since every sickness is different, I would suggest a few that would cover various health issues. Red raspberry, mullein, comfrey, coltsfoot, yerba Santa, red clover, Oregon grape root, burdock, squaw vine, gentian, and chamomile.

2) NUTRITIVE HERBS help restore strength and balance because it is packed with nutritive constituents that heal the body. Slippery elm, don sen and astragalus (together), comfrey, licorice, marshmallow, Irish moss, anise seeds, and fennel.

You can change your family's narrative from 'passing down cycles of illness,' to "passing down cycles of health and vitality." Learn several

healing modalities and how to use crystals, and prepare herbs and essential oils to eliminate inflammation and illness. Join our next cycle of HERB COURSES launching this June. Send an email for more information.

MAKE NATURE'S MEDICINE YOUR OWN

Always do your own research to discover herbs' full benefits and contra-indications. This information is to help balance your body's natural healing energies, and is not intended as diagnosis, treatment, or cure. Email: theherbalist1750@gmail.com; phone: 347-407-4312; blog: www.herbsarenaturesmedicine.blogspot.com.

Answers to Crossword on page 17

T	U	T	T	I	E	T	A	D	E	V	A		
O	V	E	R	S	L	S	D	A	I	D	E	R	
R	E	M	U	S	S	P	Y	M	O	D	E	M	
C	A	P	S	U	L	E	T	H	E	R	A	P	Y
		S	E	E	D	A	U	B					
S	I	P	R	A	S	E	B	I	O	P	S	Y	
O	D	O	R	S	H	E	D	C	R	A	T	E	
M	I	L	E	T	O	P	I	C	A	R	E	A	
M	O	I	S	T	T	S	A	R	L	E	A	S	
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O	P	I	N	E	I	C	Y	M	A	C	R	O	
S	O	N	I	C	G	U	M	A	V	A	I	L	
O	N	Y	X	N	E	E	L	E	A	S	E		

GAMES

See answers on pages 20

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12
13					14			15			
16					17			18			
19				20			21	22			
23				24							
25	26	27	28	29	30	31	32	33	34		
35		36		37		38		39			
40				41		42		43			
44			45	46				47			
48				49	50			51		52	
53				54			55	56			
57	58	59	60			61			62	63	64
65				66	67			68			
69				70				71			
72				73				74			

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

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:
DOCTOR'S ORDERS

ACROSS

1. Little Richard's "_____ Frutti"
6. Arrival time, acr.
9. Deity, in Sanskrit
13. _____-under, pl.
14. Lysergic acid diethylamide
15. Support person
16. Fictional professor Lupin's first name
17. Snoop
18. Computer accessory
19. *Pill alternative
21. *Medical care
23. Use eyes
24. Slap on
25. Hot beverage amount
28. Tear down
30. *Tissue testing
35. Smell
37. Gardener's storage
39. Shipping box
40. Eight furlongs

41. Subject matter
 43. Square footage
 44. Like some towelettes
 46. Russian ruler, once
 47. Pasturelands
 48. Acted
 50. Enthusiasm
 52. "Silent Spring" subject
 53. Popular PBS science show
 55. Letters of distress
 57. *Stitches
 61. *Perpetual illness
 65. Offer two cents
 66. *_____ Hot, pain relief patch
 68. Branch of economics
 69. Sega hedgehog
 70. Bubble maker
 71. Be of use
 72. December stone
 73. Born, in society pages
 74. Rental agreement
- DOWN**
1. Rigid necklace
 2. Eye's middle layer
 3. Short-term employee
 4. *Hernia support
 5. Surgeon General, in relation to warning on smoking
 6. Other than what's implied
 7. *5 cc, for short
 8. Adytum, pl.
 9. Mendelsohn on "The New Look"
 10. Cocoyam
 11. Julia Louis-Dreyfus' HBO role
 12. Major employer
 15. Pertaining to amoebae
 20. Minimum
 22. Busy airport
 24. _____ blue _____, to Baby Beluga
 25. French WWI battle site
 26. Expression
 27. *Disease once alleviated with iron lung
 29. *Tdap/DTaP, e.g.
 31. *Type of thermometer
 32. Peeled and cut, as in pear
 33. Lieu
 34. Leavening agent
 36. *Bed _____
 38. Obsolescent phone feature
 42. Violent collision
 45. Hedgehog-like Madagascar native
 49. Anonymous John
 51. *Like 97 to 99 degrees
 54. "Peace" with fingers (2 words)
 56. Wine from Verona
 57. Average
 58. Fairytale's second word?
 59. Like Elton John's Dancer
 60. Type of operating system
 61. Inflorescence
 62. March Madness org.
 63. Part of #2 Down
 64. His was a merry old soul
 67. Pool tool

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Poetry Books by various authors

Review by Terri Schlichenmeyer, Harlem News contributor

A, B, B, A.

That's not only how you spell the name of a popular music group. That's also how a poem might be structured, if it rhymes, or it might be created in other ways. That's the thing about poetry: it's all how you perceive it when creating it and reading it. So why not think about putting these great poetry books on your shelf this month...?

When you spend time with poetry, you expect a certain kind of relationship between author and reader. That's only part of what you get in **"The Space Between Men"** by Mia S. Willis (Penguin Poets, \$20). It might also change the way you feel.

Here, Willis – a poet, historian, and educator – explores culture, Black history, and what it's like to be Black, Southern, and queer. When those various experiences come together in poetry here, it invites readers to consider the width and depth of the spaces, and their mere existence.

If short but image-fueled poetry appeals to you, this book is worth a good look.

Poetry can take your thoughts in many directions, including thoughts about yourself. If you're hungry for soul-searching, then try **"Is This My Final Form?"** by Amy Gerstler (Penguin Poets, \$20).

Life doesn't follow a straight line. Some things are two things at once and situations can change, which are two points that seem to be everywhere inside this book. Is this a series of biographical poems with a twist of imagination, or are the poems in here a collection of new perceptions and ways to embrace what could be? Read, and think about it because it's up for a reader's interpretation. However you perceive these poems, you may chuckle sometimes. For sure, you'll want to read them again and think anew.

And finally, if your child loves the beauty of poetry and wonders how to create poems, then **"The One and Only Rumi"** by Rabiah York, illustrated by Maneli Manouchehri (Penguin, \$18.99) is a book to bring to the table.

Here, children will learn the story of Muhammad, a wise young boy whose life changed when Genghis Khan came to his village. Muhammad was only allowed to fill a bag with possessions and he knew he'd miss the birds and the friends he'd made at home. His father said it was unlikely that they'd ever return.

Yes, there were other birds and other friends in his lifetime, but Muhammad never forgot the first ones and "he never stopped listening" to the wind or the sound of the leaves or the laughter of others. He grew to become a man, a teacher, and a poet, as your 8-to-12-year-old will see in this beautifully illustrated, beautiful-

ly told book.

If these collections about poetry and life don't quite fit what you need, be sure to ask your favorite bookseller or librarian for more. They can help you find poetry, silly rhymes, great biographies, and collections of verse that are perfect volumes with which to spend hours. In the meantime, give these poetry books an "A."

Poetry Books
by various authors
c.2025, Penguin
\$18.99 - \$20
various page counts



Answers to Sudoku on page 19

SUDOKU ANSWERS

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

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Our **Community Homeownership Commitment**¹ can help. Get up to **\$17,500** when combining down payment and closing costs grants. (Restrictions apply.)

\$10,000

Up to \$10,000 toward your down payment when combined with our 3% down mortgage^{2,4}



\$7,500

America's Home Grant[®] covers up to \$7,500 in eligible closing costs³

Learn more at bankofamerica.com/homeowner

What would you like the power to do?[®]

PROUD TO SUPPORT



You are invited to apply. Your receipt of this material does not mean you have been prequalified or preapproved for any product or service we offer. This is not a commitment to lend; you must submit additional information for review and approval.

¹ **Down Payment program and America's Home Grant program:** Qualified borrowers must meet eligibility requirements such as being owner-occupants and purchasing a home within a certain geographical area. Maximum income and loan amount limits apply. Minimum combined loan-to-value must be greater than or equal to 80%. The home loan must fund with Bank of America. Bank of America may change or discontinue the Bank of America Down Payment Grant program or America's Home Grant program or any portion of either without notice. Not available with all loan products, please ask for details.

² **Additional information about the Down Payment program:** Down Payment program is available with one mortgage product. Program funds can be applied toward down payment only. Borrowers cannot receive program funds as cash back in excess of earnest money deposits. Down Payment Grant program may be considered taxable income, and a 1099-MISC will be issued; consult with your tax advisor. May be combined with other offers. The Bank of America Down Payment Grant program may only be applied once to an eligible mortgage/property, regardless of the number of applicants. Homebuyer education is required.

³ **Additional information about the America's Home Grant program:** The America's Home Grant program is a lender credit. Program funds can only be used for nonrecurring closing costs including title insurance, recording fees, and in certain situations, discount points which can be used to lower the interest rate. The grant cannot be applied toward down payment, prepaid items or recurring costs, such as property taxes and insurance. Borrowers cannot receive program funds as cash back.

⁴ Maximum income and loan amount limits apply. Fixed-rate mortgages (purchases or no cash out refinances), primary residences only. Certain property types are ineligible. Maximum loan-to-value ("LTV") is 97%, and maximum combined LTV is 105%. For LTV >95%, any secondary financing must be from an approved Community Second Program. Homebuyer education may be required. Other restrictions apply.

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