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The Harlem Community Newspapers, Inc. Connecting Harlem, Queens, Brooklyn and The Bronx

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QUEENS NEWS

"Good News You Can Use"

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FREE



**Manna's Restaurant
Provides Scholarship
Funds to Five College
Bound Students**

page12



**Dance Theatre of
Harlem Honors Ford
Foundation's
President
Darren Walker**

see page 10



**How a Harlem Native
Paved Her Path in
Electronics**

see page 15



**McDonald's Gospelfest on Mother's Day Weekend
at Lehman Center for Performing Arts**

see page 9

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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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BROOKLYN COMMUNITY NEWS
BRONX COMMUNITY NEWS
QUEENS COMMUNITY NEWS

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IN THIS ISSUE:

Community	3	Events	12
Expressions	4	Tourism	14
Community	5	Education	15
Op Editorial	6	Urbanology	16
Real Estate	7	Games	17
Calendar	8	Classified	18
Entertainment	9	Literary Corner	19

Publisher/Editor	Pat Stevenson
Social Media Mgr	Steven Bennett
Proofreader	Hazel Rosetta Smith
Publisher Assistant	Dominic Jones
Theater Writer/Critic	Linda Armstrong
Writer/Social Media	Charlotte Anderson
Travel	Debi Kops
Intl News & Entertainment	Maria Cavenaghi
Society	Audrey Bernard
Columnist	Tonya Sims
Columnist	Lil Nickelson
Columnist	Larnez Kinsey
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Columnist	Zakiyyah
Columnist	Hazel Rosetta Smith
Columnist	Maurice Alexander
Feature Writer	Erin Lewenauer
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Writer/Videographer	George Williams
Book Reviewer	Terri Schlichenmeyer
Brooklyn Writer	Keith Forrest
Bronx/Queens Writer	Howard Giske
Photographer	Nadezda Tavodova Tezgor
Photographer	Michelle James
Photographer	Seitu Oronde
Marketing Consultant	William A. Rogers

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Mailing: P.O. Box # 1775, New York, New York 10027
Phone: 646-988-1015•
Email: harlemnewsinc@aol.com
Website: www.harlemcommunitynews.com
Twitter: @harlemnewsinc • Facebook: /harlemnewsinc
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PAT STEVENSON

Plan to see the McDonald’s Gospelfest at Lehman Center for Performing Arts. In the past we have had to go to New Jersey for this great show. Now it is right here in New York, as well as several other venues. Lehman has a couple of concerts planned for Mother’s Day weekend. Make plans to go. (see page 9)

Manna’s Restaurant provided Scholarship Funds for Five College Bound Students last month. (see page 12)

Americans all over the country are protesting policies and actions of the current White House Administrations. There are thousands of protests every week in every corner of the country. So if you are sitting around saying, “why is all this stuff coming out of Washington and no one is doing anything about it?” You are the one not paying attention to the news. It is easy to say I am not going to watch it, but I would say - “you need to be informed so you are not caught off guard when some of these policies affect you or your family directly. Be informed so you can be prepared.

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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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PONDER THIS! Never Forget the Stigma Behind the Name



By Hazel Rosetta Smith

Names matter when they deny the rights of others. If you do not believe names matter or there is no power in a name, look at the history of Jim Crow, a fictitious character created by Thomas Dartmouth Rice, a white stage actor in the 1830s.

According to accounts, Rice had observed traditional black songs and

dances in his travels through the southern slave states. In one of the towns, Rice watched an elderly Black man performing a song and prance routine for his own amusement as he was cleaning a stable.

Rice studied the man, learned to imitate his every move, and with extreme exaggerations added, he took his choreographed comedic characterization to the stage. As the story was told, Crow was a white man who owned the Black man and the stable and Jim was the name Thomas Rice gave to the Black man to amuse his white audiences.

The highlight of the staged performance by Rice gave credence through entertainment to racist stereotypes of Black people. His success

helped popularize the use of the blackface minstrel format.

Additionally, whites began using the name Jim Crow as a derogatory term on and off stage to describe Black people as buffoons and slow-witted. The slanderous demeaning insinuations aided in the spread of racist overtones North and South in the United States.

After slavery was abolished and minstrel shows began to slowly fade in popularity, the Jim Crow character lived on as a label and a symbol of what southern whites used as a drawback to a life of respect for Black people, freed or not.

Jim Crow connected again as an asset for the JIM CROW LAWS legalizing segregation in local

and state statutes spread around the country. The legal system did not protect Black citizens from white police and judges deciding court cases with the assurance they would be subject to conviction and years of servitude in prisons.

Laws have made changes in systems that we thought would never happen, yet others may never get on the books. We must not forget the humiliation put upon us. Never forget the strength and endurance that our people had to hold onto in the more than four hundred years of cruelty and blatant disregard for human life in the long hard struggle to be free.

May the spirit of our ancestors keep us grounded and committed to

teaching our children that they are beautiful, smart, and able to rise to remarkable success and stature.

No, we will not, and we cannot go back. No matter how they try to erase our amazing accomplishments, and ban our stories, we know that America was not great in the years of dehumanization of slaves, or the humiliation of Jim Crow. And still, we rise!

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

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HARLEM COMMUNITY NEWSPAPERS

Standing in Solidarity with our Dominican Community

OP EDITORIAL



By Mayor Eric Adams

The Dominican community in New York City is the largest anywhere in the world outside of the Dominican Republic — we are their home away from home. Dominican New Yorkers contribute to every facet of life across the five boroughs, whether it's running our small businesses in the Bronx or playing in our sports stadiums in Manhattan and Queens. Dominicans are not just our neighbors and our friends. They are our family.

So, when our family suffers a tragedy, it is our responsibility to be there for our brothers and sisters in their sorrow and in their

grief. Two weeks ago, when the roof of the Jet Set nightclub collapsed, at least 231 members of our Dominican family lost their lives, and more than 150 more were injured in the accident. Last week, in a sign of solidarity, I mourned with their families in Santo Domingo not merely as the mayor of New York City, but as a brother who felt their pain.

The night of the roof collapse was a painful moment for so many within our city, and I knew I could not just show my support from a distance. I was honored to meet with the first responders who risked their lives and rushed to the rescue. I visited the site of the Jet Set nightclub and left a wreath as a symbol of my love for the people of the Dominican Republic. And I spoke with the families and community members who were impacted, including the loved ones of a retired NYPD detective who died, because their

loss is our loss too.

I also met with leaders of the Dominican Republic — its president, Luis Abinader, and the minister of public works and communications, Eduardo Estrella — because I wanted to offer our support and see how New York City can aid with the country's recovery efforts. The NYPD already has an intelligence outpost in the Dominican Republic that is helping in any way they can. And I offered my own personal assistance to do everything possible to prevent something like this from happening again. We owe that to those we lost.

As a man of faith in a country of faith, my final stop was to attend mass with the archbishop, Monsignor Francisco Ozoria, at San Antonio de Padua Church. Facing darkness in the aftermath of this tragedy, I prayed that the unity of our spirit can be the light that will turn our pain into purpose. Because together, we will

overcome it.

The links between our two communities are never stronger than in the wake of catastrophe. It was true in the past, from the destruction left by Hurricane Fiona to the fatalities of Flight 587, and it is true now. What I saw during my trip — the remarkable vitality of the Dominican people in spite of loss, their love for life and unwavering spirit surfacing above sadness — can also be found here in New York City, a place where almost 1 million Dominicans call home.

Today, every New Yorker carries part of the Dominican Republic in their heart. Both of our people understand tragedy, but we're also tough and we never give up. Psalm 147 says: "He heals the brokenhearted and binds up their wounds." God bless those we have lost and God bless the survivors. Our hearts are broken but our hearts are also with you.



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Home Buying in Harlem Be Prepared to Buy Now



By Rev. Dr. Charles Butler

I do not recall ever seeing the housing market this competitive. Prices are literally exploding and are practically out of reach for prospective low to moderate income home buyers. We were hoping that the higher interest rates would significantly lower the market values, but that simply has not been the case. The home prices for a home in Harlem are still very expensive. What this means for those now entering the housing market is there is little affordable property available.

For prospective first-time buyers, you must now face the unavoidable truth that you cannot afford to own property in Harlem. This is a sad but apparently true statement. Many Harlem residents have been priced out of the housing market. You are now being forced to make a difficult decision. You must

either continue to pay rent for an apartment that provides no investment return or look to other areas of the city to purchase a home. Neither of these choices are ideal, if your goal is to become a homeowner in Harlem.

However, here are some other viable solutions to consider if you want to make buying a home in Harlem a reality: (1) buy with family members or trusted friends. There is an old saying about "strength in numbers." If you cannot afford to purchase a home on your income alone, seek to establish a business partnership with one or two family members. Combine your income and assets together.

Make sure everyone is on board with this idea and is committed to becoming a homeowner. They also must be willing to pay their share of the mortgage payment. With the additional income from the other family members, your pre-approval amount will probably be sufficient for making a purchase on a three or four family brownstone.

You can have up to five individual names on a mortgage application. There is one potential problem with

this arrangement and that is everyone must have a solid credit score. The bank will take the middle credit score from the three major bureaus - Experian, Trans Union, and Equifax.

I know of several situations where family members have pooled their resources to successfully purchase a home. Just make sure your attorney has covered all the legalities of the contract to protect your investment for buying a home together.

(2) Another option that is growing in popularity is the rent to own arrangement. I used to be extremely skeptical of these programs because there is a high tendency of it being a scam. Be careful when entering into this type of agreement. Make sure all the contractual terms are spelled out. Have your attorney review the contract with you before signing. Remember you will still need to be pre-approved for the purchase.

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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Lehman Center for the Performing Arts Presents McDonald's Gospelfest on Mother's Day Weekend

Lehman Center for the Performing Arts is proud to present MCDONALD'S GOSPELFEST with legendary Yolanda Adams, Shirley Caesar, Dorinda Clark Cole, and Karen Clark Sheard, on Mother's Day Weekend, Friday, May 9th, 2025, at 8 PM. This one-night-only show promises to deliver a phenomenal celebration of life, with amazing Gospel talent, celebrating its 42nd Anniversary.

Lehman Center for the Performing Arts is located on the campus of Lehman College/CUNY at 250 Bedford Park Boulevard West, Bronx, NY 10468. Tickets for MCDONALD'S GOSPELFEST on Friday, May 9th, 2025, at 8 PM (\$100, \$75, \$65, \$50, \$35) can be purchased by calling the Lehman Center box office at 718-960-8833 (Monday through Friday, 10am-5pm, and beginning at 4pm on the day of the concert), or through online access at <https://www.lehman-center.org/events/gospelfest-2025>. Lehman Center is accessible by #4 or D train to Bedford Park Blvd. and is off the Saw Mill River Parkway and the Major Deegan Expressway.

Three-time Emmy-winning Producer and Director A. CURTIS FARROW has done it again, gathering the best talent in gospel music for an uplifting and spiritual production.

Yolanda Adams, currently starring in BET's Kingdom Business, is

one of the best-selling gospel artists of all time, having sold 10 million albums worldwide. Her career began as a singer with Houston's Southeast Inspirational Choir after years of being a school teacher. After signing to the label Sounds of Gospel, her debut album, *Just as I Am*, was released in 1987. In 1999, her breakout album, *Mountain High, Valley Low* was released. The album was a platinum-selling success, which helped launch her career. After the release of her 2011 album *Becoming*, Adams took a break to explore being a radio host until 2016. Yolanda Adams made a great return to music in 2024 with her comeback, *Sunny Days*. She has won multiple awards, including four Grammy Awards, four Dove Awards, five BET Awards, six NAACP Image Awards, six Soul Train Music Awards, two BMI Awards, and sixteen Stellar Awards. Adams was also the first Gospel artist to be awarded an American Music Award.

Shirley Caesar, known as the First Lady of Gospel, began her professional music career in 1958 at the age of nineteen. From a young age, she began singing at local churches to help bring money into her household for her family. Caesar became a traveling performer with evangelist Leroy Johnson before signing a record deal for a single for Federal Records, *I'd Rather Have Jesus* in 1951. Shirley Caesar was

a part of the celebrated female gospel group the Caravans for several years before going solo in 1961 with her single *Hallelujah, It's Done*. In 2000, she was inducted into the Gospel Music Hall of Fame. Caesar performed for former President Barack Obama and Michelle Obama at the White House, and, in 2016, was awarded a star on the Hollywood Walk of Fame. She is the recipient of Eleven Grammy Awards, fourteen Stellar Awards, and fifteen Dove Awards.

Dorinda Clark Cole is a Grammy Award-winning gospel singer, songwriter, musician, talk show host, and evangelist. She began singing at just 5 years old in church with her sisters. Best known as a member of the family vocal group The Clark Sisters and as a daughter of pioneering choral director Mattie Moss Clark. In 2002, her debut solo album, which included one of her biggest hits, *I'm Coming Out* was released. Dorinda Clark Cole also put out hits like *Take it Back* in 2008 and *Living It* in 2015. Her first release in nearly a decade, *Great and Mighty*, was released in 2023. As a member of The Clark Sisters, she has won two Grammy Awards.

Karen Clark Sheard is the youngest member of gospel group, the Clark Sisters, which was formed in 1973. She began singing in church with her sisters when she was 7 years old. Also



the mother of contemporary gospel singer and actress Kierra "Kiki" Sheard, with whom she frequently collaborates. Throughout her career, Karen Clark Sheard has released five solo albums and seventeen with the Clark Sisters. During the hiatus of the Clark Sisters, she recorded her debut studio album *Finally Karen* (1997), which spawned the single, *Balm in Gilead*. Finally Karen was among the highest-selling gospel albums of that year, and earned her a Grammy Award nomination and a Soul Train Lady of Soul

Award for "Best Female Vocalist". After a scary near-death experience, Karen Clark Sheard was inspired to write *2nd Chance*, her second album. The 2023 Clark Sister Reunion Tour then inspired her 2024 album *Still Karen*.

Lehman Center for the Performing Arts, Inc. is supported, in part, by public funds through the New York City Department of Cultural Affairs in partnership with the New York City Council and the Bronx Delegation. Additional funding is provided by the New York State Council on the

Arts with support from the office of the Governor and the New York State Legislature. We are thrilled to share that Goya Foods has agreed to renew their sponsorship for this season which will help Lehman Center expand our reach to the community. In addition, we have secured funding from the Howard Gilman Foundation to help grow our programming. The 2024-2025 season is also made possible through sponsorships by Con Edison, Havana Café, Friends of Lehman Center, and our cherished audience members.

Dance Theatre of Harlem Honors Ford Foundation's President Darren Walker

By Audrey J. Bernard, Society Editor

Founded in 1969 by Arthur Mitchell and Karel Shook, Dance Theatre of Harlem (DTH) was heralded as a leading dance institution of unparalleled global acclaim. Since its inception, the world class dance company has grown into a multi-cultural dance institution with an extraordinary legacy of providing opportunities for creative expression and artistic excellence that continues to set standards in the performing arts. One of the company's major fundraising events is the epic Vision Gala which took place Friday, April 11, 2025, with a stunning performance by the global company at New York City Center, followed by dinner, dessert and dancing to music by DJ D-Nice and Kenny Burns in the Ziegfeld Ballroom.

This year's glamorous gala honored Ford Foundation's President & Philanthropist Darren Walker with the Arthur Mitchell Vision Award, presented by filmmaker and producer Ava DuVernay. Led by Artistic Director Robert Garland, Executive Director Anna Glass and Rehearsal Director Juan Carlos Penuela, the evening celebrated Mr. Walker's extraordinary contributions to the arts and social justice. DuVernay delivered a powerful speech, celebrating Walker as a true champion of the arts, creatives, and the underrepresented. "Darren has always seen the beauty in the bold, the precision in the daring, the grace in the fight," she said. The night raised \$1.3 million including an additional \$132,000 raised during the live pledge mo-



Juan Carlos Penuela, Schneck



Anna Glass, Darren Walker



Ava DuVernay, Anna Glass



Alicia Graf Mack, Robert Garland, Misty Copeland, Anna Glass



Obiorah Atuanya, Paris Hodges, Kendra Windsor, Martino Moore, Sully Vinas



Michael Holt, Tiana Holt, Michelle Prettyman, Kenny Burns, Terri Prettyman Bowles, Alvin Bowles, Doug Melville.



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ment.

The elegant evening began with an exclusive Chairman's reception at the Center prior to the powerful dance program which thrilled the nattily dressed guests. After, guests convened at the Ziegfeld Ballroom for a magnificent evening that featured a phenomenal performance by DTH, including a special presentation of We Are All Brown – Commemorating Brown v. Board of Education anchored by a galvanizing oration from Janai Nelson, President and Director-Counsel of the Legal Defense Fund. Notable guests in attendance included prominent figures from the arts, entertainment, and philanthropy sectors including Thelma Golden, Marc & Michelle Morial, Bethann Hardison, Bevy Smith, Alicia Graff Mack, Isolde Brielmaier, Misty Copeland, Law Roach, Brandon Blackwood, Mickalene Thomas, Sunny Hostin, Adriene Lopez, Bianca Lawson and more.

This year's Honorary Gala Chair was Ben Vereen. The distinguished roster of Gala Chairs included Shahara Ahmad-Llewellyn,

Terri Prettyman Bowles, Alvin L. Bowles, Ursula Burns, Jerome and Hélène Dreskin, Ava DuVernay, Agnes Gund, Aliya Lee-Kong, Ackneil M. Muldrow, III and Dana Muldrow, Paramount, Tangela Richter and Mark Morley, Bonita Coleman Stewart and Kevin Stewart, Janice Vickers, and Leslie Wims Morris. The Honorary Committee included Isolde Brielmaier, Bethann Hardison, Sunny Hostin, Bianca Lawson, and Mickalene Thomas. The 2025 Season Sponsor was Bloomberg Philanthropies.



Mike Brown, Renee Horne, Terry Woodward, Leslie Wims Morris, Debra Langford, Alex Richard Picou

The Vision Gala is a fundraiser supporting DTH's 56 year legacy, impacting its 2025 season filled with world premieres and company premieres alike. Additionally, the support will impact the DTH School which continues to inspire a diverse pool of young dancers, providing them with a safe and nurturing space to develop their skill and talent through training and education.

(Photos by:
Jason Crowley BFA)

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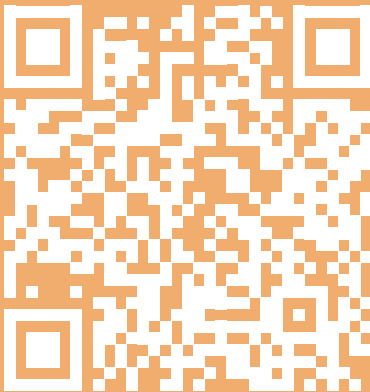


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Manna's Restaurant Provides Scholarship Funds to Five College Bound Students

By Lil Nickelson

On the evening of April 17th, Manna's Restaurant closed off their outside dining section of the located at 320 St. Nicholas Avenue in Central Harlem for two hours to greet five graduating seniors. The store's scholarship committee chose these five seniors based upon the outstanding essays they had written about themselves, their goals, and dreams. They received funds that could assist them in pursuing their college education.

This year is the second year that Manna's offered scholarships in the name of Betty Park's deceased son, Charlton Park who passed away in November 2022. Charlton operated Manna's Restaurant, formerly located on Lenox Avenue and 134th Street. As CJ, the oldest child of Charlton stated, "The committee was looking to choose people with something special about them, whether it was a passion for their interests, or community service, people we thought my dad would have a connection to because that was my dad's gift. Wherever my dad went, he was able to meet new people and forge meaningful relationships. May these schol-

arships be a steppingstone as you graduate high school and head off to college."

Bishop Carlton T. Brown, senior pastor of Bethel Gospel Assembly located in East Harlem was on hand to offer a prayer for the event, the high school students, and the restaurant. Bishop Brown went on to state how Manna's has been working with his house of worship to feed the community on many occasions throughout the years and we are partners with Manna's. Manna's has been a part of the Harlem community going on forty-one years and God is glorified for all that Ms. Betty Park and Manna's has done for the Harlem community.

Betty Park spoke next, greeting everyone in attendance. "I am very honored to be here to give the scholarship funds to these deserving students. I thank God everyday for his blessings. As my grandson stated, I love my son who I lost in 2022 to a heart attack at forty-five years old and it was devastating. I prayed to God, and I know that Charlton is in heaven and his spirit told me that he was okay, so I stopped crying and started looking forward, no more being sad. I have four



The Park family members with the scholars and their family members

beautiful grandchildren, and I bring them to Harlem as often as possible so they can see and learn about our business where we earn our income here and experience the diversity of the people in the Harlem community.

The five scholarship winners are:

Marlena Syriague – John Jay College in Manhattan, N.Y. to study law

Lamya Hand – St. Francis College in Brooklyn, N.Y. major undecided

Amiyah Anderson - Tufts University in Medford, MA to study English / creative writing

Gabriella Gilbert - Tufts University in Medford, MA to study Biology

Sierra Rios – not committed to a school yet but wants to study Psychology.



The scholars Marlena, Lamya, Garbriella, Sierra and Amiyah



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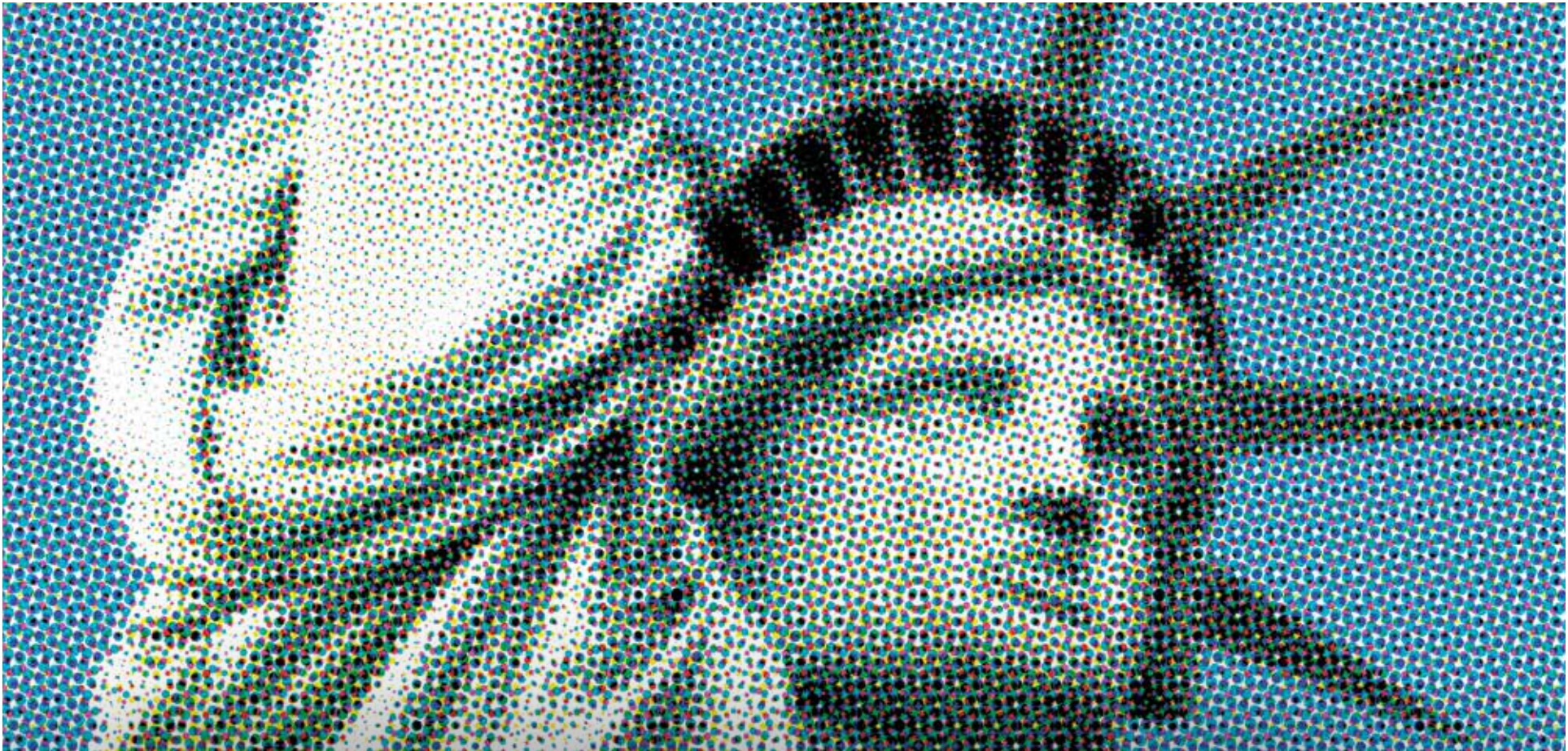
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Harlem Tourism Board Presents: The City Within a City

By Kechira Angel Etoty



perks up the facade of our neighborhoods but also fosters a sense of belonging, promotes well-being, and drives economic growth. At the heart of The City Within a City initiative lies a profound understanding that connected communities are resilient communities.

Celebrating a Green Oasis

As we tour the main streets of Harlem, we amplify celebrations from each corridor. This week, a beloved staple in Harlem relaunches, celebrating a green oasis where every community member has access to resources that promote both physical and mental health. The Central Park Conservancy is having their opening day of the Davis Center at the Harlem Meer this Saturday, April 26th, 2025. From 12pm - 4pm, there will be a free event for

our community, celebrating a bold reconnection to nature and community in Central Park's North End. Come soak up the sun while enjoying live music and performances in a fresh new greenspace with me!

The Power of Community Revitalization

Many urban areas, particularly those with historical neglect or socioeconomic challenges, face significant barriers to accessing healthcare, green-spaces, and recreational facilities. This lack of access worsens health disparities, leading to poorer physical and mental health outcomes for residents. Community members often feel isolated, further deepening their disconnection from resources meant to foster their well-being.

Organizations like the Central Park Conservancy are

doing their part in changing this narrative. By investing in public spaces, roads, parks, and community centers, environments where individuals come together flourish—where new friendships are forged, and where social barriers dissolve. Such spaces not only serve as locations for community gatherings and cultural events, but they also provide access to vital health and wellness resources, such as exercise programs and mental health services. Take a look at then and now to discover the history of the Harlem Meer <https://www.centralparknyc.org/locations/harlem-meer>.

Something for Everyone

Whether you are a beginner or avid explorer. There is something here for everyone. Featuring lush gardens, walking paths, tours and areas for outdoor gatherings, this green-



Harlem-Meer

space aims to promote health, relaxation, and community engagement. Come practice your breathing and movement flow with yoga or increase your vitality while biking the scenic paths. There are opportunities to layout, picnic or simply just hang out in nature without having to travel far.

Investing in our communities is an investment in our collective health. Now is the perfect time to prioritize your health and make new memo-

ries. Together, we can ensure that our communities flourish—physically, mentally, and economically. I look forward to seeing how the Cityscape of The City Within a City will transform to include more greenspaces like this.

Interested in sponsorship opportunities? Visit www.go-harlem.org. Email: harlemtourismboard@gmail.com or call (646) 983-6306 for more information.

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-Tuesday P. Brooks

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Unexpected Sparks: How a Harlem Native Paved Her Path in Electronics

By Tonya Sims



This is the third article in our five-part series celebrating Women in STEAM sectors. When we envision careers in technology, our minds often jump to the familiar roles of help desk technicians, software engineers, or cybersecurity experts, but this field is far more diverse.

For Harlem native Toni Robinson, a STEAM career wasn't part of her early as-

pirations. Growing up and attending Roberto Clemente Performing Arts Middle School, I.S. 195, her focus was on dance. However, her mother encouraged her to keep all options open, recognizing technology's growing importance and suggesting fields like engineering. This advice resonated when Toni considered high school, leading her to include Chelsea Vocational High School in her top choices, despite not being her first pick. This seemingly small decision would unexpectedly launch her electronics career.

At Chelsea High School, Toni was one of only two girls in Electronics and felt like a fish out of water. Initially, she wanted to join the

other girls in the Business major, but her experience in shop class took an unexpected turn. She began to excel, consistently outperforming her male counterparts. This success sparked a realization of her aptitude. She recognized the advantage of her meticulous approach, problem-solving skills, and steady hands. As Toni puts it, "Electronics was a door I didn't expect to enter, but when I came across that threshold, there was no stopping me!"

Technology became her focus, and her dedication paid off. Upon graduation, she secured an apprenticeship with the New York City Transit Authority (MTA), a program designed to recruit young talent in

various trades. Though initially apprehensive, Toni recognized the immense opportunity and worked diligently while simultaneously pursuing Electromechanical Engineering at CUNY's New York City College of Technology. These were demanding years, but she was fueled by determination. After her three-year apprenticeship, she became a full-time Revenue Equipment Maintainer. In a department of over 250, only five were women. Her role involved maintaining and repairing electronic equipment in train stations across New York City, contributing to technological advancements like the shift from tokens to MetroCards.

After 18 years, Toni advanced to an Electronics Specialist role at the MTA's Central Electronics shop, repairing equipment for buses, trains, and communication systems. After five years in that position, she joined NJ Transit as a Principal Technical Specialist, overseeing vehicle monitoring for private contract carrier bus fleets.

Throughout her journey, Toni's entrepreneurial spirit blossomed. She founded Stilettos & Screwdrivers LLC, an electronics mobile repair company that has evolved into a firm helping tech professionals advance their careers while advocating for women of color in the industry.



Toni Robinson,

Toni's mission is to encourage women that they belong and can thrive in technology. She enthusiastically says, "It's fun getting your hands dirty." Her story proves that a mother's guidance, hard work, and determination can create unexpected and fulfilling career paths.

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Urbanology: Body Maintenance



By William A. Rogers

The Conscience Mind and the Sub-Conscience Mind can be considered as two components that are the engine that allows the body to run. Just as the engine in a car allows the car to run.

Even if the car engine is well toned and all the engine parts are working in harmony, the key body parts of the car must also

be maintained for the car to run. The proper maintenance of a car can keep it running for a long time. The proper maintenance of our body can keep it running for a long time as well.

Some of us are more selective about the oil and gas that we put into our car than the food that we put into our body. Many will not wait for their car to break down before scheduling a maintenance check; the same people will not consider body maintenance until the body breaks down.

All healing comes from within so deprogramming the conscience mind so it can work in harmony with the sub conscience mind is an important first step in body maintenance.

There are many natural options available to help our body parts function well. The mind of the universe has provided natural remedies' that can cure most natural and man-made illnesses. Herbs, crystals and even our own Urine have been used to maintain the vital parts of our body for centuries. Human touch can also be a powerful natural healing tool.

While training to become a Ki Energy Taoist master in the mountains of South Korea I was taught an ancient stress reduction method called Chunsoo {also known as Heavenly Hands}. Stress is a major factor in most mind-bodily health issues. Finding safe natural ways to reduce stress is an important tool

in your body maintenance strategy.

Exercise also can keep the body parts running but some exercises can be better than others as the body parts begin to age. New energy body maintenance healing tools have been created by the Spiritual Science Movement.

This movement was led by quantum physic scientists who now embrace knowledge known to healers in Asia and Africa for centuries; "everything is made of vibrating energy including the human body".

Nano technology products and zero-point energy tools like Tachyon products have joined ancient energy healing methods such as Chi, Ki, Reiki and Prana strategies as useful tools

for body maintenance. The key is to be proactive, not reactive with your body maintenance strategy.

The longevity of a car depends on the maintenance of the engine and the car's body. The longevity of your body depends on the maintenance of your mind and the working parts of your body.

I will continue this dialog next week with a focus on how Nanotechnology will soon revolutionize the health care industry.

If you would like to discuss ways to balance your mind, body and spirit call 917 821-7099 to schedule an appointment or send an email to onuwon@gmail.com

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HERBS ARE NATURE'S REMEDY

OPEN REGISTRATION - Our Next Cycle of our MASTER COURSE

By Zakiyyah

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

If you never imagined that you can actually heal your own health imbalances, or control your own stress triggers – YOU CAN! Join our upcoming herb course to participate in our interactive classes of blending herbs and essential oils, and creating crystal elixirs, to eliminate disease and restore vitality for your whole family.

With a focus on **HELPING THE BODY HEAL**

ITSELF, join us to gain diverse perspectives utilizing holistic modalities from different cultures, to heal disorders, and chronic pain. Acupuncture meridians are easily accessed with herbal/essential oil blends to correct blood and vascular disorders, lung weakness-es, and to resolve digestive issues.

You can make the decision to empower yourself by gaining the tools you need to change your own health narrative by stopping the cycles of poor health – utilizing reflexology points to stimulate energy for direct and immediate healing – and develop new

and powerful cycles of improved health and vitality for your whole family.

On Saturday, June 7th you can become part of our dynamic learning experience: to become the Holistic Healer in your family. Send an email to inquire about joining our next cycle, June 7th.

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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: [Answers to Crossword on page 17](http://www.herbsa-</p></div><div data-bbox=)

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GAMES

See answers on pages 20

CROSSWORD

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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:
FILL-IN-THE-BLANK

- ACROSS**
- 1. Little rascal
 - 6. Center of activity
 - 9. d'Ivoire lead-in
 - 13. Tree, in Latin
 - 14. *Common ____ or ____ of Good Feelings
 - 15. Supreme Teutonic god
 - 16. Large violin family member
 - 17. *Gravely ____ o r ____ at ease
 - 18. Speak up
 - 19. *Holiday ____ or ____ weather
 - 21. *Butter ____ or ____ tape
 - 23. Zeppelin lead-in
 - 24. *Batman's ____ or ____ Cod
 - 25. What, in Oaxaca
 - 28. Whimper
 - 30. Smells
 - 35. Defender of skies
 - 37. Like debatable point
 - 39. *Stem to ____ or ____

- ____ parent
- 40. *Ill at ____ or ____ up
- 41. Famous fabulist
- 43. Brain wave
- 44. Opposite of digest
- 46. "Will be," to Doris Day
- 47. *Kitchen ____ or ____ or swim
- 48. *Willie ____ or ____ Mandela
- 50. To, archaic
- 52. Had a meal
- 53. Voyeur's glance
- 55. Anger management issue
- 57. *Passenger ____ or ____ post
- 60. *Grammatically ____ or ____ answer
- 64. Past participle of bear
- 65. Go wrong
- 67. Empower
- 68. Assumed name
- 69. Barn sound
- 70. Fair attractions
- 71. Catch one's breath
- 72. Coniferous tree

- 73. Baker's raiser
- DOWN**
- 1. Bursas
 - 2. *Rowing ____ or ____ cut
 - 3. *Willing and ____ or ____-bodied
 - 4. Relating to mole
 - 5. Temporarily, Latin (2 words)
 - 6. *Rightful ____ or ____ apparent
 - 7. Dot-com address
 - 8. Craft wood
 - 9. Native Egyptian, in Roman times
 - 10. Related to ear
 - 11. Hyperbolic tangent
 - 12. Opposite of WSW
 - 15. Suitors
 - 20. Possible allergic reaction
 - 22. Tax person's designation, acr.
 - 24. Shut down (2 words)
 - 25. *Dancing ____ or ____ bee
 - 26. Cell phone bill item
 - 27. Art class support
 - 29. Things to lament

- 31. Singer-songwriter Redding
- 32. The press, e.g.
- 33. Are not
- 34. *Garter ____ or ____ eyes
- 36. Come clean, with up
- 38. *Tattered and ____ or ____ apart
- 42. Outdoor entertainment area
- 45. Pith helmets
- 49. Not paleo
- 51. Solar system model
- 54. Japan to U.S., in WW2
- 56. "Sesame Street" regular
- 57. *The North ____ or ____ dancer
- 58. Van Gogh's famous botanical subject
- 59. Flying biter
- 60. *Eat ____ or ____ to pick
- 61. Cocoyam
- 62. Prompt box comments
- 63. Multiple choice challenge
- 64. *Raise the ____ or ____

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"LOVE, RITA: An American Story of Sisterhood, Joy, Loss, and Legacy" By Bridgett M. Davis

Review by Terri Schlichenmeyer, Harlem News contributor

Take care. Do it because you want to stay well, upright, away from illness. Eat right, swallow your vitamins and hydrate, keep good habits and hygiene, and cross your fingers. Take care as much as you can because, as in the new book, "Love, Rita" by Bridgett M. Davis, your well-being is sometimes out of your hands.

It was a family story told often: when Bridgett Davis was born, her sister, Rita, then four years old, stormed up to her crying newborn sibling and said, 'Shut your... mouth!' Rita, says Davis, didn't want a little sister then. She already had two big sisters

and a neighbor who was somewhat of a "sister," and this baby was an irritation. As Davis grew, the feeling was mutual, although she always knew that Rita loved her. Over the years, the sisters tried many times not to fight – on their own and at the urging of their mother – and though division was ever present, it eased when Rita went to college. Davis was still in high school then, and she admired her big sister. She eagerly devoured frequent letters sent to her in the mail, signed, "Love, Rita." When Davis was in college herself, Rita was diagnosed with lupus, a disease of the immune system that often left her constantly

tired and sore. Davis was a bit unfazed, but sympathetic to Rita's suffering and also annoyed that the disease sometimes came between them. By that time, they needed one another more than ever. First, they lost their father. Drugs then invaded the family and addiction stole two siblings. A sister and a young nephew were murdered in a domestic violence incident. Their mother was devastated; Rita's lupus was an "added weight of her sorrow."

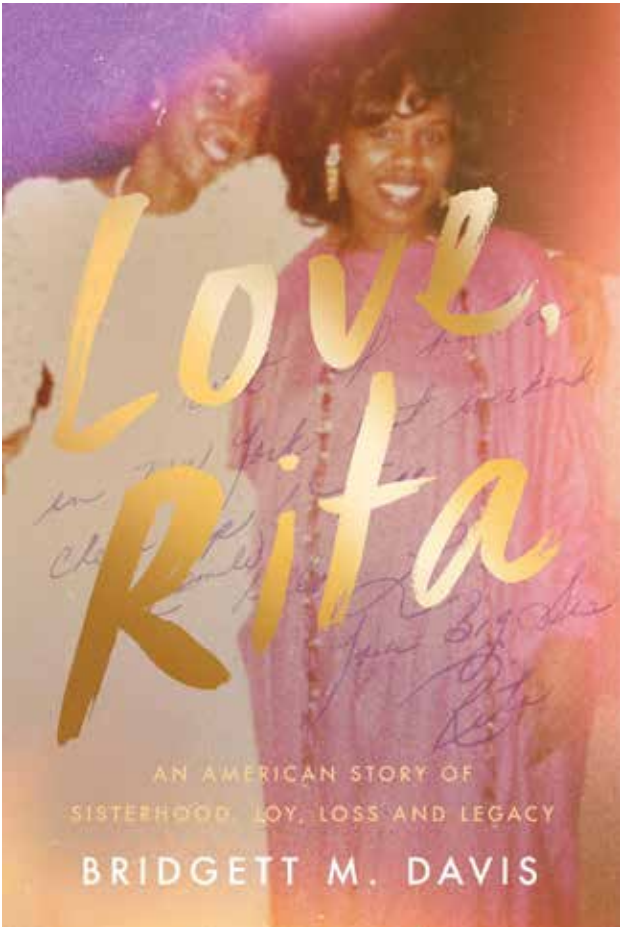
After their mother died of colon cancer, Rita's lupus took a turn for the worse. "Did she even stand a chance?" Davis wrote in her journal.

"It just didn't seem possible that she, someone so full of life, could die." Let's start here: once you get past the prologue in "Love, Rita," you may lose interest. *Maybe.*

Most of the stories that author Bridgett M. Davis shares are mildly interesting, nothing rare, mostly commonplace tales of growing up in the 1960s and '70s with a sibling. There are a lot of these kinds of stories and they tend to generally melt together. After about fifty pages of them, you might start to think about putting the book aside. But don't. Not quite yet. In between those everyday tales, Davis occasionally writes about being an ailing Black woman in America, the incorrect assumptions made by doctors, the history of medical treatment for Black people (women in particular), attitudes, and mythologies. Those passages are now-

and-then, interspersed, but worth scanning for. This book is perhaps best for anyone with the patience for a slow-paced memoir, or anyone who loves a Black woman who's ill or might be ill someday. If that's you and you can read between the lines, then "Love, Rita" is a book to take carefully.

"Love, Rita: An American Story of Sisterhood, Joy, Loss, and Legacy" by Bridgett M. Davis c.2025, Harper \$29.99 367 pages



Answers to Sudoku on page 19

SUDOKU ANSWERS

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

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