



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

COMMUNITY QUEENS NEWS

“Good News You Can Use”

Vol. 31 No. 19

May 8, 2025 - May 14, 2025

FREE

Happy Mother's Day



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at the Harlem Meer
Officially Unveiled
Following \$160 Million
Transformation**

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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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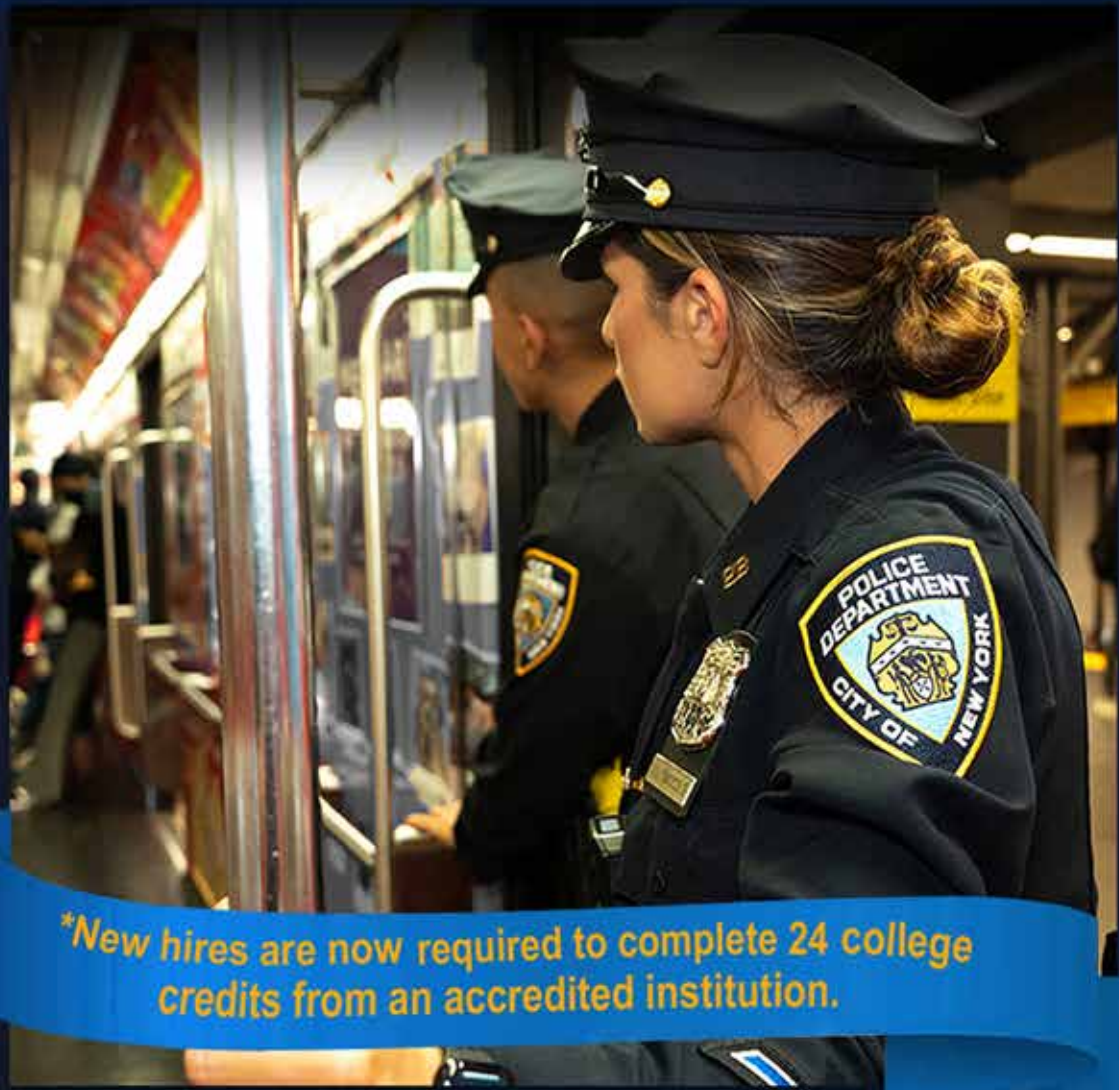
This Sunday we will celebrate Mother’s Day. My mother gave birth to 9 children. What I can say for sure about my mother is that she gave all of us “unconditional love.” I am her third child and first girl borne to my mother and first girl of my mother’s 7 siblings and also on my father’s side. Therefore I was very close to both my grandmothers and all my aunts by blood and aunts by marriage throughout my life. My father also blessed me with 2 stepmothers, who are still in my life in their 90’s. I was also close to my 7 great aunts. Yes indeed there were a lot of women in my life who offered just about every point of view about how to live life as you can imagine. Since I was the first girl, I was also the babysitter to my sisters and most of my 40 cousins so they treat me more like an aunt than a cousin. Most of my aunts and my grandmothers are in heaven. So I want to wish them all a “Heavenly Mother’s Day” and thank them for being part of my life. I also want to thank my mother for loving me unconditionally for 72 years and my stepmothers for being like a mother to me. To all the mothers out there. Happy Mother’s Day!!!!

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Pat Stevenson
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PONDER THIS! Too Many Eggs in One Basket



By Hazel Rosetta Smith

“Eggs are fragile,”
Those are words I first heard from my father when he permitted his four-year-old daughter to help with the meal he most enjoyed preparing for his wife and four children. Saturday morning breakfast always included a large platter of fluffy scrambled eggs.

I found his words of warning about the eggs to be true when I dropped the egg carton and witnessed the mess of twelve broken eggs.

Though our eggs were never stored in multiple baskets in the refrigerator, my father’s reaction was a learning lesson. Too many eggs in one basket are a vivid image of various life experiences. If you want to maximize the odds that at least some of the eggs would stay intact, we should handle them one at a time.

By focusing all your efforts on just one outcome, while ignoring all other possibilities, you risk losing everything. The proverb “don’t put all your eggs in one basket”

has been a part of the English language for centuries.

The phrase was used in 1615, by Miguel de Cervantes, for his character in the stage production of Don Quixote, “It is that part of a wise man to keep himself today for tomorrow and not venture all his eggs in one basket.”

The words speak clearly about **risk management**. They invite people to consider their life choices more carefully by keeping their options open so that they have multiple paths to success and survival.

Putting all your eggs into one basket means if you fail, the bottom falls out and you run the risk of losing every investment. So, forget having

just one basket – you need a thoughtful tub full of eggs, like ideas and a plan B.

The checking account at the bank may be a source of paying what comes due monthly, but what happens when that one account is overdrawn and not sufficient to cover unexpected expenses?

An egg in a nest, like a savings account, is a go-to option for that unexpected rainy day. A few dollars in a drawer could be the eggs that keep things going in the meantime, until your next payday.

The warning is against focusing all efforts on the hope that one venture or person is the singular way to success and calls us to consider ways to keep on keeping

on as the wind beneath our wing subsides like the ocean waves after a storm has passed.

It is not unusual to feel frustrated when we realize that we put our faith in friends who had other priorities or moved forward on a plan that had no other opportunity to manifest than the way we set it up. Think about every step you take! Have you put too many eggs in your one and only basket?

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

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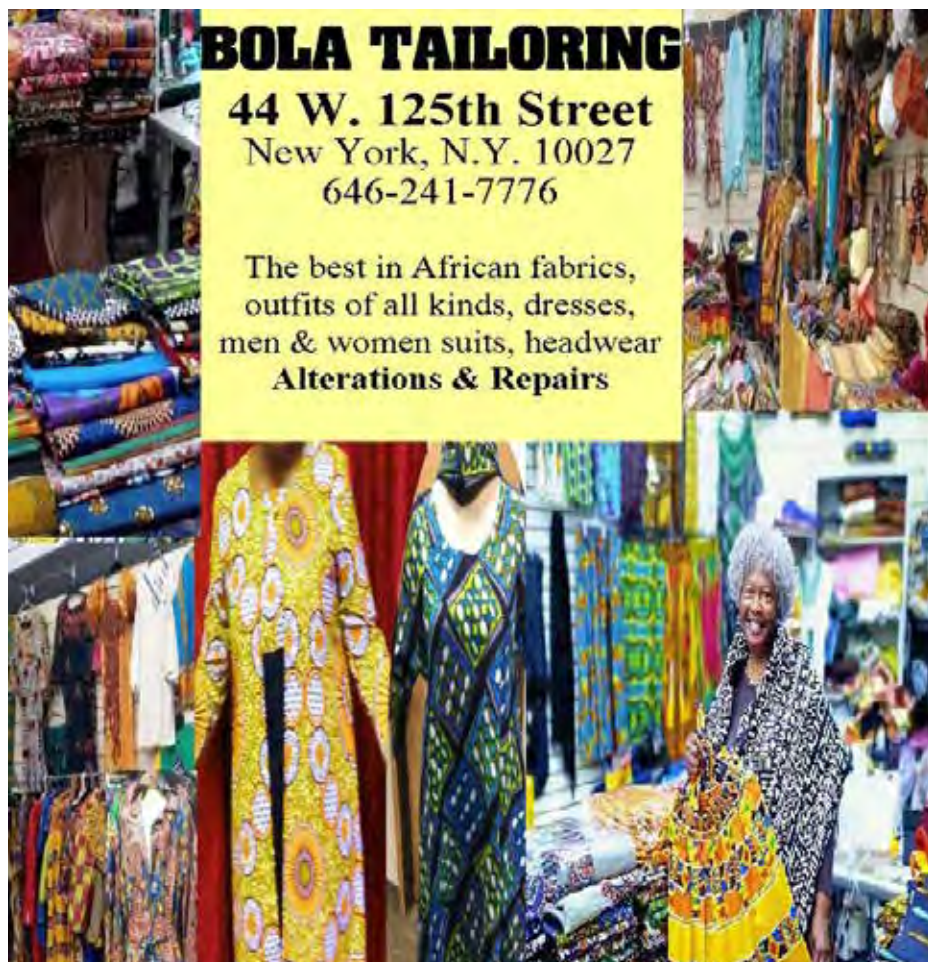
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Destroying Guns, Protecting Our City



By Mayor Eric Adams

The Adams administration has been committed to public safety from the start, and getting illegal guns off our streets and out of our lives is core to that mission. Since the day I took office, the NYPD has seized more than 21,400 illegal firearms — and last week, I was able to help send many of these confiscated weapons to their final destination — a wood chipper that destroyed these guns so they can never be used to cause harm again.

The Reworld facility in Westbury is where the NYPD sends evidence, including illegal firearms, to be disposed of after it is no longer needed in a case. Members of our administration and the NYPD gathered there last Thursday with violence interrupters, anti-gun

advocates, faith leaders, and the families of victims to help put these dangerous weapons into the gun chipper to be destroyed forever — ensuring they will never again endanger another child, terrify another New Yorker, or destroy another precious life. The destroyed guns will be turned into scrap metal, recycled, and sent to the School of Cooperative Technical Education, where students in the welding vocational program will finally make use of these products and create a memorial to honor victims of gun violence.

It was a bittersweet occasion. Each gun we destroy closes a door on a future act of violence — but also reminds us of the precious lives we have already lost — including the life of Excenia Mette, the beloved Harlem bodega owner and grandmother who was shot dead in a crossfire just last week.

Excenia's death is tragic reminder of how gun violence tears apart lives and entire communities. This is the issue that keeps me up at night — and gets me up every day as your mayor. We must get crim-

inals off our streets and illegal guns out of their hands. We must enforce our laws, prosecute wrongdoers, and fight recidivism. Every New Yorker must be safe and feel safe, confident that their city is looking out for them and their families, no matter where they live.

Over three years ago, we came into office determined to make this city safer. And each one of these guns we have confiscated is making good on that promise. Each gun we destroy saves lives, damming up one more river that leads to the sea of violence, and sending a message that these weapons have no place in our city or in our society.

I am proud to say that our administration has made significant strides in creating safer streets, safer subways, and a safer city for New York families. We have had five straight quarters of declining crime, and the first three months of this year saw the lowest number of shootings in recorded history. This is a direct result of our anti-gun efforts and major win for the NYPD and our city. Police Commissioner Jessica Tisch is already leading this

department into a new era of safety and success, along with Deputy Mayor Kaz Daughtry and the brave men and women of the NYPD, who run towards danger rather than away from it.

We can never forget the countless number of men and women who have placed their lives on the line to defend and protect the City of New York. Every day, our team is out there doing this dangerous work, interacting with violent and, far too often, armed recidivists who have made up their mind to wreak havoc on our city. As your mayor, I want every one of them to know how grateful this city is for their courage and dedication.

Because of our steadfast focus on eradicating gun violence, New York City continues to be the safest big city in America. But we will keep pressing for more — more officers, more safety, more results. This administration is all about going the distance, with long-term plans to ensure that New York City remains the greatest city on the globe and a safe place for our families, our children, and our grandmothers.



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Home Buying in Harlem Be Prepared to Buy Now



By Rev. Dr. Charles Butler

Can anyone afford to buy a home in Harlem? To be completely honest, I don't think so. Is Harlem becoming a community only for the rich and famous? Yes, by all appearances that is exactly what happened to our beloved community. The truth of homeownership in today's housing market is simple. Unless you were one of the fortunate individuals able to purchase while values were still low, you will now be facing major financial obstacles trying to complete the process.

For low to moderate income families, homeownership remains a struggle. The competition to purchase an affordable home in Harlem is outrageous! This is still a seller's market, there are far more first-time home seekers than available properties. This is one of the main factors caus-

ing property values are soaring through the roof! Interest rates, although steady, have increased. Prospective buyers are diligently searching for a solution to this problem and are getting very frustrated over their limited range of options.

However, now there is a glimmer of hope on the horizon as New York City's Department of Housing Preservation and Development (HPD) have just raise the income limits on the Home First Down Payment Assistance grant from 80% Area Median Income (AMI) to 120% AMI! This income increase will be a tremendous boost and incentive for low to moderate buyers who believed homeownership was out of their reach due to previously exceeding the income limit and not being eligible to participate in this grant program.

Now they will be eligible to apply for the grant assistance. A single individual earning up to \$130,000 will qualify. There are 6 eligibility requirements. You must meet all of them. (1) be a first-time buyer; (2) purchase in one of the five boroughs of New York City; (3) complete an HPD approved housing counseling workshop; (4) use

an authorized lender for your mortgage; (5) meet the household and income guidelines; and (6) the purchase price cannot exceed the maximum amount for that type of property.

You can purchase a 1-4 family home with this program. The maximum purchase prices will vary depending on the borough where you are purchasing. The property must be your primary residence for a minimum of 15 years. If you reside less than that required time period, you will have to repay back a portion of the grant to the city.

The application process for the grant comes at the end of the home buying process. To start the process, you must have a fully executed sales contract and a mortgage commitment letter. You must have the property inspected by a licensed New York City home inspector. The property must pass inspection.

Harlem Congregations for Community Improvement, Inc. (HCCI) offers a virtual monthly 4-part seminar series. 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

May 23 10am-3pm

NYPL’s Job Fair & Expo: Connect, Learn, Get Hired

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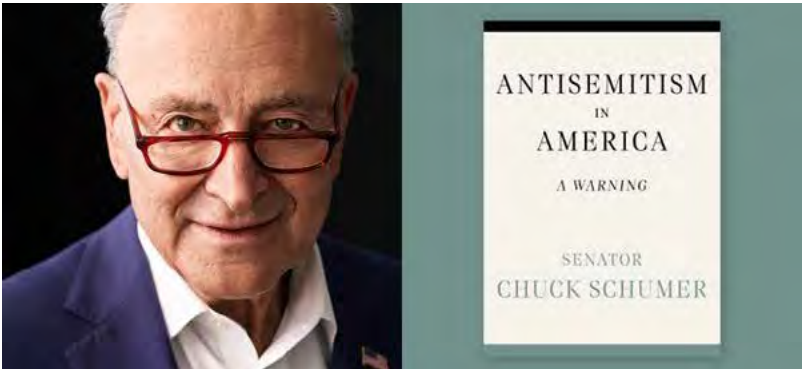
May 29 7pm-8pm

Senator Chuck Schumer: Antisemitism in America

The New York Public Library, Stephen A. Schwarzman Building, located at 42nd Street & 5th Avenue will present the Senate Minority Leader Senator Chuck Schumer who will shed light on the Jewish American experience and sounds the alarm about the troubling resurgence of antisemitism. Chuck Schumer’s new book, Antisemitism in America: A Warning, is an urgent and personal work of nonfiction that illuminates the prejudices, both hidden and overt, that have led to the chronic persecution of Jewish people. Drawing from Schumer’s own life, the book places antisemitism in a larger historical context, providing a deeper understanding of the causes behind the recent swell of antisemitic rhetoric and violence in the United States, and offering a call to action on the steps needed to combat rising hate. Pre-order your copy of Antisemitism in America: A Warning and get your free ticket. Go to nypl.org. To join the event in person | Doors will open 45 minutes before the program begins. Purchase a drink from the NYPL bar and a snack from Amy’s Bread while you mingle before the event. For LIVE from NYPL events, we generally overbook to ensure a full house. Please arrive early to avoid disappointment; we will do our best to accommodate everyone. Booked seats that have not been claimed will be released shortly before start time, and seats may become available then. A standby line will form 45 minutes before the program.



May 23 NYPL Job Fair & Expo at Stephen A. Schwarzman Building 42nd St



May 29 Senator Chuck Schumer on Antisemitism in America at Stephen A. Schwarzman Building 42nd Street



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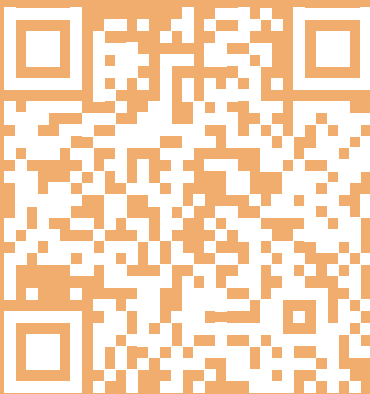
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Harlem Wellness Festival Returning to Marcus Garvey Park May 17th By Uptown Grand Central

A celebration of the strong network of minority- and women-owned gyms, studios and spas that Harlem has built over the past decade, Harlem Wellness Fest is a move and stretch party where you can get to know Harlem’s local fitness and wellness businesses. Plus, map out your wellness routine for spring and summer!

Meet the teachers and trainers who are expanding and energizing our community culture of fitness and self-care, including Harlem Cycle, Harlem Kettlebell Club, Harlem Yoga Studio, Harlem Wellness Center, Urban Yoga Foundation, Rokmil Fitness, Movement Harlem, Uptown Veg & The Juicery.

Save the date! Harlem Wellness Festival is returning to Marcus Garvey Park on Saturday, May 17.



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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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New Davis Center at the Harlem Meer Officially Unveiled Following \$160 Million Transformation

The Central Park Conservancy – the nonprofit organization and civic institution responsible for managing Central Park – officially cut the ribbon on the new Davis Center at the Harlem Meer, a transformative \$160 million project that reimagines one of the most historically significant corners of Central Park.

The ceremony brought together elected officials, community stakeholders and project leadership to celebrate the completion of the most ambitious capital project in the Conservancy’s history. The Davis Center opened to the public on April 26th, offering a new model for equitable, community-centered design and programming in one of the nation’s most iconic landmarks. The project stands as a testament to the Central Park Conservancy’s deep partnership with the City of New York, generous donors, and the local community. Of the \$160 million total, the City of New York contributed \$60 million, while the Conservancy raised \$100 million in private support and led the project’s design and construction.

Conceived as part of a larger re-envisioning of the site by the Central Park Conservancy’s landscape architecture team that builds on the recent restoration of the Ravine to the south, the Davis Center was designed by Susan T Rodriguez | Architecture • Design and Mitchell Giurgola Architects in collaboration with the Conservancy. The new facility fuses landscape and architecture to create a year-round, community-focused facility seamlessly integrated into the Park landscape. Built

into the site’s natural topography with a sweeping green roof and panoramic views of the Harlem Meer, the Davis Center features a light-filled gathering space and a seasonally transforming pool and rink in the context of restored natural landscapes, including a reconstituted stream course and wetland edge. Sustainably designed for LEED Gold certification, the project represents a once-in-a-generation investment in park restoration, ecological renewal, and community equity. Learn more about the design here and the design leadership here.

“The opening of the Davis Center in Central Park is a shining example of what makes New York City more livable and the best place to raise a family,” said New York City Mayor Eric Adams. “With a \$60 million investment from the city and \$100 million in private support, we’re creating spaces that bring communities together, support our families, and make our city stronger for generations to come.”

“Today is a joyful and deeply meaningful day for Central Park and for New York City. The opening of the Davis Center at the Harlem Meer is the result of years of listening, collaboration and bold belief in what this space could become. What once was a beloved but aging facility is now a beautiful, welcoming place that celebrates Central Park and welcomes New Yorkers to swim, skate, learn and connect – all year round,” said Betsy Smith, President and CEO of the Central Park Conservancy. “We are incredibly proud of what this project represents: a Central Park that continues to evolve to meet the needs of the communities that surround it,

and our commitment to ensuring every part of it serves the millions of visitors who enjoy it each year.”

Major philanthropic gifts include \$40 million from Kathryn and Andrew Davis, for whose family the facility is named; \$25 million from Thomas L. Kempner, Jr. and Kathryn C. Patterson, recognized through the naming of the Kempner Boardwalk; a significant contribution from David S. Gottesman and Ruth L. Gottesman, for whom the Gottesman Pool is named; and from The Carson Family Charitable Trust. The full donor sheet is here.

“The historic Harlem Meer is one of Central Park’s greatest gems, so I’m thrilled that the new Davis Center’s programming and facilities will offer endless ways for visitors to connect with the Meer. Between fitness activities, cultural events, and youth programs, the Davis Center has something for everyone, and I’m particularly thrilled that the center was designed with opportunities for the neighboring communities in mind,” said Manhattan Borough President Mark Levine. “I’m proud that my office contributed \$2.2 million to help construct the Davis Center and the stunning network of shoreline boardwalks that connect to it. Thank you to the Central Park Conservancy and countless supporters for this new year-round destination.”

“I’m thrilled to see the new Davis Center at Harlem Meer open this April, replacing the Lasker Rink with a vibrant, year-round hub for our community. As residents of the village of Harlem we can now enjoy programming that includes yoga, dance, and art workshops



to ice skating, hockey, and summer swimming. This facility will offer something for everyone,” said Council Member Yusef Salaam. “I’m especially excited for the family-friendly celebration on the Harlem Oval, showcasing local talent and inviting all New Yorkers the opportunity to explore this transformative space. The Davis Center will strengthen Harlem’s spirit and bring us together through diverse, accessible programming.”

“The opening of the Davis Center is a landmark moment for Central Park and the surrounding communities,” said Council Member Gale A. Brewer. “This extraordinary transformation honors the legacy of the Harlem Meer and delivers year-round access to recreation and programming. I’ve been proud to support this project from the beginning, and I’m thrilled to see it become a model for what community-focused public spaces can look like—a model that should be replicated whenever possible!”

The Davis Center will offer year-round, majority free and low-cost programming for all ages, operated by the Conservancy, NYC Parks, and other community non-profits. Programming is generously funded by lead donors JPMorganChase, Stavros Niarchos Foundation (SNF), Philip &

Alicia Hammarskjold, and Paula and Jeffrey Gural.

Programming highlights include:

- Spring & Fall (Harlem Oval): Yoga and meditation with Multitasking Yogi, dance classes with Go Hard Dance!, art workshops with Harlem School of the Arts, birding tours with NYC Bird Alliance, lawn games on the green, and school field days.

- Winter (Ice Rink): Community ice time, skating and hockey lessons for all ages, league play, and dedicated programming for local partners like Figure Skating in Harlem, the Central Park North Stars, and the American Special Hockey Association.

- Summer (Gottesman Pool): Operated by NYC Parks, community swim, free Learn to Swim lessons, and other aquatic programs will be offered from late June through early September.

- Ongoing: Guided tours and discovery walks of the Park’s northern landscapes and pilot educational programming for local schools focused on Central Park’s ecology and history.

The Conservancy’s work in the Park’s north end has been ongoing since its founding in the 1980s, with the restorations of the Harlem Meer, one of the first major projects, occurring in 1989. The Conservancy has

invested over \$310 million into the Park north of 97th Street over the past four decades – approximately one third of the Conservancy’s total investments into Central Park.

The Davis Center at the Harlem Meer was first announced in 2019 and construction began in 2021. From the earliest stages of this project, the Conservancy has taken a community-first approach from the start, building upon strong existing relationships with local leaders, community groups, and elected officials to ensure that the Davis Center reflects the community’s needs and contemporary uses. There has been extensive dialogue with the community at every step of the process.

The Central Park Conservancy is a private, not-for-profit organization that manages Central Park and is responsible for raising the Park’s annual operating budget. The Conservancy’s staff of 400 is responsible for all aspects of the Park’s stewardship, from day-to-day maintenance and operations to continued restoration and rebuilding projects. Additionally, the Conservancy operates the Park’s visitor centers, provides public programs, and serves as a resource for other NYC parks and for public-private partnerships around the world. For more information, please visit centralparknyc.org.

New Davis Center at the Harlem Meer Officially Unveiled Following \$160 Million Transformation cont'd



“I was a Greeter for many years in the 90’s, showing visitors Harlem. I am still friends with visitors from Australia and the UK, who I spent time with on a greet.”

-Tuesday P. Brooks

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Tuesday P. Brooks

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 had their opening day of the Davis Center at the Harlem Meer last month. There were free events for our community, celebrating a bold reconnection to na-

ture 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-space aims to promote health, relaxation, and community en-



Harlem-Meer

gagement. 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 memories. 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.

Hello Harlem! The great outdoors are calling. Another exciting week in The City Within a City unfolds as the weather warms. In an era where urban landscapes are constantly evolving, the intersection of community revitalization and human health has emerged as a vital focus area for the Harlem Tourism Board and local organizations alike. The revitalization of our communities not only



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NAACP Raises over \$340K for Black Child Targeted in Racist Verbal Attack

By Stacy M. Brown, Black Press USA Senior National Correspondent

Outrage has turned to action in Rochester after a white woman launched a racist verbal assault on a 5-year-old Black child at a public park—an incident that has sparked national condemnation, a surge of community support, and a flood of donations aimed at helping the young victim heal. The Rochester Branch of the NAACP said the incident, which occurred on April 30, was a deliberate and threatening act of racial hate—not a misunderstanding or isolated outburst. According to the organization, the child, who is also reportedly on the autism spectrum, was targeted with repeated racial slurs, including the n-word. The woman did not express remorse and doubled down when

confronted by a bystander. “This was not simply offensive behavior—it was an intentional racist, threatening, hateful, and verbal attack against a child, and it must be treated as such,” the Rochester Branch of the NAACP said in a statement. “Public parks should be safe, inclusive spaces for children and families—not sites of hate and trauma.”

A widely circulated video of the incident drew sharp backlash, as did the woman’s subsequent move to launch a fundraising campaign for herself. She identified herself as Shiloh Hendrix and claimed she needed financial help to relocate in the aftermath. In less than 24 hours, her campaign raised nearly \$150,000. As of this week, it has sur-

passed \$600,000, with many of her supporters openly defending her use of racial slurs and demonizing the child. In response, the Rochester Branch of the NAACP acted quickly, launching a GoFundMe campaign to support the young victim and his family. That campaign has since raised \$341,484 in just two days, thanks to an outpouring of sup Black Press USA Senior National Correspondent port from across the country and around the world. The NAACP has since closed the fundraiser at the family’s request. “From the beginning, this campaign was rooted in a powerful truth: no child should ever be dehumanized, and love must always be louder than hate,” the NAACP said. According to

the organization, 100% of the funds raised—minus standard platform fees—will be placed in a trust account solely managed by the child’s parents. “No member of the Rochester Branch of the NAACP has received—or will receive—funds from these donations,” the organization clarified.

The incident has drawn attention to a rising tide of hate and bigotry not only in Rochester but across the nation. Over the past year alone, the Rochester NAACP has documented a troubling number of racially motivated acts in the area, including racist slurs painted on a bridge near Century High School, a noose and effigy used to intimidate a Black family, and swastikas and racial epithets spray-paint-



ed on the home of a local representative. Islamophobic and antisemitic acts have also increased. “This is not an isolated incident,” the NAACP said. “It is part of a troubling and painful trend that continues to escalate across the country.” Community members seeking to do more are encouraged to support the NAACP’s ongoing work through the Rochester Branch’s Fighting Fund for

Freedom at <https://rochester-branchnaacp.betterworld.org/donate>.

“This is about more than one incident. It’s about who we are as a community and what we choose to stand for,” the Rochester Branch of the NAACP said. “Help us match the funds raised in defense of hate with an equal force of love, justice, and action.”

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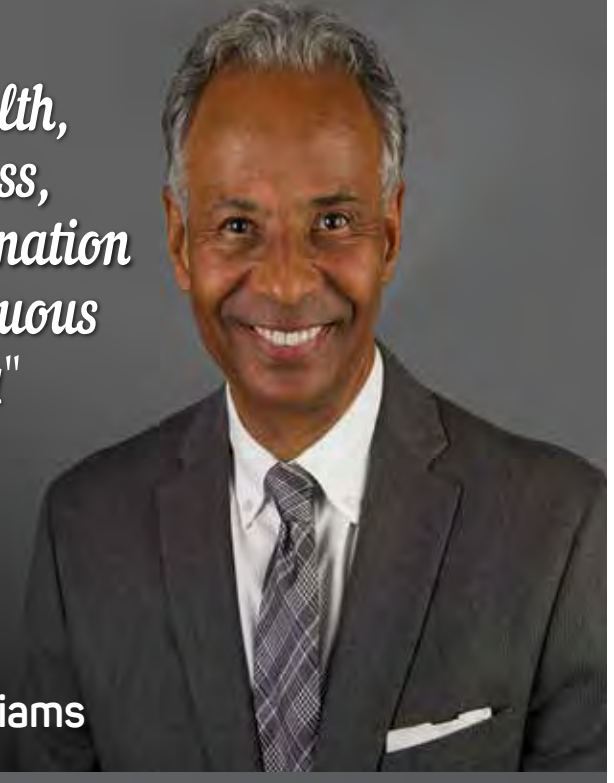
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Urbanology: Body Maintenance



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 physicist 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, 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 ____ or ____ 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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Books for Mother's Day by various Authours

Review by Terri Schlichenmeyer, Harlem News contributor

Breakfast in bed, or a nicely-colored picture?

If you're a mother, you'd probably gladly take both. Or flowers, maybe? Or how about settling for two hours of uninterrupted peace and quiet and one of these great books about motherhood and being someone's Mom...

Without a doubt, if you're somebody's mother, your experiences are not the same as any other Mom's in the world – but did you ever wonder how other mothers do it? In "Four Mothers" by Abigail Leonard (Algonquin Books of Chapel Hill, \$30), you'll read about how mothers in Japan, Kenya, Finland, and here in the U.S. care for their babies, survive, and

thrive. This is a fascinating first-year account of others' support systems, parental leave, social issues, personal thoughts, and uplifting stories.

Speaking of challenges, here's a tale of motherhood you don't often see: "Mainline Mama: A Memoir" by Keeonna Harris (Amistad, \$26.99) is the story of motherhood and prison walls. It's Harris' own story, of teen pregnancy, an incarcerated partner, and raising a child with input that comes with a physical wall between parents. In here, Harris also advocates strongly for help and compassion for mothers who are in her shoes, which is a must-read, if you know how essential community support is to being a Mom.

For the mother who's struggled to have a baby, "Held Together" by Rebecca N. Thompson, MD (HarperOne, \$29.99) will be golden.

After a series of medical issues caused the loss of her pregnancies, Thompson came to understand that being a doctor didn't insulate her from feeling lost and alone in her grief. This book is a result of those emotions; here, more than a dozen of her patients, friends, and colleagues weigh in on their pregnancies, their troubles, hope, loss, happiness, wishes fulfilled, life with toddlers, and their feelings about the first years of parenthood. The result is a book that seems like a long series of comfort and camaraderie from friends who've been there, which may be a much-needed balm to a new Mom.

And finally, ask any mother about her kids and be prepared for a long conversation. Or a book like "Through Mom's Eyes: Simple Wisdom from Mothers Who Raised Extraordinary Humans" from Today Show host Sheinelle Jones (Putnam, \$29).

Here, Jones asked the mothers of more than a dozen celebrities how they reared their famous kids, but this isn't just random, wide advice: she interviewed the mother of the Jonas Brothers on self-compassion. She talked to Padma Lakshmi's mother on paying attention to your child. She talked to Lin-Manuel Miranda's mother about nurturing a child's talents, and Tyra Banks' mom discusses setting your child up for the future. This is a fun book to read, great for star-watch-

ers, and informative, too.

If these books aren't quite what you want to read, if you need more instruction, or more topic-focused books, be sure to ask your favorite bookseller or librarian for help. They'll have all kinds of suggestions that are perfect for now, for Mother's Day, for table, sofa, or bedside.

Books for Adults
for Mother's Day
by various authors
c.2025,
various publishers
\$26.99 - \$30.00
various page counts



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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