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HARLEM NEWS
"Good News You Can Use"

Vol. 31 No. 23 June 5, 2025 - June 11, 2025 FREE

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

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PAT STEVENSON

Enjoy our "Blacks on Broadway" issue. We have been featuring Black actors on Broadway for almost 30 years. We hope you will support our Black actors on Broadway now being featured in more than 30 shows. You can also go to our website throughout the year for updates at www.harlemcommunitynews.com.

(see pages 10-21)

Condolences to the family and friends of Congressman Charles B. Rangel. Public activities and the funeral arrangements are stated on page 3.

June is "Black Music Month." Community Works and New Heritage Theatre Group is presenting Harlem is . . . Music ALIVE! on June 16th. (see page 25)

On June 19th we will celebrate Juneteenth. Our book reviewer is presenting a Juneteenth Alphabet book for children to help them learn about Juneteenth.

(see page 31)

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Pat Stevenson
Celebrating
31 Years Publishing

Honoring the Legacy of Congressman Charles H. Rangel

The family of retired Congressman Charles B. Rangel announces a series of activities to honor his remarkable life and legacy leading up to his funeral service at St. Patrick's Cathedral. Congressman Rangel, a steadfast champion for Harlem and the nation, as well as a distinguished figure in American politics, will be memorialized in the coming days, with opportunities for the public to pay their respects.

Public Activities:

June 9 & June 10, 12:00 PM – 8:00 PM

Congressman Rangel will lie in repose at St. Aloysius Church, 219 W 132nd St, New York, NY 10027. Members of the public, especially his beloved Harlem community, are invited to visit the Church to pay their respects.

June 11 & June 12

Congressman Rangel will lie in state at City Hall, offering the community and dignitaries a formal opportunity to honor his service and dedication to the nation.

June 13, 9:45 am

Funeral Service (Mass) St. Patrick's Cathedral, 5th Ave between 50th St. and 51st St., New York, NY 10022. This Mass is open to the public, celebrating the life of Congressman Rangel. Seating will be limited, but the public is welcome to join the family in remembering a leader who dedicated his life to service.

"It is fitting that my great friend and senior mentor, the Honorable Congressman Charles B. Rangel, who was awarded the historic U.S. Army "Purple Heart" for his Outstanding Leadership during The Korean War in the 1950's, would determine to transition on Memorial Day, May 25th. Rangel, who was known to thousands as the "Lion of Lenox Ave" was truly one of the most effective and productive member of the U.S. Congress over the past half century.

Rangel will be missed and remembered internationally in South Africa, the Caribbean Basin, Urban America, Washington D.C., New York, Korea, South & Latin America, and wherever people of color reside in the U.S. But most especially, he will be remembered for decades to come in his beloved home "The Village Of Harlem."

The Greater Harlem Chamber of Commerce in concert with Harlem Community News and others will celebrate "Our Congressman" this year during HARLEM WEEK On Sunday, August 17th. We will keep you informed."

-Lloyd Williams

CEO, The Greater Harlem Chamber of Commerce

"My condolences and prayers to the family of Congressman Charles Rangel. Thank you for sharing your father with us. He was a Lion, not just on Lenox Ave, but throughout the world. We especially thank him for establishing the Congressional Black Caucus, and personally for his support in my becoming US Ambassador at Large for International Religious Freedom, the Obama administration, and for the countless opportunities he gave young men and women interested in entering the foreign service, through his Rangel Fellowships, as well as for young students interested in working in the political arena, through his summer internship programs on Capitol Hill.

Rev. Dr. Ambassador Suzan Johnson Cook

"Harlem has lost the last of our fiercest warriors in the passing of our magnificent - the beloved "Lion of Lenox Avenue" Congressman Charles B. Rangel. When the strong dominant leader of the pride lion departs the savanna trembles, knowing that leadership is shifting and new and great strength must emerge. Likewise, Congressman Rangel's passing signals to us that we now stand entrusted to continue his legacy, protecting and nurturing the community he fiercely loved and fought for. As the first African-American Chair of the influential House Ways and Means Committee and a founding pillar of the Congressional Black Caucus, Charles Rangel opened doors long shut to communities of color, courageously fighting for equality, economic justice and human dignity throughout his more than 55 extraordinary years between Congress and the NYS Assembly. His shoes are enormous, his achievements monumental, and his legacy will echo through the corridors of power and the streets of Harlem for generations to come. To the Dickens family, Congressman Rangel was more than a legendary statesman - he was family, a confidant, and a cherished friend of more than 75 years where his phenomenal political career took seed with my father, the late Assemblyman Lloyd E. Dickens. We deeply mourn his passing but remain inspired to carry forward the roaring legacy of this mighty Lion. The Gang of Four are one again and forever united as one driven force. May that spirit of unity and forcefulness live on."

-Inez E. Dickens

Former Assembly Member, NY State

from pages of Harlem News..... Photos by Nadezda Tavodova Tezgor

PONDER THIS! The Throes of Schlepping Stuff

By Hazel Rosetta Smith

The act of schlepping refers to moving heavy objects, dragging, and hauling something. It can also imply that the action is conducted clumsily, lazily, or carelessly.

Needless to say, schlepping is difficult because it entails action to move something that necessitates a steady flow of committed energy. To understand the meaning of schlepping, we must first look at the word's definition in its original context.

The root Yiddish word 'shlepn' means 'to drag.' In German, 'schleppen' also means to drag, while the Danish word 'slæbe' means to haul. So, the root words in different languages point to movement of an object in some specific way and means.

Multiple adjustments have been made over time to ensure the best and convenient mechanics for schlepping your heavy loads when travelling and on daily errands. The best in roller luggage have been created with smooth, swirling wheels to schlepp garments in world travel. Whether you choose to use terms such as tote or carrier, they are forms of schlep bags.

There has been a significant evolution for us to enjoy using schlep bags today as elegant solutions for carrying the multitude of items we believe are necessary assets away from home. it is important to have a high-quality schlep bag.

There are many designs, prints, and sizes of schlep bags. To ensure that your schlep bag is of the highest quality, it is essential to choose a bag with a sturdy and durable bottom that can withstand the weight of diverse items. Additionally, the bag should have two strong handles for lifting.

I invite you to think of the human body as the most amazing schlep bag. Within the framework of the body, wonders prevail. We consume food stock and fill our stomachs with nutritious and nonacceptable stuff, believing they are needed to sustain our well-being. Lots of what we ingest is simply stash for schlepping around and we wonder why we feel bloated and overweight.

The mechanics of sorting, dissolving, storing, and hauling and dragging of stuff, heading for disposal day and night, is the ongoing activity of the human body.

We are carrying the load of physical schlepp bags on our shoulders and backs and too much fat is schlepping around inside filling every crevice and crack between the vital organs that struggle for workable space. No wonder there are manufactured weight reduction chemicals hitting the markets offering instant weight loss. The desire and the goal to be slim is great.

The mind is another form of a schlep bag that can carry items that we deem to be of importance, yet they ultimately boggle our thoughts with chatter of matters that are of little importance to our wholeness and well-being. Put down the bags that are weighing you down. The stuff that you have been schlepping around for far too long, must go. Become the person you can be, right now.

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

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A Safe and Fun Summer in the Greatest City in the World

By Mayor Eric Adams

Summer in the city has begun, and we want all New Yorkers to enjoy the season in the greatest city in the world. We have so much to offer in terms of activities and outdoor space. But we also want to make sure that everyone is safe wherever they are: in the sun, on the beach, on the streets, at home, or at work.

Our multi-agency summer safety plan is designed to keep you safe and improve quality life across the board. We are expanding beach and water patrols, preparing for heat waves and extreme weather events, expanding youth programming, protecting against fires, and stopping impaired driving.

And we are determined to keep New York the safest big city in America, even during the summer months — when crime rates often increase. We are boosting NYPD presence on the subways, on the water, and in the air, and we will be extra vigilant in removing impaired drivers from our streets. The NYPD's new Quality of Life Division is also ramping up enforcement related to noise complaints, illegal mopeds and ATVs, and other common summer concerns.

But public safety is more than just policing. We want to make sure our youth are having fun — and that our upstream solutions provide them with things to do this summer. We are expanding youth programs during summer evenings, particularly through the 'Saturday Night Lights' initiative. Now, 136 sports sites operate on both Saturdays and Sundays, including extended hours until 11:00 PM.

We have also kicked off the season at our public beaches. Lifeguards are on duty every day from 10:00 AM to 6:00 PM and swimming is prohibited when lifeguards are not on duty and in closed sections. Rip currents are always possible, and we urge everyone to respect the rules. We are also deploying aerial drone teams to monitor the water for shark activity.

As you know, summer is a time for heat waves and extreme heat is our city's deadliest weather-related hazard, with an average of more than 500 New Yorkers dying from heat-related causes each year. We urge New Yorkers to be aware and informed of the dangers of extreme heat. Locate a nearby cooling option before you need it, whether it is an air-conditioned space, such as the home of a friend or family member, a mall, museum, or an official New York City cooling center — like your local public library. There are also pet-friendly cooling centers in every borough, so please plan ahead to make sure everyone is safe.

Last summer, we saw how quickly dangerous wildfire smoke blanketed our city, even from fires thousands of miles away. Please sign up for Notify NYC, the city's free emergency notification system, which will keep you updated about weather and air-quality issues. Notify NYC is also the best way to prepare for other extreme weather events, including hurricanes, tropical storms, and heavy rainfall that can result in flash floods. You can also visit airnow.gov for up-to-date information on air quality in your area.

Fire safety is another important part of summer safety. Every year, barbeque grills cause thousands of fires, and many of these fires occur when a propane grill was used for the first time after winter storage. So, before you grill, do a pre-season safety check on your equipment. Remember, grills are banned on rooftops and in multi-unit buildings, and portable outdoor patio fireplaces, patio hearths, fire pits, and chimneys are strictly prohibited in New York City, as are all fireworks, which are a major safety hazard as well as a quality-of-life issue.

Overloaded electrical outlets are one of the major causes of residential fires. These occur when too many appliances are attached to the electrical system, so stay safe and use only the appliances you need.

And to prevent power outages that can happen during the hot summer months, conserve energy by setting air conditioning to 78°, closing blinds, avoiding large appliance use, and unplugging any electrical appliances not in use.

We know one of the best ways to stay cool is in the water, and our public pools will open starting June 27th. The New York City tradition of playing in a fire hydrant remains popular, but it MUST be done with an approved spray cap from your local firehouse. The improper opening of hydrants can waste 1,000 gallons of water per minute or more. Spray caps reduce hydrant output to a safe 25 gallons per minute while still providing relief from the heat. To obtain a spray cap, an adult, 18 years or older with proper identification, can go to their local firehouse and request one.

We know that these are a lot of warnings for one day, but we want to make sure New Yorkers can have a safe and enjoyable summer season in the greatest city in the world.

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Home Buying in Harlem Be Prepared to Buy Now

By Rev. Dr. Charles Butler

With home values in the Harlem community rising at such a rapid rate the question that remains in the hearts of every prospective first-time home buyer continues to be one of a reality check. Can anyone afford to purchase a home in Harlem? Are there any affordable properties available in Harlem? Is Harlem quickly becoming a community only for the rich and famous? What is going to become of those long time Harlem renters who are now discovering homeownership no longer an attainable goal?

Some people might say that Harlem is not strictly a minority community anymore. The statistical data will certainly bear out this fact. The truth of the matter is although Harlem was at one time a predominately minority community most of the residents did not own property. They were renting apartments and owning a home was only a remote dream.

For many years homeownership was considered an option only for the financially affluent members in the community. However, even those community members who were financially able to purchase their own homes found strong opposition through banks and government creating an insidious plan known as 'Red lining.' This was a conspiracy prohibiting minority families from purchasing homes in specifically targeted neighborhoods such as Harlem.

This egregious plan was implemented on a national level. It was designed to prevent minorities from creating intergenerational wealth through investing in property. In the early 1980's when the city was trying to give away the boarded-up brownstones, only a few people seemed interested in purchasing them. However, they still found challenges in securing mortgages. Unfortunately, that is when we should have come together as a community and purchased every vacant home in the neighborhood.

Just think about the investment opportunity that was missed. Of course, at that time the interest rates were about 15% and it would have been a challenge to identify a lender willing to extend mortgages in this community. But by working together as a community, we could overcome those obstacles. That remains our biggest obstacle today, working together as a cohesive community rather than independently. Now the prices have skyrocketed to a level that makes owning a home just about impossible to achieve. So, the question remains who can afford to buy in Harlem?

HCCI's Home Buyer Education Workshop can show you the steps involved and how to successfully navigate through an extremely complicated process. But you still need to accumulate an adequate amount of money for the down payment and closing costs. These are the biggest challenges confronting most prospective first-time buyers today. I'm not saying to give up on your dream of homeownership. No, you must continue your quest, but understand it will take more than a notion to buy anything today in Harlem.

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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–Naveen Kumar, *Variety*

Photo by Matthew Murphy

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CAST ALBUM AVAILABLE ON
SONY MUSIC ENTERTAINMENT

Black Excellence Is Beautiful on Broadway

By Linda Armstrong

There are 32 shows, the majority currently on Broadway and one other coming, that will feature the greatness which is the Black performer. Six-time Tony Award winner Audra McDonald is killing it every show as she superbly delivers the role of Rose in "Gypsy." Denzel Washington is stunning audiences as Othello. "Purpose" is a splendid play where Black is triumphant as it features a Black playwright, director and all-Black cast that will leave you speechless. As always Disney's "The Lion King" and "MJ" are a great source of employment for us, as well as "Gypsy". I am so thrilled every time I go to the theater and see our people letting their gorgeous creative lights shine.

"& Juliet" playing at the Stephen Sondheim Theatre asks what would happen next if Juliet didn't end it all over Romeo? She gets a second chance at life and love her way. It stars Maya Boyd (Juliet) and features Mackenzie Meadows (Lady Capulet/Nell); Khailah Johnson (Judith); Darien Daah Van Rensalier (Augustine); Jeannette Bayardelle (Angelique); and Michael Ivan Carrier (Thomas). As of June 10, Gianna Harris will take on the role of Juliet and on August 7, Cheryl Porter will be Angelique.

"Aladdin" playing at the New Amsterdam Theatre is Disney's movie story come to life and shares the story of Aladdin, a poor boy, falling in love with Princess Jasmine. The musical features Michael James Scott (the Genie); JC Montgomery (Sultan); and Dennis Stowe (Jafar).

"BOOP! The Musical" playing at the Broadhurst Theatre tells of a story about Betty's dream of an ordinary day off from the super-celebrity in her Black-and-white world, which leads her to an extraordinary adventure of color, music and finding love. Jasmine Amy Rogers stars as Betty Boop. The musical features Anastacia McCleskey (Carol Evans).

"The Book of Mormon" playing at the Eugene O'Neill Theatre, is a musical that deals with the Mormon faith. Derrick Williams (the General); Jacques C. Smith (Mafala Hatimbi), and Keziah John-Paul (Nabulungi).

"Buena Vista Social Club," playing at the Schoefeld Theatre is inspired by true events and shows you the heart of Cuba, telling the story of the legends who lived and created the musical sounds of Havana. The cast features Wesley Wray (Young Ibrahim); Isa Antonetti (Young Omara); Leonardo Reyna (Young Ruben); Da'Von T. Moody (Compay); Ashley De La Rosa (Young Haydee); Julio Monge (Young Compay); Mel Seme (Ibrahim); and Jainardo Batiste Sterling (Ruben).

"Cabaret at the Kit Kat Club" playing at the August Wilson Theatre tells the story of the Emcee and the toast of Mayfair "Sally Bowles" who work at the Cabaret. It features Calvin Leon Smith (Cliff Bradshaw); Jada Simone Clark (Helga); Julian Ramos (Bobby) and Kayla Jenerson (Rosie).

"Chicago," playing at the Ambassador Theatre, tells the delightful, sexy stories of the women of murderess row. It features Rema Webb as Matron "Mama" Morton and Jermaine R. Rembert as Martin Harrison.

"Death Becomes Her" playing at the Lunt Fontanne Theatre is a musical comedy based on the 1992 film of the same name, about two women who want to stay young and workout an unholy alliance to stay beautiful, so of course it backfires. It stars Michelle Williams (Viola Van Horn) and features Taureen Everett (Chagall).

"Floyd Collins" playing at the Vivian Beaumont Theater, tells the true story of Floyd Collins, a cave explorer in Kentucky in 1925, who got trapped in a cave 200 feet underground and the media circus that happened as rescue effort occurred. The production features Clyde Voce (Ed Bishop) and Kevyn Morrow (Dr. Hazlett/Ensemble) and Dwayne Cooper (Reporter/Ensemble).

"GlenGarry Glen Ross" playing at the Palace Theatre is a hilarious comedy about some real estate salesmen that are totally heartless and compete for how many people they can victimize. It features Donald Webber Jr. (John Williamson) and Howard W. Overshown (Baylen).

"The Great Gatsby" playing at The Broadway Theatre is an amazing musical telling of the classic novel by F. Scott Fitzgerald. As of June 16, it will star Aisha Jackson (Daisy Buchanan).

"Gypsy" playing at the Majestic Theatre tells the story of Gypsy Rose Lee and stars Audra McDonald (Rose). It features Joy Woods (Louise) and Jordan Tyson (June).

"Hadestown" playing at the Walter Kerr Theatre, tells the mythical story of Orpheus trying to overcome Hades and get back to his love. The cast is led by Daniel Breaker (Hermes); Phillip Boykin (Hades) and features Merle Dandridge (Persephone); and Marla Louissaint (Fate).

"Hamilton" playing at the Richard Rodgers Theatre, is a beloved musical that focuses on the life of Alexander Hamilton. The cast stars Trey Curtis (Alexander Hamilton), and features Stephanie Umoh (Angelica Schuyler); Morgan Anita Wood (Eliza Hamilton); Bryson Bruce (Marquis de Lafayette/Thomas Jefferson); and Tamar Greene (George Washington); Ebrin R. Stanley (Hercules Mulligan/James Madison); Cherry Torres (Peggy Schuyler) and Jared Dixon (Aaron Burr).

"Harry Potter and the Cursed Child" playing at the Lyric Theatre tells an engaging story of Harry Potter and other students at Hogwarts. It's a magical time at the theatre! It features Ayanna Nicole Thom-

Black Excellence is Beautiful on Broadway, cont'd....

as (Rose Granger-Weasley) and Rachel Christopher (Hermoine Granger).

"Hell's Kitchen" playing at the Shubert Theatre features Alicia Keys songs and is a loosely based autobiographical story on her life growing up in Hell's Kitchen. The musical stars Amanda Reid (Ali) and features Phillip Johnson Richardson (Knuck); Jackie Leon (Jessica); Vanessa Ferguson (Tiny); Rema Webb (Crystal); Chad Carstarphen (Ray); Lamont Walker II (Riq); and Jakeim Hart (Q).

"Just In Time" playing at Circle In The Square Theatre is about the life of singer Bobby Darin. It features Lance Roberts (Ahmet Kirshner).

"The Last Five Years" playing at the Hudson Theater, follows the story of two New Yorkers who fall in and out of love over a five-year period. It stars Adrienne Warren (Cathy Hiatt).

"The Lion King" playing at the Minskoff Theatre, is the beloved Disney musical that brings the movie version of the same name to glorious life with lifestyle puppets, a captivating storyline, powerful, meaningful songs, and it will help one to appreciate the circle of life. It stars L. Steven Taylor (Mufasa); Sidney Nicole Wilson (Sarabi); Vincent Jamal Hooper (Simba); Pearl Khwezi (Nala); Albert Rhodes Jr. (Young Simba); Juliana Martinez (Young Nala at certain performances) and Bonita Hamilton (Shenzi).

"MJ The Musical" playing at the Neil Simon Theatre, tells the story of Michael Jackson's life and features 25 of his biggest hits. Elijah Rhea Johnson plays the lead role of MJ. Tavon Olds-Sample (Michael); Apollo Levine (Rob/Joseph Jackson); Sasha Allen (Katherine Jackson); Christopher Sean Cooper Jr. and Emjay Roa alternate as Little Michael; Julius Raymond Weems IV (Little Marlon); Matthew Frederick Harris (Tito Jackson/Quincy Jones); Antoine L. Smith (Berry Gordy/Nick); Lloyd A. Boyd III (Randy Jackson); John Edwards (Jackie Jackson); Nick T. Daly (Jermaine Jackson); and Brion Marquis Watson (Marlon Jackson).

"Mamma Mia!" will begin performances on August 2 at the Winter Garden Theatre and will feature the marvelous music of ABBA. It will feature Jalynn Steele (Tanya).

"Moulin Rouge" is playing at the Al Hirschfeld Theatre. As Bohemians and Aristocrats mingle, this musical is a celebration of truth, beauty, freedom, and love. It features Jordan Fisher (Christian); Austin Durant (Harold Zidler); Andre Ward (Toulouse-Lautrec); Solea Pfeiffer (Satine); Rayven Bailey (Arabia) and Donnie Hammond (La Chocolat).

"Othello" playing at the Barrymore Theatre tells the William Shakespeare story of love and jealousy. The production stars Denzel Washington (Othello) and features Ezra Knight (Montano) and Kimber Elayne Sprawl (Emilia).

"The Outsiders" playing at the Jacobs Theatre is a musical that tells a story of the haves and the have nots, as the poor and rich kids battle. It stars Alex Joseph Grayson (Dallas Winston); and features Sky Lakota-Lynch (Johnny Cade); Tilly Evan-Krueger (Ace); and Renni Anthony Magee (Steve).

"Pirates! The Penzance Musical" playing at the Todd Haimes Theatre is an incredibly funny musical about some of the most hilarious pirates you would ever want to meet. It features Samantha Williams (Mable).

"Purpose" playing at the Helen Hayes Theater, tells the story of the Jasper family, a pillar of Black American politics: civil rights leaders, pastors, and congressman. But the family also has cracks and secrets. This production features LaTanya Richardson Jackson (Claudine Jasper); Harry Lennix (Solomon "Sonny" Jasper); Glenn Davis (Solomon "Junior" Jasper); Alana Arenas (Morgan Jasper); Jon Michael Hill (Nazareth "Naz" Jasper, and Kara Young (Aziza Houston).

"Real Women Have Curves" playing at the James Earl Jones Theatre tells a marvelous musical story of the struggles that a group of Latina women have as they work in a sewing company and try to survive in the United States though they are here illegally. It features Mason Reeves (Henry).

"Six" is playing at the Brooks Atkinson Theatre. A British pop musical, it goes into the lives of the six ex-wives of King Henry VIII. The cast features Najah Hetsberger (Catherine of Aragon) and Taylor Marie Daniel (Catherine Parr).

"SMASH" playing at the Imperial Theatre, is a roller-coaster ride on the making of a Marilyn Monroe musical called "Bombshell." It features Jacqueline B. Arnold (Anita).

"Stranger Things: The First Shadow" playing at the Marquis Theatre is based on the Netflix tv show, the story captivates on Broadway. The production features Gabrielle Nevaeh (Patty Newby) and Ayana Cymone (Sue Anderson).

"Sunset Blvd." playing at the St. James Theatre tells the story of Norma Desmond, a star of yesteryear trying to get back into pictures. The cast features Grace Hodgett Young (Betty Schaefer).

"Wicked" playing at the Gershwin Theatre tells the story of the wicked witch and Glinda in a way you have never heard before and will not soon forget. It stars Lencia Kebede (Elphaba), the first time a Black actress has done this role and Natasha Yvette Williams (Madame Morrible).

Broadway has so many delightful moments of Black excellence and our brightest lights shining, go and have your heart and soul warmed and enriched by our people performing their hearts out! I hope to see you at the theater, it truly means a lot to the Black thespians on that stage!

Blacks on Broadway 2025

& Juliet

Cheryl Porter

Darien Daah Van Rensalier

Gianna Harris

Jeannette Bayardelle

Khailah Johnson

Mackenzie Meadows

Maya Boyd

Michael Ivan Carrier

Aladdin

Albert Jennings

Anju Cloud

April Holloway

Caleb B. Barnett

Dennis Stowe

Jaz Sealey

JC Montgomery

Keely Beirne.

Book of Mormon

Marcus M. Martin

Michael Everett

Michael James Scott

Arica Jackson

Darius Nichols

Derrick Williams

Garfield Hammonds

Isaiah Tyrelle Boyd

Jacques C. Smith

Jamard Richardson

Jasmin Richardson

Jevares Myrick

John Eric Parker

Keziah John-Paul

Kristen Jeter

Leonard Sullivan

BOOP! The Musical

Racquel Williams.

Randy Aaron

Rosharra Francis.

Terrie Lynne

Anastacia McCleskey

Damani Van Rensalier

David Wright Jr

Derek Jordan Taylor

Buena Vista

Jasmine Amy Rogers

Lawrence Alexander

Lizzy Tucker

Morgan McGhee

Victoria Byrd

Andrew Montgomery Coleman

Angelica Beliard

Anthony Santo

Blacks on Broadway 2025

Buena Vista

Ashley De La Rosa

Da'Von T. Moody

Isa Antonetti

Jainardo Batista Sterling

Julio Monge

Leonardo Reyna's

Mel Seme

Sophia Ramos

Cabaret Kit Kat Club

Wesley Wray

Calvin Leon Smith

Christian Kidd

Deja McNair-Kyles

Jada Simone Clarke

Julian Ramos

Kayla Jenerson

Maya Bowles

Chicago

Paige Smallwood

Jermaine R. Rembert

Rema Webb

Sharon Moore

Tia Altinay

Death Becomes Her

Johanna Moise

Marija Abney

Michelle Williams

Sarita Colo

Sir Brock Warren

Ximone Rose

Floyd Collins

Clyde Voce

Dwayne Cooper

Justin Showell

Kevin Morrow

GlenGerry Glen Ross

Donald Webber

Howard W. Overshown

The Great Gatsby

Aisha Jackson

Curtis Holland

Kayla Pecchioni

Mariah Reeves

Nathaniel Hunt

Runako Campbell

Tracie Elaine Lee

GYPSY

Aliah James

Audra McDonald

Brandon Burks

Dori Waymer

Blacks on Broadway 2025

GYPSY

Ethan Joseph

Hunter Capellan

Jace Bently

Jacob Ming-Trent

Jayden Theophile

Jordan Tyson.

Jordan Wynn

Joy Woods

Ken Robinson

Krystal Mackie

Kyleigh Vickers

Marley Lianne Gomes

Mila Jaymes

Natalie Wachen.

Sasha Hutchings

Shanel Bailey

Summer Rae Daney

Thomas Silcott

Tryphena Wade

Hadestown

Alex Lugo

Brandon Cameron

Daniel Breaker

Marie Louissaint

Malcolm Armwood

Max Kumangai

Philip Boykin

Hamilton

Adam Ali-Perez

Bryson Bruce

Cherry Torres

Chloe Campbell

Desmond Nunn

Ebrin R Stanley

Jared Dixon

Jonathan Butler-Duplessis

Kamille Upshaw

Malik Shabazz Kitchen

Morgan Anita Wood.

Shonica Gooden

Stephanie Umoh

Tamar Greene

Trey Curtis

Willie Smith III

Harry Potter

Alexandra Peter

Ayanna Nicole Thomas

Chadd Alexander

Chance Marshaun

Eleasha Gamble

Blacks on Broadway 2025

Harry Potter

Gabrielle Reid

Gary-Kayi Fletcher

Janae Hammond

Jay Mack

Julius Williams

Khadija Tariyan.

Kira Player

Rachel Christopher

Hell's Kitchen

Amanda Reid

Benjamin H. Moore

Badia Farha

Chad Carstarphen

Eric Parra

Gabriel Hyman

Jackie Leon

Jakeim Hart

Lamont Walker II

Lindsey Jolyn Jackson

Miki Michelle

Onyxx Noel

Oscar Whitney Jr

Phillip Johnson Richardson

Reid Clarke

Takia Hopson

Vanessa Ferguson

William Roberson

Just In Time

Khori Petinaud

Lance Roberts

Last Five Years

Adrienne Warren

Lion King

Albert Rhodes Jr

Alia Kache

Amanda Kunene

Andrew Arrington

Antonia Raye

Bongi Duma

Bonita J. Hamilton

Cameron Amandus Jones

Christopher L. McKenzie

Daniel Harder

Dylan Santos

Gilbert Domally

Jacqueline Rene'

Jamaris Mitchell

James Vessell

Jaysin McCollum

Juliana Martinez

Kyle Lamar Mitchell

Blacks on Broadway 2025

Lion King

L. Steven Taylor

Lindiwe Dlamini.

Nteliseng Nkhela

Paige Fraser-Hoffman

Pearl Khwezi

Phylicia Pearl Mpasi

Ray Mercer

Shawn Alynda Fisher

Sidney Nicole Wilson

Tshidi-Manye

TyNia René Brandon

Vincent Jamal Hooper

Zaki A'Jani Marshall

MJ The Musical

Antoine L. Smith

Apollo Levine

Brett Gray
(photo missing)

Brett Gray

MJ The Musical

Brion Marquis Watson

Blu Allen

Chelsea Mitchell-Bonsu

Christopher Sean

Dasia Amos

Elijah Rhea Johnson

Emjay Roa

John Edwards

Joshua Kenneth Allen

Julius-Raymond Weems IV

Kyle DuPree

Lloyd A. Boyd III

Matte Martinez

Matthew Frederick Harris

Michael Andreaus

Michael Harmon

Nick T. Daly

Nyla Sostre

Oyoyo Joi

Sage Lee

Sarah Sigman

Sasha Allen

Tavon Olds-Sample

Tre Frazier

Tyrone Reese

Mamma Mia!

Adia Olanethia Be

George Vickers

Jalynn Steele

Jasmine Overbaugh

Nico DiPrimio

MOULIN ROUGE

Adea Michelle Sessoms

Andre Ward

Blacks on Broadway 2025

MOULIN ROUGE

Austin Durant

Bahiyah Hibah

Brooke Taylor

Donnie Hammond

Frank Viveros

Hailee Kaleem Wright

Janaye McAlpine

Jordan Fisher

Kamal Lado

Patrick Clanton

Rayven Bailey

Ricardo A. Zayas

Shaun-Avery Williams

Solea Pfeiffer

Tamrin Goldberg

OTHELLO

Abiola Obatolu

OTHELLO

Christina Sajous

Denzel Washington

Ezra Knight

Kimber Elayne Sprawl

Outsiders

Alex Joseph Grayson

Andre Malcolm

Aramie Payton

Cameron Burke

Jordan Chin

Renni Anthony Magee

Sky Lakota-Lynch

Tilly Evans-Krueger

Pirates!

Afra Hines

Cicily Daniels

Niani Feelings

Samantha Williams

Shina Ann Morris

Tatiana Lofton

Tyrone L. Robinson

Purpose

Alana Arenas

Esau Pritchett

Glenn Davis

Harry Lennix

Jon Michael Hill

Kara Young

LaTanya Richardson Jackson

Petronia Paley

Sojourner Brown

Real Women Have Curves

Ariana Burks

Quincy John Hampton

Mason Reeves

Omar Madden

Blacks on Broadway 2025

Six

Jana Larell Glover

Jenny Mollet

Najah Hetsberger

Taylor Marie Daniel

Smash

Daniel Gaymon

Deanna Cudjoe

Jacqueline B. Arnold

Ndaya Dream Hoskins

Stranger Things

Antoinette Comer

Ayana Cymone

Gabrielle Nevaeh

Malcolm Callender

Maya West

Robert T. Cunningham

Sean Mikesh

Ta'Rea Campbell

Sunset Blvd

Brandon LaVar

Brandon Mel Borkowsky

Cydney Clark

E. J. Hamilton

Grace Hodgett Young

Justice Moore

Olivia Lacie Andrews

Rashidra Scott

Wicked

Shayna McPherson

Shavey Brown

Cajai Kennedy

Dashi Mitchell

Matthew Deloch.

Michael Williams

Lencia Kebede

Natasha Yvette

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"Aladdin"
New Amsterdam Theatre
B'way & 42nd St.

"The Book of Mormon"
Eugene O'Neill Theatre
230 W 49th St.

"BOOP: The Musical"
Broadhurst Theatre
235 W 44th St.

"Buena Vista Social Club"
Schoenfeld Theatre
236 W 45th St.

"Cabaret At The Kit Kat Club"
August Wilson Theatre
245 W 52nd St.

"Chicago"
Ambassador Theatre
219 W 49th St.

"Death Becomes Her"
The Lunt Fontanne Theatre
205 W 46th Street

"Floyd Collins"
Vivian Beaumont Theater
150 W 65th Street

"GlenGarry Glen Ross"
Palace Theatre
160 W 47th St.

"The Great Gatsby"
The Broadway Theatre
53rd St. and Broadway

"Gypsy"
Majestic Theatre
245 W 44th Street

"Hadestown"
Walter Kerr Theatre
219 W 48th St.

"Hamilton"
Richard Rodgers Theatre
226 W 46th St.

"Harry Potter and the Cursed Child"
Lyric Theatre
214 W 43rd St.

"Hell's Kitchen"
Shubert Theatre
225 W 44th St.

"Just In Time"
Circle In The Square
235 W 50th St.

"The Last Five Years"
Hudson Theatre
141 W 44th St.

"The Lion King"
Minskoff Theatre
Broadway and 45th St.

"MJ The Musical"
Neil Simon Theatre
250 W 52nd St.

"Mamma Mia!"
The Winter Garden Theatre
1634 Broadway

"Moulin Rouge"
Al Hirschfeld Theatre
302 W 45th St.

"Othello"
Barrymore Theatre
243 W 47th St.

"The Outsiders"
Jacobs Theatre
242 W 45th St.

"Pirates! The Penzance Musical"
The Todd Haimes Theatre
227 W 42nd St.

"PURPOSE"
Helen Hayes Theatre
240 W 44th St.

"Real Women Have Curves"
James Earl Jones Theatre
138 W 48th St.

"Six"
Brooks Atkinson Theatre
256 W 47th St.

"SMASH"
Imperial Theatre
249 W 45th St.

"Stranger Things: The First Shadow"
Marquis Theatre
210 W 46th St.

"Sunset Blvd."
St. James Theatre
246 W 44th St.

"Wicked"
Gershwin Theatre
222 W 51st St.

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-Tuesday P. Brooks

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MEMORIES BEGIN AT DisneyOnBroadway.com

Older New Yorkers Gather for National Older Adult Health and Fitness Day Event

Movement is medicine, and for older New Yorkers, staying active took center stage at NYC Department for the Aging's (NYC Aging) National Older Adult Health and Fitness Day celebration at Foley Square. The event brought older adults together for a joyful day of movement, laughter, and community.

Nearly 1,000 older adults celebrated the importance of physical activity in supporting healthy aging. The event was part of NYC Aging's ongoing 50th anniversary celebration. As the agency continues its mission to implement programs and educate the public about the services available to help New Yorkers age in place, today's activities reminded participants that staying active is not only essential but also easier — and more fun — than many realize.

"It is vital that our older adults have every opportunity to stay healthy and active, but also, to have fun," said New York City Mayor Eric Adams. "Every year, we look forward to bringing out more of our older adults for 'National Older Adult Health and Fitness Day' as we move, dance, and laugh. We are laser-focused on delivering resources and supports to older New Yorkers as we work to ensure that they are able to live and thrive in New York City."

"This event is a celebration of movement, connection, and possibility," said NYC Aging Commissioner Lorraine Cortés-Vázquez. "Exercise is essential to aging well. Whether it's stretching, walking, or laughing with neighbors, every step supports independence and well-being. As we mark 50 years of service to older New Yorkers, we remain committed to providing opportunities for healthy aging in every neighborhood through our centers, programs, and partnerships."

After receiving red noses and pom poms, participants began with bend and stretch exercises designed to improve flexibility and mobility. These movements help expand range of motion for daily tasks, such as reaching overhead or turning to look both ways before crossing the street.

The event also featured a Laughter Yoga session, which combines breathing and movement techniques.

This approach has been shown to reduce stress, reduce social isolation, and boost overall mental and physical well-being.

"A healthy lifestyle should be accessible and enjoyable for everyone at any age," said Daniel Baker, MD, President of Northwell Lenox Hill Hospital. "We're honored to have joined New York City's Department for the Aging in empowering older adults through movement and community connection."

National Older Adult Health and Fitness Day is one of several events NYC Aging is hosting this year in celebration of five decades of service and advocacy on behalf of older New Yorkers. As part of the agency's mission to educate the public about aging issues and provide services to help New Yorkers age in place, today's celebration showed that staying active is not only important, but also fun.

MWBE Advocacy Day in Albany

On Wednesday, May 21, 2025, hundreds of Minority- and Women-Owned Business Enterprise (MWBE) leaders, legislators, industry experts, and stakeholders from across New York State convened in Albany for a powerful and inspiring 2025 MWBE Advocacy Day.

The annual event, co-hosted by Assemblymember Rodneyse Bichotte Hermelyn, Senator James Sanders, Jr., Assembly Majority Leader Crystal Peoples-Stokes, Assemblymembers Amanda Septimo, Clyde Vanel, Jenifer Rajkumar, Rebecca Seawright, Carrie Woerner, and Jodi Giglio aimed at expanding opportunity and equity for MWBEs, especially in State and City contracting, under the theme 'Beyond the Disparity.'

The event builds on historic, back-to-back record-breaking years of M/WBE spending and support in New York City - with over $6.4 billion contracts awarded in 2024. And New York State surpassed its 30% MWBE utilization goal for the fourth consecutive year, achieving a 32.21% rate, representing nearly $3 billion in contracts awarded.

Assemblymember Bichotte Hermelyn, who serves as Chair of the Assembly's Subcommittee on Oversight of MWBEs started the conference with a powerful call:

"We are no longer asking to be included—we are demanding fairness.

MWBEs are not looking for handouts, we are looking for a fair shot to compete and succeed. Advocacy Day is about showing up, speaking out, and moving from performative promises to transformative policy."

Senator James Sanders Jr. a leading voice for MWBE equity, stated:

"We've come a long way, but the gap still exists. We must continue to refine and enforce policies that empower minority and women-owned businesses. Equity is not a favor—it's a right."

MWBE Advocacy Day culminated with a powerful Resolution in the Assembly Chamber memorializing May 21 as MWBE Advocacy Day in New York State.

Throughout the day, MWBE owners met directly with lawmakers and agency leaders, sharing their stories and offering crucial feedback on how policies impact their businesses and communities.

Key agency leaders, including Michael Garner, New York City's first Chief Business Diversity Officer, and Jason Clark, Executive Director of Empire State Development also participated in the event.

Senator James Sanders, often referred to as the "father of the MWBE program," praised the collective strength of the movement, emphasizing the power of unity across state and city lines.

The event served as both a celebration of the MWBE community's growth and a rallying cry for continued advocacy and action.

Foundation for the Revival of Classical Culture

2025 MUSIC SCIENCE SUMMER PROGRAM

July 14th to August 1st, 2025. REGISTRATION CLOSES JUNE 15.

"HOW THE UNIVERSE SINGS"
DESIGN THOUGHT EXPERIMENTS USING MUSICAL IDEAS

Our Foundation Summer Program for 2025 focuses on "the principle of discovery." Students will be encouraged and prepared to investigate, and to determine for themselves, whether there is a connection between the thought processes underlying what are often separated as "science" and "art." An intensive three-week course of study will help the student re-live the thought-experiments of scientists like Johannes Kepler and composers like J. S. Bach. We seek to pose, and at least in part, to answer the question: Is the source of creativity in art and science the same, and can we understand it?

Dates: July 14 - August 1, 2025
Time: Monday-Friday: 9:30 AM - 3 PM
Age: Requirement: Grades 6-12 ages 12 and above)
Location: 1125 Grand Concourse, Bronx
Subway B, D, 4; Bus BX35, BX1, BX2, BXM4
Registration and Tuition: $300 due by June 15
Early Registration — $250 if paid by May 31
Scholarships: Available as needed.
For more information: (929)551-9171; www.ffrcc.org, email:
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QR Code --REGISTRATION FORM

June is Black Music Month: harlem is...Music ALIVE!

In honor of Black Music month, Community Works/New Heritage Theatre Group is presenting harlem is . . . Music ALIVE!, this once-in-a-lifetime community celebration of music in Harlem from its African roots to gospel to classical to jazz and hip hop and music now.

The Monday, June 16 performances at Harlem Hospital Center will feature 2024 Apollo Amateur Night winner Cruz Angel, the sounds of the New York African Chorus Ensemble, and actor/writer Daniel Carlton. Cruz sings about love and relationships. The African Chorus will present pieces from its Experience Africa work including an interactive call and response with the audience. Carlton will present excerpts from his verse play When Small Had It All, tracing 80 years of music in Harlem.

The event will honor two longtime music legacy-keepers, Joyce Adewumi, President and Founder of the African Chorus Ensemble and the NYC Multicultural Festival, and George Harrell, Founder of Harrell Community Outreach.

The free celebration will include a tour of the harlem is . . . Music, Theater & Dance exhibit on the second floor of the hospital and performances in the Mural Pavilion on the hospital's first floor, home to a harlem timeline as well as to historic WPA-era murals that depict Black workers.

To attend the free program, please register at https://forms.gle/DkDpYdCv6peRrQpCA.

About the honorees: Joyce Adewumi, Nigerian-born vocalist, dancer, choreographer and scholar, seeks to preserve African musical heritage and to foster cultural unity. The Harlem-based New York African Chorus Ensemble promotes African music across the city. The annual NYC Multicultural Festival this year runs from June 7-June 21. (Details at https://multiculturalfestival.nyc)

Music producer George Harrell,founding member of Uptown Records, founded Harrell Community Outreach to empower aspiring artists with the knowledge, skills, and connections to succeed in the arts and music industry. (Learn more at https://www.harrellcommunityoutreach.com/about

The harlem is. . . Music, Theater & Dance exhibit, a permanent installation at Harlem Hospital Center, 506 Lenox Ave. between 135th and 136 Streets, opened a year ago and offers free tours to students and community groups with images, videos and timelines about 100 years of cultural blossoming in Harlem. The harlem is . . . project also sponsors programming, including Saturdays@harlem, that build on the exhibition themes.

The free exhibit is open Tuesdays 10 am to 2 pm and Thursdays and Saturdays 12 pm to 4 pm. School and community groups may visit only by appointment by calling 917-757-2242 or emailing bh@communityworksnyc.org.

A program of Community Works/New Heritage Theater with funding from Harlem Community Development Corporation.

Answers for Parents of Children with Disabilities

By Maurine Samms-Vaughan

As a parent, what can I do to support my child with a disability? Why is it important to focus on a child's abilities?

Every child with a disability has strengths. These may be in doing artwork, in their personality, or in their motor skills. Every child has strength. It's more important for us to focus on what children can do, and their abilities, rather than their disability. We can use children's abilities to assist the areas that they have most challenges with right now.

How can I communicate with my child with a disability and how do I know when he/she wants to communicate with me?

Some children with disabilities will be able to speak with you. Others will not be able to speak. But they do communicate, even though they don't speak. For example, when a newborn baby comes into a family that baby communicates without speaking. You learn the baby's likes and dislikes by whether they smile, laugh, or whether they cry. The same occurs with children with disabilities who can't speak. They tell you what they like by smiling or laughing, and they tell you what they don't like by crying or making an upset face.

What can I do in my day-to-day to make sure I'm stimulating my child and his/her brain development?

Children are stimulated by everything in their environment: by the sounds, by the interactions, by your smile. So, if your child with a disability is around you, you should make sure that you spend time talking with them, explaining in simple language what it is you're doing, smiling with them, telling them all about their environment, making noises around them so they can respond to noises. Everything that you do, as you are moving about the house, as you are doing your housework, involve and include your child in it. Move your child into the room in which you are working. Tell them what you are doing: you are washing the dishes, you're dipping the dishes in the water. Tell them exactly what you are doing. All of that will stimulate them. You can also stimulate them by directly playing with them, by making little toys in the home, putting stones in a bottle and shaking it, by waving ribbons in front of their eyes, different colored ribbons. There are many things that you can do with just things around your house.

Can I breastfeed my child if he/she has a disability?

Breastfeeding is important for all children but is especially important for children with disabilities. Breastfeeding is important for children's growth, nutrition, and brain development. Many children with disabilities can breastfeed, but only a few are not able to breastfeed. And those who can't and can be fed expressed breastmilk, because breastmilk is the best.

Why are the early years of every child's life so critical?

The early years of every child, whether they have a disability or not, are critical because when we stimulate the brain during these early years we are ensuring that the brain develops to its full potential. We are making sure that children have the best development that they can have and this happens for children with disabilities and children without disabilities.

How do I play with my child with a disability?

Children with disabilities enjoy being played with just like any other child. They enjoy you reading to them, showing them pictures, tickling them, hugging them, cuddling them. They respond to you with laughter and smiles. If they don't like a particular play that you are doing, they will tell you. They will stop laughing, they'll stop smiling. Try something else. You will find something because you know them best.

If I don't have time to play or money to afford toys, what can I do?

If you don't have a lot of time to play with your child, there may be other family members in your home who will be able to play with your child with a disability. Brothers and sisters are great around children with disabilities. They stimulate them because they talk to them a lot and they play with them. They don't seem to be concerned about whether a sibling has a disability. They play with them just like anyone else.

What is your advice to parents who suspect that their child has a disability?

If you have a concern that your child has a disability, go to your nearest health provider and let them know your concerns. Some concerns may turn out not to be a problem at all, but some may, and your child may be identified as having a disability. It's just as important to provide children with disabilities with a loving environment. Children who are shown warmth and love grow up to be loving, warm people. A child with a disability who is shown warmth and love will grow up to be an adult who may have a disability, but who is a wonderful person to be around.

Maureen Samms-Vaughan is a Professor of Child Health, Child Development, and Behavior at the University of West Indies in Jamaica. She is an advocate for vulnerable children, particularly children with disabilities and those impacted by violence, and has published significant research in these areas.

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Urbanology: The Father of Medicine

By William A. Rogers

Hippocrates has long been considered the "Father of Medicine" the Hippocratic Oath is an ethical code that each new physician pledges to uphold, in tribute to the spirit of the founding father. Scientific research now shows that the origin of the recorded history of medicine can be dated over one thousand years before the birth of Hippocrates.

There are about eight major ancient medical papyri that show the scientific approach to medicine in ancient Egypt, the Edwin Smith papyrus for example entails details focused on surgery, a medical practice that early European religious political laws considered a crime.

The discovery of these ancient Egyptian texts written on papyrus gave details on medical knowledge in the areas such as surgery, dentistry, gynecological conditions and migraines. The first recorded founder of Egyptian medicine was Imhotep also known as the Prince of Peace.

Imhotep was not only considered the father of medicine he was an astrologer and chief Vizier to the Pharaoh. Imhotep was also the father of Egyptian architecture he built Egypt's first pyramid. The Djoser Step Pyramid in Saqqara Egypt still stands and is considered the world's first monumental stone.

An illustration taken from the Physician's Tomb which is also in Saqqara shows practitioners using the therapeutic benefits of foot and hand manipulation; (what we now call reflexology or chunsoo Ki treatments). This was more than 4000 years ago. Ann Gillanders has a picture of this illustration in her book "The Joy of Reflexology". The practitioners were dark skin with short wooly textured hair.

Imhotep used medicine from plants and herbs, practiced meditation, energy healing techniques, diagnosed and treated over 200 diseases, 2000 years before Hippocrates was born. The early Greek temples dedicated to Imhotep whom they called "Imouthes" were centers of medical teachings. History also tells us that the Third Dynasty and the court of Pharaoh Zoser were Nubian decedents from the Kingdom of Kush; this was the time of Imhotep a high priest and the advisor to the Pharoh.

The true father of medicine was a "Black Man" yet when we think of brilliant medical professionals many do not see a person of African descent although there are many. There is a strange and sad story about a leading African American surgeon who was rushed to a southern hospital's emergency room in the mid 50's due to a heart attack. When word that this famous doctor was in the hospital's emergency room, the operating room was set up with the hospital's best doctors ready to go.

Two attendants were sent to bring this famous doctor to the operating room; they found two patients, one a well-dressed Blackman and a white homeless drunk; guess who they brought up to the operating room. As we move into this current time of change it is important to understand many of the things we have been programed to believe about ourselves, and others are illusionary.

Holistic and natural wellness options like energy treatments and movement exercises are now becoming accepted options in many of today's medical communities yet the true father of medicine and inspiration to Hippocrates understood their benefits thousands of years ago.

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"It's Free"

Answers to Crossword on page 29

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

HERBS ARE NATURE'S REMEDY

Mullein - Helping the Body Heal the Lungs

By Zakiyyah

Mullein leaves have a long history of use in traditional herbal medicine, particularly for respiratory conditions. It also happens to be at the top of my list of favorite herbs. It is a very powerful expectorant, astringent, nervine and antispasmodic. Combined with pain reducing herbs (i.e., plantain), it can treat injuries where there is pain, swelling and inflammation.

The versatility of mullein, allows you to be able to use it in capsules, teas, tinctures and as a hot compress. You can even make a pot of hot tea, put a towel over your head, leaning over the steam and inhale the mist to relieve lung congestion. Combined with other expectorant herbs (i.e., yerba Santa, wild cherry bark, elecampane, Irish moss, horehound, marshmallow, and licorice), mullein will be more effective in treating colds, coughs, bronchitis, and lung congestion.

An oil made from mullein flowers makes a potent remedy for earaches (a few warm drops in the ears overnight, held in place with a cotton ball), or prepared as a tea for its nervine and antispasmodic properties. The root can be used to treat lung and lymphatic congestion.

QUESTIONS? If you have an area of concern about your health, or an herb or essential oil you would like to learn more about, send me an email and I'll cover it in upcoming articles (anonymously).

MAKE NATURE's MEDICINE YOUR OWN

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.

See answers on pages 28

CROSSWORD

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STATEPOINT CROSSWORD THEME: FATHER'S DAY

ACROSS

1. Home to Taj Mahal
5. Centum weight, acr.
8. Psychedelic drug, acr.
11. Elephant trainer's poker
12. *Ned Stark's youngest daughter
13. Draw out a conclusion
15. Parks of Civil Rights fame
16. Toothy wheel
17. Birth-related
18. *Pinocchio's father
20. Fortune-telling coffee remnant
21. Religious doctrine
22. D.C. mover and shaker
, abbr.
23. Assembled
26. Raidable hotel room amenity
30. Evergreen creeper
31. "Fasten" a shoe (2 words)
34. Nay, to a baby
35. Dryer accumulation, pl.
37. Expose to moisture
38. White heron
39. Sodium hydroxide
40. Same as battle-ax
42. UN labor grp.
43. Like localized disease
45. Crab's grabber
47. Catcher in the what?
48. Food-borne bacteria
50. Begone!
52. *"Fathers and Sons" author
55. Not expensive
56. Medicinal plant
57. Joie de vivre
59. Batu Khan's posse
60. *Fils' father
61. Chicken of the sea
62. *Tarzan's adoptive dad
63. Before, poetically
64. Big Bang's original matter

DOWN

1. Financing acronym
2. Hot rum drink
3. *Official flower of Father's Day
4. Adjusts
5. Minotaur's island
6. *Kurt Russell's son of "Thunderbolts" fame
7. Tropical tuber
8. Stringed instrument
9. Slang for heroin
10. Marina ____ Rey, CA
12. "To do" list
13. "____ ____ a high note"
14. *Fictional Mr. _____ who banished children's nanny to a doghouse
19. Banana refuse, pl.
22. Gladys Knight's band member
23. *Christopher Robin's father A.A . ____
24. Like certain flu
25. Church assembly
26. Speechless
27. Gabriel of Chile
28. Administer ceremonial oil
29. Chopper blade
32. Nile dweller, for short
33. Snake-like reef dweller
36. *Cormac McCarthy's post-apocalyptic father/son novel (2 words)
38. Expatriate
40. Dream in the sky
41. Climactic stage
44. Nearsited one
46. Degrees in right angle
48. Prolific Swiss mathematician
49. Ten million, in India
50. Mercantile

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

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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 31

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"The Juneteenth Alphabet"

By Andrea Underwood Petifer, Illustrated by Ana Latese

REVIEW by Terri Schlichenmeyer, Harlem News contributor

Your parents both hate being late.

It's never bad to be where you're supposed to be, you know: on time, ready, and eager for whatever's next. A party, your church service, lunch at Grandma's house, it's always best to arrive at the start with a smile. Being prompt is just good manners or, as you'll see in "The Juneteenth Alphabet" by Andrea Underwood Petifer, pictures by Ana Latese, it could become a much bigger matter.

After the Civil War ended in April of 1865, four million formerly enslaved people embraced the end of bondage, but enslaved people in Texas did not. They weren't informed of emancipation until much later, not until June 19, 1865. On that day, the Union Army arrived in Galveston, Texas, to spread the good news and there was a jubilee. That was the first Juneteenth.

There are A-B-Cs for that.

A is for album, a homemade book of memories and clippings so that kids in the future can understand their history. B is for Black and for Beautiful. C is for culture and celebration and community, three very important things to remember on Juneteenth, which began in America but is celebrated in many countries.

G is for Galveston, the city where the celebration was born. H is for healing, but also for HBCUs, or Historically Black Colleges and Universities. K is for secrets being kept, and for families that were kept apart during slavery. And L is for laws – the good ones that made Juneteenth possible; and the bad ones, like Jim Crow laws.

O is for Opal Lee, a real person who worked hard to make Juneteenth a national holiday; she is known as the "Grandmother of Juneteenth." R and S are both important parts of the celebration, **Red** for the food and drink that are traditional at Juneteenth celebrations, and **Sounds** and **Songs** that make the holiday great!

As an adult, you can probably think of many, many other representations for letters of the alphabet that are not inside "The Juneteenth Alphabet." Civil War, notification, enslavement, parade, your list may be long and what's here is often a stretch. As an adult, you may think that author Andrea Underwood Petifer missed a few points.

And that's okay because you're an adult and this book isn't for you.

Kids who love to celebrate Juneteenth will enjoy the narrative inside this book, and children who are just learning about the holiday will get a nice, rounded education for it here. Petifer's A-B-Cs include many sidebars meant to launch discussion with older kids, while Ana Latese's illustrations will keep younger children interested – and if you still notice omissions, there's room in both word and photo for parents to make additions. What fun!

This is a great book for kids ages three to five, and it gently leads six- and seven-year-olds to learn more on their own. If your family has Juneteenth plans this summer, you'll want "The Juneteenth Alphabet." Find it now, soon, or better late than never.

"The Juneteenth Alphabet"
by
Andrea Underwood Petifer,
illustrated by
Ana Latese
c.2025,
Duopress / Sourcebooks
$14.99
40 pages

SUDOKU ANSWERS

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

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