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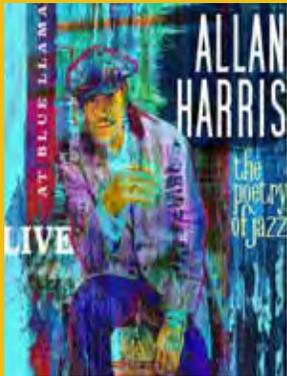
# COMMUNITY BRONX NEWS

"Good News You Can Use"

Vol. 31 No. 28

July 10, 2025 - July 16, 2025

FREE



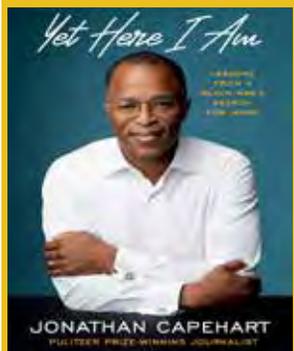
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### OUR MISSION STATEMENT

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

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

Free copies distributed in your community weekly

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**PAT STEVENSON**

New York City in the summer is a vibrant playground of culture, entertainment, and outdoor adventure. This is a great time to visit Central Park and the other parks in New York where you can experience concerts in the parks from Lincoln Center to Marcus Garvey Park in Harlem (see our events calendar). You can immerse yourself in global arts and heritage. Catch a show in the heart of the Theater District. Visit our website to see the more than 30 shows featuring Black actors. ([www.harlemcommunitynews.com](http://www.harlemcommunitynews.com)). Take one of the many boats sailing the Hudson, including the new Harlem Rocket that will be sailing from Harlem later this month. Become a tourist and visit the many tourist sites including the Empire State Building, Statue of Liberty and the many historical statues in Harlem.

In this issue we take a look at how the A”Big Beautiful” Bill may affect New Yorkers.

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Pat Stevenson  
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# ROOTS OF HARMONY

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# PONDER THIS! The Pool May Not be Cool for Everybody



By Hazel Rosetta Smith

New York City's free public pools are officially open for the summer. The Parks Department operates more than seventy-five outdoor pools across the five boroughs. In addition to public beaches, the city has a dozen indoor pools.

Pools will remain open through Labor Day, and

the larger ones will stay open until Sept. 7. The pools range in size, but the most popular ones are the 14 Olympic-sized pools located at Brooklyn: Betsy Head Pool, Kosciuszko Pool, McCarren Park Pool, Red Hook Pool and Sunset Park Pool; The Bronx: Crotona Pool and Van Cortlandt Pool; Manhattan: Hamilton Fish Pool, Highbridge Pool, Jackie Robinson Pool and Thomas Jefferson Pool; Queens: Astoria Pool; and Staten Island: Lyons Pool

The new Gottesman Pool, part of the recently opened Davis Center at the Harlem Meer, is an elongated oval pool measuring 285 by 120 feet, larger than an Olympic-size pool and among the largest public pools in

New York City. The size permits 1,000 occupants at any given time and will transform into an ice rink in the winter and a multi-use turf field in the spring and fall called the Harlem Oval, ensuring year-round use.

Going to the water is one of the fun adventures of the summer season. It is not my intention to dissuade anyone from enjoying the cool pleasure of going to the pool. I do, however, want to encourage all ages to pay close attention to what is in the water, especially those who have weak immune systems.

When you swim, you can come across nasty bacteria, viruses, and chemicals. While chlorine kills most of the germs in

places like pools, hot tubs, and splash fountains, it does not work instantly. Germs are consistently active. Numerous infections can occur from chlorine used to disinfect the pool mixing with things people bring into it, such as urine, sweat, and dead skin. Do not use the pool as a toilet, make a pit stop and shower before you jump in. Be determined to limit swallowing the water.

Play it safe in the water by following some general rules to protect yourself and the community. Wear a swim cap and do not swim with any kind of body wound. The slightest skin scrap that has not completely healed is in jeopardy of infection. This is especially dangerous for diabetics who might

have broken skin on their feet. The best advice is to purchase swim shoes. Most importantly, stay out of water that has a strong chemical odor, looks cloudy, or has a slime float.

The summer season zooms by swiftly. Step out and enjoy all the city has to offer. Swim a little, walk in the parks, step to the beat on the closed streets with fairs and outdoor concerts.

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

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## BRONX EVENTS

### BRONX EVENTS

**July 18, 7:00PM**

**Billy Joel & Rod Stewart At Yankee Stadium - Bronx, NY**

**July 25, 2025 @ 9:30 PM**

**Pregones PRTT and the Nuyorican Poets Café** are proud to present the Final Friday Slam at the historic Puerto Rican Traveling Theater. Competing poets for the Final Friday Slam consist of weekly Nuyorican Bowery Slam winners, one lottery-selected poet from the audience and curated competitors. The tournament-bracket-style slam will see participants exchange their poetry head to head until only one is left! Final Friday winners receive \$100 and an invitation to compete in the end-of-year Grand Slam for \$1,000 and a produced show at the Nuyorican Poets Cafe when it re-opens in 2026. The slam is immediately followed by the Twilight Hour Open Mic, where anyone in the audience can perform on this legendary stage. Tickets are \$35 online or at the door upon arrival. We look forward to having you join us for what is sure to be a legendary and magical evening!  
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**July 26, 1:00 – 3:00 PM**

**Family Day at Bronx Museum**

For All Ages, FREE! Drop-In. Everyone is welcome to join Bronx Museum Educators for art-making activities inspired by the interactive exhibition **WORKING KNOWLEDGE: Shared Imaginings, New Futures**. The Museum's Family Programs are designed to be fun for all ages while being accessible to young children and their caretakers. No RSVP is needed; just drop by the Museum to participate! Questions? Please email [education@bronxmuseum.org](mailto:education@bronxmuseum.org) \*Due to space limitations, we are unable to accommodate large parties (10 or more individuals arriving together as a group) for this program. If you are planning a visit for 10+ people, please visit our Group Tours page and complete the required forms.



Jul 25 Pregones Theater

## HARLEM COMMUNITY NEWSPAPERS



Jul 18 7:00pm Billy Joel & Rod Stewart at Yankee Stadium



Family Time at Bronx Museum



Aug 8 60 & Counting Salsa Concert at Lehman Center

# The Best Budget Ever Gets Even Better



Last week, our ‘Best Budget Ever’ got even better as our administration worked with the City Council to deliver a budget that prioritizes public safety, affordability, and improved quality of life — the things that matter most to New Yorkers. Our budget builds on the work we have done to protect \$1.4 billion in critical programs facing stimulus cliffs and makes real investments in the areas working-class families care about most.

This is not a budget that favors the few, but all New Yorkers. It launches universal after-school programming and, if successful, could put New York on the path to becoming the first major U.S. city to provide free universal childcare to low-income residents, invests in permanent funding for libraries and CUNY, hires more teachers, keeps us on the pathway to 35,000

uniformed police officers by the fall of 2026, and, for the first time ever, abolishes New York City personal income taxes for low-income New Yorkers thanks to our ‘Axe the Tax’ plan that will put \$63 million back in the pockets of 582,000 low-income New Yorkers and their families.

The decisions we made in this budget were guided by my own lived experience as a lifelong New Yorker. I was a New York City public-school student and a former NYPD officer. Fighting for the future of our city and the needs of our neighbors is second nature to me, and it is what our administration is doing every day.

To make the American Dream a reality for all New Yorkers, we must make our city more affordable for working-class families. For too long, families have struggled to afford the high costs of child care, resulting in many leaving the five boroughs. Working families deserve better. And with this budget we are delivering for them. On the heels of launching our “After-School for All” program, we are now looking to offer families more options with a groundbreaking \$10 million pilot program to provide free child care for children aged two and under

from low-income families. This program will help ease the affordability squeeze many families are feeling and get our kids the quality child care they need from the earliest ages.

And we are making transit more affordable for everyone in our city, too, because working-class New Yorkers shouldn’t have to spend their entire paycheck just to get to their jobs. With this budget we are increasing the ‘Fair Fares’ program so that New Yorkers whose income is up to 150 percent of the federal poverty level can afford to use our transit system.

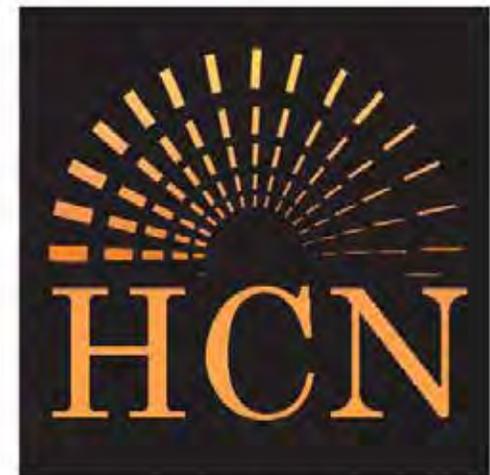
Our libraries are critical for children, families, and every New Yorker, and serve as the great equalizer by helping to level the playing field. With this budget, we are adding \$15 million in funding to support library operations across the three public library systems as well as an additional \$2 million to ensure seven-day-a-week service in 10 additional branches citywide. We are making sure that more libraries can keep their doors open every day and offer the services that New Yorkers rely on.

Our Fiscal Year 2026 Adopted Budget also looks out for the New Yorkers who need our help

the most and protects services that strengthen our communities. We are adding nearly \$2 million to provide critical financial assistance to LGBTQ+ organizations and providers that have been impacted by the federal government’s policies. This funding will support essential services such as housing assistance, health care access, legal support, and crisis intervention for LGBTQ+ individuals.

Our city, and our nation, was built by our immigrant brothers and sisters, but we know that, right now, many of them live in fear of being detained or deported, and that’s why our administration is using every legal means possible to keep them safe. In this budget, we are funding over \$55 million in immigration-related legal services for New Yorkers. With this funding, not only will we be spending more than we did last year, but we will also continue to spend more than any other American city to keep our immigrant neighbors safe.

Additionally, this budget backfills funding for the federal AmeriCorps service program that improves lives, strengthens communities, and fosters civic engagement through service and volunteering within our own city agencies.



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# Home Buying in Harlem Be Prepared to Buy Now



By Rev. Dr. Charles Butler

Sometimes the first step in a journey can be the most difficult to complete. It is the same way with the home buying process. Just getting started can be painful and frightening. Most people do not know where to begin. How to get started? What steps are involved? How long will it take? How much money will they need and so forth? Yes, the home buying process can be a daunting, complex, and confusing experience.

But this process does not have to be so difficult because help is available through Harlem Congregations for Community Improvement, Inc. Home Buyer Education Workshop. This workshop will assist you in understanding the steps in the home buying process. You will learn to prepare for homeownership by creating a monthly household budget for managing your money,

steps to improving your credit, and how to establish your home buying team to assist you through the process.

Once you start attending this workshop and gaining a better understanding of the entire home buying process, you will realize that it is not as difficult as you imagined. The housing counseling staff at HCCI will assist you every step of the way to remove your doubts and eliminate the stress associated with homeownership. Each step that you successfully complete in this process will help you gain more confidence in realizing that you can make it all the way to achieving your goal of homeownership.

One of the most satisfying conversations I had in a long time was with a young family recently completing the home buying workshop. They told me with a great deal of excitement on their faces that now they honestly believed owning their own home was a possibility. They did not feel that way when starting the process, but now after completing the workshop they can see the finish line in sight!

I thought what an outstanding testimony. Their fears were gone. The doubt

was gone and all that remained was finding affordable property. That will be quite a challenge but at least now they know becoming homeowners is possible. This young family now feels empowered through attending the home buyer workshop. They have the determination to complete what started as a dream several months ago. They have complete assurance in knowing homeownership is possible if you just believe in your God given abilities. You must remain positive.

Remember what the Apostle Paul told the church at Philippi, "I can do all things through Christ who strengthens me." Use the tools that God has provided for you to complete the undaunting task of homeownership. Go forward with the sincere determination, and the strong desire that you can achieve your goal of homeownership. It will not be an easy process, but it can be done.

*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 [cbutler@hcci.org](mailto:cbutler@hcci.org).*

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# HARLEM CALENDAR OF EVENTS

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 <i>Rome Neal - Playwright</i>	 <i>Tina Fabrique - Actress/Vocalist</i>

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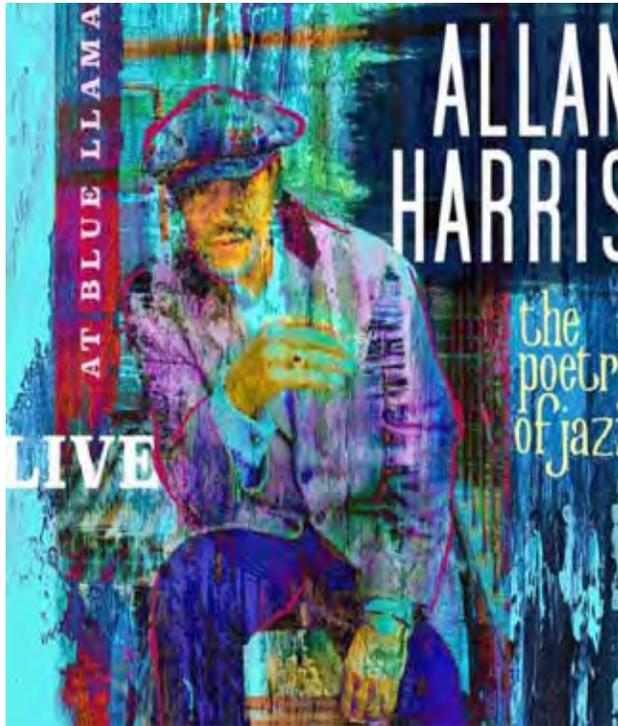
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## Jazzmobile Summerfest Featuring Allan Harris Friday July 11th

Jazz Singer and Blues Guitar player Allan Harris will perform at the Richard Rodgers Amphitheater in Marcus Garvey Park on July 11th at 7pm-8:30pm as part of Jazzmobile Summerfest. This is a Classical Theater of Harlem presentation.

Allan Harris, the Brooklyn-born, Harlem-based vocalist, guitarist, songwriter, and band leader, is a true luminary in the world of music. Revered by the Miami Herald as an artist graced with “the warmth of Tony Bennett, the bite and rhythmic sense of Sinatra, and the sly elegance of Nat ‘King’ Cole,” Allan Harris stands as an embodiment of moving and magisterial artistry. With a career spanning fourteen recordings as a leader, Allan Harris has captivated audiences worldwide with his exceptional talent and charismatic presence. He boasts an extensive list of accolades, including three-time recipient of the New York Nightlife Award for “Outstanding Jazz Vocalist,” a distinguished DownBeat “Rising Star Jazz Vocalist,” and a 3rd place winner of the prestigious 2022 “Sarah Vaughan International Vocal Competition.” Harris is also a two-time recipient of Hot House Jazz Magazine’s “Best Male Jazz Vocalist” award

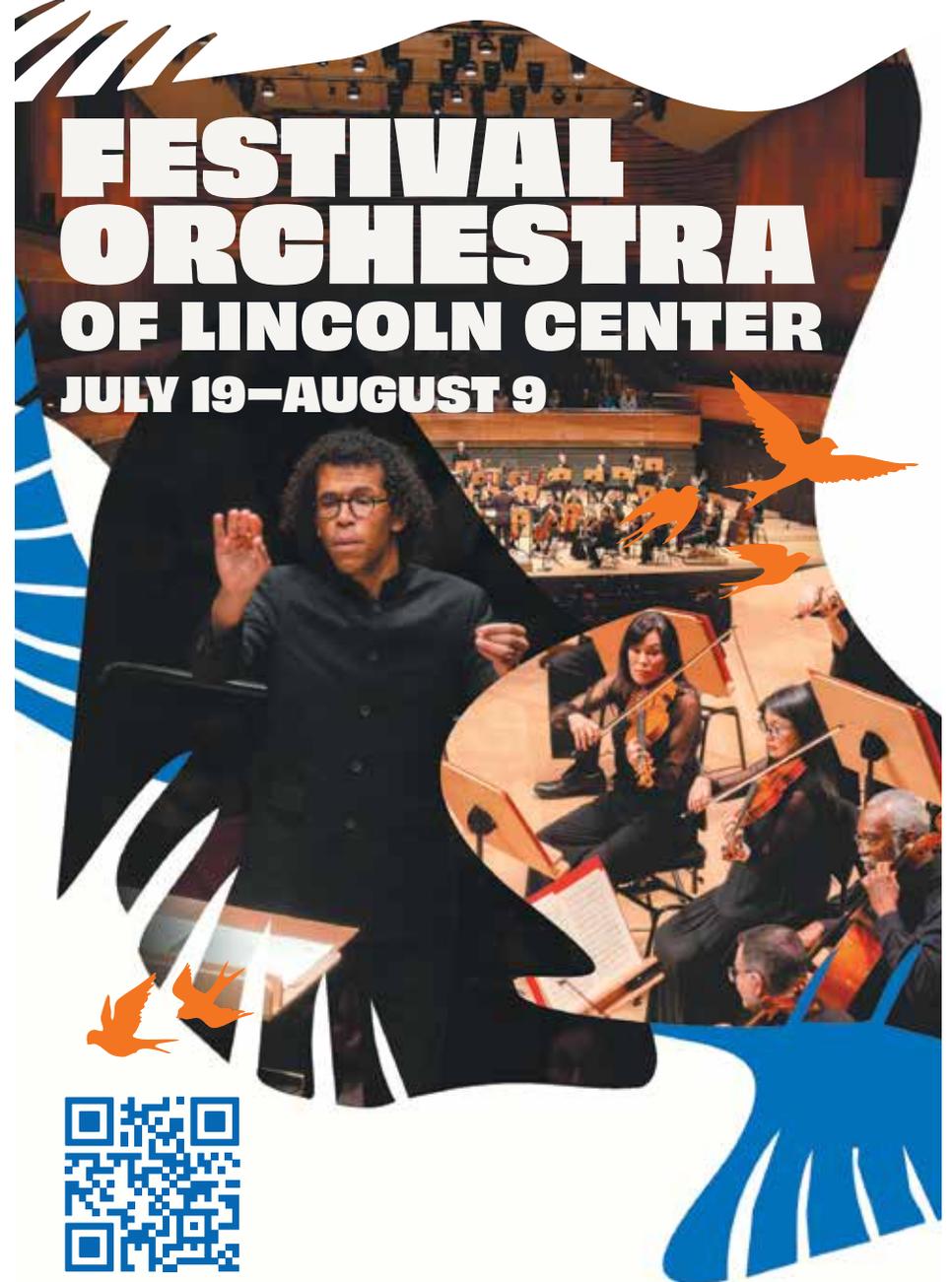


and has been honored with a Back Stage award for “Ongoing Achievement in Jazz.” His excellence extends internationally, earning him France’s Palmares Award top 3 Best Jazz Vocal Albums. His contributions as a natural entertainer have solidified his place as a mainstay in concert halls, theaters, jazz clubs, and festivals worldwide. The New York Times has aptly labeled him “a protean talent,” and he has earned acclaim from respected publications such as the Wall Street Journal, The Atlantic, Glide Magazine, Jazz Times, DownBeat, Vintage Guitar, and more. Allan Harris possesses a dynamic stage presence that has left an indelible mark on the jazz world. His vocal prowess, impeccable phrasing, and

profound emotional resonance make him one of the most esteemed vocalists in jazz today. He excels in authentic interpretations of the American Songbook, classic and contemporary jazz, popular standards, blues, and his original compositions. With a dedicated following of 14,000 on Facebook and over 400,000 views on YouTube, Allan Harris is in constant demand to delight audiences across the globe. He has shared the stage with luminaries such as Tony Bennett, Dionne Warwick, Diana Krall, Abbey Lincoln, Natalie Cole, and many others. Variety describes Harris as “a velvet-voiced jazz singer, with a savvy manner and music in his veins.”

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## How the “Big Beautiful Bill” Could Affect New Yorkers

It is important New Yorkers are aware of what is in the “Big Beautiful Bill” and how it may affect you in the future so that you can prepare. Also, it is important to note who voted for this bill to assist you with your voting decisions in the future.

President Donald Trump’s newly signed “Big Beautiful Bill Act” has sparked fierce debate across the country, but nowhere more than in New York, where the sweeping legislation is expected to have particularly harsh consequences. While the bill includes popular provisions like extended tax cuts and a higher cap on state and local tax (SALT) deductions, critics argue that its deep cuts to health-

care and food assistance programs will disproportionately harm millions of New Yorkers.

One of the bill’s most controversial provisions is the imposition of work requirements for Medicaid recipients. For the first time in the program’s 60-year history, non-disabled adults must now prove they work at least 80 hours per month to maintain coverage. This change could strip health insurance from up to 1.2 million New Yorkers, according to state estimates. Additionally, 224,000 people enrolled in the Essential Plan, a state-run program for low-income residents, may lose coverage due to new restrictions on non-citizens, including

asylum seekers.

The financial toll on the state is staggering. New York officials estimate the bill will cost the state and its health-care system \$13.5 billion annually in lost federal funding and added administrative burdens. Rural hospitals, many of which rely heavily on Medicaid reimbursements, are especially vulnerable. Eleven such facilities in New York are considered at high risk of closure.

The bill also overhauls the Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps. New eligibility rules will require recipients to work, study, or volunteer for at least 80 hours a month.

The age range for mandatory work compliance has been expanded, and states like New York will be required to contribute at least 5% of federal SNAP funding starting in 2028.

These changes could affect more than 2.9 million New Yorkers who rely on SNAP to feed their families. Food insecurity advocates warn that the new rules will disproportionately impact children, seniors, and working-class families already struggling with high living costs. “These cuts will take food away from children, seniors, and working New Yorkers,” said Jilly Stephens, CEO of City Harvest.

Beyond the direct

cuts, the bill introduces a slew of bureaucratic hurdles. Medicaid recipients must now reapply every six months instead of annually, and states must conduct more frequent eligibility checks. These requirements are expected to overwhelm already strained state agencies and increase the risk of eligible individuals losing coverage due to paperwork errors or missed deadlines.

The bill passed Congress by razor-thin margins, with every New York Republican voting in favor and every Democrat opposed. Governor Kathy Hochul condemned the legislation as “gambling with their constituents’ lives to pay for billionaire tax

breaks”. With the 2026 gubernatorial and congressional races looming, the fallout from the “Big Beautiful Bill” is likely to become a defining issue in New York politics.

In short, while the bill may offer tax relief to some, its broader impact threatens to unravel vital safety nets for millions of New Yorkers, making it anything but beautiful for those who depend on them.

Bottom line New Yorkers – You must vote. Pay attention to the politician promises and platform and vote for the ones who will fight for legislations important for your well being.

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# Cynthia Horner Honored with NYABJ President's Award

In a celebration held at the annual Juneteenth Gala on June 19, 2025, the New York Association of Black Journalists (NYABJ) presented its prestigious President's Award to veteran media executive and entertainment journalist Cynthia Horner. This accolade, reserved for individuals who have made notable contributions to Black journalism and the broader cultural landscape, follows Horner's decades-long influence in shaping celebrity journalism and fostering Black media power.

"I am deeply appreciative of the award which was given to me by Bonita Sostre, the current NYABJ President. As the Member at Large, I have tried to make an impact within our chapter and have assisted our fellow board members with our fundraising efforts. As a journalist for over four decades, it has been a pleasure to interact with so many professionals from the New York City area, and I am touched by the support that I have been given in the chapter. It is my greatest desire to continue touching the lives in our community through NYABJ and our media site,

Right On! Digital," said Cynthia.

Horner is a trailblazer: born in Anderson, Indiana, she moved to Southern California and by age 11 was already editing her school paper. Horner wrote for local newspapers in high school and earned early admission to Pepperdine University thanks to scholarships. Soon after college, she made history as the youngest-ever editor of the nationally syndicated Right On! magazine

Over the years, Horner interviewed numerous icons—Michael and Janet Jackson, Prince, Beyoncé, Mariah Carey, Queen Latifah, and many more. She served as Editorial Director at Right On! (now a co-owner), co authored the New York Times bestseller The Magic of Michael Jackson, and played a founding editorial role at Hip Hop Weekly magazine

As an entrepreneur, she founded her own media relations firm, Cinnamon CHIPS, and serves as Publisher for Right On! Digital, Right On! and Word Up! magazines. Horner has also taught journalism, coached students in public relations, and received honors such as

Journalist of the Year from the International Association of African American Music

At the same event, NYABJ also celebrated several distinguished figures:

Nate Burluson, CBS Mornings anchor, received an NYABJ Excellence Award alongside ABC News President Kim Godwin, and Still Processing podcasters Wesley Morris and Jenna Wortham, recognizing their contributions to Black storytelling

The gala also featured awards for journalistic excellence across categories, honoring outlets like CBS, NBC, ABC, Essence, The New York Times, and The Amsterdam News for impactful reporting on the Black and African diaspora communities.

Established in 1976, the New York Association of Black Journalists is the Greater New York chapter of the National Association of Black Journalists, the world's largest organization for journalists of color. Its mission includes advocacy for accurate coverage of Black communities, promotion of diversity in newsrooms, mentorship and scholarships for aspiring

journalists, and professional networking

A robust, member-driven group, NYABJ comprises more than 1,000 professionals—including journalists, producers, photographers, editors, and PR specialists—and actively hosts two events per month, supports high school journalism through its First Take program, and culminates each year with its Juneteenth Gala to honor media excellence.

Over the decades, NYABJ has nurtured talent, challenged media to better serve Black communities, and promoted Black voices in every media format. It continues preparing for its milestone 50th anniversary in 2026, a testament to its enduring impact.

Cynthia Horner's President's Award spotlighted a life of remarkable impact, amplifying Black stories through entertainment journalism, mentoring future generations, and strengthening representation in media. The gala equally celebrated many outstanding Black voices and reaffirmed NYABJ's crucial role in journalism, from grassroots advocacy to professional awards.



Cynthia Horner



Cynthia, Darrell T Hazelwood, Bonita



NYABJ Board



CBS News Team



ABC News team

# How to Borrow for College Without the Stress

(StatePoint)  
**A** student loan can be a valuable tool to help you earn your degree – and with the right plan, it doesn't have to be stressful.

“Smart borrowing starts with knowing the basics. The more you understand, the more confident you'll feel,” says Dan Kennedy, chief marketing officer, College Ave. “Our research finds that while a majority of students are focused on money management, they could use a little more information about how borrowing works.”

To help ensure your student loan helps pave the way for your future success, not a future headache, Kennedy recommends avoiding these common borrowing mistakes:

**Skippping federal stu-**

**dent loans:** Before taking out a private student loan, exhaust your other options first. Free money you don't have to pay back is always preferable to a loan, so look into scholarships. You should also fill out the Free Application for Federal Student Aid (FAFSA) to unlock federal student aid, including grants, scholarships and federal student loans. Getting your Federal Direct student loans from the government will often beat private loans in terms of interest rates and repayment options. Plus, if you go into a qualifying field, the government may even grant you student loan forgiveness.

**Borrowing too much:** Borrow only what you need to pay for schooling and basic living expenses. This will help eliminate the

temptation to use the money on items that are not an investment in your future. You should also avoid borrowing more than you can comfortably repay based on your expected future income. A College Ave March 2025 student survey found that 67% of those who expected to have student loan debt post-graduation didn't know or were unsure of how much their monthly payments would be. Before taking out a loan, use CollegeAve.com's student loan calculator to get a sense of its overall cost and monthly loan payments.

**Not shopping around:** If you do end up taking out a private student loan, it's important to pay attention to lenders' interest rates and repayment options. Unlike federal loans, which have fixed interest rates for all

borrowers, private student loan interest rates vary from lender to lender. And because your repayment plan can impact your monthly payment and overall cost, it's key to choose one that fits your budget. Whatever loan you do go with, understand its terms, so there are no surprises down the line.

**Not having a cosigner, if needed:** As a college student, you likely don't have an established credit history or sufficient income and may not get approved for a private loan on your own. Consider improving your chances of getting approved and securing a lower interest rate by adding a cosigner, like a parent, to your loan application.

**Not having a repayment strategy:** The College Ave survey found that 76% of students say that they confi-



dently pay their bills on time each month and 63% are working toward personal financial goals. Carry these healthy financial habits with you to the repayment stage of your loan. Having a plan for repayment can make a big difference down the road. Think about when you'll start making payments and how much you can afford each month. The more prepared you are, the

less stressful it'll be when it's time to pay it back.

College is a big investment, and having a smart approach to paying for it is essential. After applying for financial aid and scholarships, and maximizing your income and savings, do some groundwork to ensure that if you have to borrow, you are borrowing smart.



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## Are Your Financial Investments Good for the Planet?

(StatePoint)

**D**id you know that a thoughtful investment strategy can go beyond simply delivering big returns? Financial professionals say that with some careful consideration, it can also reflect your values.

To help you get started, CERTIFIED FINANCIAL PLANNER® professionals answer some commonly asked questions about how to align your finances with what matters most to you:

How can I be a responsible investor? Socially responsible investing (SRI) is a strategy that aligns your portfolio with your passions and involves seeking out investment opportuni-

ties with companies that follow environmental, social and governance (ESG) standards. For example:

- Does the company work to minimize its environmental impact?

- Does the company treat its employees and stakeholders fairly?

- Does it support social programs in its community?

- Does the company employ ethical governance and legal practices? Does it conduct impartial internal audits? Is its decision-making transparent and accountable?

How can I research ESG investments? First, determine your priorities, then do some research.

You can find information about ESG investments on websites such as GreenInvestor and Morningstar. For a list of socially responsible mutual funds, visit the US SIF website.

Following the news can help you identify which companies are making a positive impact. A CFP® professional can guide you in avoiding unethical companies, finding meaningful investment opportunities and ensuring that your strategy continues to move you toward your financial goals.

What does ESG investing look like? Beyond traditional stocks and bonds, SRI choices can include mutual funds

and exchange-traded funds (ETFs), alternative investments, such as peer-to-peer lending and farmland investments, community development financial investments that provide services in low-income areas, and micro-financing that supports startups worldwide, including in developing countries.

How else can I give back? In addition to socially responsible investing, your financial planning strategy can also include philanthropic giving. This might mean contributions to the charity of your choice, planned giving in your will or contributions to a donor-advised fund. Your CFP® professional can



help you structure these donations to maximize their impact while optimizing tax benefits.

To find a CFP® professional who will help you invest in the future you want to help create,

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# Sugar and Cream Cancel Coffee's Health Perks

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

Drinking coffee may help you live longer—but only if it's black. A new long-term study analyzing the coffee habits of more than 46,000 U.S. adults found that coffee drinkers had a lower risk of dying from any cause, but only when the coffee was consumed without significant amounts of added sugar or saturated fat. Researchers from Tufts University published the findings in the journal *Nutritional Epidemiology*, drawing on two decades of data from the National Health and Nutrition Examination Survey

(NHANES), which was linked to National Death Index records. The study tracked adults 20 years and older from 1999 to 2018 and examined not only how much coffee they drank but also what they put in it.

Participants who drank 1 to 3 cups of coffee per day saw up to a 17% lower risk of all-cause mortality compared to non-coffee drinkers. But those benefits disappeared for people who regularly added cream, sweeteners, or other high-fat, high-sugar ingredients to their coffee. Over the median 9 to 11-year follow-up period, researchers documented more than 7,000 deaths

among participants, including 1,176 from cancer and 1,089 from cardiovascular disease. When broken down further, the data showed that drinking black coffee or coffee with minimal sugar and saturated fat was associated with a 14% lower risk of death. "The health benefits of coffee might be attributable to its bioactive compounds, but our results suggest that the addition of sugar and saturated fat may reduce the mortality benefits," said Dr. Fang Fang Zhang, senior author of the study and a professor at Tufts University.

The study defined "low" sugar as less than 2.5 grams and "low"

saturated fat as less than 1 gram per 8-ounce cup. Most coffee drinkers in the study exceeded those thresholds. On average, each cup contained 3.24 grams of added sugar and 0.52 grams of saturated fat. Researchers employed Cox proportional hazards models to investigate the relationship between coffee consumption and mortality. The strongest associations were observed among those drinking between 1 to 3 cups of coffee daily, primarily when consumed black. The study's authors stated that the findings support previous research indicating that compounds naturally found in coffee,

such as polyphenols and chlorogenic acids, may offer antioxidant and anti-inflammatory benefits. However, they cautioned that these benefits may be negated by the addition of sugary syrups and high-fat creamers, which contribute empty calories and may increase health risks over time.

Also, a separate Harvard study tracking nearly 48,000 women over three decades found that those who drank at least one cup of coffee daily were more likely to reach age 70 in good health—free of major chronic diseases and cognitive decline—compared to non-coffee drinkers. Researchers



concluded that regular coffee consumption was associated with what they termed "healthy aging" in women. "Given how common coffee drinking is in the U.S., it's important for people to know that how they take their coffee can make a difference," Zhang said.

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-Tuesday P. Brooks

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## How Precise Diagnostic Tools Support Personalized Bladder Cancer Care

(StatePoint)

Every bladder cancer journey is different, and no single treatment or diagnostic path fits everyone. According to patients who have experienced bladder cancer, the best care for you will depend on your personal situation.

“After experiencing recurring bladder cancer, I learned that understanding my path forward meant looking beyond general statistics and seeking out more precise care based on my individual case,” says Michael F.

### A More Complete Picture

Because doctors often tailor treatment decisions, it’s best that the diagnostic procedures they use give them the most complete picture possible. One option your doctor may offer is Blue Light Cystoscopy (BLC), a diagnostic procedure

designed to help your urologic surgeon better visualize tumors in your bladder.

BLC involves placing a special imaging agent into the bladder at least one hour before the procedure. During the procedure, the surgeon will examine the bladder lining using regular white light, then switch on a special blue light. The imaging agent causes the tumors to glow bright pink in the special blue light. The enhanced visibility helps define the edges of visible tumors and reveals a certain type of flat, cancerous lesion that can otherwise be difficult to detect.

BLC is currently used during TURBT (transurethral resection of bladder tumor) procedures and can also be used during cystoscopies to monitor progress during surveillance visits. Your doctor might recommend BLC to provide a more detailed view

of your bladder and to help gather tissue samples that can provide information that aids in diagnosis and treatment planning. Having a better understanding of the characteristics of your bladder cancer can help your doctor determine or adjust your treatment plan, and choose an appropriate follow-up approach for you.

“Once my doctors began using blue light, it became a standard part of my cystoscopies, allowing them to identify areas of concern that had not been visible before,” says Michael F.

Michael F.’s recurring bladder cancer required multiple rounds of treatment, including immunotherapy, chemotherapy and eventually gene therapy. Over the course of his treatments, he underwent 10–11 cystoscopies — most of which utilized BLC to identify suspicious cells that were

otherwise undetectable. “With my robust form of cancer, the enhanced cystoscopies were able to reveal suspicious cells that turned out to be pre-cancerous. This helped my care team respond faster and more efficiently,” he says.

Asking About Your Options

Your urologist will consider many factors when recommending diagnostics, and not every tool is right for every bladder cancer case. When discussing your care with your urologic surgeon, here are a few questions you might ask:

1. “Would Blue Light Cystoscopy be helpful in my case?”
2. “What are the options for getting an enhanced view of my bladder?”
3. “How do you personalize care plans for someone with my diagnosis?”

Michael F. often reminds



others that statistics are general, not personal, and encourages speaking up when something doesn’t seem right. “Staying informed of your care options, as well as being honest, open and proactive with your care team throughout your bladder cancer journey can help you get precise, personalized care,” he says.

If you are interested in exploring BLC, speak with your urologist. For information

about locations that offer BLC, visit <https://rebrand.ly/BLClocations>.

Every cancer care path is unique

— and so are the tools that may be used along the way. BLC is one diagnostic option your urologic oncologist may use to help visualize your bladder more clearly, and provide timely, tailored treatment.

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# URBANOLOGY: The Art of War is Peace



By William A. Rogers

I was introduced to Sun Tzu's ancient Chinese classic *The Art of War* in 1968. I was in the United States Army stationed at Fort Hood Texas. At this time military intelligence was trying to find answers to explain how an army of farmers were about to defeat the mighty U.S. military forces in Viet Nam.

Ho Chi Minh's (founder

of the Democratic Republic of Viet Nam) famous answer was "we are defeating the mighty imperialist forces by using "*Sun Tzu's Art of War.*" That statement created a whole new generation of strategists that follow the teachings of Master Sun.

Over the years I have become a great admirer of the strategic concepts of this mysterious Taoist warrior-philosopher. The strategic concepts found in Sun Tzu's work have had a major influence not only in strategic military training but also in the national and international business communities as well.

I always recommend reading the *Art of War* translated by Thomas Cleary who explains Master Sun's teachings this

way "This ideal strategy whereby one could win without fighting accomplish the most by doing the least, bears the characteristic stamp of Taoism, the ancient tradition of knowledge that fostered both the healing arts and the martial arts in China."

In Cleary's introduction he captures the spirit of this classic book of strategy by writing about an ancient Taoist story where a lord of China asked his physician, a member of a family of healers, which of them was the most skilled in the art.

The physician whose reputation was such that his name became synonymous with medical science in China, replied, "My eldest brother sees the spirit of sickness and removes it before it takes shape, so his

name does not get out of the house.

"My elder brother cures sickness when it is still extremely minute, so his name does not get out of the neighborhood. As for me, I puncture veins, prescribe potions, and massage skin, so from time to time my name gets out and is heard among the lords."

This story follows Master Sun's concept of deep knowledge, according to the writings of Master Sun "Deep knowledge is to be aware of disturbance before disturbance, to be aware of danger before danger, to be aware of destruction before destruction, to be aware of calamity before calamity.

Strong action is training the body without being burdened by the body, exercising the mind without

being used by the mind, working in the world without being affected by the world, carrying out task without being obstructed by tasks."

Master Sun also writes that "With deep knowledge of principle, one can change disturbance into order, change danger into safety, change destruction into survival, change calamity into fortune. By strong action on the Way, one can bring the body to the realm of longevity, bring the mind to the sphere of mystery, bring the world to great peace, and bring tasks to great fulfillment".

The true Art of War is peace both externally and internal.

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By Zakiyyah

## HERBS ARE NATURE'S REMEDY

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In the endocrine system, it is used in diabetes management as it can help regulate blood sugar levels and

improve insulin sensitivity and associated weight loss

In the digestive tract, it reduces inflammation, fights diarrhea and protects the liver. Non-alcoholic fatty liver disease (NAFLD) is an umbrella term for a bunch of different liver issues caused by a build-up of fat in cases where this build-up is not due to alcohol, but may include a variety of factors, including diabetes, obesity, and high cholesterol. Taking Black Cumin Seed Oil can decrease the liver enzymes and fats that cause NAFLD.

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with COPD who are also using prescribed inhalers, as well as those suffering with bronchitis and lung infections.

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### Answers to Crossword on page 17

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# GAMES

See answers on pages 16

**CROSSWORD**

**THEME: FLOWERS**

**ACROSS**

1. Straw man's "victim"
5. Protestant denom.
8. Large edible mushroom
11. Mischievous Norse deity
12. \*Thumbelina emerges from a flower in a fairy \_\_\_\_
13. Brick and mortar destination
15. Garner wages
16. Guinness and such
17. \*Poison: "Every Rose Has Its \_\_\_\_"
18. \*\*"If you go to San \_\_\_\_, be sure to wear some flowers in your hair"
20. Electric one and moray one
21. Killer whales
22. p in mpg
23. Fatwa, alt. sp.
26. Spain's neighbor, across Strait of

**DOWN**

30. "Back To The Future" actress
31. Leaked, as in ship
34. Miso bean
35. Operatic solos
37. H+, e.g.
38. Is dressed in
39. Leave a Hancock
40. Cast-off skin
42. Egyptian boy king
43. Clearance, as under a bridge
45. Neglectful in duty
47. \*\*"Dandelion Wine" author \_\_\_\_ Bradbury
48. Dear one
50. Black cat, to some
52. \*\*"Build Me Up \_\_\_\_"
56. Adult
57. \_\_\_\_ bowl, frozen dish
58. Poetic "through"
59. Latin dance
60. "Buffalo \_\_\_\_, won't you come out tonight..."
61. Kids' building block
62. Altitude, abbreviated
63. Like a fox
64. Water carrier

**AMERICAN COUSIN**

28. \*2024 Grammy winner for "Flowers"
29. Hop-drying kilns
32. \*Lis in fleur-de-lis
33. \*\_\_\_\_ Goo Dolls of "Gutterflower" fame
36. \*\*"Flowers in the Attic" author V.C. \_\_\_\_
38. One of journalism's Ws
40. Declare
41. Costing nothing
44. Want to
46. \_\_\_\_ Beach, SC
48. Belonging to duke
49. Miuccia Prada's homeland
50. Like traditional storytelling
51. Lose skin
52. Tea servings
53. Tobacco
54. Strong desire
55. Standard's partner
56. Govt. property org.
62. Wagner or Powers in a TV classic
63. Chemist's office
65. Burmese neighbor

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Fill in the blank squares in the grid, making sure that every

See answers on pages 19

# HARLEM COMMUNITY NEWSPAPERS

## Statepoint Crossword

THEME: FLOWERS

### ACROSS

1. Straw man's "victim"
5. Protestant denom.
8. Large edible mushroom
11. Mischievous Norse deity
12. \*Thumbelina emerges from a flower in a fairy \_\_\_\_
13. Brick and mortar destination
15. Garner wages
16. Guinness and such
17. \*Poison: "Every Rose Has Its \_\_\_\_"
18. \*\*"If you go to San \_\_\_\_, be sure to wear some flowers in your hair"
20. Electric one and moray one
21. Killer whales
22. p in mpg
23. Fatwa, alt. sp.
26. Spain's neighbor, across Strait of

### Gibraltar

30. "Back To The Future" actress
31. Leaked, as in ship
34. Miso bean
35. Operatic solos
37. H+, e.g.
38. Is dressed in
39. Leave a Hancock
40. Cast-off skin
42. Egyptian boy king
43. Clearance, as under a bridge
45. Neglectful in duty
47. \*\*"Dandelion Wine" author \_\_\_\_ Bradbury
48. Dear one
50. Black cat, to some
52. \*\*"Build Me Up \_\_\_\_"
56. Adult
57. \_\_\_\_ bowl, frozen dish
58. Poetic "through"
59. Latin dance
60. "Buffalo \_\_\_\_, won't you come out tonight..."
61. Kids' building block
62. Altitude, abbreviated
63. Like a fox

### 64. Water carrier

- DOWN**
1. Staff symbol
  2. Zoo sound
  3. Gumbo pod
  4. Separate grain from chaff
  5. Model-building wood
  6. Smart ones?
  7. 100 centavos
  8. Refrigerate
  9. Commits a faux pas
  10. Mont Blanc, e.g.
  12. a.k.a. meditation in motion (2 words)
  13. Ranch grazer
  14. \*Bette Midler's 1981 Grammy winning song (2 words)
  19. Dungeness one and snow one
  22. \*Poppy's seed container
  23. Banned camera setting, in a museum
  24. Falcon's home
  25. Boreal forest, in Russia
  26. Ma tre d's list
  27. Raccoon's South

### American cousin

28. \*2024 Grammy winner for "Flowers"
29. Hop-drying kilns
32. \*Lis in fleur-de-lis
33. \*\_\_\_\_ Goo Dolls of "Gutterflower" fame
36. \*\*"Flowers in the Attic" author V.C. \_\_\_\_
38. One of journalism's Ws
40. Declare
41. Costing nothing
44. Want to
46. \_\_\_\_ Beach, SC
48. Belonging to duke
49. Miuccia Prada's homeland
50. Like traditional storytelling
51. Lose skin
52. Tea servings
53. Tobacco
54. Strong desire
55. Standard's partner
56. Govt. property org.
62. Wagner or Powers in a TV classic
63. Chemist's office
65. Burmese neighbor

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# "Yet Here I am: Lessons from a Black Man's Search for Home" By Jonathan Capehart

Review by Terri Schlichenmeyer, Harlem News contributor

One hand over the other. **T**hat's how you climbed to where you are now. One rung at a time, hand over hand until you reach the intended goal. Yes, sometimes you went backward before you ascended again or you had to move sideways past a barrier. And sometimes, as in the new memoir, "Yet Here I Am" by Jonathan Capehart, you got a hand up.

His mother refused to talk about it.

When little Jonathan Capehart inquired about his father, who died just months after Capehart was born, he was met with a look that told him not to ask again. He didn't learn the

truth until he was well out of childhood: his father had left Capehart's mother long before Capehart's birth, and though the man visited afterward, "he didn't stay long...."

The loss stung but things turned out well anyhow. Capehart had many father figures throughout his life, paternal relatives who kept him in the family loop, and his maternal grandpa who played a big part of Capehart's upbringing. Young Capehart spent his summers in Severn, North Carolina, playing, visiting, gathering lessons and wisdom from his mother's parents and aunts. In Severn, extended family was everywhere, and it's where many of

Capehart's best childhood memories spring.

He also has many cherished memories of his mother, and books. He was always a reader, and schoolmates recognized it. They also "knew I was a little 'funny,'" he muses because, at ten years old, he knew he was gay. His mother had had to teach him the hard truths in "how to be Black in white spaces" but college friends gave him safety for "self-discovery."

Also at the tender age of ten, Capehart became fascinated with electronic media, and decided that he wanted to work at NBC, later interning at the Today show for two summers. At nineteen, he met a mentor who demanded excellence, and who shaped Capehart's career.

Twelve years later, that same mentor offered Capehart his own MSNBC show...

As memoirs go, "Yet Here I Am" is a solid okay.

It's not earth-shattering, nor is it wildly fascinating. It's not exciting or heart-wrenching or even all that emotional, but it's not terrible, either. Overall, it's smack-center, a "5" on a one-to-ten scale, and there we are.

Moving from his middle-class childhood in which he vaguely understood the racism present in his mother's hometown, to a wildly successful career in media and the mentors who helped him get where he is, author Jonathan Capehart shares his story with a casual tone that's calm and matter-of-fact. Readers get a nice look at the workings

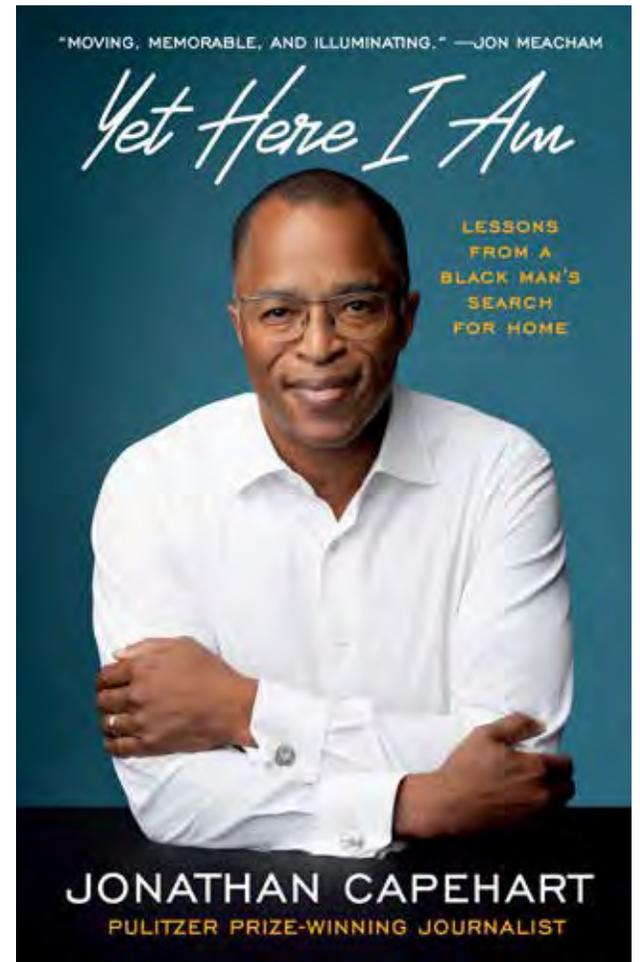
of journalism and what it's like to win a Pulitzer Prize, but if you're expecting the kind of excitement you want in a deadline-racing newsroom, it's not here; instead, Capehart writes in a decidedly unruffled manner that's really pretty tame.

Still, Capehart fans will absolutely want to read this memoir for its thoughtfulness and its satisfactory ending. Not a fan? Then "Yet Here I Am" could be a long climb.

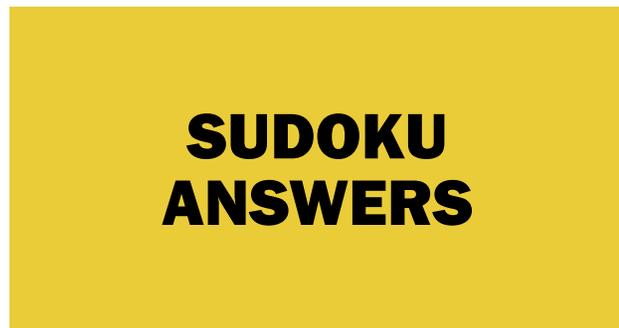
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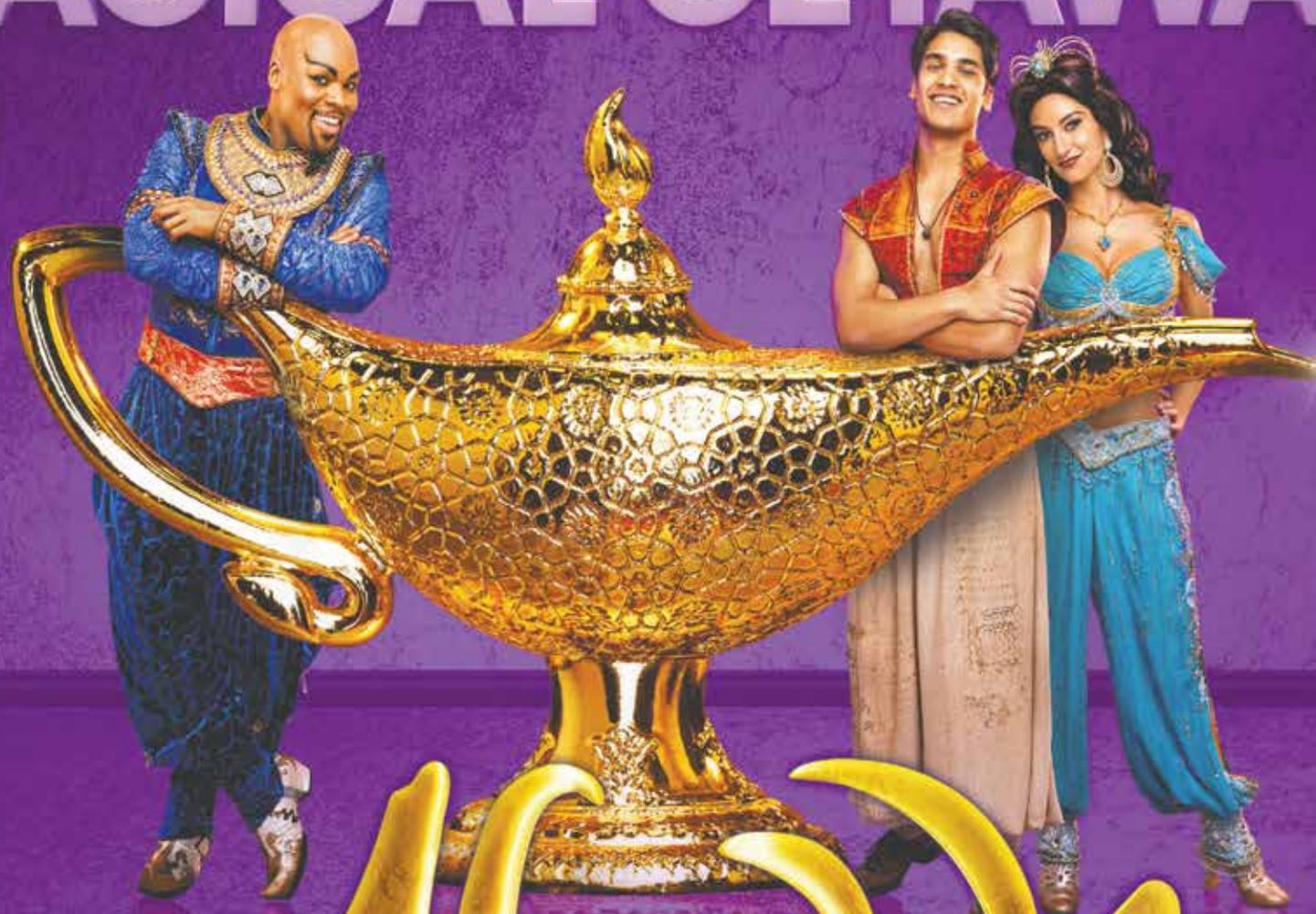


## Answers to Sudoku on page 17



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

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