



HARLEM COMMUNITY  
NEWSPAPERS, INC.

"GOOD NEWS YOU CAN USE"

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

# COMMUNITY BRONX NEWS

"Good News You Can Use"

Vol. 31 No. 32

August 7, 2025 - August 13, 2025

FREE



**Black Talent Is  
Bursting Out on  
Broadway**

see pages 10-19



**HARLEM WEEK  
CALENDAR  
AUG 7-17**

see page 20



**How Support and  
Connection Can  
Improve Mental  
Health as You Age**

see page 23



## Seniors Showed Up to Kick Off HARLEM WEEK

see page 3

**VISIT OUR WEBSITE:  
[www.harlemcommunitynews.com](http://www.harlemcommunitynews.com)**

**Follow Harlem Community Newspapers on Social Media!**

Facebook: @HarlemCommunityNewspapers  
Instagram: Harlem\_community\_newspapers

YouTube: harlemnewsinc

## “Good News You Can Use”



To reserve advertising space email us at:

[harlemnewsinc@aol.com](mailto:harlemnewsinc@aol.com)

To subscribe to our daily newsletter “**Harlem Daily**” or to receive print copies in the mail, go to our website at [www.harlemcommunitynews.com](http://www.harlemcommunitynews.com) or page 30

### 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

### IN THIS ISSUE:

Community	3	HARLEM WEEK	20
Expressions	4	Health	22
Community	5	Tourism	24
Op Editorial	6	Urbanology	28
Real Estate	7	Games	29
Calendar	8	Classified	30
Blacks on Broadway	10	Literary Corner	31

Publisher/Editor  
Social Media Mgr  
Proofreader  
Publisher Assistant  
Theater Writer/Critic  
Writer/Social Media  
Intl News & Entertainment  
Society  
Columnist  
Columnist  
Columnist  
Columnist  
Columnist  
Feature Writer  
Writer/Advertising Mgr.  
Writer/Videographer  
Book Reviewer  
Brooklyn Writer  
Bronx/Queens Writer  
Photographer  
Photographer  
Photographer  
Distribution  
Marketing Consultant

Pat Stevenson  
Steven Bennett  
Hazel Rosetta Smith  
Dominic Jones  
Linda Armstrong  
Charlotte Anderson  
Maria Cavenaghi  
Audrey Bernard  
Tonya Sims  
Lamez Kinsey  
William A. Rogers  
Zakiyyah  
Hazel Rosetta Smith  
Erin Lewenauer  
Howard Giske  
George Williams  
Terri Schlichenmeyer  
Keith Forrest  
Howard Giske  
Nadezda Tavodova Tezgor  
Michelle James  
Seitu Oronde  
Russell Simmons  
William A. Rogers

The Harlem Community Newspapers, Inc. is a New York City, New York State and Port Authority certified MWBE. We are also members of the NNPA, New York Press Association, the Greater Harlem Chamber of Commerce, CACCI, the Bradhurst Merchants Association Women Chamber of Commerce, the Harlem Tourism Board and Women In The Black.

A Publication of: Harlem Community Newspapers, Inc.  
Mailing: P.O. Box # 1775, New York, New York 10027  
Phone: 646-988-1015  
Email: [harlemnewsinc@aol.com](mailto:harlemnewsinc@aol.com)  
Website: [www.harlemcommunitynews.com](http://www.harlemcommunitynews.com)  
Twitter: @harlemnewsinc • Facebook: /harlemnewsinc  
Audited by: Alliance for Audited Media



**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 24 shows. The weather is nice now so go see a Broadway show and visit one of the restaurants downtown or come to Harlem. You can also go to our website throughout the year for updates at [www.harlemcommunitynews.com](http://www.harlemcommunitynews.com).

(see pages 10-19)

Last week Senior Day kicked off the HARLEM WEEK 2025 Celebration. This upcoming Sunday we have a day of celebration at Grants Tomb and next weekend is the biggest celebration on 135th street with “Summer Streets” and “Harlem Day.” (see calendar of events on page 12)

The Harlem Tourism Board will be featuring a Harlem Tourism and Hospitality Conference on August 14th. (see page 26)

Go to our website and subscribe to our daily newsletter that will come direct to your email. It is free!.Go to: [www.harlemcommunitynews.com](http://www.harlemcommunitynews.com)

**Pat Stevenson  
Celebrating  
31 Years Publishing**

# Seniors Showed Up to Kick Off HARLEM WEEK By Hazel Rosetta Smith

This year's HARLEM WEEK theme is "Celebrate Our Magic" as a testament to Harlem's history, perseverance, and cultural contributions.

Senior Citizen's Day at the Adam Clayton Powell, jr. State Building on 125th Street, opened the way for the exciting 2025 events on schedule for the 51<sup>st</sup> Annual HARLEM WEEK.

The day's theme "Saluting & Honoring the Legacy of Our Seniors" is designed to celebrate and uplift elders who have paved the way. Two sessions at 9:00 am and 1:00 pm were attended by those who came on purpose to be a part of the fun and information.

A warm welcome began the sessions by HARLEM WEEK founding member, Stephanie Francis. Dennis Dillon, Pastor of Brooklyn's Rise Church, and founder of the New York Christian Times newspaper provided a powerful opening prayer.

Under the gracious

guidance of Winston Majeette, Executive Director of The Greater Harlem Chamber of Commerce and Tina McRae, the program proceeded with introductions of speakers and elected officials who provided insight into programs that are available through their offices.

Those in attendance included NY State Attorney General, Letitia James, NYC Fire Department Asst. Deputy Commissioner, James H. Harding, Jr., NYC Councilmember Yusef Salaam, NY State Senator Cordell Cleare, NY State Assemblymember Jordan Wright, and Courtney Bennett, Director of the Harlem office of NY County District Attorney Alvin Bragg.

An in-depth presentation on Cyber Security by a representative of Chase Bank was an eye-opener on how easy it is for elders to fall into the pit of scams and the rapidly rising dilemma of theft of financial information.

Along with other helpful hints of help for elders, Clayton Banks,

President of "Demystifying Technology" offered his services for personal assistance with conquering the fears of utilizing technology.

A Virtual Hat Show presentation showed the unique high styling and profiling of Harlem's longtime milliners, including the offerings of Princess Jenkins of The Brownstone, Marc Williamson, Owner of Harlem's Flame Keepers Hat Club, and upscale designer hats by Evetta Petty of Harlem's Heaven Hats.

Tables lined the room with information from Northwell Hospital, Senior Resource Guides from the Offices of Manhattan Borough President, Mark Levine, and State Senator Cordell Cleare, Vision Zero-Building a Safer City, Arts and Minds-Connecting art & well-being for memory loss, Black Health Matters and areas for onsite blood pressure screening and health advisories.

Members of the New York Road Runners presented stretch exercises

that had the seniors on their feet following along to the beat of wellness activity.

Kudos to those volunteers from the Greater Harlem Chamber and HARLEM WEEK for their conscientious concern and hospitality throughout the Senior Day. Refreshments were provided as a Grab and Go lunch box from Melba's Restaurant, Man-na's Soul Food and Ma Smith's Dessert Café.

Now it is onward and upward toward another month of collective gatherings, wholesome fun and good food for all. The world will be watching as the Harlem community honors its history and culture, culminating on Harlem Day, Sunday, August 17th.

Be there to support Harlem's vendors and small businesses as they bring their best to the streets. For more information visit HARLEM-WEEK.com website.



# PONDER THIS! Every Body Has a Second Heart



By Hazel Rosetta Smith

with deoxygenated blood entering and oxygenated blood being pumped out.

This fist-sized powerhouse beats (expands and contracts) about 100,000 times per day, pumping five or six quarts of blood each minute, or about 2,000 gallons per day.

The heart consists of four chambers, the right atrium, right ventricle, left atrium, and left ventricle, which work in a coordinated sequence to manage blood flow. The heart's valves ensure blood flows in one direction, preventing backward flow.

The heart's intricate electrical system of contractions is coordinated for consistent pumping rhythm. In general, if the heart stops beating, in about 4-6 minutes of no

blood flow, brain cells begin to die and after 10 minutes of no blood flow, the brain cells will cease to function. One heart pump has enough power to send blood to every part of the body, reaching your lower legs in seconds. Once the blood has reached every part of the body, the veins must carry the oxygen-depleted blood back to the heart, and through the lungs where it will receive a supply of oxygen.

That is the workings of the heart, as we know it. But did you know that your body has a second heart? It is your calf muscles!

You may think of the calf muscles simply as part of your lower leg and another body part to work out occasionally. But it turns out they play a crucial role

in the overall health of your heart and circulatory system. In fact, your calf muscles are called "the secondary heart" because it plays a crucial role in our body's circulatory system.

Your calf muscle, which is located at the back of your lower leg, pumps blood out of your leg and back to your heart, eliminating toxins through the lungs, kidneys, and liver along the way.

However, since the blood is flowing against gravity, sending it towards the heart will take more than a single pump from the heart. For this reason, the body uses the calf muscles to pump blood from your lower legs back to the heart.

The best way to improve circulation is to get

moving. Every time the calf muscles contract, it helps blood to flow against gravity. If you do not move for prolonged periods, blood and toxins will collect in your lower legs and cause swelling.

Learning how to effectively stretch the calf muscles can help reduce tightness, soreness, and pain in these muscles and help the work of your heart. Stay active! Walking, biking, and doing standing calf raises can help you prevent dangerous blood clots. The important thing is to get moving.

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

Subscribe  
to  
Harlem  
Daily

Newsletter

Go to:

www.harlemcommunitynews.com

"It's  
Free"

**Fundraising Opportunities**  
**Two Gospel Musical Plays**  
**"Tell-It, Sing-It, Shout-It"**  
**&**  
**"The Flip Side of The Coin"**  
**Written by Hazel Rosetta Smith**  
**Professional Casts & Musicians**  
**Appropriate for All Ages**  
**Contact**  
**misshazel@twc.com**  
**Website for Portfolio of Plays**  
**HSTM**  
**www.hazelrosettasmith.com**  
**Inspirational Entertainment**

**BOLA TAILORING**  
**44 W. 125th Street**  
**New York, N.Y. 10027**  
**646-241-7776**

The best in African fabrics,  
 outfits of all kinds, dresses,  
 men & women suits, headwear  
**Alterations & Repairs**

# BRONX EVENTS

**Now through August**  
**Salsa Pa' La Cultura: Live Concert Series**  
 High-energy salsa concerts hosted by The Salsa Project + License to Love. Dance, sip, and celebrate Latin culture. Being held at The Bronx Brewery

**Aug 7, 4-8pm**  
**Sunset Wednesdays**  
 Description: Enjoy live music on the Great Lawn as the sun sets over the Hudson. Bring a picnic and soak in the summer magic.<sup>1</sup>

**Aug 9, 1-3:00pm**  
**Family-Time Art-Making at Bronx Museum**  
 Hands-on art activities for families and kids of all ages

**Aug 14, 2:00-4:00pm**  
**Teen Summer Celebration at Bronx Museum**  
 Outdoor celebration with art, music, and youth performances

**Sep 5, 6:00-8:00pm**  
**Ministry by Joyce McDonald Exhibit Opening at Bronx Museum**  
 Opening reception for a new exhibit exploring spirituality and community.

**Sep 13, 1:00-3:00pm**  
**Family-Time, Art-Making at Bronx Museum**  
 Another round of creative workshops for families

**Sep 28, 12:00n-7:00pm**  
**Bronx Night Market**  
 Food, music, and local vendors at Fordham Plaza

1



Van Gogh's Flowers at Bronx Botanical Gardens thru Oct 24



Aug 8 60 & Counting Salsa Concert at Lehman Center



Family Art Making at Bronx Museum

**Building, Preserving, and Planning 426,000+ Units of Housing**



By Mayor Eric Adams

**W**hen I came into office, affordable housing was at the top of my agenda, and I didn't need any studies or polls to tell me why. New Yorkers were telling me every day, every chance they got. I heard it at the store, on the street, and in the subway; I heard it from young adults and seniors; I heard it from the Bronx to Staten Island.

For me, this work is personal. Growing up on the edge of homelessness, I know what it feels like to worry about whether or not you will have a roof over your head at night. That's a feeling that too many New Yorkers still feel, and that's because too many administrations have kicked the can down the road when it came to dealing with our housing crisis. When I came into office, I was clear that I was not going

to let our administration continue to make excuses or tinker around the edges.

We brought a whole new approach to housing, using every tool at every level of government to create new homes across the entire city. Last week, during "Housing Week," we showcased our success and laid out ambitious initiatives to double down on our efforts to create the housing New Yorkers need.

Thanks to historic investments and a relentless focus across our entire city government, our administration has shattered affordable housing records year after year. Now, we're adding another "year" to that list: Fiscal Year 2025. This past fiscal year, we produced the most affordable rental units in city history and the most homes for formerly homeless New Yorkers, too. We placed a record number of homeless New Yorkers into affordable homes and connected a historic number of people to affordable housing through our city's housing lottery.

And — for the first time — we revealed that when you put together all of housing initiatives, our administration has created, preserved, or planned over 426,000 homes for New

Yorkers. This includes homes we've already built and homes we will build soon thanks to historic initiatives like "City of Yes," the first citywide rezoning in 60 years, that will change our city's housing rules and build a little more housing everywhere.

When you put together all the records, the rezonings, and the real progress we have made, there is simply no other way to say it: This is the most pro-housing administration in New York City history!

But we know there is always more to do. That's why I issued a historic executive order last year requiring every agency to identify city-owned sites that can become much-needed housing, and last week, we announced our vision to turn one of those sites, an abandoned airport in Queens, into 3,000 new homes. From old office buildings to sanitation garages, we are turning the outdated properties of the past into the homes of the future.

We're creating more homes and we're helping connect more people to those homes. To do that, last week, we also announced that we will double the percentage of affordable homes in our housing lottery with a preference for veter-

ans and city workers. Public servants sacrifice for our city every day, and this new policy will ensure they can continue to live in the city that they love. Additionally, last week, we officially changed our city's senior affordable housing program to build more family-sized units. Lots of older New Yorkers want to live with their adult children or live-in aids, and with this new policy, we will help them do it. No matter how old you are or what job you have, our administration wants every New Yorker to find a place they call home.

"Housing Week" represented more than just the records we've broken or the progress we're making every day; it represented our commitment to every New Yorker. Our administration has focused relentlessly on creating more homes, connecting more people to homes, and helping keep more people in the homes they already have — it's what New Yorkers need, and it's what they deserve. That focus has delivered results three years in a row, and we're not stopping there. We know that a house is more than just a roof with four walls — it is the key to unlocking the American Dream, and it is the key to keeping it alive.



HARLEM COMMUNITY  
NEWSPAPERS, INC.

"GOOD NEWS YOU CAN USE"

Vol. 31, No 32 August 7, 2025



Subscription Information  
page 30

Advertise in Harlem Community Newspapers  
email today:  
harlemnewsinc@aol.com



**Your one-stop shop.**

- Printing & document finishing
- Mailbox services
- Notary services
- Packing & shipping
- Postal products & services
- Passport/ID photos

The UPS Store

**Harlem**  
55 W 116th St  
New York, NY 10026  
212.876.8800  
store4163@theupsstore.com  
theupsstore.com/4163

**Hours:**  
Mon – Fri 8:00 AM – 8:00 PM  
Sat 9:00 AM – 6:00 PM  
Sun Closed

**East Harlem**  
1872 Lexington Ave  
New York, NY 10035  
212.876.1900  
store6510@theupsstore.com  
theupsstore.com/6510

**Hours:**  
Mon – Fri 8:30 AM – 8:00 PM  
Sat 10:00 AM – 6:00 PM  
Sun Closed

**10% OFF**  
**UPS® AIR SERVICE**

Limit one coupon per customer. Not valid with other offers. Restrictions apply. Valid and redeemable only when presented at a participating location. The UPS Store centers are independently owned and operated. © 2018 The UPS Store, Inc.

The UPS Store

**5% OFF**  
**UPS® GROUND SERVICE**

Limit one coupon per customer. Not valid with other offers. Restrictions apply. Valid and redeemable only when presented at a participating location. The UPS Store centers are independently owned and operated. © 2018 The UPS Store, Inc.

The UPS Store

# Home Buying in Harlem Be Prepared to Buy Now



By Rev. Dr. Charles Butler

**W**hen preparing to apply for a mortgage there are some common mistakes prospective first time home buyers need to avoid. These mistakes can prevent you from successfully completing the closing process and becoming a homeowner. I recently attended a real estate expo and was able to discuss this issue with several community lending mortgage loan officers. They shared with me some horrible mistakes people have made that caused their mortgage application to be denied towards the very end of the application process.

Remember until you have signed the closing documents and have received the keys to your property you have not completed the mortgage application process. Here are a few tips to keep in mind as you proceed to the completion of closing on your loan: (1) do not open any new credit accounts or

make any additional large purchases until after you have closed on the purchase of your property. Every time you make a credit purchase your debt to income ratio (DTI) will be affected. If your DTI exceeds 43% you could possibly be denied a mortgage. Most lenders will pull your credit right up to the day of your closing. If your mortgage underwriter sees any large purchases appearing on your credit report, they will have the option of cancelling your loan application.

(2) If possible do not change jobs or vocational careers until after you have closed on your mortgage loan. Lenders want to see a minimum of 24 consecutive months of work history. If you have changed careers you will need 24 months in the new position before getting approval for your mortgage. To ensure you are still employed, lenders will verify your employment routinely throughout the application process.

(3) Never, ever co-sign for a friend or a relative before completing the mortgage process. By co-signing you are assuming the debt for your friend's purchase and could possibly have

placed your mortgage application in jeopardy of not being approved. As a co-signer you have placed yourself as a guarantor for that loan. If your friend does not make the payment you are legally responsible for the debt. This can have a significant impact on your DTI and your ability to be approved for a mortgage.

These mistakes would normally not be so detrimental except when you are attempting to navigate through the mortgage process. Then, they can be so devastating that your mortgage application can be denied, causing you to miss completing purchase of your home and losing a great deal of time and money you have invested into the process. Do not lose sight of your goal that you have been working so hard to achieve. You must remain focused until the completion of the home buying process.

If you are interested in attending the HCCI's home buyer education 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.

FOXWORTHREALTYONLINE.COM

*Foxworth Realty is Celebrating 12th Anniversary*

**IN OCTOBER 2008, EUGENIA C. FOXWORTH OPENED THIS UNIQUE REAL ESTATE BOUTIQUE... IT IS LOCAL, NATIONAL AND GLOBAL.**

**"WE MAKE THE DEALS HAPPEN!"**

**☎ 212.368.4902 📠 212.368.4903**

📍 660 West 125th St, Suite #11, N. Y., NY 10027

FOXWORTH REALTY

**Nakeeta L. Wills**  
Life & Health Insurance Advisor

I Can Help With:

- Dental, Vision, Hearing Coverage
- Essential Plans (NYS Marketplace)
- Medicare Supplement
- Medicare Advantage
- Prescription Drug Plans
- Whole, Term, Final Expense & Juvenile Insurance

Let's Be Social  
Follow us  
@nyon10solutions

347.788.8726  
Nakeeta@nyon10solutionsny.com

On10 Solutions  
www.on10solutionsny.com

## THE REPLACEMENT WINDOW AND DOOR EVENT

**BUY 1, GET 1**  
**40% OFF**  
All Windows and Doors!

**PLUS**  
**\$200 OFF**  
Your Entire Purchase!

**PLUS**  
**NO Money Down**  
**NO Monthly Payments**  
**NO Interest for 12 months!**

MINIMUM PURCHASE OF 4 REQUIRED - INTEREST ACCRUES FROM THE PURCHASE DATE BUT IS WAIVED IF PAID IN FULL WITHIN 12 MONTHS

**Offer Ends AUGUST 31**

To get this offer, call to schedule your FREE consultation. **TOLL FREE 866-699-3305**

Andersen is the #1 recommended window and door brand

The Most 5-Star Reviews

ENERGY STAR PARTNER OF THE YEAR Sustained Excellence

RENEWAL by ANDERSEN FULL-SERVICE WINDOW & DOOR REPLACEMENT

\*DETAILS OF OFFER: Offer expires 8/31/2025. Not valid with other offers or prior purchases. Buy one (1) window or entry/patio door, get one (1) window or entry/patio door 40% off, and 12 months no money down, no monthly payments, no interest when you purchase four (4) or more windows or entry/patio doors between 5/1/2025 and 8/31/2025. 40% off windows and entry/patio doors are less than or equal to lowest cost window or entry/patio door in the order. Additional \$200 off your purchase, minimum purchase of 4 required, taken after initial discount(s), when you purchase by 8/31/2025. Subject to credit approval. 12-month Promo Period: while no payments are due, interest accrues but is waived if the loan is paid in full before the Promo Period expires. Any unpaid balance owed after the Promo Period, plus accrued interest, will be paid in installments based on the terms disclosed in the customer's loan agreement. Financing is provided by various financial institutions without regard to age, race, color, religion, national origin, gender, or familial status. Savings comparison based on purchase of a single unit at list price. Available at participating locations and offer applies throughout the service area. See your local Renewal by Andersen location for details. License numbers available at: renewalbyandersen.com/licenses. Some Renewal by Andersen locations are independently owned and operated. \*2024 Andersen brand survey of U.S. homeowners. \*Review aggregator survey of 5-star reviews among leading national full-service window replacement companies. January 2024 Reputation.com. "ENERGY STAR" is a registered trademark of the U.S. Environmental Protection Agency. "Renewal by Andersen" and all other marks where denoted are trademarks of their respective owners. © 2025 Andersen Corporation. All rights reserved. RBA14301

# HARLEM CALENDAR OF EVENTS

JAZZMOBILE'S  
**SUMMERFEST 60**  
WE KEEP THE MUSIC PLAYING!  
SOME AUGUST HIGHLIGHTS



**AMINA FIGAROVA SEXTET**

FRI AUG 1 7:00PM  
MARCUS GARVEY PARK  
ENTER @ FIFTH AVE. & 124<sup>TH</sup> ST.

FREE EVENT  
**GREAT JAZZ ON THE GREAT HILL**  
Presented by CENTRAL PARK CONSERVANCY | jazzmobile

SAT AUG 9  
3:30-7:00PM  
1151 G. (PW) & 187<sup>TH</sup> ST.

AN AFTERNOON OF MUSIC & DANCING IN THE PARK!

**GEORGE GEE SWING ORCHESTRA**  
**LEZLIE HARRISON, HOST**  
**WALLACE RONEY, JR. QUARTET**  
**JOSH EVANS QUARTET**

Jazzmobile  
WE KEEP THE MUSIC PLAYING!

present  
**TERRI LYNE CARRINGTON**  
**WE INSIST 2025!** FEATURING CHRISTIE DASHIELL

FRI AUG 15 • 7PM • MARCUS GARVEY PARK

**SUMMERSTAGE HARLEM** | jazzmobile SUMMERFEST  
IN PARTNERSHIP WITH  
HARLEM WEEK  
OUR MAGIC



**BOBBY SANABRIA OCTET**

THUR AUG 15 • 5PM • 163 W. 125<sup>TH</sup> ST

**GROWN'FOLK BUSINESS**



AN EVENING FILLED WITH SMOOTH JAZZ, POWERFUL POETRY, SOULFUL VOCALS, AND INSPIRING CONVERSATIONS.

**PHIL YOUNG Experience**

THURSDAYS 6-9:30PM

20 e 127th street, HARLEM, NYC

JAZZ generation | Langston Hughes House

 <i>Phil Young Drums</i>	 <i>Melissa Hocum-Bass</i>
 <i>Nikita White Vocalist</i>	 <i>Chip Crawford Piano</i>
 <i>Tommy Thompson Sax</i>	 <i>Tommy Moramoto Sax</i>
 <i>Rome Neal Playwright</i>	 <i>Tina Fabrique Actress/ Vocalist</i>

Refreshments will be served

Thursdays 6pm - 9pm

JAZZ generation | Langston Hughes House

## BELONGŌ

**August**  
11, 12, 13, 18, 19  
12:45 - 1:30 PM



**HARLEM LIBRARY RESIDENCY**  
Early Childhood Latin Music Exploration Program for Littles and their Grown Ups

A FREE Musical World Tour for the whole family, right from your local library! Each day will visit a different Latin American country:

- Monday, August 11: Mexico
- Tuesday, August 12: Cuba
- Wednesday, August 13: Dominican Republic
- Monday, August 18: Colombia
- Tuesday, August 19: Con Toda La Banda! Final Celebration



Harlem Library  
9 W 124th St, New York, NY

Phil Young Experience at Langston Hughes House, 20 W. 127th St  
Every Thursday - \$20 Suggested Donation

# “MJ DELIVERS ONE ROUSING NUMBER AFTER ANOTHER!”

—Naveen Kumar, *Variety*



Photo by Matthew Murphy

# Black Talent Is Bursting Out on Broadway

By Linda Armstrong

It is an exciting time on Broadway as 24 shows will have Black actors this season. Twenty-three are currently playing and a new musical called “Chess” is coming in the fall. You need to rush to the theater to make sure you catch “Gypsy” as it will play its final performance on August 17th. It breaks my heart to know that such an incredible show with an outstanding, once-in-a-lifetime cast, led by six-time Tony Award winner Audra McDonald is going to leave Broadway. The chills that this production gives are something you would always want to have the opportunity to experience. The clock is also ticking on Tony Award winner for best play, Branden Jacob-Jenkins brilliant drama “Purpose”, closing at the end of August. There are different types of opportunities to see us shine as you have Billy Porter and Marisha Wallace

now starring in “Cabaret at the Kit Kat Club” and I’m grateful for productions like Disney’s “The Lion King” and “MJ” which always put our people to work in beautiful and stunning style. Incredible theatrical fare is out there for you to appreciate.

“& 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 Gianna Harris (Juliet) and features Mackenzie Meadows (Lady Capulet/Nell); Khailah Johnson (Judith); Darien Daah Van Rensalier (Augustine); Jeannette Bayardelle (Angelique); and Michael Ivan Carrier (Thomas).

“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).

“The Book of Mormon” playing at the Eugene O’Neill Theatre, is a musical that deals with the Mormon faith. It features 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 Batista 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 stars Billy Porter (Emcee) and Marisha Wallace (Sally Bowles) and features Calvin Leon Smith (Cliff Bradshaw); Jada Simone Clark (Helga); Julian Ramos (Bobby) and Paige Smallwood (Rosie).

“Chess” will play at the Imperial Theatre with previews set for Oct. 15, 2025 and opening Nov. 16, 2025. It is a musical where power and passion collide in a World Chess Championship between America and Russia. Espionage and romance are also part of the game. It will star Nicholas Christopher (Anatoly Sergievsky).

“Chicago,” playing at the Ambassador Theatre, tells the delightful, sexy stories of the women of murderess row. It features Rema Webb Matron “Mama” Morton and Sean Samuels Mar-



“MJ The Musical”

tin 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 Taurean Evreton (Chagall).

“The Great Gatsby” playing at The Broadway Theatre is an amazing musical telling of the classic novel by F. Scott Fitzgerald. It stars 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” play-



“Hell’s Kitchen” photo by Marc J. Franklin



“Moulin Rouge”

Black Talent is Bursting Out on Broadway, cont'd...

ing 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 Lana Gordon (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 Muligan/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 Thomas (Rose Granger-Weasley) and Rachel Christopher (Hermione 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 Christopher Jackson (Davis); 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 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 at certain performances); Juliana Martinez (Young Nala at certain performances), McKenzie Sherie Lewis (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 Wayne Brady (Harold Zidler); Andre Ward (Toulouse-Lautrec); Taye Diggs (The Duke of Monroth), Rayven Bailey (Arabia) and Donnie Hammond (La Choclat).

“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).

“Purpose” playing at the Helen Hayes Theater only through August 31, 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 Brenda Pressley (Claudine Jasper); Harry Len-

nix (Solomon “Sonny” Jasper); Glenn Davis (Solomon “Junior” Jasper); Alana Arenas (Morgan Jasper); Jon Michael Hill (Nazareth “Naz” Jasper, and Kara Young (Aziza Houston).

“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).

“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).

“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) making her Broadway debut and becoming the first Black actress to do this role on Broadway full-time. She is joined on stage by Broadway veteran Natasha Yvette Williams (Madame Morrible).

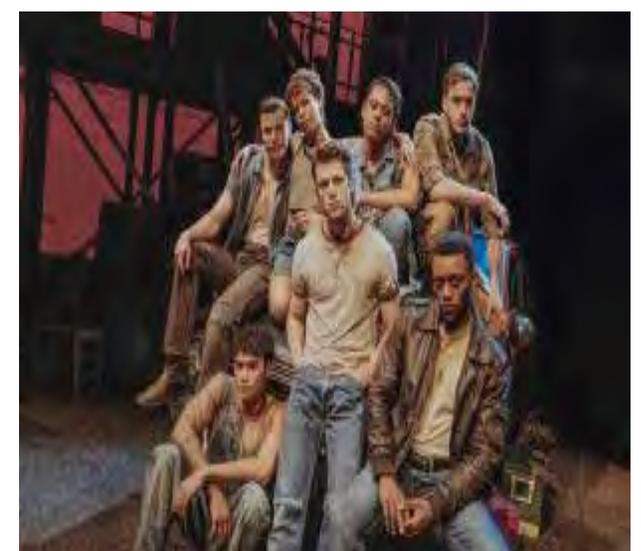
Seeing Blacks on a Broadway stage, giving their all and helping our people to shine brighter is such an uplifting experience! Please make it your business to go out and support these shows. These actors are creating beautiful moments that you will cherish forever.



“The Lion King”



“Purpose”



“The Outsider”

# Blacks on Broadway 2025

**& Juliet**



Alejandro-Muller Dahlber



Cheryl Porter



Darien Daah Van Rensalier



Gianna Harris



Jeannette Bayardelle



Mackenzie Meadows



Michael Ivan Carrier



Reese Britts



Zalah Vallien

**Aladdin**



Albert Jennings



Anju Cloud



April Holloway



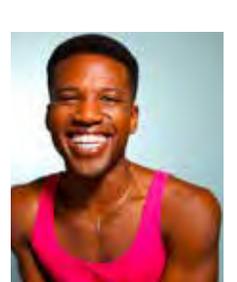
Caleb B. Barnett



Dennis Stowe



JC Montgomery



Jonathan Duvelson



Keely Beirne.



Marcus M. Martin



Michael Everett



Michael James Scott

**Book of Mormon**



Ashley Jenkins



Bre Jackson



Brett Michael Lockley



C.K. Edwards



Darius Nichols



Derrick Williams



Garfield Hammonds



Jacques C. Smith



Jamard Richardson



Jevaras Myrick



John Eric Parker



Keziah John-Paul



Kristen Jeter



Racquel Williams.



Randy Aaron



Rosharra Francis.



Teralin Elise Jones

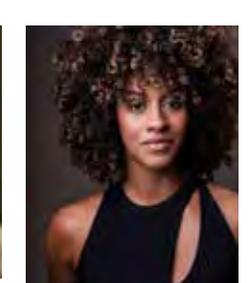


Terrie Lynne

**Buena Vista**



Andrew Montgomery Coleman



Angelica Beliard



Anthony Santo



Ashley De La Rosa



Da'Von T. Moody



Isa Antonetti



Jainardo Batista Sterling



Julio Monge



Leonardo Reyna's



Iwer Seme

# Blacks on Broadway 2025

**Buena Vista**



Sophia Ramos



Wesley Wray

**Cabaret Kit Kat Club**



Billy Porter



Calvin Leon Smith



Christian Kidd



Deja McNair-Kyles



Jada Simone Clarke



Julian Ramos



Kayla Jenerson



Marisha Wallace

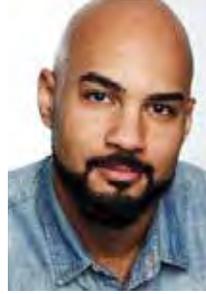


Maya Bowles



Paige Smallwood

**Chess**



Nicholas Christopher

**Chicago**



Arian Keddell



Celia Nightengale



James T. Lane



Rema Webb



Sean Samuels



Sharon Moore

**The Great Gatsby**



Aisha Jackson



Curtis Holland



Mariah Reeves



Raymond Baynard



Runako Campbell



Tracie Elaine Lee

**DEATH BECOMES HER**



Johanna Moise



Marija Abney



Michelle Williams



Sarita Colon



Sir Brock Warren



Taurean Everett



Ximone Rose



Aliah James

**GYPSY**



Audra McDonald



Brandon Burks



Dori Waymer



Ethan Joseph



Hunter Capellan



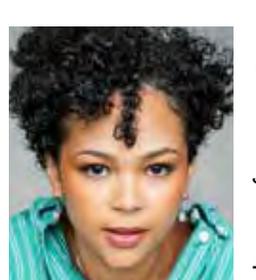
Jace Bently



Jacob Ming-Trent



Jayden Theophile



Jordan Tyson.



Jordan Wynn



Joy Woods



Ken Robinson



Krystal Mackie



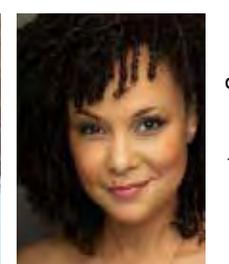
Kyleigh Vickers



Marley Lianne Gomes



Mila Jaymes



Natalie Wachen.

# HARLEM COMMUNITY NEWSPAPERS

## Blacks on Broadway 2025

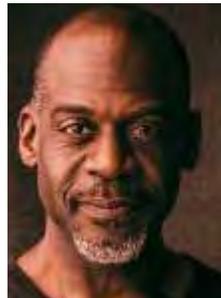
**GYPSEY**



Sasha Hutchings



Shanel Bailey



Thomas Silcott



Tryphena Wade



Summer Rae Daney

**Hadestown**



Alex Lugo



Brandon Cameron



Daniel Breaker

**Hadestown**



Lana Gordon



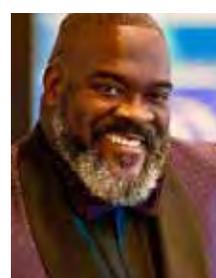
Marie Louissaint



Malcolm Armwood



Max Kumangai



Philip Boykin

**Hamilton**



Adam Ali-Perez



Bryson Bruce



Cherry Torres

**Hamilton**



Chloe Campbell



Desmond Nunn



Ebrin R Stanley



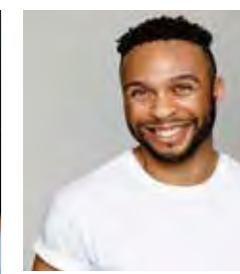
Jared Dixon



Jonathan Butler-Duplessis



Kamille Upshaw



Malik Shabazz Kitchen



Morgan Anita Wood



Shonica Gooden



Stephanie Umoh



Tamar Greene



Trey Curtis

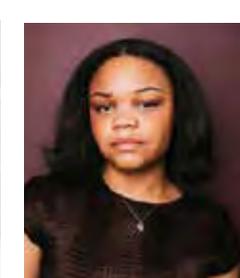


Willie Smith III



Alexandra Peter

**Harry Potter**



Ayanna Nicole Thomas



Chadd Alexander

Harlem Community Newspapers August 7, 2025



Chance Marshaun



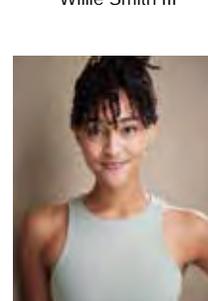
Eleasha Gamble



Gabrielle Reid



Gary-Kayi Fletcher



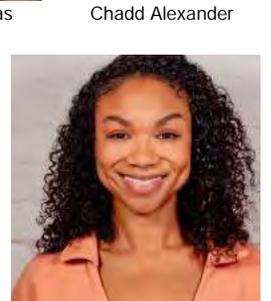
Janae Hammond



Jay Mack



Julius Williams



Khadija Tariyan



Kira Player



Rachel Christopher



Amanda Reid



Benjamin H. Moore



Chad Carstarphen



Christopher Jackson



Eric Parra



Gabriel Hyman

**Hell's Kitchen**

# Blacks on Broadway 2025

Hell's Kitchen



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

Lion King



Albert Rhodes Jr



Amanda Kunene



Andrew Arrington



Antonia Raye



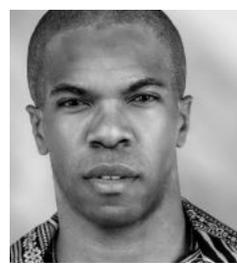
Bongsi Duma



Bonita J. Hamilton



Cameron Amandus Jones



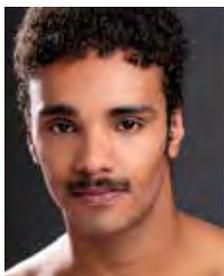
Christopher L. McKen



Daniel Harder



Daphne Marcelle Lee



Dylan Santos



Jacqueline Rene'



Jamaris Mitchell



James Vessell



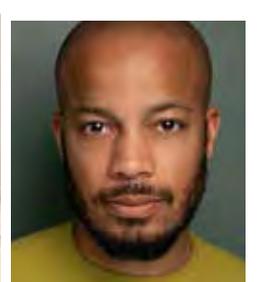
Jaysin McCollum



Juliana Martinez



Julius-Raymond Weems IV



Kyle Lamar Mitchell



L. Steven Taylor



Lindiwe Dlamini.



McKenzie Sherie Lewis



Nteliseng Nkhela



Paige Fraser-Hoffman



Pearl Khwezi



Ray Mercer



Shawn Alynda Fisher



Sidney Nicole Wilson



Tshidi-Manye



TyNia Ren  Brandon



Zaki A'Jani Marshall



Zinhle Dube



Zinhle Dube



HARLEM COMMUNITY NEWSPAPERS

**Blacks on Broadway 2025**

**MJ The Musical**



Antoine L. Smith



Apollo Levine

Brett Gray  
(photo missing)

Brett Gray



Brion Marquis Watson



Blu Allen



Chelsea Mitchell-Bonsu



Christopher Sean



Dasia Amos



Elijah Rhea Johnson



Emjay Roa



John Edwards



Joshua Kenneth Allen



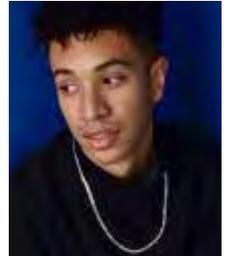
Julius-Raymond Weems IV



Kyle DuPree



Lloyd A. Boyd III



Julius-Raymond Weems IV



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



Adea Michelle Sessoms



Andre Ward



Bahiyah Hibah



Brooke Taylor



Donnie Hammond



Frank Viveros



Hailee Kaleem Wright



Janaye McAlpine



Kamal Lado



Patrick Clanton



Rayven Bailey



Ricardo A. Zayas

**MOULIN ROUGE**



Shaun-Avery Williams



Tamrin Goldberg



Taye Diggs

# Blacks on Broadway 2025

**MOULIN ROUGE**



Wayne Brady

**Outsiders**



Alex Joseph Grayson



Andre Malcolm



Cameron Burke



Jordan Chin



Renni Anthony Magee



SeQuoia



Sky Lakota-Lynch



Tilly Evans-Krueger

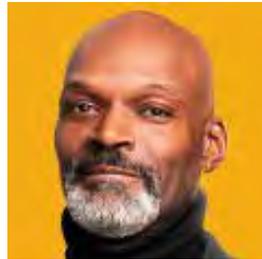
**Purpose**



Alana Arenas



Brenda Pressley



Esau Pritchett



Glenn Davis



Harry Lennix



Jon Michael Hill



Kara Young



Petronia Paley



Sojourner Brown

**Six**



Alyana Smash



Jana Larell Glover



Najah Hetsberger



Taylor Marie Daniel

**Stranger Things**



Antoinette Comer



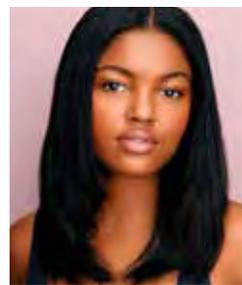
Ayana Cymone



Gabrielle Nevaeh



Malcolm Callender



Maya West



Robert T. Cunningham



Sean Mikesh



Ta'Rea Campbell

**Wicked**



Cajai Kennedy



Dashi Mitchell



Matthew Deloch



Michael Williams



Lencia Kebede



Natasha Yvette



Win Broadway tickets and  
Get up to date information online at:  
[www.harlemcommunitynews.com](http://www.harlemcommunitynews.com)



# Theater Listings

**Broadway Tickets Giveaway**  
 Go to: [www.harlemcommunitynews.com](http://www.harlemcommunitynews.com)

**“& Juliet”**  
 Stephen Sondheim  
 Theatre  
 124 W 43rd St.

**“Cabaret At The  
 Kit Kat Club”**  
 August Wilson Theatre  
 245 W 52nd St.

**“Floyd Collins”**  
 Vivian Beaumont  
 Theater  
 150 W 65th Street

**“Harry Potter and  
 the Cursed Child”**  
 Lyric Theatre  
 214 W 43rd St.

**“MJ The Musical”**  
 Neil Simon Theatre  
 250 W 52nd St.

**“PURPOSE”**  
 Helen Hayes Theatre  
 240 W 44th St.

**“Aladdin”**  
 New Amsterdam  
 Theatre  
 B’way & 42nd St.

**“Chess” (Opens Nov 16)**  
 Imperial Theatre  
 249 W. 45th St.

**“The Great Gatsby”**  
 The Broadway Theatre  
 53rd St. and Broadway

**“Hell’s Kitchen”**  
 Shubert Theatre  
 225 W 44th St.

**“Mamma Mia!”**  
 The Winter Garden  
 Theatre  
 1634 Broadway

**“Six”**  
 Brooks Atkinson  
 Theatre  
 256 W 47th St.

**“The Book of Mormon”**  
 Eugene O’Neill Theatre  
 230 W 49th St.

**“Chicago”**  
 Ambassador Theatre  
 219 W 49th St.

**“Gypsy”**  
 Majestic Theatre  
 245 W 44th Street

**“Just In Time”**  
 Circle In The Square  
 235 W 50th St.

**“Moulin Rouge”**  
 Al Hirschfeld Theatre  
 302 W 45th St.

**“Stranger Things:  
 The First Shadow”**  
 Marquis Theatre  
 210 W 46th St.

**“Buena Vista \  
 Social Club”**  
 Schoenfeld Theatre  
 236 W 45th St.

**“Death Becomes Her”**  
 The Lunt Fontanne  
 Theatre  
 205 W 46th Street

**“Hadestown”**  
 Walter Kerr Theatre  
 219 W 48th St.  
  
**“Hamilton”**  
 Richard Rodgers Theater  
 226 W 46th St.

**“The Lion King”**  
 Minskoff Theatre  
 Broadway and 45th St.

**“The Outsiders”**  
 Jacobs Theatre  
 242 W 45th St.

**“Wicked”**  
 Gershwin Theatre  
 222 W 51st St.



**Harry Potter and the Cursed Child**



**“Mama Mia”**

EXPERIENCE WHERE DREAMS BEGIN.



# HELL'S KITCHEN

BROADWAY'S HIT MUSICAL FROM  
ALICIA KEYS



NOW STARRING  
GRAMMY® AND EMMY®  
AWARD WINNER  
**CHRISTOPHER JACKSON**

MUSIC AND LYRICS BY  
**ALICIA KEYS**

BOOK BY  
**KRISTOFFER DIAZ**

CHOREOGRAPHY BY  
**CAMILLE A. BROWN**

DIRECTED BY  
**MICHAEL GREIF**

**GET TICKETS AT HELLSKITCHEN.COM**

SHUBERT THEATRE 225 W 44TH ST @HellsKitchenBway

# HARLEM WEEK CELEBRATION 2025

## Events Listing August 7-17

### Thursday, August 7, 2025 - Harlem Summerstage

• Taking place at the Adam Clayton Powell, Jr. State Office Building, Harlem Summerstage features live performances from a variety of local musicians and performing artists.

- Time: 5:00 PM - 7:00 PM
- Admission: FREE & Open to the Public
- Location: Adam Clayton State Office Plaza  
163 West 125th Street & Adam Clayton Powell Jr. Blvd

### Thursday, August 7, 14 2025 - Uptown Night Market

• The beloved food event is a must-attend for any food lover, featuring a celebration of cuisines worldwide, cultures with diverse performances and communities with various all-family activities, with a variety of food vendors. For additional information, click here.

- Time: 4:00 PM
- Admission: FREE & Open to the Public
- Location: 12th Avenue at 133rd Street

### Saturday, August 9, 2025 - Percy Sutton Harlem 5K Run & Children's Run

• Sponsored by New York Road Runners, the Percy Sutton Harlem 5K Run attracts runners and walkers from New York, the Tri-state area, nationally and internationally. According to many runners, this event is second in popularity throughout the city only to the New York City Marathon. Children ages 2 to 18 of all abilities can participate in the Children's Run and celebrate the vibrant history and culture of Harlem. Click here for more information. Every finisher will receive a New Balance lunchbox.

**Great Jazz on the Great Hill (Aug. 9)** – Jazzmobile and the Central Park Conservancy present Great Jazz on the Great Hill, featuring performances from internationally acclaimed artists at the Great Hill in Central Park.

- Time: 3:30 PM - 7:00 PM
- Admission: FREE & Open to the Public
- Location: Great Hill in Central Park, Central Park West at 106th Street

### Sunday, August 10, 2024: A Great Day in Harlem

“A Great Day in Harlem” – The first official outdoor event honoring HARLEM WEEK featuring a full day of live entertainment, food, and fun for the entire family. The four-part evening takes place at the historic Ulysses S. Grant National Memorial, showcases and celebrates Harlem’s iconic global cultural significance.

- Time: 11 AM – 7 PM
- Admission: FREE & Open to the Public
- Location: West 122nd St. &, Riverside Drive in Harlem

### Saturday, August 16, 2025 - Summer in the City

HARLEM WEEK’s second largest day events, “Summer in the City” features a full day of activities, including performances from local, national and international artists, the highly anticipated adult & children’s urban fashion show, health testing stations, hundreds of food vendors, arts & crafts, music, jewelry, hats, sculptors, games and corporate exhibitions and plenty of room for dancing in the street.

- Time: 12:00 - 6:00 PM
- Admission: FREE & Open to the Public
- Location: 135th Street from St. Nicholas Avenue to Malcom X Blvd

• HARLEM WEEK/IMAGENATION Outdoor Film Festival – At the conclusion of Summer in the City, the Outdoor Film Festival will provide a free outdoor film screening of Wicked under the stars on the Great Lawn of St. Nicholas Park.

- Time: 8:30 PM
- Admission: FREE & Open to the Public
- Location: St. Nicholas Park Great Lawn entrance at 135th Street

### Sunday, August 17, 2025 - HARLEM DAY, HARLEM WEEK’s biggest day!

HARLEM WEEK’s largest date feature three stages of entertainment, the Harlem Health Village, Harlem Broadway Row, performances from Broadway productions, local, national and international artists in various musical genres from Jazz, R&B, Hip-Hop, Gospel, Reggae, Soca, Latin and more. Plus hundreds of food vendors, arts & crafts, music, jewelry, hats, sculptors, corporate exhibitors and games.



**HARLEM WEEK 2025 SENIOR'S DAY held Aug 1**

**photos by Nadezda Tavodova Tezgor**





# IN HARLEM

**WHEN: SATURDAYS AUGUST 9TH & AUGUST 16TH**

**TIME: 7AM TO 3PM**

**WHERE:**

- EAST 109TH ST. BETWEEN LEXINGTON AVE. AND MADISON AVE.
- 5TH AVE. BETWEEN 109TH ST. AND 110TH ST.
- WEST 110TH ST. BETWEEN 5TH AVE. AND A.C. POWELL JR. BLVD.
- A.C. POWELL JR. BLVD. BETWEEN 110TH ST. TO WEST 125TH ST.

**SATURDAY AFTERNOON 1PM TO 3PM ,  
AUGUST 9TH**

FEATURED PERFORMERS AT 125TH ST. & A.C. POWELL BLVD.

**SING HARLEM**



**SATURDAY, AFTERNOON 1PM TO 3PM,  
AUGUST 16TH**

FEATURED PERFORMERS AT 125TH ST. & A.C. POWELL BLVD.

**NATIONAL JAZZ MUSEUM IN HARLEM ALL STARS**

LED BY **CHRISTOPHER MCBRIDE**



FOR MORE INFORMATION EMAIL [INFO@HARLEMWEEK.COM](mailto:INFO@HARLEMWEEK.COM) OR CALL HARLEM WEEK AT 212-862-8477 AND ASK FOR MS. SUTTON.

# Major Study Produces Good News in Alzheimer’s Fight

By Stacy M. Brow, Black Press USA

A major clinical trial has found that structured lifestyle changes can lead to greater improvement in brain function for older adults at risk of cognitive decline, compared to less intensive, self-directed approaches.

The peer-reviewed study, titled “[Effects of Structured vs Self-Guided Multidomain Lifestyle Interventions for Global Cognitive Function: The U.S. POINTER Randomized Clinical Trial](#),” was published this week in The Journal of the American Medical Association (JAMA) and presented at the Alzheimer’s Association International Conference in Toronto. It provides a large measure of hope against an illness that has long had many in fear. Researchers enrolled 2,111 participants between the

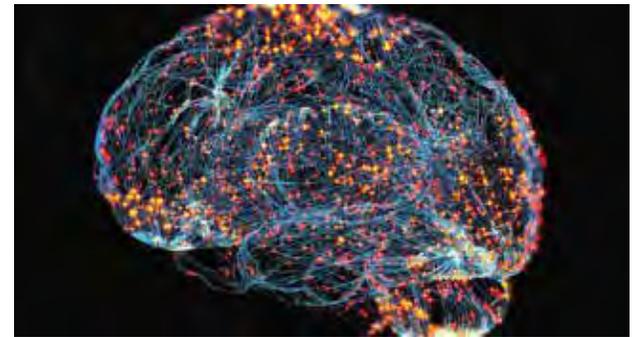
ages of 60 and 79 who were at elevated risk for cognitive decline and dementia due to factors such as sedentary behavior, poor diet, cardiometabolic conditions, and family history of memory loss. Participants were randomly assigned to one of two lifestyle interventions, either a structured, high-intensity program or a lower-intensity, self-guided version, and followed for two years. Both groups focused on improving physical activity, nutrition (through the MIND diet), cognitive stimulation, social interaction, and cardiovascular health. However, the structured group attended 38 facilitated meetings over two years and followed detailed activity plans, while the self-guided group attended six meetings and was encouraged

to pursue goals independently without coaching.

Both groups in the study—those who followed a structured lifestyle program and those who made changes on their own—showed improvement in overall brain function. However, the group that followed the structured plan improved more over the two years. Researchers measured this improvement using a standard scoring method that looks at multiple aspects of thinking, such as memory, attention, and speed. On that scale, the structured group improved by 0.243 points per year, while the self-guided group improved by 0.213 points per year. The difference between the two groups—0.029 points—was small but statistically meaningful, meaning it’s unlikely

to have happened by chance. The structured group also did better when it came to executive function, which involves planning, decision-making, and self-control. Their scores improved slightly more each year—by 0.037 points—compared to the self-guided group. The structured group also had slightly better scores in processing speed, or how quickly the brain handles information, but that difference wasn’t strong enough to be considered significant. When it came to memory, there was no clear difference between the two groups.

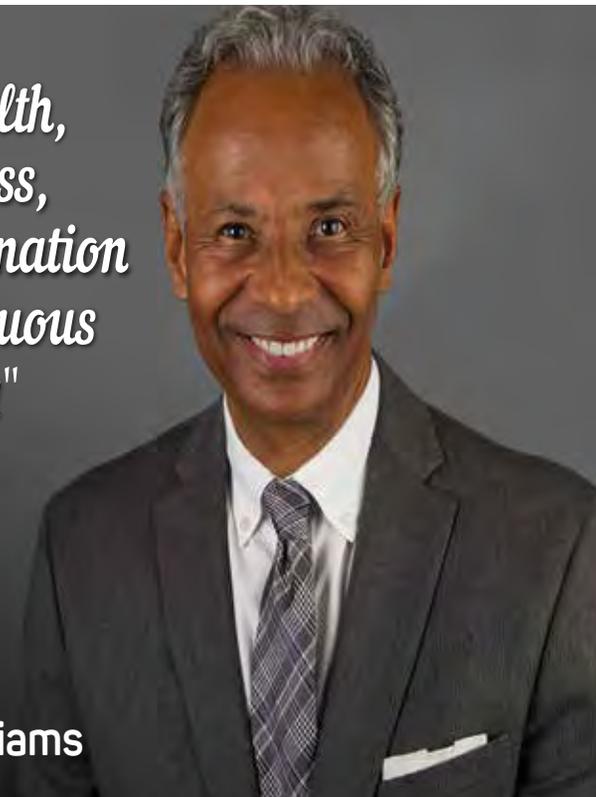
The participants included 68.9% women, and 30.8% identified as part of a racial or ethnic minority group. Thirty percent were carriers of the APOE-e4 gene, a known



genetic risk factor for Alzheimer’s disease. Retention was high, with 89% completing the final two-year assessment. Researchers reported that the structured intervention produced benefits regardless of sex, age, race, cardiovascular health, or APOE-e4 status. The cognitive improvement was more pronounced in participants with lower baseline cognitive scores. The study was conducted at five clinical sites across the United States from 2019 to 2025, with oversight by

Wake Forest University School of Medicine and approval from a centralized institutional review board. It is registered at ClinicalTrials.gov under identifier NCT03688126. “Among older adults at risk of cognitive decline and dementia, a structured, higher-intensity intervention had a statistically significant greater benefit on global cognition compared with an unstructured, self-guided intervention,” the researchers wrote.

*“Dental health, like success, is not a destination but a continuous journey”*



Dr. George Williams



W Dental 706 St. Nicholas Ave. New York, New York 10031  
 Open Monday – Friday 9:00 am to 5:30 pm  
 Call us today: (212)939-9399

*American Standard*  
HOME SERVICES

**\$1,500 OFF**  
— PLUS —  
**NO INTEREST**  
and  
**NO PAYMENTS**  
for  
**12 MONTHS\***

**Transform your bath with a walk-in tub**

**SCHEDULE A FREE IN-HOME CONSULTATION 855-549-3904**

\*Subject to 3rd party credit approval. Minimum monthly payments required. Offers valid thru 7/31/25

## How Support and Connection Can Improve Mental Health as You Age

(StatePoint)

**M**ental health issues, such as stress, anxiety and depression, are common among older adults, and can be exacerbated by declining health, loss of loved ones, financial challenges and late-in-life regrets.

Unfortunately, these issues can impact overall health, quality of life, and in some cases, even be life-threatening. The suicide rate among Americans aged 75 and older is the highest of any age group, according to the Centers for Disease Control and Prevention.

If you're an older adult, Dr. Zia Wahid, medical director with Cigna's Medicare business, encourages you to take the following

actions:

**Nurture relationships:** Research has found that loneliness can have negative health consequences as impactful as smoking 15 cigarettes a day. That's why finding connection is essential. Check with your local community center to find out what activities, classes and social events they offer. Faith-based organizations, neighborhood gatherings, and clubs based on common interests are also great ways to meet people and stay engaged. A simple phone call with a loved one is often enough to strengthen bonds, and emotional resilience.

**Get moving:** Physical activity can improve strength and agility as you age. It can also be a powerful way to boost your mood and ease anxiety and de-

pression. From chair yoga to water aerobics, there are forms of exercise appropriate for every ability and age, and free or inexpensive classes offered in many communities. Your Medicare Advantage (MA) plan may also offer fitness benefits that can help you move more and stay connected. Group fitness not your thing? Consider just getting outdoors for a short walk and a dose of sunshine.

**Avoid substance misuse:** Substance use disorder is common among older adults, and can intensify mental health challenges. One in 11 adults over age 60 had a substance use disorder in 2022, and that number is on the rise, according to the American Psychological Association. Check your Medicare plan.

It may cover treatment for alcoholism and substance use in both inpatient and outpatient settings.

Schedule a doctor's visit: Mental health, just like physical health, requires your attention and care. If you're experiencing mental health concerns, schedule a doctor's appointment. They can refer you to a psychologist, psychiatrist or clinical social worker, or provide additional advice and resources.

**Get it off your chest:** Talking about your feelings with friends, family, or even a trained professional can be helpful. Medicare covers individual and group therapy with doctors or licensed clinicians, and some of these services are offered virtually.

**Consider medication:**

Antidepressants, anti-anxiety medications, anti-psychotics and mood stabilizers, can be effective treatments for certain mental health conditions. A Part D plan – either standalone or within an MA plan – covers many of these prescriptions. Before starting a new medication, be sure to talk to your doctor about possible side effects and interactions with drugs you're currently taking.

**Don't wait:** If you or someone you know is experiencing a mental health crisis, immediately call or text the Suicide and Crisis Lifeline at 988 to reach a trained crisis counselor. This free, confidential service is available 24/7 nationwide in both English and Spanish.

For more information about Medicare benefits



and mental health, visit [cignamedicareinformation.com](http://cignamedicareinformation.com).

“Depression and other mental health concerns don't have to be part of aging. Treating these conditions can put you on the path toward a more fulfilling life, so that you can enjoy this chapter of life with confidence and joy,” says Dr. Wahid.



### We Go Beyond Routine

*At every eye exam, we go beyond just checking your eyes. We provide the highest level of care and personalized attention. Our board-certified optometrists are dedicated to providing unparalleled eye care by utilizing the latest technology to perform comprehensive eye exams. Your vision is unique, and so is our approach to caring for it. Schedule an appointment today and discover a world of clear vision and style at Cohen's Fashion Optical.*

We've Moved To  
**32 WEST 125TH STREET**

- Comprehensive Eye Exams
- Contact Lenses
- Designer Eyewear
- Sunglasses
- We accept most insurance and vision plans



## Meet Our Big Apple Greeter - Teddy

Teddy Urena has been a volunteer Big Apple Greeter since 2008. Originally from the Dominican Republic, Teddy has lived in New York City on and off since 1998, always making his NYC home in the neighborhoods of northern Manhattan. As a Greeter, he gets to share his love for the neighborhoods he calls home with visitors from all over the world – visitors who are thrilled to get to see New York through the eyes of a New Yorker.

Big Apple Greeter is a not-for-profit organization that works to enhance New York City’s worldwide image and enrich the city experience by connecting visitors

with knowledgeable and enthusiastic volunteers like Teddy. Volunteer Greeters give visitors a warm welcome, taking them to neighborhoods most visitors wouldn’t know about, showing them everything from favorite shops and hidden away parks to how to use the subway. Greeters are not tour guides; they are new friends who love to show off their favorite areas of the city in an informal, unscripted way. And Big Apple Greeter is eager to recruit more northern Manhattan residents to be Greeters.

Teddy recently introduced a group of fellow Big Apple Greeter volunteers to some of his northern Manhattan fa-

vorites. After meeting by the Mother Cabrini Shrine across from the 190th Street subway station, the Greeters took in Fort Tryon Park and the grounds of the Cloisters. Teddy says that the Cloisters is one of his favorite places to take visitors because “You feel like you’re in Europe.” The group of volunteers took in Inwood Hill Park, the Dyckman Farmhouse Museum, and the Church of the Good Shepherd. Because Teddy shared his knowledge of Inwood and Washington Heights, more Greeters are ready to show the neighborhoods to visitors who want to explore NYC’s less-visited areas.

Since 1992, Big Apple Greeter’s free service has let thousands of visitors each year discover the city’s ethnically and culturally diverse neighborhoods through the eyes of those who know them best—New Yorkers. Greeters have met more than 185,000 visitors from all 50 states and more than 100 countries.

Big Apple Greeter is a small program that has a significant impact on New York City. Visitors who meet a Greeter get a great orientation to the city and become comfortable exploring off-the-beaten-tourist-path neighborhoods on their own. Armed with a Greeter’s personal recommendations—many



in those less-frequented neighborhoods—most visitors will patronize shops, restaurants, and cultural attractions and institutions that they may not have known about or considered visiting before meeting a Greeter.

Adding more northern Manhattan volunteers to

Big Apple Greeter will encourage more visitors to experience the area’s rich history, vibrant culture, and warm and welcoming spirit. Consider volunteering to be a Big Apple Greeter. Visit [www.bigapplegreeter.org](http://www.bigapplegreeter.org).

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

-Tuesday P. Brooks

To learn more, go to  
BIGAPPLEGREETER.ORG



## BECOME A GREETER

*If you are a proud New Yorker,  
enjoy meeting people from around the world  
-and want to volunteer on your schedule-  
BIG APPLE GREETER IS FOR YOU!*



Big Apple Greeter



Tuesday P. Brooks

# BECOME A GREETER

If you are a proud New Yorker,  
enjoy meeting people from around the world  
– *and want to volunteer on your schedule* –  
BIG APPLE GREETER IS FOR YOU!



Big Apple Greeter

To learn more, go to  
[BIGAPPLEGREETER.ORG](http://BIGAPPLEGREETER.ORG)



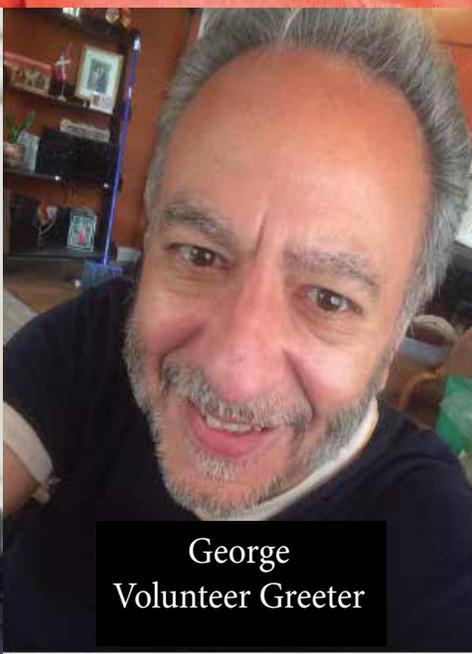
Mathew  
Volunteer Greeter



JOIN  
OUR TEAM



May  
Volunteer Greeter



George  
Volunteer Greeter



Fatime  
Volunteer Greeter

# The Harlem Tourism Industry by William A. Rogers

Future historians and scholars will debate on when the second Harlem Renaissance period started. In my view the Second Harlem Renaissance officially started on the first HARLEM DAY Sunday August 18<sup>th</sup>. The theme for the first HARLEM DAY was The Beginning of the Second Harlem Renaissance.

HARLEM DAY turned into HARLEM

WEEK which was around three to four weeks. HARLEM DAY is always the third Sunday in August. The Two major concerts that always ended the festival was Uptown Saturday Night and HARLEM-DAY.

Three stages were built between Fredrick Dougals Boulevard and Malcom X Boulevard across 125<sup>th</sup> Street. The major stage being on the Plaza of the Adam

Clayton Powell Jr. State Office Building. During the 70's , 80's and 90's HARLEM DAY was the best Urban free concert in the country and many stars during that time made their debut on a HARLEM DAY stage with thousands of people watching.

GQ was my favor examples of the energy of HARLEM DAY in 1978 a new group closed out the Uptown Saturday Night concert. Thou-

sands of people heard Disco Nights {Rock Funk} for the first time.

The response of thousands of people to Disco Nights song was amazing. Executives for Arista records who were at the concert also took notice of the crowd's reaction after hearing Disco Nights for the first time

GQ signed with Arista records and Disco Nights was released in 1979, The song became

an international hit. For the next few years GQ would close out the HARLEM WEEK stage. The amazing thing is for the past 50 years the energy of HARLEM WEEK has continued to be a major marketing tool for the Harlem Tourism and Hospitality Industry.

The 51<sup>st</sup> HARLEM DAY will be Sunday August 17<sup>th</sup> the crowds became too large to manage on 125<sup>th</sup> Street.

For the past few years HARLEM DAY has been on 135<sup>th</sup> Street between St. Nicholas Avenue and 5<sup>th</sup> Avenue. When HD moved to a residential area, no more late Saturday Night concerts. The new name for the Saturday HW concert is now Summer in the City on August 16<sup>th</sup>

The Percy E. Sutton 5k is sold out and over 5,000.00 runners will run through Harlem on Saturday August 9<sup>th</sup>. The race starts on 135<sup>th</sup> Street near the Percy E. Sutton school. Percy Sutton while serving as the Manhattan Borough President helped the New York Road Runners organize the New York Marathon.

On Sunday August 10<sup>th</sup> the first major HW outdoor concert will take place at Ulysses S. Grant Memorial Park Plaza at 122<sup>nd</sup> and Riverside Drive.

On Thursday August 14<sup>th</sup> the Harlem Tourism Board, in partnership with Harlem Renaissance Marriott Hotel, The Greater Harlem Chamber of Commerce and the Harlem Urban Development Corporation will host a Cultural Tourism Summit at the Harlem Renaissance Hotel to discuss new Marketing and Advertising strategies for the greater Harlem area's Tourism and Hospitality Industry.

You can register for the free Cultural Tourism Summit on Eventbrite.com or send a email to the harlemtourismboard@gmail.com-

**CULTURAL ONENESS FESTIVAL 2025**

**6-14 DEC. 2025 | NORTHERN GHANA**

**INTERNATIONAL Packages**

PER PERSON SINGLE **\$4,000**

PER COUPLE (Male and Female) **\$6,990**

**Arrival 6th & Departing 14th December 2025**

**INCLUSIONS**

- Flight to / from Ghana
- Visa on arrival (If necessary)
- 8 nights Accommodation (Nim Avenue Hotel or Similar)
- Daily Breakfast
- Local Flight to/from Tamale
- Local Transport
- Lunch/Snaks/Water on bus
- Musical Concert Pass
- Fashion Show Pass
- Branded T'shirt
- Cultural Roots Tours
- Palace Experience

**BOOK NOW! PAYMENT PLAN AVAILABLE**

**CALL** +1(205) 5383198 | +1 (917) 821-7099

**VISIT** [www.culturaloneness.com](http://www.culturaloneness.com)

**THE TASTE OF AFRICA**

**HTB** African Tourism Board

## Public Hearing

## Proposed Changes to MTA Fares

Public hearings will be held on proposed changes in fares virtually via Zoom and in person at the locations, dates and times noted below. The public is invited to comment on the proposed changes, which are summarized below and pertain, as applicable, to the fares of the New York City Transit (NYCT) and its subsidiary, the Manhattan and Bronx Surface Transit Operating Authority (MaBSTOA), the MTA Bus Company (MTA Bus), and the Staten Island Rapid Transit Operating Authority (SIR); Long Island Rail Road (LIRR); and Metro-North Railroad (Metro-North).

The fare proposals allow for a range of options to be considered and fare increases may be less than the maximum amounts specified. Following the hearings, after considering public comment, the Board of the MTA and its affiliated and subsidiary agencies will determine the fare changes to adopt.

For more details on the proposed changes, please visit <http://mta.info/2025-fare-hearings>, consult information posted at MTA stations and on digital display boards, or call the Public Hearing Hotline at (646) 252-6777.

---

**The following proposed changes may be implemented in or after January 2026.**
**NYCT, MaBSTOA, MTA Bus, SIR****Fares for Subway (NYCT), Local Bus (NYCT, MaBSTOA, and MTA Bus), and SIR:**

Base Fare (currently \$2.90):

- Increase the base fare by 10¢.

Single Ride Ticket (currently \$3.25):

- Increase Single Ride Ticket on non-reusable ticket stock by 25¢.

Fare Cap and Unlimited Rides:

- Make permanent a 7-Day Rolling Fare Cap that entitles a rider to an unlimited number of free trips in a 7-day period after the rider has paid for 12 trips in a 7-day period.
- Increase the 7-Day Rolling Fare Cap to 12 times the Base Fare, to \$36.00.

**Fares for Express Bus (NYCT and MTA Bus):**

Single Ride (currently \$7.00):

- Increase the single ride Express Bus fare to \$7.25.

**Fares for Paratransit Services (currently \$2.90):**

Increase the NYCT Access-A-Ride Paratransit Service one-way fare by up to the amount of the increase, if any, of the Subway Base Fare.

**MetroCard Fare Media:**

No longer sell MetroCard fare media. This fare media includes the prepaid 7-Day, 30-Day, and 7-Day Express Bus Plus Unlimited Ride MetroCards.

**Discount Policies:**

Seniors/Customers with disabilities/Paratransit Zero Fare discount policies remain unchanged.

**LIRR and Metro-North****Monthly, Weekly, and Other Ticket Types:**

- Increase the Monthly and Weekly ticket price up to 4.5%.
- Increase the price for all other tickets up to 8%.
- Special discounted fares, supplemental step-up on-board fares, and ride extension fares may be subject to percentage increases higher than the otherwise maximum authorized increases to base fares due to rounding.

**UniTicket and One-Way Connecting Fares:**

- Increase weekly connecting fares for Hudson Rail Link by 50¢.
- Increase monthly connecting fares for Hudson Rail Link by \$2.00 and for Haverstraw-Ossining Ferry by 75¢.
- Increase one-way fares for the Hudson Rail Link by 10¢, one-way connecting fares for the Haverstraw-Ossining Ferry by 25¢, and increase Seniors/Customers with Disabilities fares for these trips by 5¢.
- Increase weekly fare for connecting local NYC bus service (NYCT, MaBSTOA and MTA Bus) by 75¢ and monthly fare by up to \$4.25.
- Increase weekly fare for Nassau Inter-County Express (NICE) Bus UniTicket by 75¢ and monthly fare by up to \$5.25.

**Other Fare and Policy Proposals:**

- Increase the surcharge by \$2 on all tickets purchased on board trains.
- Make the Peak City Ticket and Far Rockaway Ticket permanent fare products.

---

**The following proposed changes may be implemented once the MetroCard is no longer accepted for fare payment.**
**Fares for Subway (NYCT), Local Bus (NYCT, MaBSTOA, and MTA Bus), and SIR:****On-Board Local Bus Fare:**

Continue to accept cash at card vending machines and OMNY retailers, and end acceptance of bus on board fare payment by coin for single ride Local Bus fare.

**OMNY Card Fee:**

Increase the fee for a new OMNY Card up to \$2.00.

**Dates and Times of Hybrid Public Hearings**

There will be three (3) hybrid Public Hearings to provide information and receive comments on the proposed changes to MTA fares at the dates and times below. Those interested in speaking will have two (2) minutes to speak.

Tuesday, August 19, 2025, 6 p.m. – 9 p.m.

Wednesday, August 20, 2025, 10 a.m. – 1 p.m.

Wednesday, August 20, 2025, 5 p.m. – 8 p.m.

**Location of the Hearings**

All public hearings will be held in-person at New York City Transit Authority, 130 Livingston Street, 1st Floor, Brooklyn, NY 11201 and via Zoom and livestreamed at <http://mta.info/2025-fare-hearings>.

Subway: **A C F R** to Jay Street – MetroTech (accessible station), **R** to Court Street (accessible station), **2 3** to Borough Hall (accessible station), **4 5** to Borough Hall (accessible on Manhattan-bound only)

Bus: B25, B26, B38, B41, B45, B52, B57, B61, B62, B65, B67, B103

**Registering for the Public Hearings**

To register to speak at the hybrid public hearings, please register online at <http://mta.info/2025-fare-hearings> or call the Public Hearing Hotline at (646) 252-6777. Telephone agents are available from 6 a.m. to 10 p.m. daily. Registration for each public hearing will open on Wednesday, July 30, 2025 and will close at the start of the hearing. All comments will be transcribed and made part of the permanent record.

You must pre-register to speak at a hybrid public hearing. Oral comments are limited to two (2) minutes for each speaker. Hearings are scheduled for three (3) hours, but for each public hearing, registrants will be accepted up to 240 minutes (4 hours) of scheduled public speakers. If there are registered speakers remaining after the hearing reaches 240 minutes of public speaker comments, only the remaining registered speakers who have not previously spoken at another 2025 fare public hearing will be given the opportunity to speak. In addition, at all hearings, speakers who have not previously spoken at another 2025 fare public hearing will be given priority in speaking order.

**Joining the Public Hearings Virtually**

If you are registered to speak and joining the public hearings virtually, you may join the Zoom meeting at the scheduled hearing time either online or by phone following these instructions:

**Join Zoom Online:** To access the Zoom meeting online, visit the website: <http://mta.info/2025-fare-hearings>. You can also enter the URL [zoom.us/join](http://zoom.us/join) and enter the Meeting ID 830 8013 3172.

**Join Zoom by Phone:** To access the Zoom meeting by phone, please call (646) 518-9805. Then enter Meeting ID 830 8013 3172 followed by the pound (#) sign.

**View-Only Online:** Members of the public who wish only to view the hearings may access the event live at <http://mta.info/2025-fare-hearings>.

To submit questions during the hearings, you must join the hearing through the Zoom online platform. You may submit questions at any other time in the ways listed below (see "Additional Ways to Comment or Request Information"). Questions about the proposed fare changes may be responded to by staff during or after the hearing.

**Additional Ways to Comment or Request Information**

**Online:** <http://mta.info/2025-fare-hearings>

**Mail:** MTA Government & Community Relations,

Attn: Fare Hearings, 2 Broadway, 16th Floor, New York, NY 10004

**Phone:** (646) 252-6777, telephone agents are available from 6 a.m. to 10 p.m. daily

Additional testimony will be taken at Customer Service Centers, mobile sales vehicles, and other locations around the transit system. Visit <http://mta.info/2025-fare-hearings> for more information.

**Accessibility and Language Assistance Services****American Sign Language and CART Captioning Services will be available.**

Members of the public who are Deaf or Hard of Hearing can use their preferred relay service or the free 711 relay service and ask to be connected to the Public Hearing Hotline at (646) 252-6777 to speak with an agent.

Members of the public who are Blind or have Low Vision can request accommodations at least five (5) business days before the first scheduled hearing date by submitting a request online at <http://mta.info/2025-fare-hearings> or by calling the Public Hearing Hotline at (646) 252-6777.

If language assistance or any other accommodations are required, please submit a request at least five (5) business days before the scheduled hearing date in one of the following ways: online at <http://mta.info/2025-fare-hearings>, by calling the Public Hearing Hotline at (646) 252-6777, or by sending a letter to MTA Government & Community Relations, Attn: Fare Hearings, 2 Broadway, 16th Floor, New York, NY 10004.

For those who request language assistance, the MTA will provide translated information about the hearing process and ensure that any public comments received in a language other than English are translated, included in the hearing transcript, and summarized for the MTA Board.

Members of the public who do not have access to a computer or who do not have access to the Internet can listen to each of the hearings by calling the Zoom meeting at (646) 518-9805 (toll-free). Then enter Meeting ID 830 8013 3172, followed by the pound (#) sign.



# Urbanology: Lifewave Technology



By William A. Rogers

vance Application Group {AAG}

The AAG research center specialized in energy production technologies for the military and for commercial use. David worked on developing a patch for Navy Seals that would naturally increase energy and stamina through the elevation of fat burning by communication to the body by a patch using a natural form of phototherapy.

Phototherapy therapy utilizes controlled exposure to ultraviolet light or visible light, depending on the condition being treated. Lifewave patches use the electromagnetic light energy produced by the body. The patches reflect the light emitted from the body back into targeted areas of the body. Special devices can

show the energy that is always part of the body's aura.

Over the years 30 different patches have been developed to address several health and wellness issues including. Addiction, Back pain, Brain Fog, Detox, inflammation, Sleep support, Weight Loss, Sciatica, plus Stress & Anxiety. The first and still most popular patch is the X39.

The X39 patch has been clinically proven to increase human GHK-Cu copper peptide, here are some of the many benefits of copper peptide development a major natural stem cell activator: Reduction of inflammation, reduction of stiff joints and pain, improvement of wound healing, increases collagen and elastin, reduced recovery

time, improves memory and mental clarity.

One of the most important functions of GHK-Cu is to increase healthy stem cell activity. The GHK-Cu in your body declines at the same rate as stem cells, by the age of 30 GHK-Cu declines by 60% by the age of 60 healthy stem cells decline by 90% by the age of 80 there is a 95% decline in active healthy stem cells in the body.

This is the process of aging. Research has shown that wearing the X39 patch along with structured health and wellness protocol can reactive and create new stem cells in six months. People are now using lifewave patcher throughout the world.

Not only Baby Boomers like me that would like

to better manage the aging process, by reactivating my stem cells, there are so many other positive benefits using the Lifewave patch technology that babies to seniors can be helped. The patches can also be used on animals and plants.

The Harlem Ki Energy Center has started to use this natural energy patch technology in the center's health and wellness protocol.

Visit [www.lifewave.com/KiEnergy](http://www.lifewave.com/KiEnergy) for additional information. [www.patchedu.com](http://www.patchedu.com) is another source for Lifewave patch technology information and studies. You can also send an email to [info@kienergy-center.com](mailto:info@kienergy-center.com) or call 917 806-1801

Imagine having the ability to activate stem cells without paying thousands of dollars, address cellular regeneration, address pain and support cellular regeneration by wearing a patch on key Acupoints on the body. Light Wave patch technology was developed by inventor David Schmidt while working with the Ad-

## Answers to Crossword on page 29

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



# HERBS ARE NATURE'S REMEDY Powerful Herbs for Strong Lung Health

By Zakiyyah

Healthy lungs are responsible for more than just breathing - they're central to our overall health and vitality. But keeping our lungs clean and functioning optimally is a growing challenge due to increasing pollution, humidity, and environmental toxins.

Elecampane, a natural antibacterial agent for the lungs, helps lessen infection. INULA, the essential oil that Elecampane yields, is an exponentially more powerful protection for the lungs.

Lungwort is a tree-growing lichen that actually resembles lung tissue in appearance, and contains compounds that are powerfully effective against harmful organisms that affect respiratory health.

Lobelia is thought to be one of the most valuable herbal remedies in existence, as it also stimulates the adrenal glands to release epinephrine which relaxes the airways and allows for easier breathing. Coltsfoot (the cough dispeller) has always been a part of my respiratory arsenal to strengthen the lungs and eliminate coughs. It soothes the mucus membranes in the lungs, and assists with other lung ailments.

Any of these herbs can be powdered, added to honey with other lung herbs, or their essential oils put in an atomizer/diffuser to aerate the benefits for the whole household.

You can change your family's narrative from 'passing

down cycles of illness,' to "passing down cycles of health and vitality LEARN HOW TO USE AND PREPARE HERBS - to join our new herb course launching in September- send me an email requesting course information.

## MAKE NATURE'S MEDICINE YOUR OWN

This information is to help you balance your natural healing energies and is not intended as diagnosis or cure. Phone: 347-407-4312, eMail: [theherbalist1750@gmail.com](mailto:theherbalist1750@gmail.com); blog: [www.herbsarenaturesmedicine.blogspot.com](http://www.herbsarenaturesmedicine.blogspot.com)

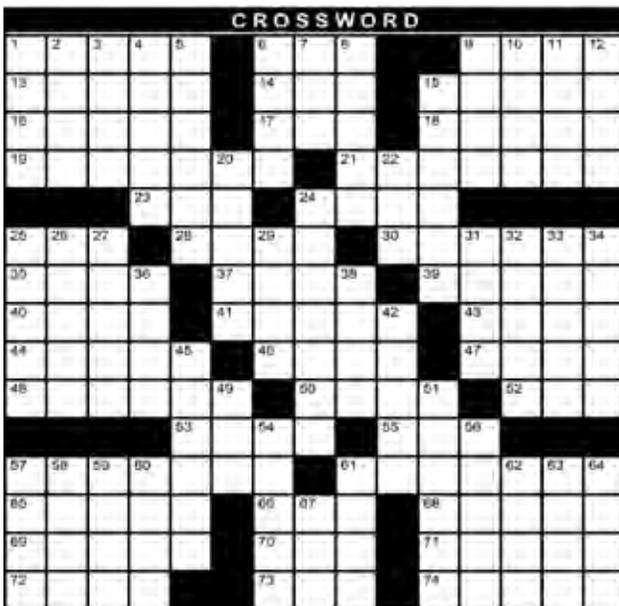
Subscribe to Harlem Daily Newsletter

Go to: [www.harlemcommunitynews.com](http://www.harlemcommunitynews.com)

"It's Free"

# GAMES

See answers on pages 28




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.

## STATEPOINT CROSSWORD

**THEME: WORKING OUT**

### ACROSS

1. Oven emanation
6. Beast of burden
9. Slat
13. Chocolate substitute
14. \_\_\_\_\_ carte
15. San Diego baseballer
16. Actress Linda of "Dynasty" fame
17. Grave acronym
18. Dartmouth and such
19. \*Largest shoulder muscle
21. \*Mind-body exercise with "apparatus"
23. To do this is human
24. Hold back or restrain
25. \*Biathlon gear, sing

28. Rum follower
30. Illuminated by a certain star
35. Windshield option
37. Gang's domain
39. Symbolized by white dove
40. Wander
41. "Sesame Street" regular
43. a.k.a. amir
44. Nobel Prize, e.g.
46. Most luminous star
47. 0.001 inches, pl.
48. \*Workout prep
50. Used to be
52. Sailor's assent
53. Agitate
55. Carry a load
57. \*Series of exercises with little or no rest
61. \*Peloton sport
65. "Bite the bullet," e.g.
66. E in BCE
68. Term of endearment
69. "He \_\_\_\_\_ it like it is"

70. Actress Ryan
71. "M\*A\*S\*H" character
72. One of #18 Across
73. 007
74. What actors do

### DOWN

1. Passed with flying colors
2. Five-star review
3. Not written
4. \_\_\_\_\_ Carlo
5. Soak up
6. 36 inches
7. Boxer Clay
8. Fraternity K
9. Surface magma
10. Passage into a mine
11. \*"Arboreal" yog a pose
12. Hitler's sidekick Rudolf \_\_\_\_\_
15. Highway accident
20. Extremely angry
22. "\_\_\_\_\_ show time!"
24. Nocturnal bird of prey (2 words)
25. It broke the

- camel's back
26. Plains tribe
27. Iron + nickel
29. \*Use calories
31. a.k.a. Indian Lilac
32. Vampire of Greek mythology
33. In a cold manner
34. To the point
36. Four years for a President
38. V
42. Premature
45. \_\_\_\_\_ semolina, pl.
49. Hawaiian dish
51. Trick-taking card game
54. List components
56. Twilight
57. C in NYC
58. Brain wave
59. Small brook
60. Nat of Jazz
61. Same as cagey
62. \_\_\_\_\_-European language
63. Like a drink in a snifter
64. Swirling vortex
67. \*One in a setestab-

**DON'T MISS ANOTHER ISSUE**

**SUBSCRIBE TODAY!**

**GO TO**

**PAGE 14**

Consumer Cellular®

**BIG WIRELESS COVERAGE, WITHOUT BIG WIRELESS COST.**

**Plans start at just \$20/month.**

**Switch & Save Today.**

**833-331-0967**

© 2024 Consumer Cellular Inc. Terms and Conditions subject to change. Plans shown above include \$5 credit for AutoPay and E-billing. Taxes and other fees apply. Credit approval required for new service. Cellular service is not available in all areas and is subject to system limitations.

See answers on pages 31

## AUTO DONATIONS

Drive Out Breast Cancer: Donate a car today! The benefits of donating your car or boat: Fast Free Pickup - 24hr Response Tax Deduction - Easy To Do! Call 24/7: 855-905-475

## AUTO DONATIONS

Donate your car, truck, boat, RV and more to support our veterans! Schedule a FAST, FREE vehicle pickup and receive a top tax deduction! Call Veteran Car

## AUTO DONATIONS

Wheels For Wishes benefiting Make-A-Wish® Northeast New York. Your Car Donations Matter NOW More Than Ever! Free Vehicle Pick Up ANYWHERE. We Accept Most Vehicles Running or Not. 100% Tax Deductible. Minimal To No Human Contact. Call: (877) 798-9474. Car Donation Foundation d/b/a Wheels For Wishes. www.wheelsforwishes.org.

## CAREER/TRAINING

TRAIN ONLINE TO DO MEDICAL BILLING! Become a Medical Office Professional online at CTI! Get Trained, Certified & ready to work in months! Call 855-543-6440. (M-F 8am-6pm ET). Computer with internet is required.

## CAREER/TRAINING

COMPUTER & IT TRAINING PROGRAM! Train ONLINE to get the skills to become a Computer & Help Desk Professional now! Grants and Scholarships available for certain programs for qualified applicants. Call CTI for details! 844-947-0192 (M-F 8am-6pm ET). Computer with internet is required.

## HEALTH

Stroke and Cardiovascular disease are leading causes of death, according to the American Heart Association. Screenings can provide peace of mind or early detection! Contact Life Line Screening to schedule your screening. Special offer - 5 screenings for just \$149. Call 1-844-475-2434

## HEALTH

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-769-2956

## HEALTH

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 400 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-844-341-0603 www.dental50plus.com/harlem #6258

## HOME IMPROVEMENT

Prepare for power outages with Briggs & Stratton®#9415; PowerProtect(TM) standby generators - the most powerful home standby generators available. Industry-leading comprehensive warranty - 7 years (\$849 value.) Proudly made in the U.S.A. Call Briggs & Stratton 1-888-895-6795.

## HOME IMPROVEMENT

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 866-393-3636

## HOME IMPROVEMENT

Don't Pay For Covered Home Repairs Again! American Residential Warranty covers ALL MAJOR SYSTEMS AND APPLIANCES. 30 DAY RISK FREE/ \$100 OFF POPULAR PLANS. 833-398-0526

## MISCELLANEOUS

GoGo. Live and age your way. Get help with rides, groceries, meals and more. Memberships start as low as \$1 per day. Available 24/7 nationwide. BBB Rated A+ Business. Call GoGo to get started. 1-877-265-8006

## MISCELLANEOUS

When you want the best, you want Omaha Steaks! 100% guaranteed and delivered to your door! Our Butcher's Deluxe Package makes a great gift and comes with 8 FREE Burgers ONLY \$99.99. Call 1-855-448-1786 and mention code 77318BXN or visit www.omahasteaks.com/Deluxe9596

## TV INTERNET PHONE

BEST SATELLITE TV with 2 Year Price Guarantee! \$59.99/mo with 190 channels and 3 months free premium movie channels! Free next day instal-

## TV INTERNET PHONE

Consumer Cellular - the same reliable, nationwide coverage as the largest carriers. No long-term contract, no hidden fees and activation is free. All plans feature unlimited talk and text, starting at just \$20/month. For more information, call 1-833-331-0967

## TV INTERNET PHONE

DIRECT TV OVER INTERNET - Get your favorite live TV, sports and local channels. 99% signal reliability! CHOICE Package, \$84.99/mo for 12 months. HBO Max and Premium Channels included for 3 mos (w/CHOICE Package or higher.) No annual contract, no hidden fees! Some restrictions apply. Call IVS 1-877-830-1467

## TV INTERNET PHONE

Choose EarthLink Fiber Internet for speeds up to 5 Gigs, no data caps, no throttling. Prices starting at \$54.95. Plus, a \$100 gift card when you make the switch. Call 1-844-219-0416

## MISCELLANEOUS

FreedomCare. Let your loved ones care for you and get paid! Paid by Medicaid. Choose family or friends as your paid caregiver. Check your eligibility today! Call FreedomCare now! 1-855-502-1782

## TV INTERNET PHONE

Switch and save up to \$250/year on your talk, text and data. No contract and no hidden fees. Unlimited talk and text with flexible data plans. Premium nationwide coverage. 100% U.S. based customer service. For more information, call 1-833-331-0967

SUBSCRIBE  
TODAY

and get  
"Good News You  
Can Use"

Tell us which edition you'd like (please check one)  
Harlem \_\_\_ Bronx \_\_\_ Brooklyn \_\_\_ Queens \_\_\_

To ensure prompt delivery, please print the following information

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Harlem Community Newspapers, Inc

24 issues \$29.95 \_\_\_\_\_ 44 issues \$49.95 \_\_\_\_\_ (for postage & handling)

Mastercard  Visa Acct # \_\_\_\_\_ Exp Date \_\_\_\_\_

Digital copy in email for 52 weeks \$25 \_\_\_ Mail To: Harlem Community Newspapers, Inc.. P.O. Box #1775, NY NY 10027  
or go to harlemcommunitynews.com to subscribe online

# "Talk to Me Nice: The Seven Trust Languages For A Better Workplace" by Minda Harts

REVIEW by Terri Schlichenmeyer, Harlem News contributor

Raise? What raise? Your employees have been hinting for a few weeks now that they'd like a little more in their paycheck and you can surely understand their wishes. You also wish they'd understand that now's not the time for it. And so, you avoid all conversations about money and hope there's no turnover because you can't afford that, either, but read "Talk to Me Nice" by Minda Harts, and you'll know what to say and how to say it.

Five years ago, Minda Harts had what was, to her, a dream job. She was basically autonomous, the only East Coast employee of a West Coast firm, taking care of her job and any

clients who might visit the Big Apple. Harts knew she was trusted; her employers wholeheartedly indicated it, but they didn't tell her much else and when she asked to take her career to the next level with better wages or a promotion, they gave her a big fat sort-of-maybe.

She was only looking for what she felt she was due. They glossed over her concerns.

And she turned in her resignation.

So if you can't pony up more moola or a corner office, what can you offer?

Trust, says Harts. Pure and simple, employees want trust. And the way to gain their trust is to use "the seven workplace trust languages."

Especially if you've got

Black or LGBTQ employees, they want your sensitivity to the unique issues they face at work. In good times and bad, speaking to them with as much transparency as possible goes a long way. Security helps your employees feel safe on the job, both physically and mentally. Act, don't just talk, to demonstrate your words. Be willing to give positive and kindly negative feedback on a regular basis. Offer acknowledgment for a job well-done, a work-iversary, or for a hard task completed. Finally, follow through to make sure your employees can feel confident that you're on this.

And then, says Harts, "watch trust grow!"

This should feel pretty commonsensical, shouldn't it? Yes, but author Minda Harts suggests in a huge way that it's not, and that businesses from the top down need to relearn how to put trust back into the workplace. In "Talk to Me Nice," she explains how.

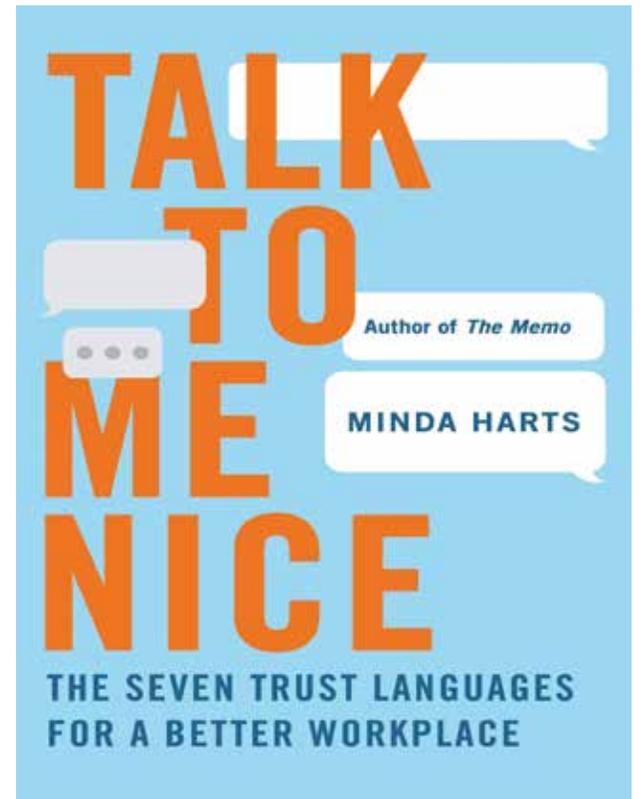
Never mind the kerfuffle about DEI, the fact is that today's workplaces can still be quite diverse and that plays big in this book as Harts shows why trust is key for happy employees and for healthy retention, and how it matters in every kind of workplace. Though her stories are a bit scattershot, they're all-encompassing and she uses real-life examples to show trust-making in action and what happens if it's lacking. That can be helpful and cautionary, both, and the

relevance built into those tales is something readers will greatly appreciate.

This is an excellent book for C-Suiters, managers, and supervisors all, but it's also a good book for an up-and-coming company star. Read "Talk to Me Nice" and get ready to raise the roof.

"Talk to Me Nice: The Seven Trust Languages for a Better Workplace" by Minda Harts

c.2025,  
Flatiron Books  
\$27.99  
240 pages



## SUDOKU ANSWERS

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

**FIRST CLASS NOTARY**

**OUR SERVICES :**

- ✓ General Notary
- ✓ Fingerprinting
- ✓ In Person Location

## NOTARY PUBLIC

**MON-SAT 12-6**

15 West 118th Street  
New York, NY 10026

(646) 224-6991  
FirstClassNotary.net



**THE WORLD'S  
#1 MUSICAL**

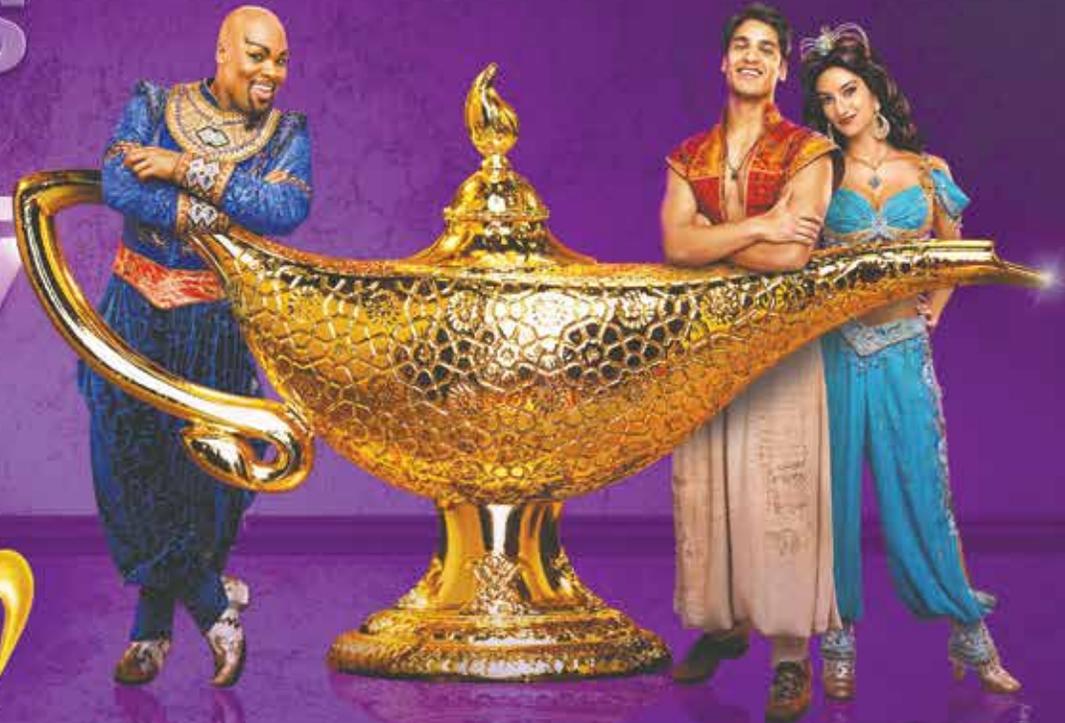
Disney  
**THE LION KING**

THE AWARD-WINNING BEST MUSICAL

**BROADWAY'S  
MAGICAL  
GETAWAY**

Disney  
**Aladdin**

THE HIT BROADWAY MUSICAL



MEMORIES BEGIN AT [DisneyOnBroadway.com](https://www.DisneyOnBroadway.com)