



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

HARLEM NEWS

"Good News You Can Use"

Vol. 31 No. 32

August 7, 2025 - August 13, 2025

FREE



**Black Talent Is
Bursting Out on
Broadway**

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**HARLEM WEEK
CALENDAR
AUG 7-17**

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

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PAT STEVENSON

Enjoy our “Blacks on Broadway” issue. We have been featuring Black actors on Broadway for almost 30 years. We hope you will support our Black actors on Broadway now being featured in more than 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. (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)

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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 51st 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 Mallette, 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

The heart is an amazing organ. The main function of the heart is to transport blood throughout the body. Blood transports oxygen and nutrients to the cells while removing carbon dioxide and other waste products from the organs for elimination. Blood moves through the heart in a continuous cycle,

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.]

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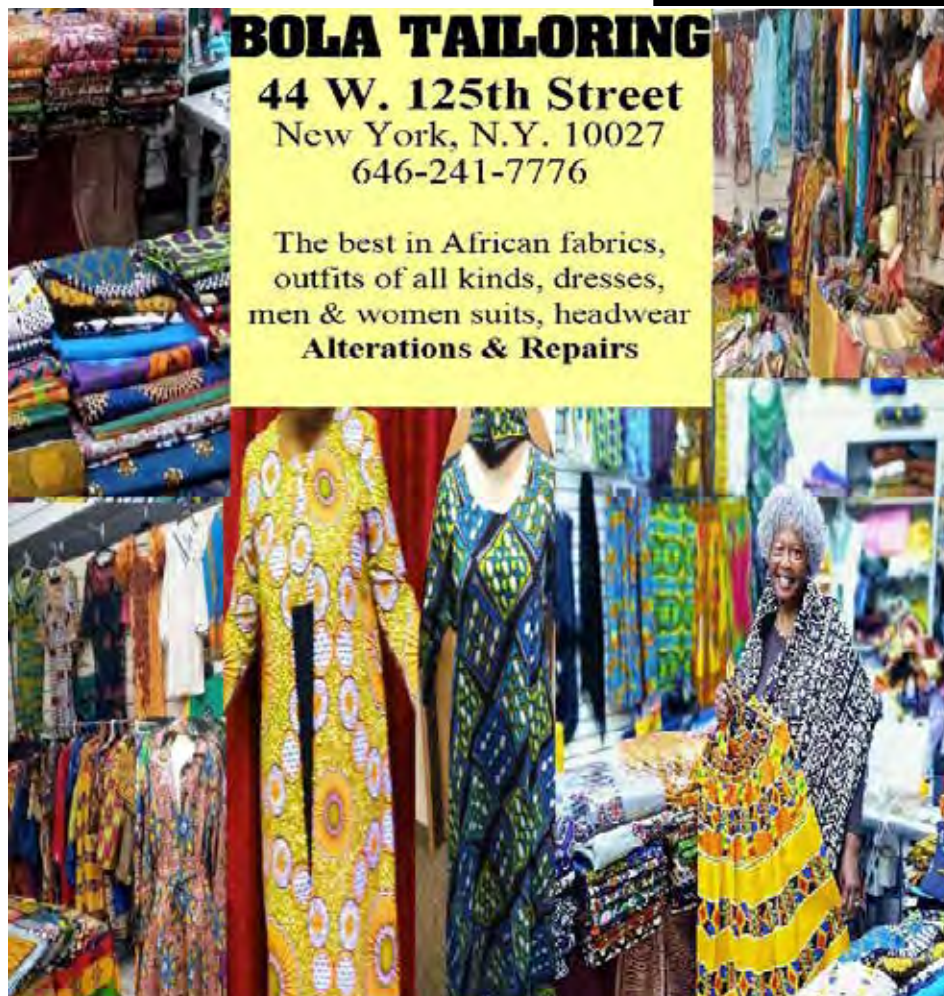
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Building, Preserving, and Planning 426,000+ Units of Housing



By Mayor Eric Adams

When 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.



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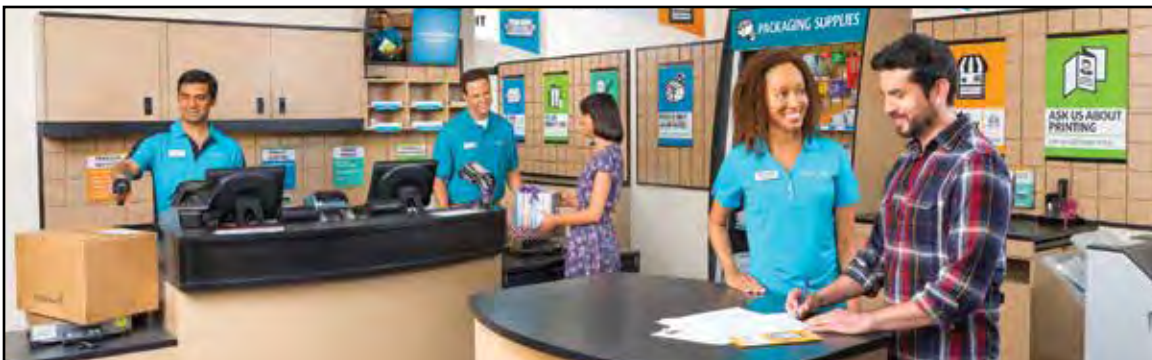
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Home Buying in Harlem Be Prepared to Buy Now



By Rev. Dr. Charles Butler

When 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.

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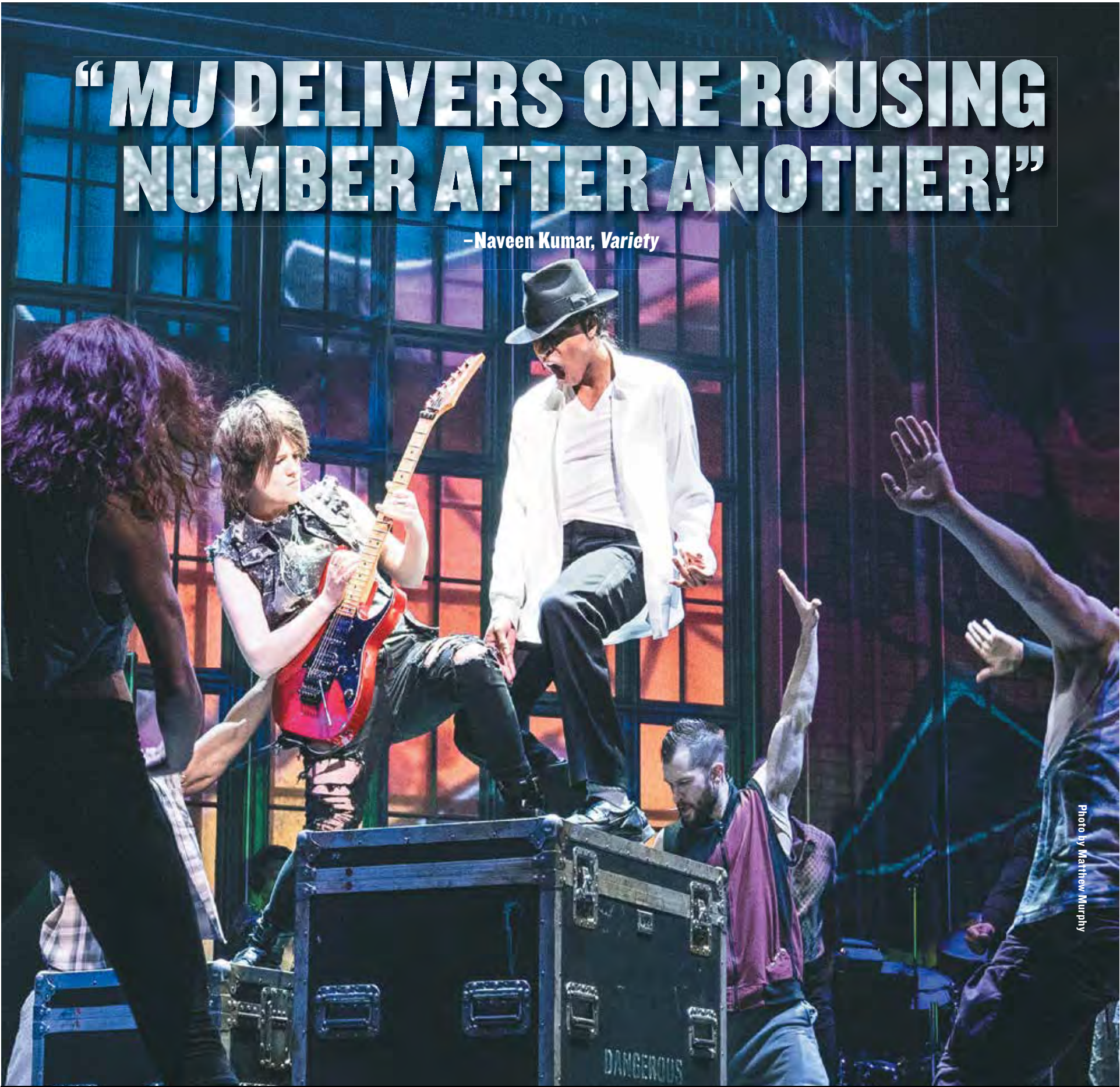


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Black Talent Is Bursting Out on Broadway

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 Batiste Sterling (Ruben).

“Cabaret at the Kit

Kat Club” playing at the August Wilson Theatre tells the story of the Emcee and the toast of Mayfair “Sally Bowles” who work at the Cabaret. It 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 Evarett (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”

BLACKS ON BROADWAY

HARLEM COMMUNITY NEWSPAPERS

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); Philip 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 Theatre 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 Cy-mone (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



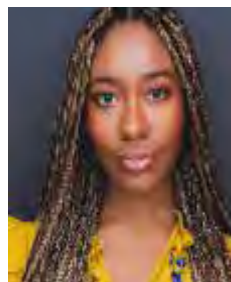
Darien Daah Van Rensalier



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



Jevares 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



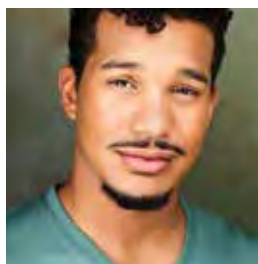
Angelica Beliard



Anthony Santo



Ashley De La Rosa



Da'Von T. Moody



Isa Antonetti



Jainardo Batista Sterling



Julio Monge



Leonardo Reyna's



Mer Seme

HARLEM COMMUNITY NEWSPAPERS

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



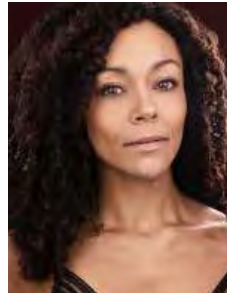
Paige Smallwood

Chess



Nicholas Christopher

Chicago



Arian Keddell



Celia Nightengale



James T. Lane



Rema Webb



Sean Samuels



Sharon Moore

The Great Gatsby



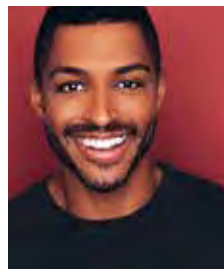
Aisha Jackson



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.

Blacks on Broadway 2025

Gypsy



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

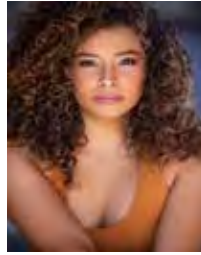
Hamilton



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



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



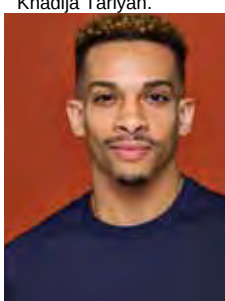
Chad Carstarphen



Christopher Jackson



Eric Parra



Gabriel Hyman

Hell's Kitchen

HARLEM COMMUNITY NEWSPAPERS

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



Khorì Petinaud



Lance Roberts



Albert Rhodes Jr



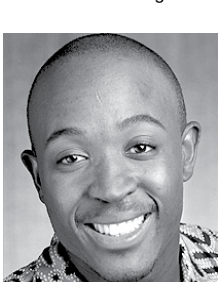
Amanda Kunene



Andrew Arrington



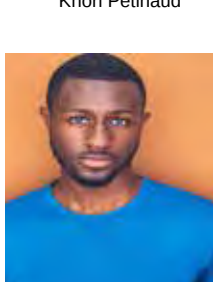
Antonia Raye



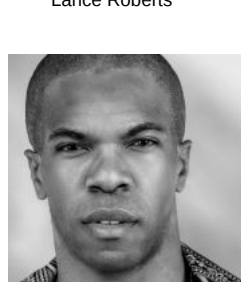
Bongì Duma



Bonita J. Hamilton



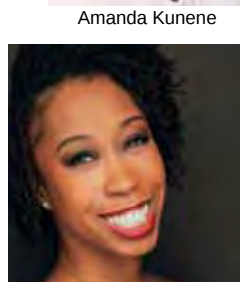
Cameron Amandus Jones



Christopher L. McKen



Daniel Harder



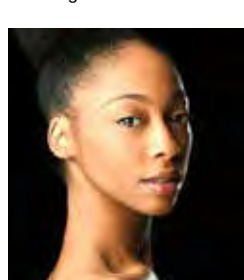
Daphne Marcelle Lee



Dylan Santos



Jacqueline Rene'



Jamaris Mitchell



James Vessell



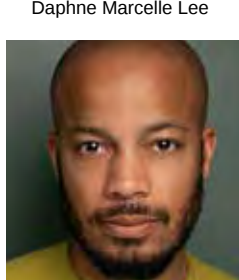
Jaysin McCollum



Juliana Martinez



Julius-Raymond Weems IV



Kyle Lamar Mitchell



L. Steven Taylor



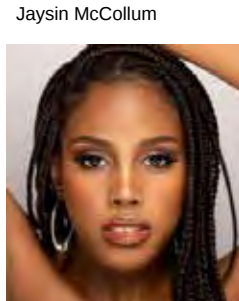
Lindiwe Dlamini.



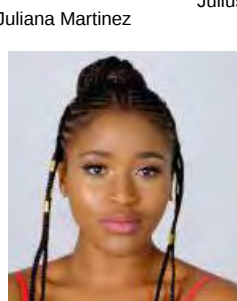
McKenzie Sherie Lewis



Nteliseng Nkhela



Paige Fraser-Hoffman



Pearl Khwezi



Ray Mercer



Shawn Alynda Fisher



Sidney Nicole Wilson



Tshidi-Manye



TyNia René Brandon



Zaki A'Jani Marshall



Zinhle Dube



Zinhle Dube



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



Rayne Marveaux



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



Adia Olanethia Be



George Vickers



Jalynn Steele



Jasmine Overbaugh

Mamma Mia!



Nico DiPrimio



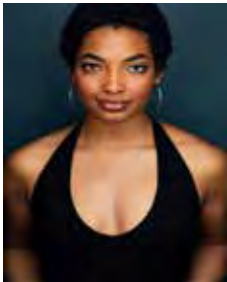
Adea Michelle Sessoms



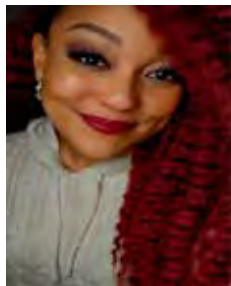
Andre Ward



Bahiyah Hibah



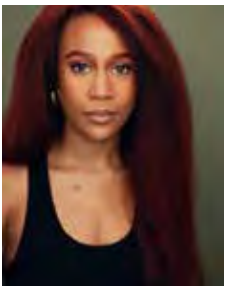
Brooke Taylor



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



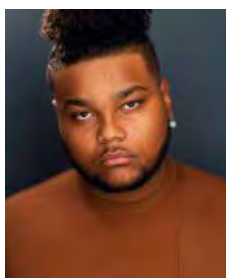
Cameron Burke



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



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Theater Listings

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

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

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

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

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

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

“Chicago”
Ambassador Theatre
219 W 49th St.

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

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

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

“Gypsy”
Majestic Theatre
245 W 44th Street

“Hadestown”
Walter Kerr Theatre
219 W 48th St.

“Hamilton”
Richard Rodgers Theater
226 W 46th St.

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

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

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

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

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

“Mamma Mia!”
The Winter Garden
Theatre
1634 Broadway

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

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

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

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

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

“Wicked”
Gershwin Theatre
222 W 51st St.



Harry Potter and the Cursed Child



“Mamma Mia”

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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

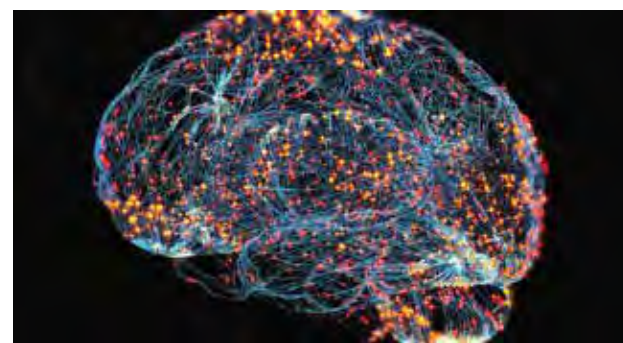
ages of 60 and 79 who were at elevated risk for cognitive decline and dementia due to factors such as sedentary behavior, poor diet, cardiometabolic conditions, and family history of memory loss. Participants were randomly assigned to one of two lifestyle interventions, either a structured, high-intensity 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



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How Support and Connection Can Improve Mental Health as You Age

(StatePoint)

Mental 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.

"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.



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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.

BECOME A GREETER

*If you are a proud New Yorker,
enjoy meeting people from around the world
-and want to volunteer on your schedule-
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Big Apple Greeter

"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



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!



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To learn more, go to
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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 18th. 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 125th 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 51st HARLEM DAY will be Sunday August 17th the crowds became too large to manage on 125th Street.

For the past few years HARLEM DAY has been on 135th Street between St. Nicholas Avenue and 5th 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 16th

The Percy E. Sutton 5k is sold out and over 5,000.00 runners will run through Harlem on Saturday August 9th. The race starts on 135th 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 10th the first major HW outdoor concert will take place at Ulysses S. Grant Memorial Park Plaza at 122nd and Riverside Drive.

On Thursday August 14th 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 Summitt 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 Summitt on Eventbrite.com or send a email to the harlemtourismboard@gmail.com-



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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 CityTicket 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 4** 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 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.



Metropolitan Transportation Authority

www.mta.info

Urbanology: Lifewave Technology



By William A. Rogers

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-

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 for additional information. www.patchedu.com is another source for Lifewave patch technology information and studies. You can also send an email to info@kienergy-center.com or call 917 806-1801

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Answers to Crossword on page 29

A	R	O	M	A		Y	A	K		L	A	T	H			
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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; blog: www.herbsarenaturesmedicine.blogspot.com

GAMES

HARLEM COMMUNITY NEWSPAPERS

See answers on pages 28

CROSSWORD

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

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, singular

- 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-

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PAGE 14

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See answers on pages 31

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"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.

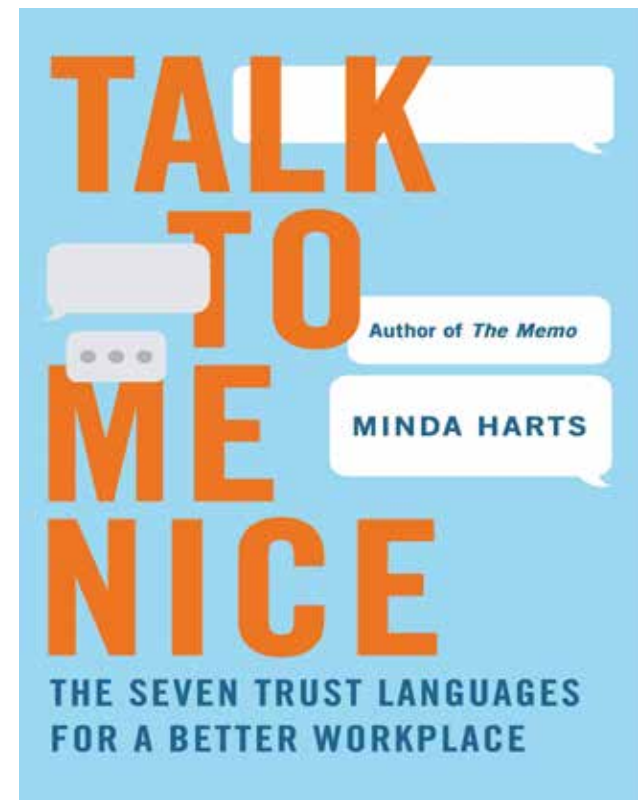
Never mind the kerfuffle about DEI, the fact is that today's workplaces can still be quite diverse and that plays big in this book as Harts shows why trust is key for happy employees and for healthy retention, and how it matters in every kind of workplace. Though her stories are a bit scattershot, they're 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

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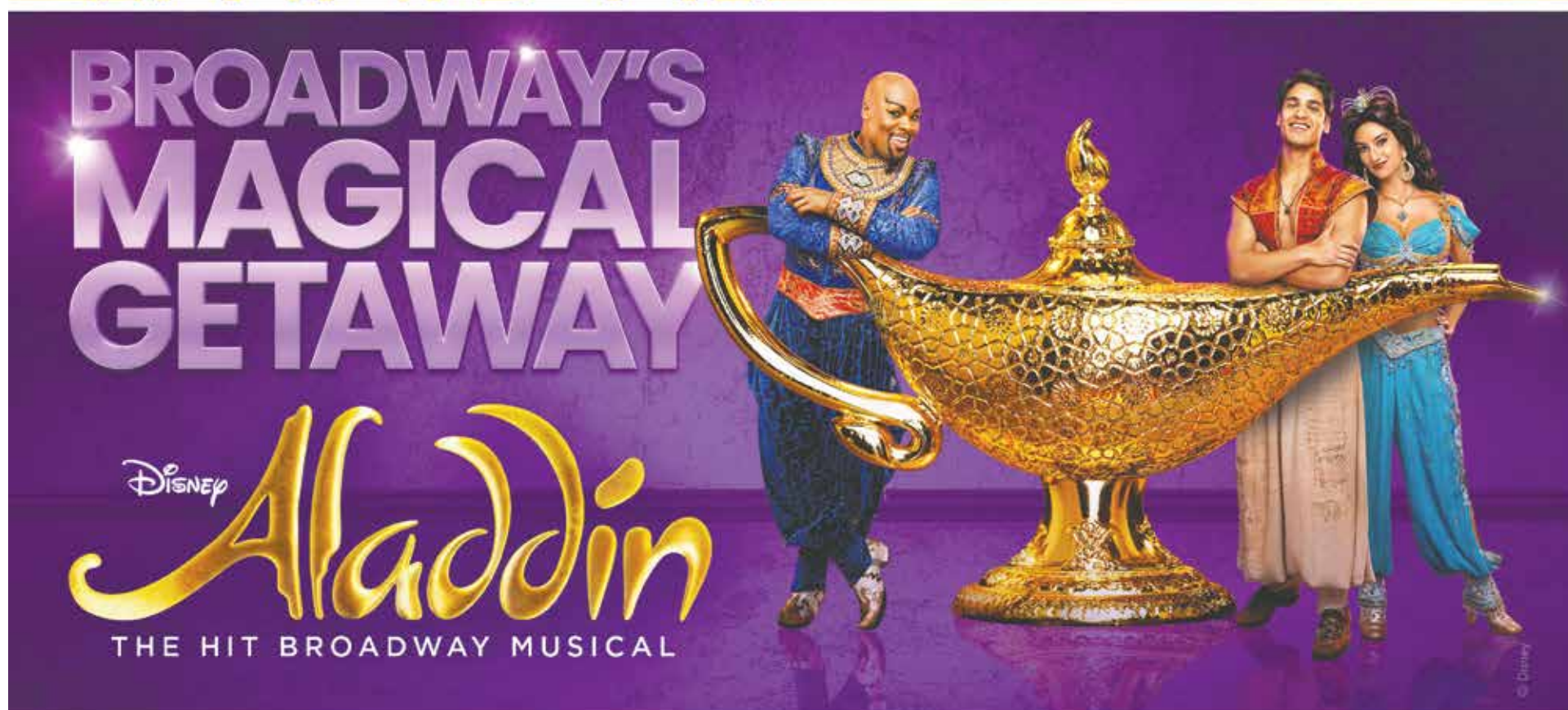
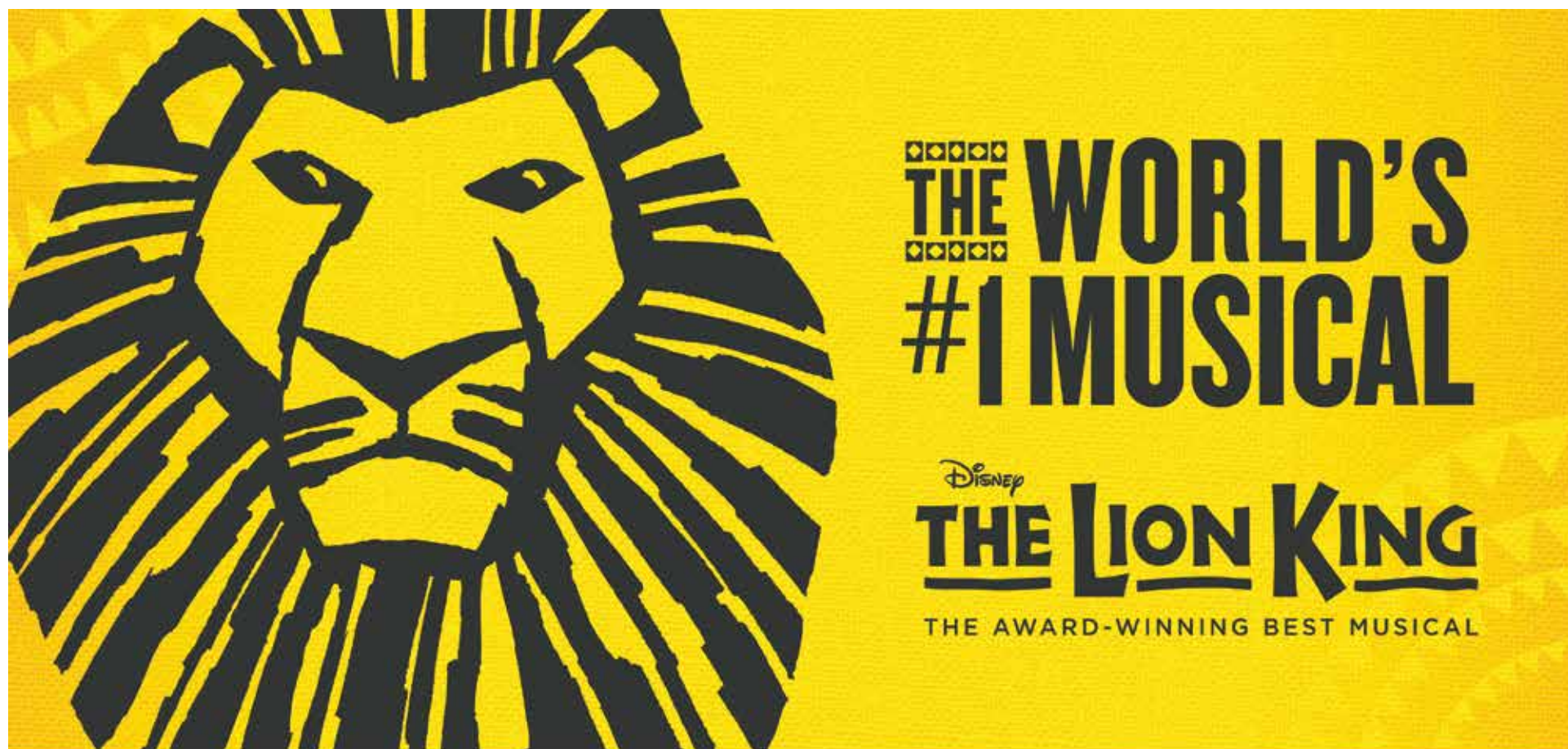
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