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"GOOD NEWS YOU CAN USE"

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

COMMUNITY
HARLEM NEWS

"Good News You Can Use"

Vol. 32 No. 35

August 28, 2025 - September 3, 2025



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2025 RECAP**

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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.

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

Free copies distributed in your community weekly

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Publisher/Editor	Pat Stevenson
Social Media Mgr	Steven Bennett
Proofreader	Hazel Rosetta Smith
Publisher Assistant	Dominic Jones
Theater Writer/Critic	Linda Armstrong
Writer/Social Media	Charlotte Anderson
Travel	Debi Kops
Intl News & Entertainment	Maria Cavenaghi
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Writer/Videographer	George Williams
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Bronx/Queens Writer	Howard Giske
Photographer	Nadezda Tavodova Tezgor
Photographer	Michelle James
Photographer	Seitu Oronde
Marketing Consultant	William A. Rogers

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Mailing: P.O. Box # 1775, New York, New York 10027
Phone: 646-988-1015•
Email: harlemnewsinc@aol.com
Website: www.harlemcommunitynews.com
Twitter: @harlemnewsinc • Facebook: /harlemnewsinc
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PAT STEVENSON

This week’s edition of Harlem News pays tribute to a towering figure in our community, Lloyd Williams, with coverage of his final farewell celebration of life held on August 23rd at Salem United Methodist Church. The service drew a powerful gathering of voices, including Rev. Al Sharpton, Attorney General Letitia James, and Mayor Eric Adams, each honoring Williams’ enduring legacy of leadership, advocacy, and love for Harlem.

We also bring you a vibrant recap of HARLEM WEEK 2025, a dazzling showcase of culture, music, and unity that once again reminded us why Harlem remains the heartbeat of Black America. From street festivals to panel discussions, this year’s celebration was a testament to Harlem’s resilience and creativity.

In our Black History section, we reflect on the Transatlantic Slave Trade—500 years later. This sobering retrospective explores the lasting impact of one of history’s darkest chapters, while honoring the strength and survival of African descendants across the diaspora.

From remembrance to celebration to reflection, this week’s issue is a powerful tapestry of Harlem’s past, present, and future. Be sure to pick up your copy and stay connected to the soul of the community.

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Pat Stevenson

Celebrating

32 years Publishing

Lloyd A. Williams, Harlem's Dream Chaser - Memorial Service

By Hazel Rosetta Smith

Sunday, August 17th, was the final day of the 51st annual HARLEM WEEK celebration on 135th Street in Harlem. From Fifth Avenue to St. Nicholas Avenue, the crowds strolled, shopped, and enjoyed tasty delights from food trucks. Three stages offered Broadway artists and local talent throughout the day. The Harlem community was in high celebratory mode.

Unfortunately, the day ended with a torrential downfall of rain. Vendors scurried to secure their wares from the water, as the community stood silently under tents and on stoops.

Looking back on that moment, the rain appeared as a sudden expression of the sorrow felt at the loss of Lloyd Williams. Williams, who passed on August 6th, the President and CEO of The Greater Harlem Chamber of Commerce and Chair/Co-Founder of HARLEM WEEK would not walk the streets with his community comrades.

He was the architect of HARLEM WEEK, which started as a one-day event (HARLEM DAY) organized by the Honorable Percy E. Sutton in 1974 to create positivity in the community and promote the neighborhood's rich history and culture during a time of economic and social challenges. HARLEM WEEK expanded into an 11 day globally recognized festival and is one of the largest summer events in the Northeast, affirming Harlem's legacy and propelling its future growth.

A true Harlemite, raised on West 120th Street, between Lenox and Seventh Avenues, Williams served his beloved Harlem with untiring dedication and commitment. He oversaw decades of economic and civic growth in Harlem.

The immersion of the values of community involvement and education were instilled in him from his grandmother at an early age to uplift people of color, which was the political principles of activist Marcus Garvey.

Under his leadership, GHCC has spearheaded efforts to address affordable housing, education, health equity, climate change and the digital divide.

Williams also held leadership positions and served on numerous boards including president of the Greater Harlem Housing Development Corporation (GHHDC), vice chairman of Harlem Arts Alliance, executive committee member of the NYC Tourism + Conventions Board of Directors, chairman of the President's Executive Advisory Board at City College of New York, founding board member of the Apollo Theater, and executive board member of the National Jazz Museum in Harlem. He was also a member of several organizations including the Prince Hall Masonic Lodge and a lifetime member of the NAACP and National Action Network.

On Saturday, August 23, one week following the culmination of the 2025 annual HARLEM WEEK, family, friends, community constituents, Harlem activists and public luminaries gathered to celebrate the life and community service of Lloyd Williams. The memorial service was held at Salem United Methodist Church on Adam Clayton Powell, Jr. Boulevard.

Officiated by Salem's Pastor, Rev. Noel Chin, speakers included: Rev. Jacques DeGraff, minister for the Cnaan Baptist Church of Christ, NYC Mayor Eric Adams; President of the National Action Network, Rev. Al Sharpton; and



Lloyd Williams Memorial - Crowd



Lloyd Williams Memorial - Son L. Ade Williams, Daughter in Law Valerie Pickney-Williams, Grandson Lenox A. Williams

NY Attorney General Letitia James.

Former New York State Representative Inez Dickens spoke and was joined by Manhattan D.A. Alvin Bragg; NYS Assemblymember Rev. Al Taylor, former member of the NY State Assembly, Keith L. T. Wright; NY State Senator Cordell Cleare, Assemblyman 70th District Jordan Wright, City Councilman Yusef Salaam, City Council Member Gail Brewer, Adrienne Adams, Speaker of the New York City Council and others.

Doug E. Fresh performed the beats, vocalist Mavis Swan Poole provided jazz and Vy Higginsen's Sing Harlem Choir brought gospel inspiration with a rendition of "Study War no More."

There were several enlightening stories shared by close relations, including his son, L. Ade Williams. It was time to lean in and learn about the hopes and dreams that were at the heart of Lloyd Williams, from those who knew that he was always in a Harlem state of mind.

Williams often acknowledged Malcolm X as his unofficial godfather, who gave him early exposure to civic leadership and activism. He credited mentors including the late Charles B. Rangel, Hazel Dukes, Harry Belafonte, Percy E. Sutton, and Basil Paterson, and close friends including Voza Rivers, Attallah Shabazz, Inez Dickens, H. Carl McCall, and Ken Sunshine, who helped shape his worldview and life-



Lloyd Williams Memorial - Performance by Mavis SWAN Poole and Doug E. Fresh



Lloyd Williams Memorial - Rev. Al Sharpton

long commitment to Harlem, New York City and the "Harlems of the World."

He received numerous community accolades and has been recognized as one of the "Top 100 Most Influential New Yorkers" by City and State New York, one of the "Top 25 Most Influential Black New Yorkers" by the New York Amsterdam News and one of the "Most Influential Black Professionals" by the New York Christian Times. Williams has also received 'Front Page' awards from New York Daily News, New York Carib News, the New York Christian Times, and the New York Beacon.

Rev. Dennis Dillon, Publisher of The Christian Times closed the service with a reminder of God's plan, purby

pose and the profound words spoken by Jesus as written in Matthew 25:40, "Truly I say to you, inasmuch as you have done it to one of the least of thee my brethren, ye have done it unto me."

Lloyd Williams will be remembered for his devotion to the upward development of Harlem. His good work is the epitome of having a dream and applying your entire being to make that dream come true. Walking the streets of Harlem, we can bear witness to the hope that Lloyd Williams had for Harlem, as we see the development he envisioned. R.I.P., man of valor. Well done, faithful servant. May your endeavors continue to bear fruit.

photos
Courtesy of
Leonard McKenzie

PONDER THIS! The Good Days of Our Youth



By Hazel Rosetta Smith

It is always an interesting conversation hearing the term “good old days, or “those were the days.” Those Were the Days” was the opening duet sung by characters Edith and Archie Bunker in the popular sitcom ALL IN THE FAMILY, which aired on CBS television from 1971

through 1979, and continued with the series titled ARCHIE BUNKER’S PLACE through to 1983.

Whichever term you use, I refer to those early years of my life as a simpler time. Those were difficult years, but not as hard as some might want to depict. It was what it was, and we learned how to work it out.

Black people have always known how to make something out of little into something useful, whether it was food or clothing sewn from remnants of fabric. Nothing was wasted, everything had a purpose, and it was respected and appreciated. Sharing was how we thrived.

With all of the high-tech and present-day progress we

are experiencing rapidly, I invite you to take a journey with pondering some of the good times of your youth.

Many mothers were at home when the kids got home from school. The first day of school meant wearing those brand-new shoes. When the worst thing you could do at school was smoke in the bathroom or chew gum. Being sent to the principal’s office was nothing compared to the fate that awaited you when your mother found out.

Basically, we were in fear for our lives, but it wasn’t because of drive-by shootings, drugs, gangs, etc. Our parents and grandparents, and neighbors too, were a much bigger threat. We survived because their watchful eyes and

love were greater than their threats. There were bedtime prayers and goodnight kisses.

Outdoors was our safe haven. We played hide and seek, Red light-green light, jumped double-dutch, flipped marbles and drew on the sidewalk with chalk, and played dodgeball until the porch light or streetlights came on. We said, “May I,” “Please” and “Thank you” without being prompted. Scrapes and bruises were kissed and made better. Ice Cream from trucks, especially Good Humor and Mr. Softie was our afternoon treat. Kool-Aid was the drink of summer, and mistakes were corrected by exclaiming, “do-over.”

A race issue meant arguing about who ran the fastest.

Older siblings were the worst tormentors, but also the fiercest protectors. Laughed until your belly hurt. Boys and girls went steady, and girls wore class rings with an inch of wrapped yarn so it would fit.

If you remember these things and more, sit back, relax, and have a chat about childhood memories with someone who may need a break from his or her “grown-up” life. I double dare ya, remember that!

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

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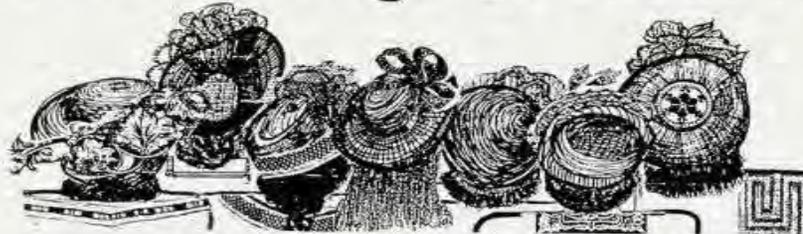
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A Cleaner City for All New Yorkers



By Mayor Eric Adams

How we deal with our garbage says a lot about who we are as a society. New York City must look as good as the people who live here. I have said it many times: We cannot allow our streets and sidewalks to be cluttered with unsightly black garbage bags which are a tripping hazard for pedestrians and provide a constant all-you-can-eat buffet for rats. So, for the past four years, our administration has been sweeping in a new era of public cleanliness with our “Trash Revolution.”

Not only have we shifted garbage set out times from 4 PM to 8 PM — which means that trash is on the street for less time and doesn’t interfere with pedestrians during

rush hours — but we have also required food-related businesses, as well as chain businesses of any type, to put their garbage into bins with tightly fitting lids. More than that: New Yorkers are composting roughly 5 million pounds of food and yard waste each week. That keeps these valuable organic materials out of landfills and diverts them to beneficial use — including as soil for gardens.

New York City has more than 1,100 miles of highway, and for decades the responsibility of cleaning highway shoulders and medians was divided between different entities and wasn’t carried out regularly — that’s why we created the Department of Sanitation’s Highway Unit. Now, highway cleanliness is the sole responsibility of the Highway Unit. And since the unit’s formation in April 2023, it has removed more than 15 million tons of litter — everything from car bumpers to water bottles to fast food packaging and more. This effort has made

our highways cleaner and safer.

We have reached another milestone ahead of our June 2026 deadline for containerization for buildings with one to nine residential units (containerization means setting out garbage in closed bins, rather than black bags on the streets). We already had containerization rules in place for larger buildings, now smaller buildings have ordered more than 800,000 official NYC Bins online, plus another 80,000 from The Home Depot. This is a huge win for our city and for our efforts to keep our streets free of smelly trash bags.

And when we look at all our efforts together, new data shows our multi-faceted approach is working. Since residential containerization requirements took effect eight months ago, we have sent rats packing. Rat sightings reported to 311 have dropped for eight consecutive months when compared to the same months last year, and rat sightings are down more than 16 per-

cent year-to-date citywide.

In a first for all of North America, we also piloted a new automated side-loading garbage truck and committed over \$32 million in permanent funding for the Department of Sanitation in our “Best Budget Ever.”

When I said four years ago that we were going to have cleaner streets and fewer vermin, the cynics rolled their eyes. They said, ‘New York City is too big, government moves too slow, and no one will ever, ever beat the rats.’ But we refused to take no for an answer.

New York City, which used to be known as “mean streets,” will now be known as “clean streets.” We are the safest big city in America — and we are working towards becoming the cleanest, too. Our “Triple-Clean” accomplishments — cleaner highways, more containerization, and fewer rats — are proof that our approach is working.



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Home Buying in Harlem Be Prepared to Buy Now



By Rev. Dr. Charles Butler

Can anyone afford to buy a home in Harlem? This is the question we are considering again today. It does appear that Harlem like all of New York City has become a place where only the wealthy can afford to live. Some people will blame this problem on the gentrification of the Harlem community. Our neighborhood has transitioned from one of the most unattractive crime and drug infested eye sores in the city into a beautiful, vibrant, multiethnic, and family-oriented community. This transition has been wonderful tremendous to witness.

On one hand this transformation has become a good thing for the community residents. New businesses have moved into the neighborhood making shopping more convenient and accessible. There is now a better quality and variety of fresh foods and produce available. This selection

has afforded the community with the opportunity to prepare more nutritious and healthier meals than we could have provided for our families in the past.

What is even of a greater benefit to the community has been the significant reduction in the crime statistics. There are also now more police officers patrolling the neighborhood. This high visibility of law enforcement officers has provided the community with a greater sense of security in traveling throughout the neighborhood. You still, however, must always exercise caution wherever you go. All these qualities are essential to making an attractive community.

But on the other hand, this attraction comes at a very costly price. The real estate values for homes in Harlem continue to increase. These increases in property values have caused a problem for the low to moderate income families who have for many years called Harlem their home.

These community residents are now finding that they are on the outside looking in. They are unable to compete with many prospective buyers looking to move into the community. The market purchase price of many renovated

and newly constructed homes that are coming on the market greatly exceed what they can afford to spend. Although these new properties are being labeled as 'affordable,' they are not for many of the community residents and regrettably these opportunities are simply passing them by.

This is indeed most unfortunate, quite discouraging and remains the foremost challenge confronting most prospective first-time home buyers. But have faith, all is not lost. Homeownership can still become a reality. Understand not every unit in Harlem costs a million dollars, but nothing is cheap.

You must have the desire, dedication, and willingness to make some tough disciplined changes in your lifestyle to buy. Start today. Register for HCCI's home buyer education workshop. Create a monthly household budget. Eliminate all unnecessary spending. Establish a monthly savings goal and stick to it. Pay off your credit debts, but keep the accounts open to improve your credit score.

For more information on the home buying process contact Rev. Dr. Charles Butler at 212 281 4887 ext. 231 or email cbutler@hcci.org.

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Exclusive Performance by Eddy Herrera at Lehman September 6

Lehman Center for the Performing Arts is proud to present the opening concert of the 45th Anniversary season with the incredible merengero, EDDY HERRERA, on Saturday, September 6, 2025 at 8:00 pm. Eddy Herrera will perform his biggest international hits from his early career to the present day such as “Ajena,” “Pegame Tu Vicio,” “Como Lloro Mi Alma,” and “Carolina” accompanied by a fantastic merengue orchestra and dancers.

Lehman Center for the Performing Arts is on the campus of Lehman College/CUNY at 250 Bedford Park Boulevard West, Bronx, NY 10468. Tickets for EDDY HERRERA on September

6, 2025 at 8pm (VIP \$115, \$85, \$70, \$45, \$40) can be purchased by calling the Lehman Center box office at 718-960-8833 or 718-960-8835 in Spanish (Monday through Friday, 10am–5pm, and beginning at 4pm on the day of the concert), or through online access at <https://www.lehmancenter.org/events/eddy-herrera-returns>. Lehman Center is accessible by #4 or D train to Bedford Park Blvd. and is off the Saw Mill River Parkway and the Major Deegan Expressway.

EDDY HERRERA, known as “El Gigante del Merengue”, was born in Santiago de los Caballeros, Dominican Republic, and is considered one of the most successful

merengue artists in Latin America. He attained his first international success with “El Jardinero”, a track released three months after joining Wilfrido Vargas’s musical group. After staying in the group from 1984 to 1990, Eddy was launched as a solo artist under the label MP Records, where he released his second album “Mi More”. He has been nominated several times for the Latin Grammys, Premio Lo Nuestro, and Billboard Awards. In May 2020, he won his first LATIN GRAMMY for “Best Merengue/Bachata Album” for his album titled “Ahora”. This year, Eddy has released two new albums “Nova-to Apostador” on May

9th, 2025 and “41. Eddy Herrera” with Ensemble Etéreo on July 27th, 2025. He is currently celebrating 34 years of his solo career.

Lehman Center for the Performing Arts, Inc. is supported, in part, by public funds through the New York City Department of Cultural Affairs in partnership with the New York City Council and the Bronx Delegation. Additional funding is provided by the New York State Council on the Arts with support from the office of the Governor and the New York State Legislature. We are thrilled to share that Goya Foods has agreed to renew their sponsorship for this season which will help Lehman



Center expand our reach to the community. In addition, we have secured funding from the Howard Gilman foundation to help grow our programming. The 2025-

2026 anniversary season is also made possible through sponsorships by Havana Café, Friends of Lehman Center, and our cherished audience members.

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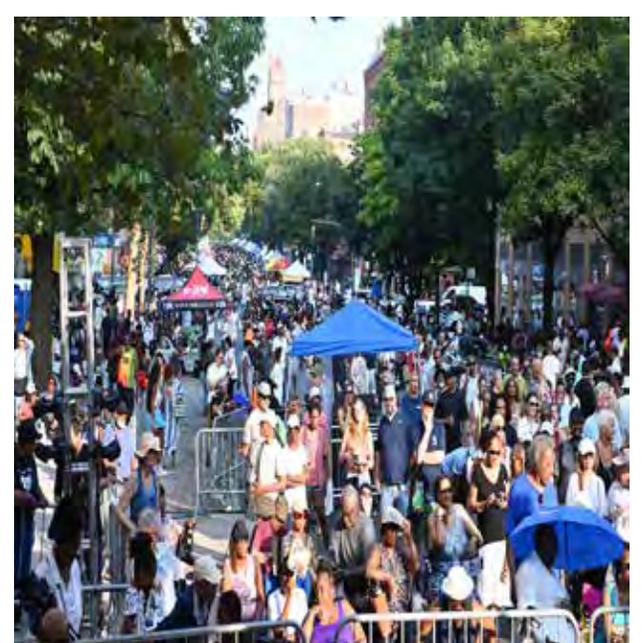
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HARLEM WEEK PHOTO RECAP

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The Transatlantic Slave Trade: 500 Years Later the Diaspora Still Suffers

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

The Transatlantic Slave Trade is not just Black history—it is American history, and Black Americans lived it. Their ancestors were violently torn from their homes, forced into brutal labor, and stripped of basic humanity. That legacy of injustice echoes loudly in every aspect of our society—because the slave trade wasn't just cruel, it was foundational. Yet today, that truth itself is under attack. President Donald Trump denounced the Smithsonian Institution as allegedly “out of control” for telling the unvarnished history of slavery—claiming museums focus too much on how bad slavery was and not enough on “brightness” or success, even as his administration reviews exhibits and threatens funding cuts to sanitize the narrative. He dismissed honest reflection as “woke,” arguing it undermines national pride. We are re-running this series, which we originally published in 2019, each day because confronting our painful past is urgent—and because critics who erase suffering do so to keep oppression alive.

American culture is not European or African but its own form, created in a political and economic context of inequality and oppression in which diverse ethnic and cultural influences, both European and African – and in some contexts, Native American – can be discerned, Lovejoy said. “Undoubtedly, the transatlantic slave trade was the defining migration that shaped the African Diaspora. It did so through the people it forced to migrate, and especially the women who were to give birth to the children who formed the new African American population,” he said. These wom-

en included many who can be identified as Igbo or Ibibio, but almost none who were Yoruba, Fon, or Hausa.

Bantu women, from matrilineal societies, also constituted a considerable portion of the African immigrants, and it appears that females from Sierra Leone and other parts of the Upper Guinea Coast were also well represented, Lovejoy said. “These were the women who gave birth to African American culture and society,” he said. After many rang in 2019 with celebratory parties and gatherings, there were still others who solemnly recalled the beginning of the transatlantic slave trade that started 400 years ago – 500 years, depending upon the region. For Africans throughout the diaspora, their struggle not only traces back 400 or 500 years, but it continued and was underscored as recently as 135 years ago when the infamous Berlin Conference was held.

The conference led to the so-called “Scramble for Africa” by European powers, who successfully split the continent into 53 countries, assuring a division that remains today. “There isn't a single thing that was more damaging to Africa than the Berlin Conference,” said African Union Ambassador Dr. Arikana Chihombori-Quao. “Africans weren't even invited to the conference,” she said. At the conference, which took place over three months in Brazil beginning in February 1884 and attended by 13 European nations and the United States, ground rules were established to split Africa. “Africans still are suffering the consequences,” the ambassador said. Said John W. Ashe, the president of the United Nations General Assembly:

“The Transatlantic slave trade ... for 400 years deprived Africa of its lifeblood

for centuries and transformed the world forever.” There's no question that legacies of the slave trade persist today in most of the countries Africans were taken to, said Ayo Sopitan, founder of Pendulum Technologies in Houston, Texas. “I have been thinking about how Africans and the diaspora need to get together – through proxies in the persons of recognized leaders – and have a conversation about the past, the role that African collaborators played, and how we can unite as a people. Then, and only then, will we be able to excel as a people,” Sopitan said.

“I have sat at lectures by Henry Gates and learned about blacks in the Americas. The conclusion is that wherever we are, blacks are usually at the bottom of the totem pole. This does not have to continue,” he said. The transatlantic slave trade was an oceanic trade in African men, women, and children that lasted from the mid-sixteenth century until the 1860s. European traders loaded African captives at dozens of points on the African coast, from Senegambia to Angola and around the Cape to Mozambique.

The great majority of captives were collected from West and Central Africa and from Angola, according to the United Nations Educational, Scientific, and Cultural Organization – UNESCO. The trade was initiated by the Portuguese and Spanish, especially after the settlement of sugar plantations in the Americas, UNESCO officials noted in a 2018 web presentation titled “Slavery and Remembrance.”

European planters spread sugar, cultivated by enslaved Africans on plantations in Brazil, and later Barbados, throughout the Caribbean.

In time, planters sought to grow other profitable crops,

such as tobacco, rice, coffee, cocoa, and cotton, with European indentured laborers as well as African and Indian slave laborers. Nearly 70 percent of all African laborers in the Americas worked on plantations that grew sugar cane and produced sugar, rum, molasses, and other byproducts for export to Europe, North America, and elsewhere in the Atlantic world, according to UNESCO. Before the first Africans arrived in British North America in 1619, more than half a million African captives had already been transported and enslaved in Brazil. By the end of the nineteenth century, that number had risen to more than 4 million. Northern European powers soon followed Portugal and Spain into the transatlantic slave trade.

The majority of African captives were carried by the Portuguese, Brazilians, the British, the French, and the Dutch. British slave traders alone transported 3.5 million Africans to the Americas, UNESCO reported. The transatlantic slave trade was complex and varied considerably over time and place, but it had far-reaching and lasting consequences for much of Europe, Africa, the Americas, and Asia. The profits gained by Americans and Europeans from the slave trade and slavery made possible the development of economic and political growth in major regions of the Americas and Europe. Europeans used various methods to organize the Atlantic trade.

Spain licensed (by Asiento agreements) other nations to supply its Spanish American and Caribbean colonies with African captives. France, the Netherlands, and England initially used monopoly companies. In time, the demand for African laborers in the Americas was met by more open trade, which allowed



other merchants to engage in the trade with Africans. Thus, formidable private trading companies emerged, such as Britain's Royal African Company (1660–1752) and the Dutch West India Company of the Netherlands (1602–1792), according to UNESCO.

The profits generated from the Atlantic trade economically and politically transformed Liverpool and Bristol in England, Nantes and Bordeaux in France, Lisbon in Portugal, Rio de Janeiro and Salvador de Bahia in Brazil, and Newport, Rhode Island, in the United States. Each port developed links to a wide hinterland for local and international goods in Asia and capital to sustain the trade in African captives. European merchants and ship captains – followed later by those from Brazil and North America – packed their sailing vessels with local goods and commodities from Asia to trade on the African coast.

Enslaved Africans, their often-violent capture and enslavement out of sight of the European general public, were exchanged for iron bars and textiles, luxury goods, cowrie shells, liquor, firearms, and other products that varied region by region over time. Much of the wealth generated by the transatlantic slave trade supported the creation of industries and institutions in modern North America and Europe.

To an equal degree, profits from slave trading and slave-generated products funded the creation of fine art,

decorative arts, and architecture that continues to inform aesthetics today, UNESCO officials said.

“European countries – Portuguese, English, French, and Spanish – are most complicit in the transatlantic slave trade. This pernicious form of slavery was driven by European capitalistic countries seeking to expand their nation-states and empires,” said Dr. Jonathan Chism, assistant professor of history and a fellow with the Center for Critical Race Studies at the University of Houston Downtown. The pain continues today. “The fact that slavery was underway for a century in South America before its introduction in North America is not widely taught nor commonly understood,” said Felicia Davis of the HBCU Green Fund.

“It is a powerful historical fact missing from our understanding of slavery, its magnitude, and global impact. Knowledge that slavery was underway for a century [before it began in North America] provides deep insight into how enslaved Africans adapted,” Davis said. “Far beyond the horrific seasoning description, clearly generations had been born into slavery long before introduction in North America. It deepens the understanding of how vast majorities could be oppressed in such an extreme manner for such a long period of time,” Davis said. “It is also a testament to the strength and drive among people of African descent to live free.”

The Oldest, Largest, and Leading National Black Breast Cancer Movement Has a New Website

by Totally Randie, National Social Media Correspondent

“Our new website is more than just a redesign; it’s an important platform that will allow Sisters Network Inc. to expand our reach, increase our impact, and continue leading the charge in the Black breast cancer movement,” said Karen E. Jackson, Founder and CEO, Sisters Network® Inc.

Black women are 40% more likely to die of breast cancer than other ethnic groups. In 2025, about 40,530 new cases of breast cancer are expected to occur among Black women. For over 30 years, Sisters Network® Inc. has remained the leader and nationally recognized voice for Black women battling breast cancer. SNI remains the only national Black breast cancer organization with our unique model of operating over 25+ survivor-run affiliate chapters nationwide.

This is why they are proud to announce the launch of their newly redesigned website, www.sistersnetworkinc.org. The new website offers the organization a modernized and interactive platform with enhanced functionality, enabling it to better engage, educate, support, and provide breast health resources to Black women in the United States.

The upgraded digital platform offers user-friendly navigation, providing access to expanded resources and more interactive and multimedia educational

opportunities, including webinars, podcasts, and video content, to engage with Black women seeking breast health information in a more meaningful and empowering way. Also, the new website will help streamline the application process for survivors seeking financial assistance from the Karen E. Jackson Breast Cancer Assistance Program (BCAP) and uninsured women in need of funding assistance for 3D mammograms.

Additionally, visitors can download SNI library of branded national breast health brochures and other resources to support local breast health education events. Visitors can still access popular SNI microsites, including the Stop the Silence 5K Walk/Run, Teens4Pink, and other upcoming initiatives. Information on how to donate to support SNI mission, start an affiliate chapter, volunteer, and request speakers is also available on the website.

Another standout feature of SNI new website is the opportunity to highlight the impactful work of Sisters Network® Inc. 25+ survivor-run affiliate chapters “boots on the ground” in the U.S., giving local chapters a platform to showcase programs and events, share survivor stories, and expand their outreach.

For media more information, visit sistersnetworkinc.org or follow @sistersnetworkinc on Instagram, Facebook, TikTok, X, and YouTube.



ABOUT SISTERS NETWORK® INC.

Sisters Network® Inc. (SNI) was founded in 1994 by Karen Eubanks Jackson, a 4-time and 31-year breast cancer survivor. SNI is the oldest, largest, and leading national black breast cancer survivorship organization in the United States. Sisters Network® Inc. national headquarters is in Houston, Texas. The organization has over 25+ survivor-run affiliate chapters nationwide located in Alabama, Florida, Georgia, Illinois, Indiana, Michigan, New Jersey, New York, North Carolina, South Carolina, Tennessee, Texas, Virginia, and Wisconsin.

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Get Back-to-School Ready With Free or Low-Cost Health Care for Your Kids

(StatePoint)

It's back to school time and there is so much for families to do to get ready for the school year ahead, from getting school supplies to signing up for after school programs. Making sure kids have health care needs covered should be a part of those preparations.

Free or low-cost health insurance through Medicaid and the Children's Health Insurance Program (CHIP) can help children be prepared for the school year. When enrolled, kids up to age 19 have access to a comprehensive range of health services, including well-child and sick visits, emergency visits, dental and vision care, behavioral

health care and more.

If a kid needs a physical for afterschool activities, it's covered. If a child has a fever, the doctor's visit and prescriptions to get them back to school are covered. If a child has an accident, the emergency care they need to get back on their feet is covered.

When kids have health insurance, they are less likely to miss school due to sick days, less likely to be distracted by pain or vision problems, and more likely to be able to focus on learning. This leads to more participation in the classroom and a better chance of finishing high school.

Medicaid and CHIP Support Students

Whether a child is learning their ABCs or getting ready to earn their high school diploma, access to health care services at any stage of schooling keeps them healthy. Having health insurance can help connect families with a consistent health care provider, which means having a doctor or practice to call for preventive treatment, annual physicals or sick visits. It can also reduce emergency room visits and hospitalizations. Medicaid and CHIP cover more than 37 million children and teens across the United States.

The ABCs of Getting Insured with Medicaid and CHIP

Enrollment is open year-round, meaning families

don't have to wait for a special time of the year to get covered. Medicaid and CHIP eligibility varies by state, depending on family income and household size. In most states, children up to age 19 with a family income of up to \$80,000 per year (for a family of four) may qualify. Families can apply online, over the phone, by mail, or in-person with their state's Medicaid office or visit the "Find Coverage for Your Family" section on InsureKidsNow.gov. Coverage must be renewed each year, and it's important for families to make sure their address, email, and phone number stay up to date with their state Medicaid office so they can receive communications about important renewal information. For more information, call 1-877-KIDS-NOW (1-877-543-7669). Communities can work together to make sure children get the health care they need to succeed this school year. Information provided by the U.S. Department of Health & Human Services.



Information provided by the U.S. Department of Health & Human Services.

Harlem Community Newspapers August 28, 2025

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

-Tuesday P. Brooks

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Tuesday P. Brooks

7 Things Doctors Wish Families Knew This Back-To-School Season

(StatePoint)

As you prepare children to return to the classroom this fall, the American Medical Association (AMA) has seven tips to help your family have a healthy school year.

“As you purchase school supplies and prepare the students in your family for academic success, you can take concrete steps that prioritize physical and mental health, too,” said AMA President Bobby Mukkamala, M.D. “A healthy start can set the tone for a strong, successful year ahead.”

1. Ultra-processed foods are associated with health risks. Many busy families rely on ultra-processed foods due to their convenience. However, consuming these foods regularly increases the risk of health complications,

including cardiovascular disease, certain cancers, obesity and type 2 diabetes. Read nutrition labels carefully with attention to sodium, saturated fat and added sugar, shop the perimeter of the grocery store where fresh, whole foods tend to be located, and prepare meals that prioritize whole foods, including fruits and vegetables, for growing children and adults.

2. Eating disorders are misunderstood. This silent epidemic affects people of all ages and backgrounds, striking at the core of their physical and mental well-being. Despite its widespread impact, the gravity of eating disorders often remains private, leaving many to battle the condition silently. If you believe your child or teenager has an eating disorder, their physician can direct you to helpful resources.

3. Ensure your vaccinations are up to date. Vaccinations help protect you and your family against severe disease and disability, and save millions of lives each year. Check with your physician during the back-to-school season to ensure everyone in the family is up to date on vaccinations. When respiratory virus season starts later in the fall, get up to date on the influenza vaccine to help reduce time away from school or work.

4. Norovirus is very contagious, but preventable. It seems everyone has experienced the sudden turn of the stomach, causing a mad rush to the bathroom due to vomiting, diarrhea or both. And, unfortunately, remaining near the bathroom may be the only plan for the next day or two. The most likely culprit is norovirus, and it can hap-

pen to anyone. When buying school supplies, stock up on cleaning supplies as well so you can keep frequently touched surfaces sanitized. Model good hand-washing habits for your children. Keep children with norovirus symptoms home from school for at least 2 days (48 hours) after symptoms stop to help prevent the spread of the virus.

5. Too much screen time is bad for health. People are on their devices more than ever before. But too much screen time can have negative mental and physical health effects and increase feelings of loneliness. The start of a new school year is a good time to replace screen time with other activities, such as after school clubs and sports, playdates, quality family time and sleep.

6. Eye health is essen-



tial. Don't take eye health for granted. Fall is a good time for an ophthalmologist checkup. If your tween or teen wears contacts, be sure that they wash their lenses and lens case and take their lenses off at night. Frequent computer breaks, wearing sunglasses, and a healthy diet can also promote good eye health.

7. Sleep is important for overall health. From school

stress to illnesses, many factors can interfere with a good night's sleep. Instituting a consistent sleep routine for the entire family is a good start. For teens, 8-10 hours of sleep is recommended, and children aged 6-12 should be getting 9-12 hours of sleep. Consider consulting a physician for persistent sleep issues to determine whether they're caused by a sleep disorder and to get help.



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URBANOLOGY: Digital Commerce



By William A. Rogers

The digital commerce landscape has evolved from basic online storefronts to dynamic, multi-channel ecosystems. In 2024, U.S. online sales hit \$1.192 trillion, rising 7.5% from the prior year, and now represent nearly a quarter of U.S. retail spend. Globally, e-commerce sales ballooned to about \$6.3 trillion. This growth is fueled by consumer demand for seam-

less, personalized, and mobile-centric experiences, supported by emerging technologies—AI, AR/VR, voice, and programmatic advertising—that redefine shopping convenience, engagement, and fulfillment.

Projected global e-commerce sales for 2025 are estimated between \$6.56 trillion and \$6.86 trillion

By 2026–2027, global e-commerce sales are expected to reach \$7.4–8.1 trillion, representing 23–24% of all retail sales

As of 2024, e-commerce accounted for approximately 20.1% of total global retail sales—up from 19.4% in 2023

U.S. Market Dynamics

U.S. e-commerce sales hit \$1.19 trillion in 2024 and are forecasted to reach \$1.3 trillion in 2025

Retail e-commerce in the

U.S. is on track to surpass \$2.5 trillion by 2030.

Social commerce is expanding rapidly—30% annual growth for video-based channels, with platforms like TikTok Shop and Instagram Shopping reshaping purchasing paths

Live-streaming e-commerce in the U.S. reached \$50 billion in 2023, with \$68 billion projected by 2026—combining entertainment with real-time purchasing.

AI, Personalization & Affiliate Marketing

AI is revolutionizing retail through personalized marketing, virtual assistants, dynamic pricing, and fraud detection

Walmart, for example, is introducing AI “super agents” like Sparky for personalized shopping, aiming for 50% of sales online within five years

After researching the Digi-

tal Marketing/E Commerce Industry I decided to invest in an online E Commerce wellness store www.shopnaturalholisticlife.com

My online store will focus on four areas Home Wellness, Meditation Tools, Fitness Apparel, Health Monitoring Devices and Fitness Equipment. If you are interested in exploring this reply growing industry, make sure you partner with the right company, there are a lot of bad actors out there.

After exploring several E commerce support companies, I joined the Digital Success Media team <http://www.thedigitalsuccessmedia.com>. Like any business you must put the time and effort into it. I find the DSM team very helpful in every step of the way.

The reason E-Commerce is growing at such a rapid rate is because with the right prod-

uct and marketing strategy your international business is always open. The thought of making money while I sleep has always been a fascination of mind.

As I enjoy my senior years this is the type of business I feel best suited for. I have always been in the public sector or a strategic Urban marketing consultant.

After close to sixty years of being an Urbanologist I am starting to slow down to make sure I can smell the roses in the years to come. While I will always stay active the E-Commerce industry is an attractive option for me. Please visit my store at www.shopnaturalholisticlife.com It's still a work in progress but your support would be greatly appreciated.

Send me an email at naturalholisticlifeowner@gmail.com let me know what you think.

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By Zakiyyah

HERBS ARE NATURE'S REMEDY

ADAPTOGEN HERBS: Enhance your ability to resist stress

Adaptogen herbs are most helpful to the Endocrine System as they enhance your ability to resist stress, anxiety, trauma and fatigue. Many are also anti-aging herbs, which when taken over time, increases your resilience to the negative effects of stress. Here are a few: ashwagandha, astragalus, codonopsis (don sen), Shilajit, Moringa, ginseng (Panax), licorice, reishi mushroom, rhodiola, Holy basil (tulsi), schizandra, and shatavari.

SHILAJIT: an Ayurvedic herb that increases energy, improves digestion, enhances cognitive function,

memory, and concentration, and improves cardiovascular health and reduces cholesterol levels (which I take daily in one of my CoQ10 supplements).

RHODIOLA (*rhodiola rosea*), or golden root: for people suffering stress-related fatigue – rhodiola exerts an anti-fatigue effect that increases mental performance and decreases burnout.

Join our September herb course to learn how to use the Sacred Gifts from the Earth to naturally heal yourself and your loved ones. Learn herbal and EO formulary to make safe, effective blends for the whole

family. Connect the Universal Elements (Ether, Air, Fire, Water, Earth, Wood and Metal) to the 12 organs to learn how to restore their health and vitality; learn how to use Chakra healing to balance and control your stress levels and emotions, and learn to use simple Crystal Elixirs to address illnesses and imbalances.

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Answers to Crossword on page 17

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

GAMES

See answers on pages 16

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

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

See answers on pages 19

HARLEM COMMUNITY NEWSPAPERS

STATEPOINT
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THEME: MEET ME IN...

ACROSS

- Manual calculator, pl.
- Beach Boys: "____ Only Knows"
- Army beds
- Pressed ham and cheese sandwich
- Part of spch
- Popular Latin dance
- Influencer's creation
- Hula dancer's flowers
- Birdlike
- *Meet me here, under the arch
- *Meet me at the Top of the Rock
- Comic book expression for alarm
- Press backward arrow key
- "Hand" with claws
- Spreadsheet software command
- Day off, backwards
- Bug-eyed

- "Cheers" regular
- Coupe alternative
- Be dependent
- Damage one's reputation
- Slightly (2 words)
- Prefix for below
- Shade of beige
- Java neighbor
- War mounts
- Rope fiber
- "____ Now or Never"
- Leave at the altar
- Flapper's feathers
- *Meet me at the London Bridge
- *The Black Eyed Peas: "Meet Me ____"
- *Meet me in ____ Mara, Kenya
- Undergarment
- *Meet me in Australia to see this bear
- Done to printer cartridge
- Corn unit
- Poet W. H. ____ of "Funeral Blues" fame
- Infamous Nazi

- villain
- Strong solution of sodium
 - Like gelled hair

DOWN

- Parts of a play
- Actor Reynolds of "Smokey and the Bandit"
- Cain's victim
- Paddler's vessel
- Endows or empowers
- "Buffalo ____, won't you come out tonight..."
- Keats' poem
- Jinn or genie
- Guinea pig or capybara
- Mixture
- Russian monarch
- What Titanic did
- Went to bid farewell (2 words)
- *Meet me in Orthodox church to see these
- *Meet me in Tokyo, pre-1968
- *Meet me in the largest city in

- Netherlands
- *Meet me under the Eiffel Tower
 - Real estate broker, e.g.
 - "The Bonfire of the Vanities" author Tom ____
 - *Meet me by the Trevi Fountain
 - Adipose tissue
 - *Meet me at the Burj Khalifa
 - Like the Tower of Pisa
 - Bigfoot's cousins
 - Swirling vortex
 - Filly's mother
 - Popular Cuban dance
 - Be next to, as in rooms
 - Fall from grace
 - The Kenosha Kickers' songs
 - Sticker on a jar
 - Run ____ of the law
 - Same as ayah
 - Respiratory rattling
 - Osiris' sister and wife

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Notice is hereby given that Industrial Bank whose main office is located at 4812 Georgia Avenue NW Washington, D.C. 20011, has made application to the Federal Deposit Insurance Corporation to establish a branch, to be located at 5 E 125th Street, New York, NY 10035. Any person wishing to comment on this application may file his or her comments, in writing, with the Regional Director of the Federal Deposit Insurance Corporation at its New York Regional Office at 350 Fifth Avenue, Suite 1200, New York, New York 10118-0110, not later than August 15, 2025. The nonconfidential portions of the application are on file in the regional office and are available for inspection during regular business hours. Photocopies of the nonconfidential portion of the application file will be made available upon request.

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"Mounted: On Horses, Blackness, and Liberation"

by Bitter Kalli

Review by Terri Schlichenmeyer, Harlem News contributor

One thousand, two hundred pounds and four legs.

Put that between your knees and you'll find out what real horsepower is. You're five feet off the ground, moving as fast as a car on a downtown street, hooves pounding as hard as your heart. Dangerous? Maybe. But as you'll see in "Mounted" by Bitter Kalli, your ancestors did it and so can you.

When they were a young child, "around the age of six or seven," someone gave Bitter Kalli a set of "pony books," the kind that appeal to young girls, mostly white ones. Kalli wasn't entirely comfortable identifying as a girl

then but they adored the books, in part because the stories featured the kinds of friendships and acceptance Kalli wanted. After devouring those stories, they begged their parents for riding lessons from a nearby Brooklyn stable.

Fast forward to 2014, when Kalli was seventeen years old, an experienced equestrian, a trans individual, and a protester at college. During that protest, they watched the horses that carried the police, and wondered what those animals saw in the crowd.

For that matter, what did horses see throughout Black history?

In times of slavery, it was not uncommon for fleeing slaves to steal

a horse or two to get away faster. Kalli shares heart-pounding tales of escape, sharing examples of how human chattel was often compared to that of equines in newspaper ads, as slaveholders mourned the latter loss much deeper than the former.

Many Americans are unaware of the rich contributions that African Americans made to the settling of the West. Kalli examines a popular movie, deconstructing it and adding real history to the Hollywood tale.

"What we know as the Wild West would not exist without the 182,000 enslaved people living in Texas in 1860..." they say.

Horses are featured in many of the world's religions. Horsey language lends itself to the erotic. Even, says Kalli, "Black and brown youth in Brooklyn" understood the appeal of a good-looking Polo pony...

Take a good study of the cover of "Mounted." Appreciate the artwork, notice the design. Then add this book to your "Things I Never Really Thought About" list, because you'll think about it now. And you're going to want to read every delicious word.

Horses have been hiding in plain sight in Black history for centuries, but author Bitter Kalli pulls them to the forefront, turning each facet of the subject over for deeper examination and additional thought. Happily, you won't feel forced to do that; their writing comes across like an invitation

to a warm, intimate conversation, the kind you get while casually hanging out with a new group of friends on the patio. What you learn is highly intriguing, and you won't ever see horses in the same way again.

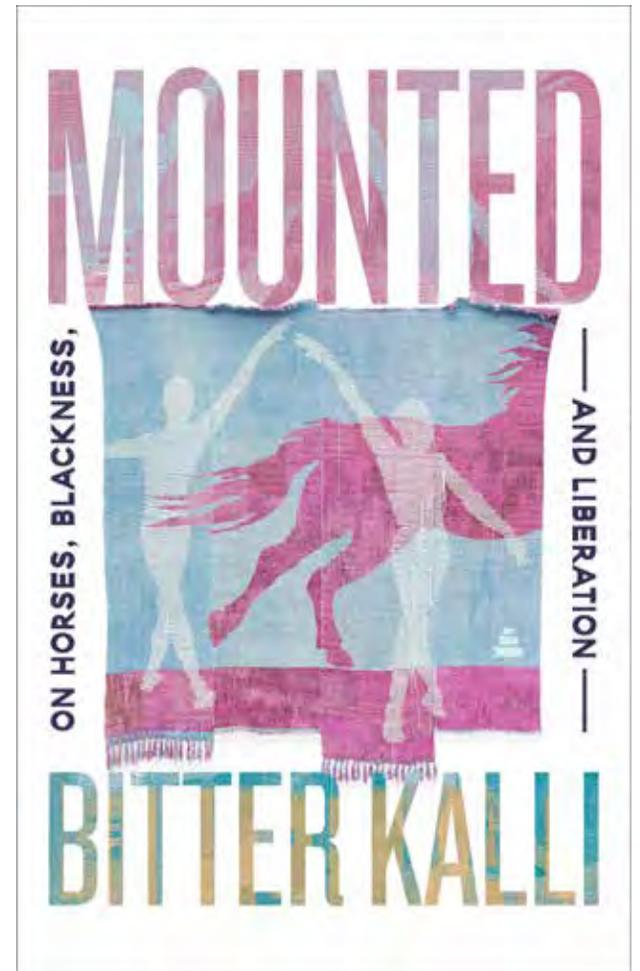
Beware that this book has one explicit chapter inside, but it fits the narrative and you won't mind. You'll be too busy enjoying what you read and wanting more. For horse lovers and history lovers alike, "Mounted" is the perfect ride.

"Mounted: On Horses, Blackness, and Liberation" by Bitter Kalli

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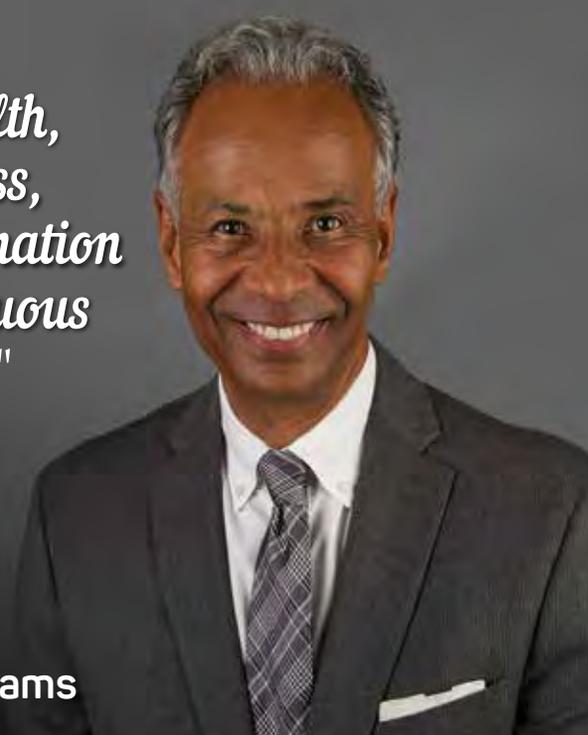
192 pages



Answers to Sudoku on page 17

SUDOKU ANSWERS

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



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Manna's Scholarships for the Class of 2026

Manna's founder, Betty Park, lost her youngest son, Charlton, in November of 2022. During his short time on earth, he was youthful and generous. After his passing, she decided she would like to award scholarships in his memory as a reflection of who he was. The scholarships are for high school seniors graduating in 2026. The application deadline is March 31, 2026 and scholarships will be awarded in spring 2026. Go to our website (www.soulfood.com) click on the "Scholarship Program" tab for more details.



Manna's Scholarship Recipients from the class of 2025



Park Family Gives Scholarship at the HARLEM WEEK 50th Anniversary event in November 2024



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