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Vol. 32 No. 38 September 18, 2025 - September 24, 2025 Free

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see page 10

"Caught Stealing" is electric! Zoe Kravits, Austin Butler, Regina King & Bad Bunny are Fierce!

see page 14

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see page 9

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see page 15

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“Bridge to Home” is Providing a Public Health Approach to Public Safety

By Mayor Eric Adams

From the start of our administration, we have been clear that the days of ignoring people in crisis — on our streets and in our subways — were over. It’s no secret that too many New Yorkers who suffer from severe mental illness cycle between hospitals and homelessness, and that we need a better way to help them get long-term care and stable housing.

That’s where taking a public health approach to public safety comes in, and what our new ‘Bridge to Home’ initiative will provide for our brothers and sisters in need, specifically for those who have been discharged from psychiatric facilities but do not have a home to return to and are not yet ready to live independently. The first facility opened last week in Midtown Manhattan, with individual rooms, three balanced meals a day, and wraparound mental health services for up to 46 residents. It will be staffed 24 hours a day, seven days a week, by professionals from NYC Health + Hospitals, who will provide behavioral health services, medication management, and substance use disorder treatment, as well as regular social, therapeutic, and recreational opportunities.

By providing people managing severe mental illness with safe, clean rooms and dedicated on-site clinical support, our ‘Bridge to Home’ facilities will bridge the divide between critical hospital care and long-term housing solutions. The program will reduce emergency room visits and inpatient hospitalizations, as well as decrease street homelessness and reliance on shelters. This will help patients avoid unnecessary encounters with law enforcement and make our city safer while improving quality of life for all New Yorkers. That is what taking a public health approach to public safety actually looks like.

‘Bridge to Home’ is part of our $650 million plan, that we announced in this year’s State of the City address. The plan builds on over three years of dedicated work to help New Yorkers struggling with homelessness and mental illness, and is changing the way we care for those in crisis.

From expanding our SCOUT and PATH outreach models that pair social workers with police officers to do outreach on the subways, to increasing the number of community clubhouses that provide safe spaces for people with severe mental illness, to expanding Safe Haven beds that make it easier for homeless New Yorkers to get off the street, we have used every possible tool and method to help New Yorkers in need get care and services, no matter what issues they are struggling with. More importantly, we are investing in the social services that take a public health approach to keeping all New Yorkers safe. Our administration has changed the conversation around mental health, homelessness, and quality-of-life issues. We have successfully advocated for improved legal options, particularly the ‘Supportive Interventions Act,’ which helped us get Albany to give us the ability to expand access to care and increase involuntary treatment options this year.

Our work over the last three and a half years has been the right thing to do, the compassionate thing to do, and it has had broad support from a majority of New Yorkers. We are delivering real solutions that work, not catch-phrases that will never become reality.

I have seen both sides of this issue, from living on the verge of homelessness as a child to patrolling our subways as a transit officer. As mayor, I am determined to help break the cycle of dysfunction and build a better future; a future where all New Yorkers have a chance for grace, guidance, and long-term recovery. We all know that no matter how lost you may be, there is always a way home, but sometimes you need a little help to get there.

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Home Buying in Harlem Be Prepared to Buy Now

By Rev. Dr. Charles Butler

A common mistake made by many first-time prospective home buyers is taking out a larger mortgage amount than they can afford. This is an easy mistake to make because the lenders are basing your pre-approval on your gross monthly income. However, you live on your net monthly income, which is usually only about 62% of the gross amount. This additional amount can make a significant difference in having a comfortable mortgage payment or struggling to pay your mortgage and meet other monthly obligations.

Here are some tips to help avoid making costly mistakes: (1) Do not borrow more than you can comfortably pay. You want a monthly mortgage payment that you can manage even when facing financial hardship. (2) Shop around before deciding on a mortgage product. Not every lender offers the same mortgage products, and their rates will vary. Comparison shopping can assist you in identifying the best deal. (3) Use your resources. Work closely with your housing counselor. He/she knows the various mortgage products and can assist you in finding the best program to meet your needs.

Most lenders are calculating pre-approval amounts based on 3- 4 times your annual income depending on minimum monthly credit debt. However, lenders will increase this amount if you are planning to purchase a multi-family home. They will add about 70% of the projected rental income into your monthly gross amount.

Lenders will only consider your total housing cost. These costs are the mortgage principal, interest, taxes, and insurance. The housing costs will also include monthly maintenance fees if you are purchasing a cooperative unit and monthly homeowner association fees or common charges if you are purchasing a condominium. Your minimum monthly credit debt will also be calculated in your debt-to-income ratio (DTI).

You will need to review your monthly budget to estimate the amount of money you can comfortably afford to spend on a mortgage payment. After reviewing your monthly budget, you should have a realistic idea of the mortgage amount you can handle. Also, if you are planning on a down payment amount that is less than 20% of the purchase price you may have to pay Private Mortgage Insurance (PMI). This insurance is to remain part of the mortgage payment until you have paid off 20% of the outstanding principal balance.

However, some lenders have a first-time mortgage product that will waive the PMI if you have a certificate of completion from a HUD approved housing counseling agency. Harlem Congregations for Community Improvement, Inc. (HCCI) is approved. All our housing counselors are HUD certified and are trained to assist you through the home buying process. HCCI offers a 4-part virtual seminar series on Thursday evening from 7:00 – 9:30 p.m. You can register on our website – hcci.org.

If you are interested in attending the workshop or have questions regarding the home buying process, contact Rev. Dr. Charles Butler at (212) 281 4887 ext. 231 or email at cbutler@hcci.org.

HARLEM CALENDAR OF EVENTS

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

Lehman Center for the Performing Arts Presents Sheila E. in Concert

Lehman Center for the Performing Arts in celebration of the 45th Anniversary is proud to present world class percussionist and drummer Sheila E. will be joined by special guests KLYMAXX featuring Bernadette Cooper, producer and original member, for a night jam-packed with Latin and R&B music.

Lehman Center for the Performing Arts is on the campus of Lehman College/ CUNY at 250 Bedford Park Boulevard West, Bronx, NY 10468. on September 27, 2025 at 8pm, Tickets (VIP $100, $85, $65, $40, $35) can be purchased by calling the Lehman Center box office at 718-960-8833 (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/sheila-e. 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.

SHEILA E. (Escovedo), percussionist, drummer, singer, author, actress, and the biggest and brightest of Prince's protégées. Born into a musical family in the Bay Area of California, she was influenced by her percussionist father Pete Escovedo, uncles Coke, Alejandro, Mario and Javier Escovedo, and her godfather Tito Puente. In 1977, she joined the George Duke Band as a percussionist and singer, and she also performed with Lionel Ritchie, Herbie Hancock, and Diana Ross. In 1983 she joined Marvin-Gaye's Midnight Love Tour as one of his percussionists. The following year, Sheila recorded with Prince who also wrote and co-produced her critically acclaimed 1984 breakthrough album, The Glamorous Life, which earned her two Grammy Award nominations. Sheila formally joined Prince's band as drummer and musical director in 1987, and regularly toured with him. She also has performed with Phil Collins, Ringo Starr & His All Star Band, Beyoncé, Cyndi Lauper, Marc Anthony, Pharrell Williams, and Hans Zimmer among others. Her latest album Sheila E. & Friends: Bailar Instrumentals was released on May 23rd, 2025 and on August 18th, 2025, she released her first-ever Spanish single "Vuelvo."

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 Gillman foundation to help grow our programming. The 2025 season is also made possible through sponsorships by Con Edison, Havana Café, Friends of Lehman Center, and our cherished audience members.

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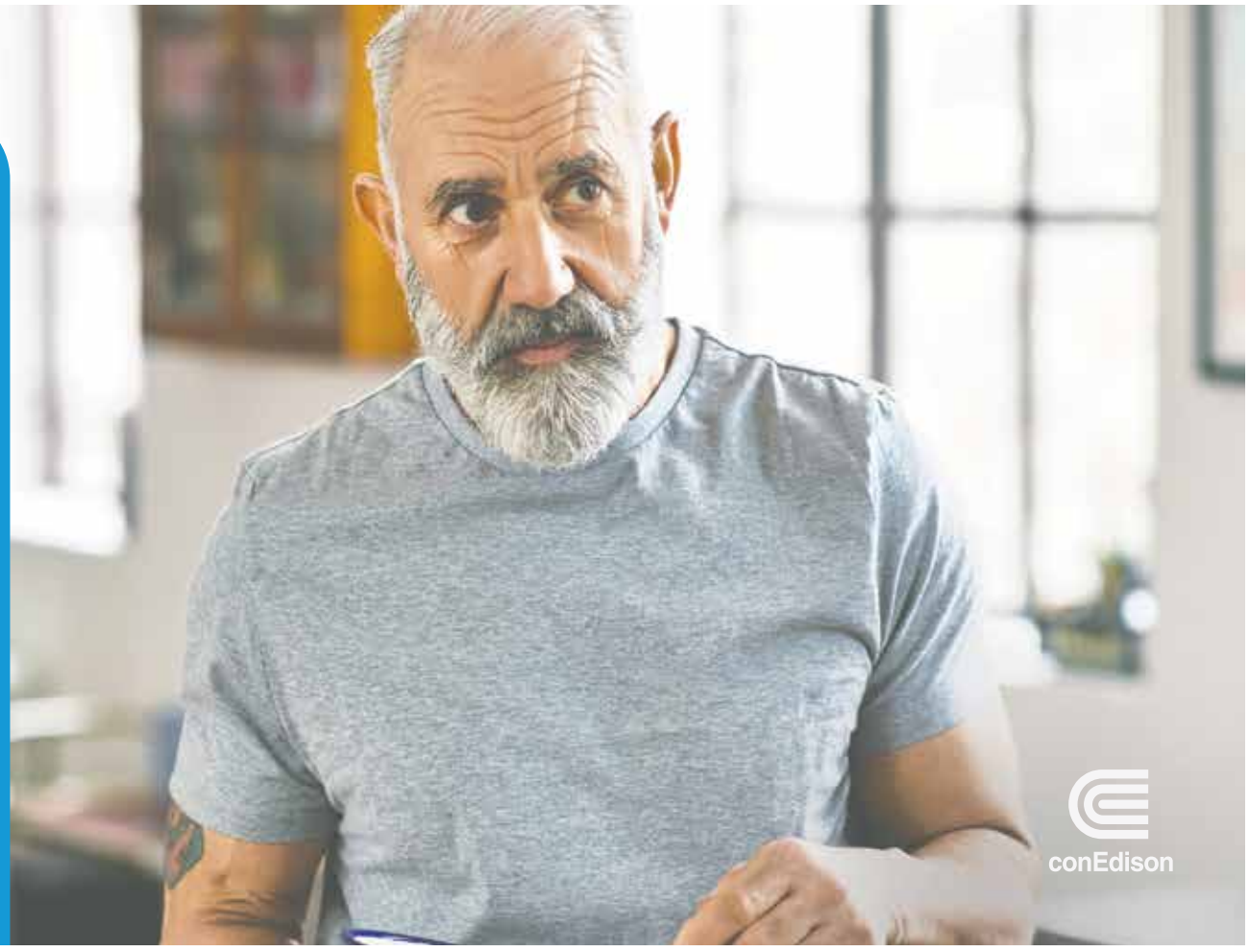

Apollo's long-awaited return to the Hamptons was Triumphant!

by Audrey J. Bernard, Society Editor

On a balmy Sunday afternoon, August 24, 2025, the Hot Hamptons sizzled with excitement with the return of the storied Apollo for its annual summer soiree, "Apollo in the Hamptons," celebrating Black excellence, creativity, and community impact. The iconic theater's triumphant return brought back Black elegance to the premier summer place and was attended by influential voices from entertainment, philanthropy, business, and politics to raise critical support for Apollo's year-round artistic and educational programs, as well as the theater's first full-scale renovation and restoration of its historic home.

The exclusive event was held at one of the best hotels in the Hamptons, EHP Resort & Marina (Si Si Restaurant), and featured powerful performances by Doug E. Fresh, Crystal Waters, Chubb Rock, Dres, and Apollo Amateur Night winner Wé Ani. Celebrated DJ Cassidy energized the crowd who danced from set-to-set with no breaks in between. The dance floor was on fire from noon to night! Adding fuel to the fire was a special set by iconic New York music collective Café Wha?, whose genre-spanning setlist paid tribute to the spirit of Harlem and Apollo's legendary stage. At nightfall, the ambiance was lit with striking views of the nine-acre waterfront resort featuring scenic views of the dock of the bay. It was hauntingly beautiful.

Dressed to impress guests seen enjoying all of this extravagance included: Michelle Ebanks, President & CEO, The Apollo; Kamilah Forbes, Executive Producer, The Apollo; Joy Profet, Chief Growth Officer, The Apollo; Tysus Jackson, Chief Development Officer, The Apollo; Star Jones, media personality and philanthropist; Gayle King, author, broadcast journalist and philanthropist; and Leon, actor and musician.

This event was sponsored by: The Phillips, Gibson and Dunn/Orin Snyder, Nina & Frank Cooper/VISA, and Tameem Hourani, and others committed to the power of cultural and music institutions shaping society for the better. The Apollo Board of Directors supporting the event included: Board Chair Charles E. Phillips, Board Vice Chair Patricia M. Zollar, Aaron Holiday, Michelle Gadsden-Williams, Mark Getachew, Derek Jones, Racquel Oden, Karen L. Pavlin, Carlos Whitaker, and Dawana Williams.

(l-r) Michelle Ebanks, Wé Ani, Joy Profet

In addition to its musical highlights, the evening served as a platform to elevate The Apollo's mission of expanding access to the arts and amplifying Black voices across generations. Remarks from Michelle Ebanks, Kamilah Forbes, Joy Profet, and Charles E. Phillips underscored Apollo's work in Harlem and beyond, including programs that support emerging artists, youth mentorship, cultural leadership initiatives, and the theaters first full-scale renovation.

The Apollo is a nonprofit multidisciplinary performing arts center, rooted in Harlem's rich legacy of Black culture and creativity. Since 1934, the Apollo has been a place where legends are made—from Ella Fitzgerald to James Brown to Lauryn Hill. Today, the Apollo continues to honor this legacy while advancing a bold new vision for the future of American culture. To learn more or support Apollo's work, visit apollotheater.org. (Photo Credit: Danté Crichlow for The Apollo)

Tameem Hourani, Doug E. Fresh

Doug E. Fresh, Charles E. Phillips

Kamilah Forbes

Racquel Oden, Gayle King, Karen L. Pavlin, Kimberley Hatchett

-Karen Phillips, Wé Ani, Charles E. Phillips.

Joy Profet, Michelle Ebanks, Kamilah Forbes.

Ricardo Lugo, Star Jones

-Frank Cooper, Nina Cooper, Michelle Ebanks

Unresolved Respiratory Symptoms? Get the right Tests and Care

(Statepoint)

Each year, 500 to 1,000 people in the United States are diagnosed with pulmonary arterial hypertension (PAH), a rare lung disease that can be fatal if left untreated.

To encourage earlier diagnosis of PAH, the American Lung Association, with support from Johnson & Johnson, is sharing information about the disease, its symptoms, and the importance of testing and proper treatment. Here's what the Lung Association wants you to know:

What is PAH? PAH is a rare, progressive lung disease caused when the tiny arteries in your lungs become thickened and narrowed. This blocks blood flow through your lungs, causing the blood pressure in your lungs to rise. The heart has to work harder to pump blood through the narrowed arteries. Over time, your heart has difficulty effectively pumping blood through your body.

What are the symptoms of PAH? In the early stages, you may not notice symptoms. As PAH progresses, common symptoms include shortness of breath, especially with activities like walking up the stairs or long distances, fatigue, edema (swelling of the feet, legs and eventually the abdomen and neck), dizziness and fainting spells, chest pain, heart palpitations, and lips and fingers turning blue. Contact your healthcare provider if you're experiencing these or any worrisome symptoms.

Who is most at risk? While anyone can get PAH, those most at risk are women ages 30-60, and Black and Hispanic women.

Why is PAH difficult to diagnose? Because symptoms of PAH are similar to other diseases, the average time it takes to get a diagnosis is about 3 years. This delay can be frustrating for patients and their families, and can result in poorer health outcomes. Unfortunately, health disparities exist due to a wide-range of factors, like lack of access to healthcare, health insurance coverage, transportation to specialists, and health literacy, and can exacerbate these delays. Increasing awareness of this rare disease can help patients get a quicker diagnosis so they can get the treatment they need.

Elva V., a mom and nurse, has been living with PAH since she was 23. She shares that getting the correct diagnosis and treatment plan has been a "game changer," helping her "feel well enough to do the things I enjoy and live a good life with my daughters."

How can the path to diagnosis be shortened? Your provider may order several tests to help with diagnosis:

• A simple blood test, the BNP test (also called B-type natriuretic peptide test) or NT-proBNP test, can help determine if your heart is working harder than it should, a sign that you may have PAH. Getting this test done early can help speed the path to diagnosis.

•Electrocardiogram to show the electrical activity of your heart.

•Echocardiogram to check the size and condition of your heart.

•Lung function tests.

•A right heart catheterization to confirm PAH, once your provider suspects it.

How is PAH treated? PAH-specific medications come in multiple forms: oral, inhaled and subcutaneous. Some allow blood to flow more easily through the arteries of your lungs. Others improve heart and lung function. PAH medications help slow how quickly your disease worsens. For optimal health outcomes when dealing with a rare disease like PAH, it's best to see a specialist.

"When seen by a specialist, you'll receive the latest treatment and resources to help you live your best life," says Dr. Michael Cuttica, a pulmonary hypertension specialist.

That is certainly the case for Lindsay T., who has been living with PAH since her early twenties and works with her doctor to manage her care. "My BNP has been within a normal range since I alerted my specialist that my symptoms were getting worse and he adjusted my medications," she says.

If you have unresolved respiratory symptoms that are not improving with your current treatment, learn more about PAH at Lung.org/pah.

A PAH diagnosis doesn't have to be delayed. With the right tests and care from a specialist, you can get on the path to the treatment you need.

You remembered their books.

You remembered their forms.

You remembered their schedules.

Be sure to remember their vaccines.

Vaccines are required for children to stay in school and day care.

They're safe and reduce the risk of severe preventable illnesses, like measles, polio, and chickenpox. COVID-19 vaccines are now recommended for children 6 months and older. Talk to your child's health care provider or visit nyc.gov/health and search "student vaccines" or call 311 for information on immunization requirements.

THANK YOU FOR JOINING US FOR HARLEM WEEK 2025

1. ***HARLEM WEEK*** Co-Founders (l to r) **Voza Rivers, Marvin Sin, Tony Rogers, & Stephanie Francis,** shared the stage with Chairman Lloyd Williams' wife, **Valorie Williams,** and GHCC Member **Rev. Jacque DeGraff** during a special tribute honoring our legendary **Lloyd A. Williams.** 2. His Royal Majesty **Buipe Wura Jinapor II**, the Paramount Chief of Buipe Traditional Area (2nd Left), made his pilgrimage uptown to announce the Harlem - Northern Ghana Partnership during Harlem Tourism Board's inaugural Cultural Tourism Summit. He is joined by (l to r) **Jerry K Adinkra** and **Francis Abbban-Hagan**. 3. **Stephanie Francis** is joined by Exec. Board Member, **Dietrice A. Bolden,** in presenting rap maestro **Busta Rhymes** with the HARLEM WEEK Hip Hop Icon Award. 4. **Bishop Hezekiah Walker & The Love Fellowship Choir** sang for our ***"Regional Gospel Caravan."*** 5. **H&M** hosted a conversation with Hollywood's top stylists **Wayman** (2nd from Left) and **Mica** (far right), with Harlem's own **Evetta Petty** as one of the models. 6. Runners near and far take to Harlem's scenic streets during the ***Percy E. Sutton Harlem 5K Run,*** presented with ***New York Road Runners***. 7. **Voza Rivers** and ***Harlem Music Festival*** Music Director, **Ray Chew** join each other to celebrate our magic at ***"A Great Day In Harlem."*** 8. Black Health Matter once again placed urban health and wellness front and center. Seated (l to r): **Diorimar Paulino** – Harlem Congregation for Community Improvement (HCCI); **Eichakeem McClary** - United Way; Deborah Levine - CUNY School of Public Health; **Pamela R. Drullinsky**, MD – Sloan Memorial Kettering Cancer Center. Standing (l to r): **Winston Majette** – HARLEM WEEK; **Timon Kyle Durrett** – Actor; Dr. **Sharique Nazir** - Harlem Hospital; **Georges Leconte** - Harlem Hospital; Padmore John – New York City Department of Mental Health & Hygiene. 9. On ***HARLEM DAY,*** **Olnick Organization, Inc**. honored the legacies of **Hon. Charles Rangel** and **Dr. Hazel Dukes** by presenting memorial plaques to be placed on their residences at ***Lenox Terrace***. 10. Radio personality Dr. Bob Lee and ***HARLEM WEEK*** Fashion Committee, (l to r) Deborah Williams, Mama Zee's grandson, Kim Dowdy, Winston Majette, honored the legacy of **Excenia "Mama Zee" Mette**, during our Fashion Showcase. Mama Zee, who was a member of the committee, was slain by a stray bullet. 11. ***Harlem Bomb Shelter*** Open Mic Manager, **Poetic Boy D** (l), and Teen Program Manager, **Feyisayo** (r) congratulate 2025 ***Harlem Teen Poetry Slam*** Champion, **TyAnna** (c).

THANK YOU FOR JOINING US FOR HARLEM WEEK 2025

1. **Harlem Community News, Inc** CEO, **Pat Stevenson** (seated) enjoying the culture and community at **"A Great Day In Harlem."** 2. **Tony Rogers**, President **Harlem Tourism Board** and **HARLEM WEEK** Co-Founder, presented **Dr. Tengol K. Kplemani**, Co-founder of the **Cultural Oneness Festival**, with a key to Harlem. 3. NYC Council Member, **Yusef Salaam** (far left); NYS Senator, **Cordell CLeare** (3rd from left); and representatives from several local elected offices join the Office of Manhattan District Attorney **Alvin Bragg**, represented by Harlem Office Director, **Courtney A. Bennett** (2nd from right) in saluting Harlem's Anti-Gun Violence Heroes on the ***5th Ave. Stage***. 4. ***"Back to School Fashion Show"*** model posed in a bold and inspirational outfit. 5. Top stakeholders present at the ***Climate & Environmental Justice in New York: A Discussion of New York City's Plans & Outcomes*** (l to r) – Moderator **Daniel Zarrilli** was joined by **Michael Bobker, Sheila Foster, Paul Lazito, Adaeze Okoli, Christine Osuji**. 6. Timeless men's fashion took center stage during the ***Adult Urban Fashion Show*** at ***"Summer In The City."*** 7. **Vy Higgensen's "Sing Harlem Choir"** captured the excitement of the **HARLEM DAY** crowd with an arousing spirit-filled performance. 8. Children young of all ages enjoyed double-dutch and the many games and activities taking place at **Children's Festival**. 9. (l) HW Board Member, **Valorie Williams**; HW Senior Associate, **Luther "Anubis" Isler**; (r) HW Board Member, **Jackie Rowe Adams**; and GHCC Board Member, **Matthew Trebek**, presented some of Harlem's brightest who won the ***Alex Trebek Harlem Children's "Spelling Bee."*** 10. NBA Great and Harlem native son, **Mohamed "Mo" Bamba** (2nd from right), returned home for an exclusive ***"Fireside Chat"*** on Banking and Finance, joined by (l to r) Assemblyman, **Al Taylor**; HW Executive Director, **Winston Majette**; and Chase Managing Director **Jason Patton**. 11. **HARLEM WEEK** celebrated the 10th Anniversary of the Tony Award winning musical, **Hamilton**, with a solo performance by cast member **Jared Dixon** (r) joined by **HARLEM WEEK** Board Member/Tony Award Winning Producer, **Irene Gandy**. 12. NYRR Strivers energized the crowd during an ***NY City Senior Citizens Day*** workout.

"Caught Stealing" is Electric! Zoe Kravits, Austin Butler, Regina King & Bad Bunny are Fierce!

by Audrey J. Bernard, Society Editor

From Sony Pictures comes the electrifying crime caper "Caught Stealing" which has captivated moviegoers by storm with its wit, charm, and audacity to be different! The cast is vibrant and the pranks are lit! Even persnickety New Yorkers -- who are known for always keeping their cool -- are robbed of their calm. They are losing it over Butler's new kind of sophisticated crazy. Beware! Butler is getting a reputation for sealing hearts! Austin Butler is inler is a rock sta "Caught in "Caught Stealing," Hank Thompson (Austin Butler) was a high-school baseball phenom who can't play anymore, but everything else is going okay. He's got a great girl (Zoë Kravitz), tends bar at a New York dive, and his favorite team is making an underdog run at the pennant. When his punk-rock neighbor Russ (Matt Smith) asks him to take care of his cat for a few days, Hank suddenly finds himself caught in the middle of a motley crew of threatening gangsters. They all want a piece of him; the problem is he has no idea why. As Hank attempts to evade their ever-tightening grip, he's got to use all his hustle to stay alive long enough to find out…

"Caught Stealing" is one of this year's best films and definitely one of the most innovative ones to hit the big screen in a long time. The big hit wonder is dazzlingly directed by Academy Award nominee Darren Aronofsky from a screenplay by Charlie Huston based on his book of the same name. The film stars Austin Butler, Regina King, Zoë Kravitz, Matt Smith, Liev Schreiber, Vincent D'Onofrio, Griffin Dunne, Benito Martínez Ocasio, and Carol Kane. It is produced by Jeremy Dawson. Dylan Golden. Ari Handel. And Darren Aronofsky, and executive produced by Ann Ruark, Charlie Huston, Tarak Ben Ammar, and Mohannad Malas. The star-studded cast includes Austin Butler, Regina King, Zoë Kravitz, Matt Smith, Liev Schreiber, Vincent D'Onofrio, Benito, Martínez Ocasio, Griffin Dunne, Carol Kane. The Oscar buzz is pitch high and well-deserved.

Sony Pictures hosted a vibrant star-studded red carpet New York premiere on Tuesday, August 26, 2025, at the Regal Union Square Theater in Manhattan that was off the hook! The premiere was heavily attended by Sony's top brass including Tom Rothman, Chairman and CEO, Sony Pictures' Motion Picture Group. Joining him were the stars from the movie who were dressed to impress in high fashion designs including Zoë Kravitz, Austin Butler, Regina King and Bad Bunny. Matt Smith, also Liev Schreiber, Vincent D'Onofrio, Griffin Dunne, Benito Martínez Ocasio, and Carol Kane. "Caught Stealing Hearts" was released by Sony Pictures on Friday, August 29, 2025, to blockbuster reviews. (Photos by Getty Images for Sony Pictures)

Taylor Nelsen, Liev Schreiber

-Bad Bunny, Tom Rothman, Chairman and CEO, Sony Pictures' Motion Picture Group

Zoë Kravitz.

Caught Stealing' star-studded cast (L-R) Matt Smith, Nikita Kukushkin, Regina King, Austin Butler, Zoë Kravitz, Bad Bunny, Darren Aronofsky, Liev Schreiber, Carol Kane Vincent D'Onofrio

(L-R) Claudia Jordan, Annie Ilonzeh, Drew Sidora, Erica Mena, and Erica Pinkett attend 'Run' New York Premiere at AMC Magic Johnson Harlem on August 25, 2025 in New York City

Regina King

Matt Smith

CELEBRATING THE HOLCOMBE RUCKER PARK'S DESIGNATION AS A NATIONAL HISTORIC SITE

The federal honor recognizes the park's crucial influence on basketball and its legacy as the basketball mecca in Harlem. The designation also honors the legacy of Holcombe Rucker who helped nurture some of the sport's most talented players - from Kareem Abdul-Jabbar to Rafer "Skip 2 My Lou" Alston.

The celebration kicked off with a Legends Breakfast at the Renaissance New York Harlem Hotel where U.S. Congressman Adriano Espaillat and U.S. Senator Charles Schumer shared special remarks. Honorees included Nate "Tiny" Archibald, Fred Crawford Sr., Bobby Hunter, Tom Hoover, Bob McCullough, Nancy Lieberman, Marius Family, Gail Marquis, Deuce McBride, Rucker Family, the late Sandman Sims, Rod Strickland, Kool DJ Red Alert, among others.

Shortly after the breakfast ceremony, GHCC hosted a site dedication presentation at the famed Rucker Park, alongside a series of exhibition games featuring the New York All-Stars vs. Boston All Stars (Girls Middle School Game) and New York All Stars vs. Philly All Stars (Boys High School Game).

The site designation underscores the Senate and House passage of the Holcombe Rucker Park Commemorative Site Act this past January to preserve the park - shepherded by U.S. Senator Charles Schumer and U.S. Representative Adriano Espaillat. Rucker now joins three other national historical sites in Upper Manhattan: the Morris-Jumel Mansion, Hamilton Grange National Memorial, and General U.S. Grant National Memorial.

Team Boston Girls All-Stars, Rep. Espaillat, Sen. Schumer, Deuce McBride, and NY Girls All-Stars

Congressman Adriano Espaillat with Bob McCullough co-founder of The Rucker Pro League

Phil Rucker (Son of Holcombe Rucker), Nancy Lieberman

Gail Marquis, Senator Charles Schumer, Nancy Lieberman

Jim Harding, Asst Fire Commissioner FDNY, Harlem Week Board Member Dietrice Bolden, Deuce McBride, NY Knicks, Dr Patricia Ramsey, President, Medgar Evers College, Representative from Each One Teach One,

Rod Strickland (fFormer NY Knick_Current Head Coach Men's Basketball Long Island University), Jimmy Cleckley, National Park Service, Bob McCullough, Kevin Henderson and Smush Parker (Former NBA Player)

Bob McCollough, Deuce McBride, Fred Crawford

URBANOLOGY: THE MANY FACES OF AUTUMN

By William A. Rogers

This Year the Fall Equinox, also known as Autumnal Equinox or the start of the Autumn season starts on Sunday September 21st and ends on the 21st of December in the Northern Hemisphere. There are three different opinions on when Autumn starts. There is the Astronomical view, Meteorological view and the Phenological view.,

Astronomically, the four seasons center around the equinoxes and solstices. However, some believe that the equinox or solstice is the start of the season, and others believe that it represents the middle of the season.

Meteorologists usually divide seasons into periods of three whole months based on average monthly temperatures, with summer as the warmest, and winter as the coldest. According to this theory, for most of the northern hemisphere the autumn months are usually September, October and November.

The third way of defining autumn is to use what is known as phenological indicators. These indicators cover a range of ecological and biological signs, such as falling leaves, and the migration of birds to warmer climates. This view is influenced by weather and climate, so climate change could cause autumn to start earlier or later than the standard astronomical or meteorological definitions.

After September 21nd you will begin to notice that days will become shorter than nights as the Sun continues to rise later, and nightfall arrives earlier. As we move into autumn the temperature will drop, plant life slows down and so do we.

Taoists consider Autumn is the season of the element of metal. In Taoism each of the five elements, Fire, Water, Wood, Earth and Metal have a Yin/Yang relationship with the universe and the human body.

The Yin/Yang organs that correspond to the element of Metal are the Lungs (Yin) and the Large Intestine (Yang). It is very important to develop a detoxification strategy in autumn, to prepare for the coming winter. More people die from colon cancer and lung cancer than any other cancer related disease. Special attention should always be given to the care of the lungs and large intestine in the autumn.

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HERBS ARE NATURE'S REMEDY

MUGWORT: THE HERB PART II

By Zakiyyah

MUGWORT has a complexity of over 75 unique chemicals that give it a diverse range of medicinal uses. It can be taken as a tea or tonic to boost energy and promote circulation. Women use it for irregular periods and other menstrual problems.

I use it in liver tonics, which are best taken at bedtime when the liver does most of its "detox" work – while our organs are at rest. The herb's antifungal, antibacterial, anti-asthmatic and expectorant properties make it extremely effective in treating parasitic infections like tapeworm, roundworm and thread-worm.

Another use of Mugwort is to roll its dried leaves into a huge cigar like stick that's about 10" long – called a Moxa stick. The end is lit like a cigar and waved in a circular (clockwise to stimulate; counter-clockwise to sedate) motion over the area being treated – called *Moxibustion*, which is a very powerful TCM natural remedy. Moxibustion can purge meridians and regulate qi and blood issues. It moves stuck energy and congealed blood (diminishing bruises), relieves pain, and even heals broken bones.

Become a Healer. Learn holistic healing modalities that help the body restore balance and vitality. Join the last class of our 2025 HERB COURSE launching in December. To learn the healing power of herbs, essential oils and crystal elixirs - send me an email for further information.

MAKE NATURE'S MEDICINE YOUR OWN

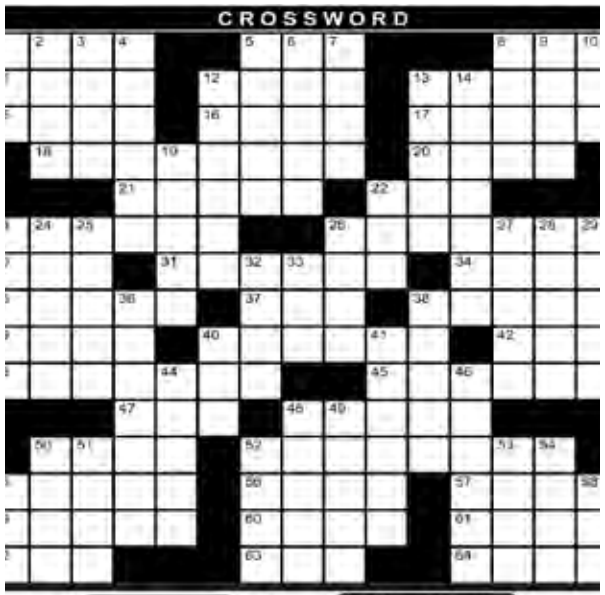
This information is to help balance your body's natural healing energies, and is not intended as diagnosis, treatment or cure. Email: theherbalist1750@gmail.com; phone: 347-407-4312; blog: www.herbsarenaturesmedicine.blogspot.com.

Answers to Crossword on page 17

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

See answers on pages 16

CROSSWORD



STATEPOINT CROSSWORD THEME: AUTUMN VIBES

ACROSS

1. *Maze plant
5. Wharton degree , acr.
8. Special effects in "Avatar," acr.
11. Dwarf buffalo
12. "On Golden Pond" bird
13. Isolated
15. Atomizer output
16. Enthusiasm
17. Pueblo people, pl.
18. *Pre-game party (2 words)
20. Doomsayer's sign
21. Perfume bottles
22. Tombstone acronym
23. Construction binder
26. "____: The Movie," 2002 slapstick comedy
30. Genetic info carrier, acr.
31. Dorsa, sing.
34. "He's Just Not That ____ You"
35. *Like some s weaters
37. Earth Day mo.
38. Opposite of cation
39. "Que Sera ____"
40. Approved
42. Denotes middle
43. Assess pro rata
45. Lorraine's neighbor
47. Doctor Dolittle, e.g.
48. Temporary stay
50. Chicago's Navy ____, tourist destination
52. *Popular fall spectator sport
55. Hutu's opponents , 1994
56. Quinceanera or bat mitzvah
57. Biblical captain
59. Rocky ridge
60. Having wings
61. Russian parliament
62. Diamond or ruby
63. An affirmative
64. Dog command

DOWN

1. Cameron, to friends
2. The Fonz: "Sit ____ ____!"
3. Civil rights icon Parks
4. Richard Wright's "____ Son"
5. Relating to mole
6. Whatever rocks them!
7. "Green Gables " protagonist
8. Walking helper
9. Smiley face
10. "____ Now or Never"
12. Smooth, in music
13. Before appearance of life, geology
14. *Patch purchase
19. ____ Hop dance
22. Ewe's mate
23. *Like air in fall
24. Keyboard key
25. Introduction to economics
26. Twelve angry men, e.g.
27. Carl Jung's inner self
28. Indifferent to emotions
29. Type of probe
32. *Leaf collector
33. R&R stop
36. *Bushels of apples, e.g.
38. Impromptu
40. Over the top, in text
41. Time for an egg hunt
44. Falcon's home
46. Uses two feet
48. Bridal veil fabric
49. Smidgins
50. Unadulterated
51. Individual unit
52. Brawl
53. Clod
54. Tibetan priest
55. Chasing game
58. *Cushion on a fall ride

SUDOKU

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

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

See answers on pages 19

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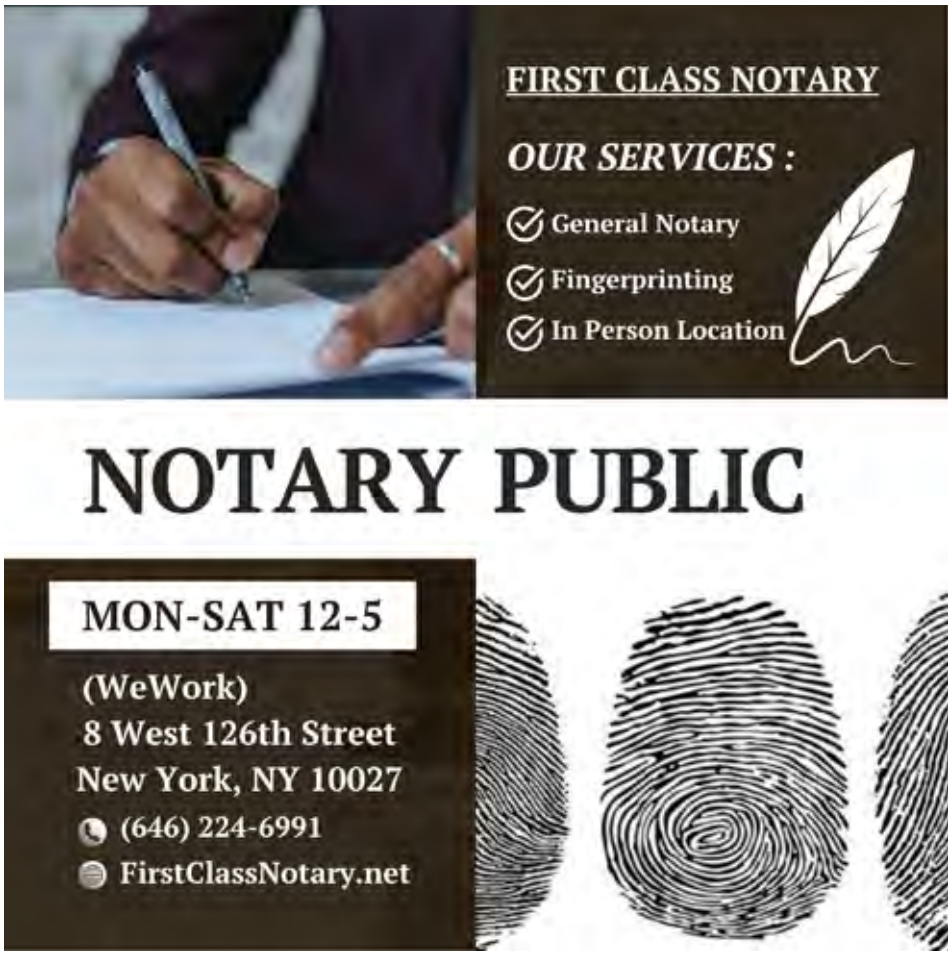

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MISCELLANEOUS

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LEGAL NOTICE

Public Notice
Fact Sheet

The New York State Department of Environmental Conservation (DEC) has received a Brownfield Cleanup Program (BCP) application and Draft Remedial Investigation Work Plan from S & F 126 ST. LLC for a site known as 260 West 126th Street, site ID #C231164. This site is in the Borough of Manhattan, within the County of New York and is located at 260 West 126th Street. Comments regarding this application and work plan must be submitted no later than October 24, 2025. Access the application, work plan and other relevant documents online through the DECinfo Locator: https://www.dec.ny.gov/data/DecDocs/C231164/. The documents also are available at the document repository located at New York Public Library-George Bruce Library, 518 West 125th Street, New York, NY 10027 and Manhattan Community Board 10, 215 West 125th Street, 4th Floor, New York, NY 10027. Information regarding the site and how to submit comments can be found at http://www.dec.ny.gov/chemical/60058.html or send comments to Marlen Salazar, Project Manager, NYSDEC, 47-40 21st Street, Long Island City, NY 11101; marlen.salazar@dec.ny.gov; or call 718-482-7129.

To have information such as this notice sent right to your email, sign up with county email listservs available at https://nydecprod.prod.acquia-sites.com/environmental-protection/site-cleanup/regional-remediation-project-information/environmental-cleanup-email-newsletters.

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"The Lasting Impact of Bedtime Stories"

By Niyoka McCoy

Review by Terri Schlichenmeyer, Harlem News contributor

One of the joys of parenthood is the peaceful, soothing experience of reading a bedtime story to your child. Your comforting voice can help lull them into a sleepy state as you read aloud melodic nursery rhymes and other enchanting stories. To this day, I can remember some of these moments as my mom read my favorite stories aloud at bedtime. For babies, simply hearing words and language as you read to them is beneficial. And as children grow older, relatable themes and meaningful content in the books you read together lead to those deep, "what's the meaning of life?" type of questions kids tend to ask as they draw close to slumber. So, as you pick books at the local library or from your home collection to read together, know that these are some of the wonderful benefits your child is experiencing each time you read to them:

Exposure to Words and Language

Did you know simply hearing words is crucial to your child's language development? Research shows that it is the most important component in developing language pathways in a child's brain, as it boosts their language and cognitive capacity, expanding their ability to make sense of and use words. In fact, a study from Ohio State University found that young children whose parents read to them at least one book a day will hear around 290,000 more words by age 5 than children who are not read to regularly. And children whose parents read five books each day will hear about 1.4 million more words than children who are never read to.

Boost in Cognitive Development

Reading helps prepare children for school by building a strong foundation of knowledge and a deeper understanding of the world around them. This foundation gives children important context for complex subjects, making it easier for them to grasp new concepts and make sense of their experiences as they grow.

Deepening of Relationships and Bonding Attachment

Simply reading together can help children build secure attachment, an important bond that plays a crucial role in brain development. Research shows that safe and secure communication, like reading together, helps create a foundation on which children will form relationships throughout their lives. It also helps build confidence and resiliency to stress, as well as the ability to manage emotions and maintain meaningful relationships. Plus, they will experience a wide range of positive feelings in the moment, like comfort, safety, attention, and love.

Development of Social-Emotional Skills

Studies show that there is a correlation between reading at a young age and the development of interpersonal and social-emotional skills, particularly empathy. And this is due to the feelings, experiences, and oftentimes, the heroic, kind, or bold actions of characters they read about in books. Think about "I Am Enough" by Grace Byers, which reminds children to be there for others in kindness and love. As Byers says, "To help each other when it's tough, to say together: I am enough." Then there's "Thank You, Omu," by Oge Mora, that tells a heartwarming story about sharing and generosity, inspired by the author's childhood role models. Reading stories about relatable characters can also help children understand and manage their emotions. By seeing how characters cope with similar feelings, children can learn that it's okay to feel sad, angry, or frustrated at times. They can also learn positive ways to deal with these emotions.

It's good for us, too

Let's face it—reading to our kids can be therapeutic for us as parents, too. One day, we'll miss how excited they were to choose their bedtime story and insist we show them every picture. These small, meaningful moments do more than build language and literacy skills; they deepen your bond and offer your child a sense of comfort and connection. And just like I remember my mom's voice reading to me, your child may one day remember yours. Reading together is a powerful way to nurture their development, spark a love for reading, and enjoy the time you spend together.

Answers to puzzle on page 17

SUDOKU ANSWERS

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

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125TH STREET HARLEM BID
BUSINESS IMPROVEMENT DISTRICT

#HarlemNeatStreets Campaign

#HarlemNeatStreets is a clean streets awareness campaign designed to cultivate the community's love for Harlem. The campaign uses social media, local ambassadors, gamified experiences and strategic partnerships to promote cleanliness and improve the visual appearance in the streetscape.

How does the Harlem Neat Street Challenge work?

Starting the Challenge: The Call to Action

Keeping Harlem clean is something we can all feel good about. When you take the Harlem Neat Streets Pledge, you are showing pride in our neighborhood and inspiring others to do the same. It is simple. Sign up on the Harlem 125th Street BID website, commit to doing your part, and spread the word. Encourage your friends and family to take the pledge too. Share your efforts on social media, tag @125thstreetbid, use the hashtag #HarlemNeatStreets and support local businesses that are part of the campaign. You will feel good knowing you are making a difference, you might win prizes like tote bags, T-shirts, and gift cards, and you could even be recognized as one of Harlem's "Neatest People.

Meet Mia, a teenager who lives in Harlem. Hello Harlem! I'm Mia, and I joined the Harlem Neat Streets Campaign to help keep our neighborhood beautiful. A clean Harlem means a safer, stronger community for all of us. I took the Neat Street Pledge on the Harlem 125th Street BID website, shared why it matters to me, and committed to doing my part. I post my clean-up photos and videos on social media, tag @125thstreetbid, and use #HarlemNeatStreets to inspire friends and family to join in. The pledge also earned me a #HarlemNeatStreets tote bag, a T-shirt, and a chance to win a $100 gift card to a local business. One piece of trash at a time, we can all make Harlem shine. Take the pledge and join us today

Let's work together to keep Harlem clean, safe, and beautiful. Take the pledge today.

Scan the QR Code to begin or go to:
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