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NEWSPAPERS, INC.

"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. 36

September 4, 2025 - September 10, 2025

Free



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Tourism Summit**

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Indian American
Day Parade - A
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OUR MISSION STATEMENT

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

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

Free copies distributed in your community weekly

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A Publication of: Harlem Community Newspapers, Inc.
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PAT STEVENSON

This week, I am celebrating two incredible milestones - my 73rd birthday and 32 years of publishing community newspapers in Harlem. As the founder and 100% owner of Harlem Community Newspapers, Inc., I have dedicated over three decades to providing vital news and information to Harlem residents and the broader Black community in New York City. In a time when the current administration attempts to erase Black History, the role of the Black Press has never been more important. Black newspapers like Harlem News not only document current Black History but also preserves and honors our past. Harlem Community Newspapers continues to stand as a beacon of truth, inspiration, culture, and empowerment. To help us celebrate 32 years of service, we invite you to contribute to our GoFundMe campaign or purchase one of our Anniversary Advertising Packages (you can find on our website at www.harlemcommunitynews.com), which will be featured in our special September 11th issue. Let's honor and preserve our voice together.

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Pat Stevenson
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PONDER THIS! The Good Days of Our Youth



By Hazel Rosetta Smith

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 street-lights 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!

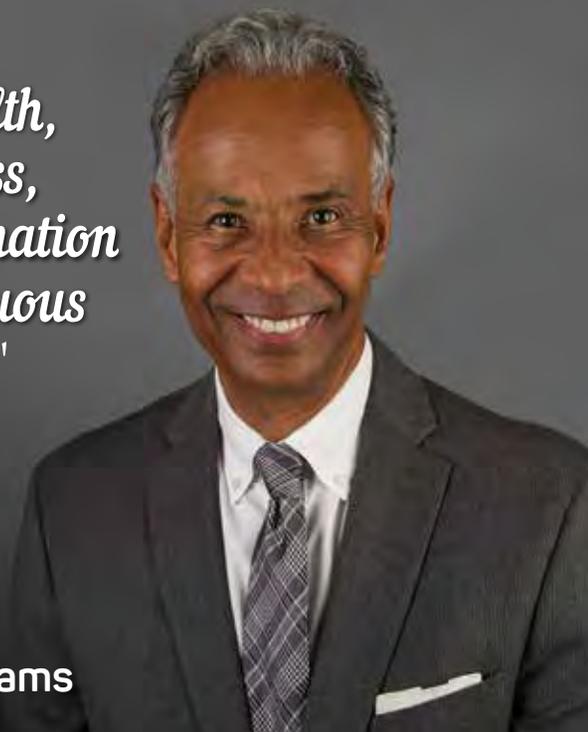
[Hazel Rosetta Smith is a journalist, playwright, and artistic director for Help Somebody Theatrical Ministries. Contact: mishazel@twc.com and www.hazelrosettasmith.com]

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

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What to Know to Ensure Your Child Succeeds as They Head Back to School



By Mayor Eric Adams

School is back! This week, our children will gather their school supplies, fill backpacks, and greet their friends as they kick off the 2025-2026 school year. Our public schools are the best of our city — a place where children from every walk of life can get a world-class education. And from pre-K to our selective high schools and technical training programs, New York City students have every opportunity to learn, grow, and succeed, with the quality of our teachers unmatched anywhere in this nation. As the largest school district in America, our young people deserve the best chance to fulfill their promise and potential no matter what school they attend. And we know, that to make New York City the best place

to raise a family, we must continue to invest in our education system.

As part of first-day back at school celebrations, I will be joining students at HBCU Early College Prep High School in Queens. Early College Prep is the perfect example of what we're trying to do for our students and their families. It is a school that honors our students' rich backgrounds and histories, provides rigorous instruction, meets local needs, and prepares our students for the future. Students at HBCU Early College will get a head start on college with the opportunity to graduate with an associate's degree from a Historically Black College or University. At this school, and so many others, we are giving our students an A+ education and a chance to prepare for the future.

This year will also see some big changes in our schools. Students will be required to put away their phones from bell to bell. We know that phones disrupt our concentration, interfere with actual in-person interactions, and negatively affect young peoples' mental health. Of course, we are not asking students to permanently give up their phones; that doesn't make sense in today's technology-driven

world, and we know that parents need to stay in touch with their children.

With this rule change, our students can be present and concentrate on doing their schoolwork in school, instead of being absorbed in their screens, texting, or scrolling on social media. Our goal is to maintain a safe and productive learning environment for everyone, and this change will protect our kids during school hours, ensure our teachers can teach without distraction, and give parents peace of mind that their kids are learning. This new policy is designed to make learning and social interactions easier and was developed in close collaboration with the needs of our students, schools, and families.

We are also bringing our city one step closer to universal after school programming through "After-School for All," our vision to create 20,000 additional K-5 after-school seats for New York City Public School students, bringing the total number of seats to 184,000 by the start of the 2027 school year. And this school year alone, we are investing an additional \$21 million to bring 5,000 new K-5 after-school seats on-

line at 40 schools that never had after-school programming. That means that starting this fall, 5,000 children in neighborhoods with the most need will have a safe and nurturing place to go to when the school day is over.

Additionally, as part of our "Best Budget Ever," we have invested \$300 million in early childhood education. We are also supporting students with disabilities of all ages, including by expanding our programs for students with autism. I know from first-hand experience how important early intervention is. As a child, I struggled to read and kids made fun of me. I felt like I was the dumb student and was always embarrassed when the teacher called on me to read aloud. But the truth was I didn't realize I had dyslexia until years later. I wish I received the help I needed sooner.

We are also opening seven brand new schools for the 2025-2026 school year. With these new schools we are opening even more doors of opportunity for students, no matter what zip code they live in. These new schools will be located across the Bronx, Brooklyn, Queens.



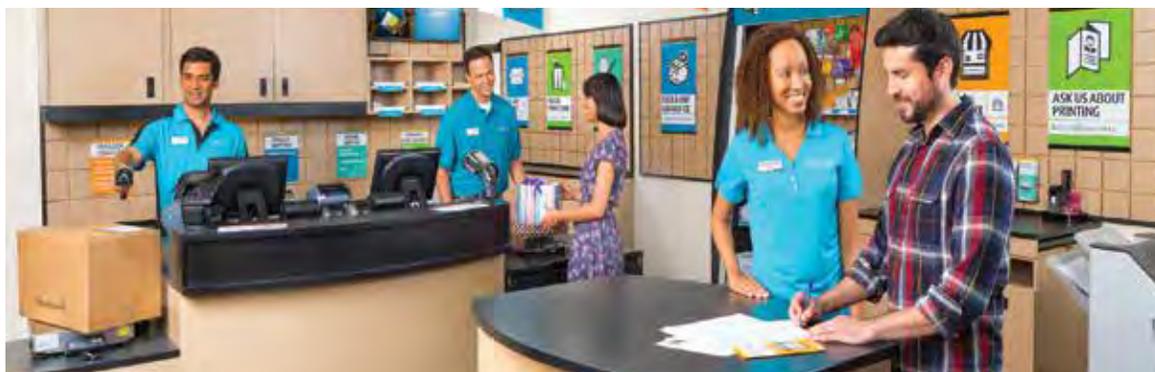
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Home Buying in Harlem Be Prepared to Buy Now



By Rev. Dr. Charles Butler

Can anyone afford to buy a home in Harlem? This is the question I am being asked by most first time home buyers and it is a justified one question. The prices of homes are rising at such a rapid rate that most low to moderate income families are finding themselves literally out in the cold. Their monthly gross income simply cannot afford the cost of a mortgage payment.

This means for many Harlem residents achieving the American dream of homeownership is all but a dying hope. However, there is still a small ray of hope for perspective first time home buyers and if there is even the slightest glimmer of hope, there is a chance to achieve the dream of becoming a homeowner.

You must keep the dream alive! Dare to dream! Do not give up on your dream

of becoming a homeowner. Understand this is a fight and that you must be willing to make some big sacrifices, but you can ultimately be victorious. Your current monthly living expenses, available financial resources, your credit history, and your current monthly income will play a huge role in determining your ability to become a successful homeowner.

I know, it seems like the odds are stacked against you. But guess what? The odds have always been stacked against you. But you have been able to beat the odds just to survive. You had to survive an array of discrimination and segregation tactics, government, and corporate illegal 'red lining' practices, all put in place to both discourage and prevent you from becoming a homeowner and realizing the 'American dream.'

Your ability to persevere has never been in question. Consider all the obstacles you already had to overcome by fighting for employment and equal pay opportunities, educational opportunities, and now your collective voices must be raised and heard for affordable housing opportunities. You only need

an equal opportunity, that has been afforded to other ethnic groups in the city. That is not asking too much, no special treatment just a residential mortgage commitment.

You must have faith in God and faith in yourself and believe that you can accomplish this goal. If you start thinking negatively about the situation, then it will become overwhelming, and you will probably never become a homeowner. Think positive. Picture yourself in your home.

A family recently succeeded the home buying process and now are the proud owners of a 3 bedroom condo in Harlem. They told me of the numerous sacrifices required to make their dream a reality. They admitted at times they were discouraged. There were times they wanted to throw in the towel and quit. But they continued to place their trust in God and move forward. For with God all things are possible if you only believe.

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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Go Donuts: Sweet Success Arrives in East Harlem

By CHERYL WILLS

The aroma of freshly baked doughnuts fills the air in East Harlem, as a new shop, Go Donuts is now open for business. Located at 2309 Second Avenue between 118 & 119th Streets, this vibrant new establishment is the brainchild of Solomon Fresh, the son of legendary hip-hop pioneer and Harlem Native Doug E. Fresh.

Go Donuts aims to be more than just a sweet treat destination; it's envisioned as a community hub, offering a welcoming atmosphere and a diverse menu of classic and innovative doughnut creations. Solomon Fresh, stepping into the entrepreneurial spotlight, brings a passion for quality and a keen understanding of the

neighborhood's vibrant spirit.

"I grew up in this community and my family has lived in Harlem for generations, so I wanted to bring something special to Spanish Harlem!" said Solomon Fresh at the grand opening. "Go Donuts is about bringing people together, offering delicious food, and creating a space where everyone feels at home. The East Side is Back Baby!"

The colorful shop boasts an impressive selection, from Cherry and Blueberry glazed treats to unique offerings like Crispy Friend Chicken bites topped off with maple syrup!

This summer's grand opening drew a significant crowd, including local residents, community leaders, and a proud Doug E. Fresh, who was seen cheering on

his son. "I'm incredibly proud of Solomon," said the iconic rapper. "He's blazing his own path and building something meaningful for the community one donut at a time! Hip Hop We Never Stop!"

The Fresh Family is at it again. For years, Doug E. ran a chicken and waffle restaurant on Adam Clayton Powell Boulevard in Harlem and Solomon learned the ropes of the business while dishing out soul food and working in the kitchen alongside his family. Now he's taking his skillset to the next level by creating his own high quality baked goods while working with his brothers. "I especially want to inspire young people and let them know that there are other avenues of success other than being an entertainer or an athlete," said Solomon Fresh. "Being

your own boss and creating opportunities for the community is the true measure of success!"

Go Donuts is poised to become a beloved fixture in East Harlem, promising a delightful experience for all who walk through its doors. It's a sweet testament to local entrepreneurship and the continuing legacy of a family dedicated to their community.

Go Donuts is open Monday to Thursday from 11AM - 10PM and Friday to Saturday from 11AM - 1AM. www.godonuts.com and #godonutsharlem



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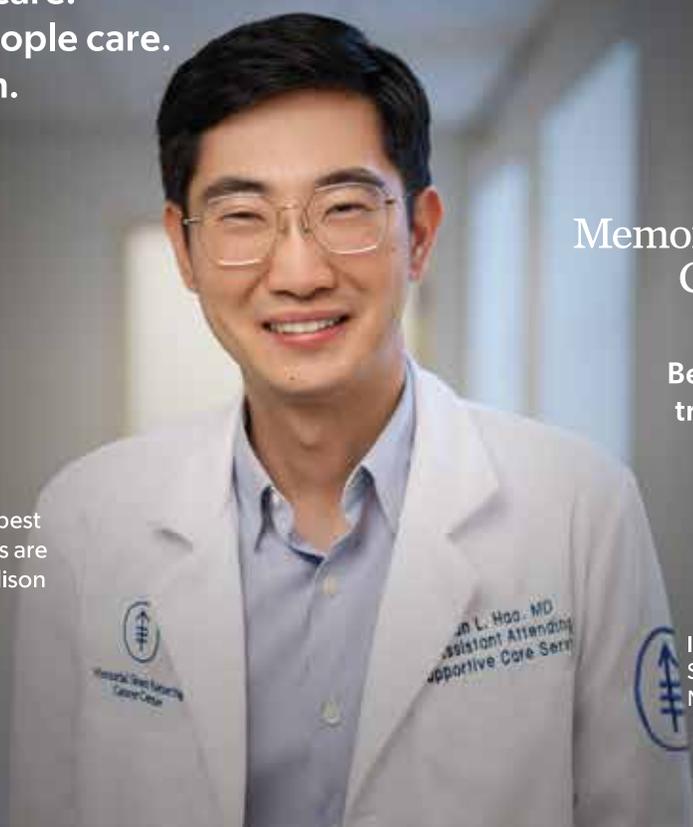
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Harlem Cultural Tourism Summit

By William A. Rogers

The Harlem Week Cultural Tourism Summit Produced by the Harlem Tourism Board forged a Transatlantic Bridge to Northern Ghana, two marketing campaigns were introduced one to reclaim the marketing power of the legendary Big Apple Nickname.

The second campaign introduced a HTB marketing initiative to develop a tourism and hospitality app that would connect the Greater Harlem Area {Manhattan Community Boards 9, 10, 11 & 12}

The Connect Harlem app will be a 2025 upgraded version to the 1979 Greater Harlem Map and Guide developed by LMR Resources for the then Uptown Cham-

ber of Commerce. The international, national and local response to the Harlem map was amazing, the 1979 Harlem Map and Guide became the foundation for the Harlem Tourism and Hospitality industry.

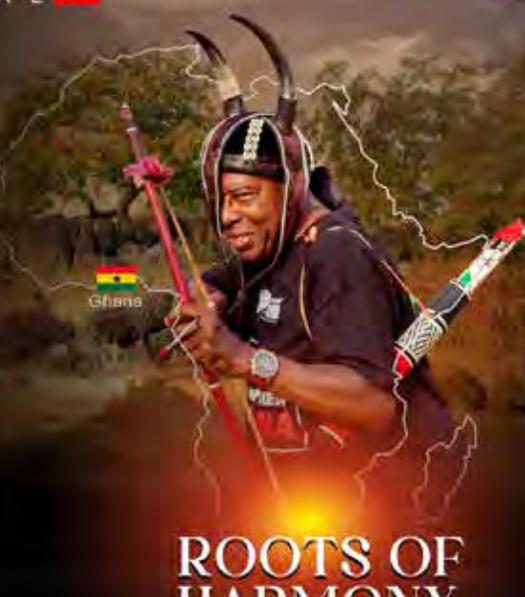
The 2025 connect Harlem Tour and Hospitality app will be designed to become an economic development tool for the continued growth of the Harlem Tourism and Hospitality industry.

The Summit's Harlem, the birth place of the big Apple segment, was a salute to Cab Calloway and Gwen Barrett who made the Big Apple a multi-million-dollar tourism advertising campaign for New





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York City. The first time the world learned about the Big Apple name was in Cab Calloway's Dictionary of Jive Talk in 1939.

On page 1 Apple was used to identify Harlem, the big town. In 1971 Gwen Barrett was a public relation director at WNYW TV. She was asked to develop a PSA to help energize the then troubled NYC tourism industry. Gwen who lived in Harlem and her family were musicians who often used the term big apple to describe Harlem. Her PSA became the foundation of New York's 54 year old Big Apple marketing brand.

Historian and Journalist Regi Taylor introduced a marketing campaign "Harlem the Birthplace of the Big Apple". A special recognition award was given to Ms. Barrett for her groundbreaking 1971 PSA that she never received credit for.

Mr. Taylor introduced a line of Harlem the Birthplace of the Big Apple Products.

The last segment of the summit was an address by His Royel Majesty Buipe Wura Jinapor II, Chief of the Buipe region in Northern Ghana.

His Majesty announced a cultural tourism partnership between the Harlem Tourism Board and Northern Ghana. For the past four years HTB co-produced a cultural oneness festival in December.

HTB presented a key to Harlem to His Majesty and to Dr. Tengol K. Kplemani co-founder of The Taste of Afrika the organization that helped build the relationship between Northern Ghana and Harlem.

The Summit ended in a surprise for me when John Caleb Amoah Ghana's N.Y. Deputy Consul General

joined His Majesty Jinapor II when His Majesry gave me the name Manwule Wura and title of Chief of the Manwule Village in the Buipe region of Northern Ghana.

I am still trying to rap my head around such an honor. While His Majesty was in Harlem he was invited to visit the Harlem African Burial Ground thanks to William Allan and Nailah Ricco-Brown.

Soil from burial grounds in Ghana was exchanged for soil from the Harlem African Burial ground, a full circle was made. A spiritual and physical connection. I may be a bit bias but I feel that the HARLEM WEEK Cultural Tourism Summit was amazing.

I would like to thank Curtis Archer and the Harlem Community Development Corporation for their support.

Denzel Washington slays in Spike Lee's Film "Highest 2 Lowest"

by Audrey J. Bernard,
Society Editor

"Highest 2 Lowest" is a fast-paced riveting neo-noir crime thriller saga which reunites Brothers Spike Lee and Denzel Washington for the fifth time since 2006 when they worked together on Lee's "Inside Man."

This film is an English-language reinterpretation of Akira Kurosawa's 1963 Japanese film "High and Low," itself loosely based on the 1959 novel "King's Ransom" by Ed McBain (Evan Hunter). From a script by first-time screenwriter Alan Fox, Lee's version takes place in New York City, and it bleeds of the love the filmmaker has for it. Washington is perfect as King. He's smart, sexy, smooth, and his swagger can only be compared to President Obama!

In "Highest 2 Lowest," life is good for music titan David King (Washington), widely known as having the "best ears in the business," who is living large with his beautiful family in an opulent high-rise apartment with a wraparound balcony showcasing sweeping views of Manhattan, the Brooklyn Bridge, the Financial District, etc. King's lap of luxury is threatened by a ransom scheme which places him in a life-or-death moral dilemma. But it all works out in the end as Washington out-slicks the criminals. Moviegoers are in for a treat as the action is electrifying and takes place all over New York and includes the Bronx where Lee's Yankees call home.

The "Highest 2 Lowest" cast also includes Elijah Wright, Aubrey Joseph and Ice Spice. The film is produced by Todd Black and Jason Michael Berman with cinematography by Matthew Libatique and music by Howard Drossin. A24 released the film in theaters on



Pauletta Washington, Denzel Washington, Ilfenesh Hadera, Jeffrey Wright, Spike Lee, Elijah Wright

Friday, August 15, before it becomes available to Apple TV+ subscribers on September 5, 2025. The King is back! Long Live the King!

It would not be a premiere without a big party and Spike Lee, A24, and Apple TV+ invited the who's who in film, sports, hip hop, and music to the BAM Harvey Theater on Monday, August 11, in Lee's hometown of Brooklyn, New York, to the premiere and afterparty at BAM Peter Jay Sharpe Building's BAM-Cafe. It was electric. There were stars all over the place. Attendees included the film's stars Denzel Washington, Jeffrey Wright, Ilfenesh Hadera, ASAP Rocky, Rick Fox, Wendell Pierce, LaChanze, Dean Winters, John Douglas Thompson, Aiyana-Lee, Jensen McRae, Ice Spice, Princess Nokia, Rick Fox, Nicholas Turturro, Rosie Perez, and Allison Worrell.

Other special guests in attendance included Lee's wife Attorney Tonya Lewis Lee



Slick Rick



Ice Spice

and their children Jackson and Satchel Lee, also Chance the Rapper, Giancarlo Esposito, Karl-Anthony Towns, Keegan-Michael Key, John Turturro, Slick Rick, CC Sabathia, Malcolm Washington, Dapper Dan, Edie Falco, Breanna Stewart, Nicole Ari Parker, and more. During the event, Lee took the time to honor

Eddie Palmieri, the Puerto Rican-American pianist, composer, bandleader, and Latin jazz innovator who passed away earlier this month. Palmieri worked and had a pivotal musical role in the film. Lee introduced Palmieri's son who spoke about his father. (Party Photos by Getty Images, Wire Image, Shutterstock, AP)



Denzel Washington in 'Highest 2 Lowest'



ASAP Rocky



Tonya Lewis Lee.



Satchel Lee.



Karl-Anthony Towns, Jordyn Wood

National Action Network & Rev. Al Sharpton Led March on Wall Street: A Modern Echo of the March on Washington



Photos by Seitu Oronder

On August 28, 2025, Rev. Al Sharpton and the National Action Network (NAN) led a powerful March on Wall Street, drawing hundreds of demonstrators to the heart of New York City's financial district. Timed to coincide with the 62nd anniversary of the historic 1963 March on Washington, this modern-day protest channeled the spirit of Dr. Martin Luther King Jr. while shifting the focus from political power to economic justice.

The march began at Foley Square and wound its way through Manhattan's financial arteries, passing iconic landmarks like the Charging Bull statue before culminating in a rally filled with impassioned speeches. Rev. Sharpton, a longtime civil rights leader, declared, "Sixty-two years ago today,

Dr. King marched in Washington. Sixty-two years later, the dream is not dead. We will march until we turn the economic inequality in this country around. We're not going back".

Speakers included grassroots activists, faith leaders, and representatives from labor unions and youth organizations. Their message was unified: corporate greed and government rollbacks of diversity, equity, and inclusion (DEI) programs are threatening the progress hard-won by generations of civil rights advocates. Sharpton called for a boycott of companies that had eliminated DEI initiatives following executive orders from President Trump, framing the issue as "the civil rights fight of our generation".

The choice of Wall Street as the protest site was de-

liberate. Sharpton reminded attendees that "the first thing traded on Wall Street was Black bodies," referencing the legacy of slavery and economic exploitation. "We've come back. The children of our ancestors are ready to spend our dollars. We're not slaves anymore," he said. Protesters held signs reading "Billionaires back off" and "We want economic justice," while chants of "No justice, no peace" echoed through the streets.

The March on Wall Street is a symbolic evolution of the March on Washington. In 1963, over 250,000 people gathered at the Lincoln Memorial to demand civil and economic rights for African Americans. Dr. King's iconic "I Have a Dream" speech became a cornerstone of American history. Today,

Sharpton and NAN are reframing that legacy to confront the economic disparities that persist in modern America - from tax cuts benefiting the wealthy to cuts in Medicaid and food assistance programs.

The march also served as a call to action for corporate America. Sharpton urged businesses to resist federal pressure to dismantle DEI programs and instead embrace their role in shaping a fairer society. "Corporate elites are running America, and we want to try and do something about that," said Jackie Barham, a marcher from Brooklyn.

As the crowd dispersed, the message was clear: the fight for justice is far from over. By marching on Wall Street, Rev. Sharpton and NAN reminded the nation that economic equity is inseparable from civil



rights—and that the dream lives on, not just in Washington, but wherever injustice persists.

58th Annual West Indian Day Parade - A Brilliant Showcase of Caribbean Culture

photos by Seitu Oronde

The 58th annual West Indian American Day Parade came alive along Eastern Parkway in Crown Heights, drawing over a million spectators in a colorful display of Caribbean pride. Under the theme “Vive Le Carnivale,” the festivities exploded with feathers, sequins, steelpan rhythms,

soca, reggae, and national flags symbolizing islands across the Caribbean and mainland regions.

Kicking off with pre-dawn J’ouvert - a tradition steeped in emancipation and freedom, revelers smeared paint and powder, dancing to steelpan music that set an electrifying tone. This was followed

by the grand parade, featuring spectacular floats, masquerade bands (“mas bands”), and energetic costumed dancers accompanied by booming Caribbean music.

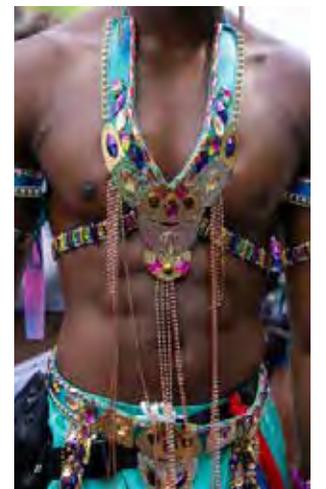
Familiar faces who joined the celebration included Mayor Eric Adams, Governor Kathy Hochul, Mayoral Candidate Zohan

Mamdani and VP of Emblem George Hulse.

The carnival began as an indoor masquerade party hosted by Trinidadian immigrant Jessie Waddell in Harlem. The first street parade took place on September 1, 1947, organized by the Trinidad Carnival Pageant Committee.

As the Caribbean immigrant population grew in Brooklyn, Carlos Lezama and a committee (later WIADCA) secured a permit to relocate the parade to Eastern Parkway in Crown Heights. The procession expanded rapidly, incorporating steelband music, mas bands, and food vendors.

Today, the parade is among North America’s largest Caribbean cultural festivals, drawing between 1 to 3 million attendees annually. It’s a major economic boost for Brooklyn and NYC, generating hundreds of millions in revenue each year.



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.

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.



URBANOLOGY: The African Unconscious



By William A. Rogers

I was introduced to an amazing book by a business associate, who thought it would be of interest, and he was correct. “The African Unconscious” by Edward Bruce Bynum is a well-researched scholarly work that follows the development of the early human race that began in Africa and migrated

throughout the world.

The foundations for many of the cultures and religions that we know today can be traced to early Egypt. The Ta-Seti the world’s oldest known civilization for many years was considered the mother of ancient Kemet (Egypt). There is now research that shows that there were twelve Nubian Kings who ruled in the Middle East before the first Egyptian dynasty.

When we talk about the golden years of ancient Egypt, we now understand the great minds that developed the science, religion and technology were Nubian. This knowledge was erased from European history (or his-story) by

scholars who Bynum describes as “sophisticated prostitutes” and during that time the big money was in capitalism, slavery and the expansion of Europe into Africa and the Americas.

In time according to Bynum it became inconceivable in the West that black Nubian Africans could have made the great accomplishments of early Egypt. To this day many still believe that the early Egyptians were white or mixed but not black. A fine example of this attempt to change history can be found in museums that have exhibits of ancient Egyptian art. The noses of many of the figures are disfigured or completely missing.

When Napoleon marched through Southern Egypt and discovered the Great Sphinx one of the greatest monumental sculptures of the ancient world; carved out of a single ridge of limestone he had his artillery shot off the Nubian nose. Even though it was suppressed for centuries the knowledge of ancient Egypt still holds an unconscious present in the culture of the Western world.

As stated in previous articles (www.theartofwarogers.info) the politics of religion forced this knowledge underground yet many great minds in the arts and sciences were members of secret societies who studied Hermetic

philosophies of ancient Egypt. Da Vinci, Newton, Shakespeare, Jung, Marx even the Founding fathers of America were mostly Masons or Rosicrucians.

Thomas Jefferson was a Rosicrucian, Benjamin Franklin was the grand master of the Philadelphia Masonic Lodge, and George Washington was initiated into a Masonic lodge in Fredricksburg, Virginia.

Washington D.C. our nation’s capital has many relics and references to the wisdom of an ancient society led by Africans who were Nubian. Even our American currency has symbols of ancient Kermit. Is it any wonder why this information until only in recent times

was kept away from Africans in America. Some will read this and say so what?

Knowledge is power would be my first response. There is a conscious and/or unconscious relationship to Africa in all members of the human race. It is important for Africans though out the world to learn the wisdom developed by their Nubian ancestors.

Wisdom that has been used and kept secret for the purpose of control. The ancient Egyptian phrase “Know Thy Self” was considered the first step towards enlightenment.



By Zakiyyah

HERBS ARE NATURE'S REMEDY

More on ADAPTOGEN HERBS

Adaptogens can build, tonify and nourish your system for increased overall health, and are best used for the endocrine system, as they provide deep nourishment for your total well-being and more resiliency to stress.

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The 7 Glands are the adrenals, gonads, pancreas, thymus, thyroid, pituitary, and pineal glands; and

not by coincidence, they are integrally tied to the 7 Chakras. In my herb course the endocrine system falls under The Earth Element, and consists of the three Earth Signs of the Zodiac: Taurus (which rules the Endocrine System), Virgo (which rules the Digestive System) and Capricorn (which rules the Skeletal System).

Join us 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

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

GAMES

See answers on pages 16

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	9							4
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		5		7	1		2	3

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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

HARLEM COMMUNITY NEWSPAPERS

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THEME:
FICTIONAL CANINES

ACROSS

- *"Call of the Wild" dog
- Lightning McQueen, e.g.
- Island near Java
- Popular hairdo in the 1960s and '70s
- Governmental space agency, acr.
- Meat in a casing
- Larry Bird's target
- Narrative poem
- Richard Bachman to Stephen King
- *Sherman's Mr. _____
- Fence plank
- Small jar
- FedEx competitor
- *Tabaqui of "The Jungle Book"
- Most vital part
- a.k.a. Home of the

Brave

- Bewilder
- Y'all
- Phonograph media
- Williams sister's return
- "Two mints in one" classic mints
- Celt
- Red carpet suit
- Pirate's turf
- Flag on a ship, pl.
- Solar system model
- Like a fiddle
- Sweating room
- Chesterfield, e.g.
- *National Crime Prevention Council's mascot
- "The Martian" (2015) actor Matt _____
- Verbal exam
- Half-man, half-goat
- Deflect
- Charge a tax
- Division word
- Darn a sock, e.g.
- Bo Peep follower
- Long, long time

DOWN

- Scrooge's exclamation
- E.T. transporter, e.g.
- Photo editing option
- 1/100th of a ruble
- Mafia's top dogs
- "All joking _____"
- Risqu
- *Target's mascot
- "Si, mi chiamo Mimi" in La Boheme, e.g.
- Law school test acronym
- "_____ a Wonderfu l Life"
- Interstellar cloud
- Flying stingers
- Omani and Yemeni
- Consume
- TV Judy's title
- Of the Orient
- Lawyers' loads
- Major European river
- Relating to Scandinavia
- Like a button, but more so
- English homework

- Swine and avian diseases
- *Maid Marian of Disney's "Robin Hood" movie (1973)
- *The Big Red Dog
- _____copia
- Blast maker, acr.
- Sullenly
- James Dean's last movie (1956)
- Basket-making fiber
- Nut holder
- Tequila source
- "_____ me a seat"
- Damien's prediction
- Lawn pest
- *Rubeus Hagrid's faithful boarhound
- Beaver's edifice
- Beehive State native
- Us, in Mexico

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Black History & Memoirs by various authors

Review by Terri Schlichenmeyer, Harlem News contributor

Okay, fun’s over. Summer is done, school’s back in session, fall is here, and it’s time to get serious. And guess what? You can still do that, and enjoy reading these great history books...

First off, think about your ancestors and all they did. Now read, “The Black Family Who Built America: The McKissacks, Two Centuries of Daring Pioneers” by Cheryl McKissack Daniel with Nick Chiles (Black Privilege Publishing / Atria, \$28.99). The story starts in West Africa, when Moses McKissack I was captured and enslaved in North Carolina. He became a craftsman and passed his talents down to his children. Ul-

timately, this inheritance became a powerhouse business of builders and tradespeople who collectively left their mark on some of America’s most iconic buildings, churches, and more. Readers who love architecture will especially love this book.

And if you enjoy that kind of story, then you’ll want “Black Genius: Essays on an American Legacy” by Tre Johnson (Dutton, \$30).

Throughout history, Black Americans been resilient and adaptive, and have always found ways to celebrate their culture. In this book, Johnson calls attention to the sometimes-unnoticed “brilliance” of Black leaders in stories that are personal, profound, and

inspirational. Readers will rejoice.

More brilliance is found in “Positive Obsession: The Life and Times of Octavia E. Butler” by Susana M. Morris (Amistad, \$29.99). The great writer has been gone nearly two decades, but this look at her life will bring her genius back to the forefront. Morris shows how Butler’s work was shaped, and from where her stories sprang. There were always important lessons inside her tales, and they are more relevant now than ever. Read this biography, then go back and enjoy Butler’s work anew.

Here’s an essential read about someone whose life and death embodied change: “Tell Her Story: Eleanor Bumpurs & The Police Killing that Galvanized New York City” by LaShawn Harris (Beacon Press, \$35) is the story of a much-loved neighborhood grandmother, and her murder in her own home by white police officers. Harris lived across the street from Bumpurs, and he knew her well when he was a child. This is a personal account of her life and her death, and how it spawned a movement. Yes, this book might make you want to stand up and act.

And finally, try “The Strangers: Five Extraordinary Black Men and the Worlds That Made Them” by Ekow Eshun (Harper, \$25).

What do Black men have to do to stand out, to avoid being categorized as a lone member of a whole? In this book, Eshun looks at five Black men who did just that – and his represen-

tative choices will surprise you. Truly, each biographical profile is fascinating and impressive, and readers will want to think about their own list of “Extraordinary Black Men.”

Want more? Then head to your favorite bookstore or library and ask for help finding the biography or history book you most want to read now. The staff there can show you books to teach, inspire, or that are just plain fun.

Black History & Memoirs by various authors
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various page counts



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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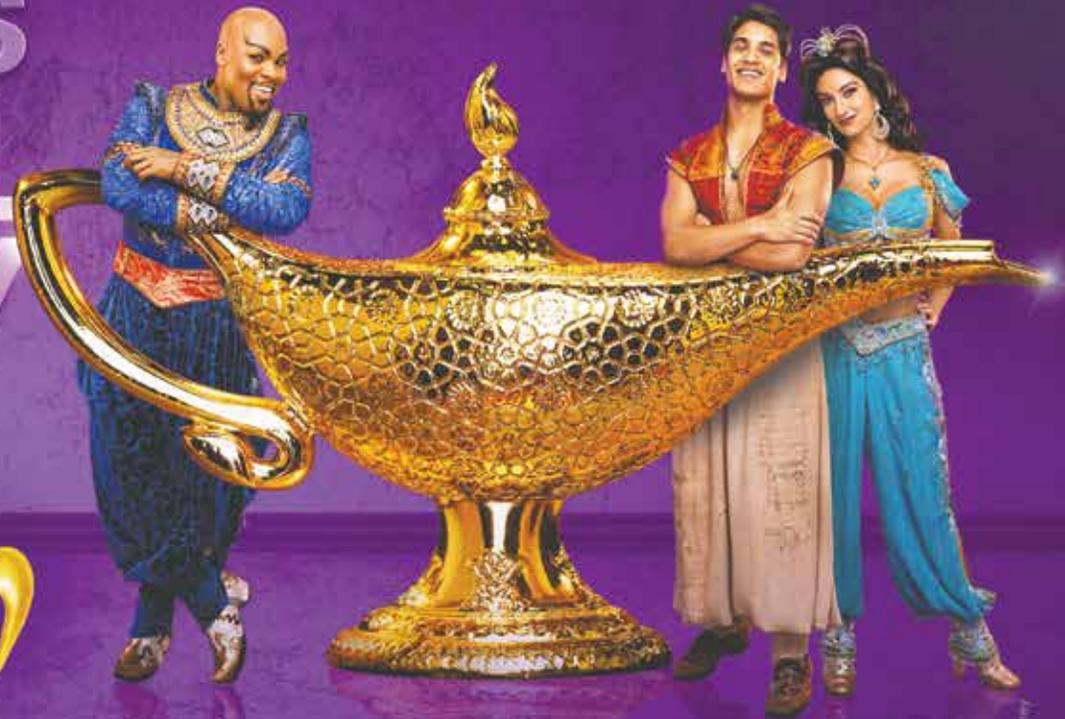
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