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

COMMUNITY
BRONX NEWS
"Good News You Can Use"

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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.

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PAT STEVENSON

In this week's issue, we proudly feature the 15th Annual NAN Triumph Awards, celebrating excellence and impact in the Black community. Honorees included legendary singer Babyface, powerhouse vocalist Stephanie Mills, and MSNBC's sharp-witted news anchor Ari Melber. Congratulations to all the recipients for their continued brilliance and advocacy.

(see page 12)

As mainstream media faces historic lows in public trust, Black Media continues to stand strong, uplifting voices, telling authentic stories, and maintaining credibility within our communities. This enduring trust is no accident; it's built on decades of truth-telling, cultural pride, and fearless journalism. Now more than ever, it's vital to support the Black Press. Whether through subscriptions, sharing stories, or amplifying Black-owned outlets, your engagement helps preserve a legacy of empowerment and truth. Let's keep our stories alive, our voices loud, and our media ours.

(see page 3)

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Pat Stevenson
Celebrating
32 years Publishing

Trust in Mainstream Media at a New Low, But the Black Press Stands as the Trusted Voice

by Stacy M Brown, Black Press USA

Trust in America's mainstream media has fallen to its lowest level on record. Gallup reports that only 28 percent of adults say they have a great deal or fair amount of confidence in newspapers, television, and radio to report the news fully, accurately, and fairly. That is down from 31 percent last year and 40 percent five years ago. Seven in ten adults now say they have little or no confidence at all. Republicans show the deepest distrust, with only 8 percent expressing confidence in the media. Independents stand at 27 percent. Democrats, though still higher, have slipped to 51 percent, a figure that matches their previous low in 2016. Generational divides are also clear. Forty-three percent of adults aged 65 and older trust the media, but no younger age group rises above 28 percent.

For Black America, this collapse of trust in mainstream outlets is not a new story. The Black Press has been the institution that carried the truth when no one else would. It published Frederick Douglass when white newspapers tried to silence him. It carried Ida B. Wells' anti-lynching reports when others dismissed them. It printed the images of Emmett Till when the mainstream turned away. It gave voice to Dr. King and Malcolm X when they were branded agitators. Now, as the mainstream loses credibility, the Black Press faces its own struggle to survive. Two years before its bicentennial, more than 200 family-owned Black newspapers remain, many led by women. They battle economic starvation while carrying the weight of history. Corporate America has cut advertising. Washington has withdrawn support. Even as white billionaires like Mark Cuban have reached into their pockets, many of the wealthiest Black Americans have not stepped forward. Oprah Winfrey, Michael Jordan, Robert F. Smith, Jay-Z, Rihanna, LeBron James, Magic Johnson, Tyler Perry, and others together command nearly $100 billion in wealth. Yet the institution that once defended its very humanity now fights to keep its doors open, as they've remained on the sidelines.

"Right now in America, we're under attack like we've never been in our lifetime," Ben Crump said at the Black Press' Annual National Leadership Awards in Washington. "So now more than ever, we have to make sure that we have institutions that are disseminating information to our people, being the clarion call for us to be ready to stand up for our children and our communities. And nobody carries the Black narrative and the Black information to Black communities more passionately than the Black Press." Crump pledged $50,000 to support the Black Press, structured as $10,000 a year over five years. "Everybody got to give a little more when they can. If you've been blessed, you got to pass the blessing on. You just can't keep it to yourself," Crump stated. "Because right now the Black Press is needed more than ever before."

The institution he spoke of has never been an abstraction. In Tulsa in 1921, white mobs torched Black-owned newspapers to silence the truth. During Jim Crow, the Black Press guided families through terror and carried the voices of leaders who would shape the nation. Today, in a quieter but no less dangerous way, the Black Press is again under assault. It is being starved of the resources needed to survive, while Black women publishers carry the dual burden of keeping their papers alive under policies that have driven their unemployment to historic highs. The Gallup survey shows how far the nation has fallen. "Confidence in the mass media is historically low," the authors wrote. "With fewer than three in ten Americans now placing trust in newspapers, television, and radio to report the news fully, fairly, and accurately."

PONDER THIS! Speak Truth to Yourself

Do not remain in a cul-de-sac of neglect. Hard as it may seem at first, stand for what you believe, even if you must stand alone.

Push yourself onward and upward. With your head held high and back straight, believe that you are valuable; believe that you deserve to be respected, loved, and validated. When you stand for what you believe in yourself, a way will come to show you how to overcome anything that happens.

We have heard Dr. King within his civil rights platform pound the air with sincere conviction, enlisting us to claim the words "we shall overcome." We believed those words and continued to sing them. We took those words as a mantra for our people, and they have led us on to great and numerous victories. How have we applied those three poignant words into our personal circumstances?

Perhaps you have heard the remark, "hindsight is twenty-twenty." It implies that after looking back on a situation, you see it clearly as with perfect vision of 20-20.

Do you really, really believe that you will overcome the challenges of love and life, never daring to make a wave for fear of rocking the boat?

Love is something we all need. God's love is unconditional, too often ours is temporal, at best. I believe the truth shall make us free, though we may wallow in self-doubt for some time, contemplating on whether we made the right move.

Partnered love is not a sentimental journey through a romance story in which the characters are so engulfed in each other that nothing else matters. It is a life force.

It takes two to tango, just as it takes two to make or break a relationship. It is ongoing work in progress that can easily be nullified if one slacks off and leaves the entire workload one sided.

Anyone who has ever experienced love loss will confess that it is not an easy road to recovery. There is no drug that heals the heart wound. Whether you want to or not, I believe you will go to the creator repeatedly for comfort, pleading for peace of mind.

After you have prayed on the situation, you may have to have a pity-party or two, that's human nature, at least until you get a grip on what God is saying. You may not like the answer, but you will feel the truth tugging in your spirit.

In the meantime, we must spend amply time loving ourselves as much as we can love and respect others. Whatever it is or whomever it is that your heart has embraced on your individual love path, be certain that you are true first to yourself.

Hazel Rosetta Smith is a journalist, playwright, and artistic director of Help Somebody Theatrical Ministries. Retired, former Woman's Editor and Managing Editor of The New York Beacon. Contacts: misshazel@twc.com and hazelrosettasmith.com]

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October 25, 8:00 PM
Full Circle Souljahs (Rokafella & Kwikstep)
Hip-hop legends perform an electrifying showcase. Being held at Hos tos Center for the Arts & Culture, Bronx. Ticketed (price not listed)

October 25
40th Annual Bronx Halloween Parade
A festive parade with costumes, music, and family fun. Being held at Southern Blvd & Westchester Avenue, Bronx, NY. Free

Oct 30
World Series: Yankees Home Game 2
Potential World Series game at Yankee Stadium.

Oct 25, 12:00pm
40th Annual Bronx Halloween Parade
A festive parade with costumes, music and community spirit.

October 24, 8:00pm
Full Circle Souljahs (Rockafella & Kwikstep)
Legendary duo performs an electrifying showcase at Hostos Center for the Arts, Bronx. Ticketed event.

Oct 31,
Harvest Glow and Boo at Bronx Zoo
Pumpkin displays, seasonal fun and spooky zoo advertures.
Free with Admissions.

Seven Straight Quarters of Crime Reduction: Safer Streets, Subways, and Communities

By Mayor Eric Adams

The Adams administration's North Star has always been public safety. New Yorkers want to be able to send their kids to school, go to work, shop in their local store, go out for dinner, and come home safely to their family and their community. They want to feel safe AND they want to be safe, and this administration has delivered that for them. Last week, we released the 2025 third quarter crime data for New York City, which shows that our public safety system is working.

From day one, we got to work sweeping out crime and illegal activities from our neighborhoods. Because of this work, we have finished our seventh consecutive quarter of crime reduction. That means for almost two straight years — since January 2024 — crime has consistently declined each quarter in New York City.

This new data shows that major crime for the third quarter was down 3.1 percent — equating to 1,048 fewer victims of major crime. That's more than 1,000 New Yorkers who did not fall victim to crime because we stayed focused on building a safer city. More specifically, six of the seven major crimes were also down for this quarter, including declines in homicides, robberies, felony assaults, burglaries, grand larcenies, and auto theft.

Our subways and public housing developments are also getting safer, with major crime down for the third quarter this year. Keeping New Yorkers safe is our number one commitment in this city, especially on the subway, which millions of riders rely on every day. And we continue to set records in our transit system — we had the safest summer in recorded history in our subways when you exclude the pandemic years, and we are going to continue to make sure New Yorkers can ride the train safely, day or night.

Additionally, shooting incidents were, once again, at record lows for the first nine months of the year, for the third quarter, and for the month of September. Shooting incidents were down nearly 30 percent for September, nearly 16 percent for the third quarter of 2025, and for the first nine months of the year, shooting victims were also at record lows — tying the previous record set in 2018. And when compared to the same period immediately before we came into office, shootings are down a staggering 54 percent.

Shooting victims were also down 32.5 percent for September and over 11 percent for the third quarter. Those are the dividends paid from the more than 4,100 illegal guns taken off the street this year alone, and the almost 24,000 guns removed since the start of our administration. That is 24,000 weapons that no longer threaten the safety of our neighborhoods, our families, or our children.

Our small businesses and retail stores are also getting safer, with retail theft declining for the month, quarter, and year-to-date. Hate crimes also continued their decline as well.

All of these reductions in crime are no accident. They are the product of our administration's priority to take on crime and quality-of life issues. Even with the tremendous steps we've taken in making our city safer, we know that even one crime is still one too many.

And while these numbers show real progress, we will not rest until all New Yorkers are safe — at home, in our subways, and on our sidewalks. This administration will never tolerate a feeling of anything goes on our streets or in our neighborhoods. Because of our steadfast focus on public safety, the deep bench of leaders we've put in place at police headquarters, and the hard work of the brave men and women of the NYPD, New York City remains the safest big city in America, the best place to raise a family, and a place where you know that your city is looking out for you. Those who come after must make sure we don't go backwards and, instead, continue the progress we have made to make our city and streets safer. This city's in good shape. Let's keep it that way.

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Home Buying in Harlem Be Prepared to Buy Now

By Rev. Dr. Charles Butler

How do you prepare to buy a home? The question may seem obvious but most first-time prospective home buyers do not know where or how to start the process. Now I must admit there are several different ways a prospective home buyer can take to complete the process. But if you want to be successful, look at what the Bible says on the subject.

Psalms 127:1 states, "Unless the LORD builds a house, they who build it labor in vain." The answer was right in front of your face. Trust in the LORD. Start your home buying process with prayer. God will hear your prayers and God in His time will answer your prayer. However, you cannot stop with prayer alone.

You must have a plan and put that plan into action. Now do not expect a home to be handed to you on a silver platter. That would be nice, but it's not going to happen. Nothing worthwhile is easy to achieve and becoming a homeowner is certainly not an easy task in a healthy financial climate. You know to accomplish this goal will truly be a monumental struggle. To be honest, on your own I am not sure it is possible.

You must believe with God, "All things are possible!" Trust God my brothers and sisters. Jesus tells us in Matthew 7:7-8, "Ask and it shall be given unto you; seek and you shall find; knock and the door shall be open to you! For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened."

Everyone deserves at the very least a decent place to live. In a country as wealthy as America affordable housing should not be a problem for anyone regardless of income level. The American dream is alive, but now you must work harder than ever to achieve this dream.

I was at a meeting a few days ago and a young family who recently completed the purchase of their first home shared their story of the challenges they had to endure on their path to homeownership. The one thing that stood out in their story was they never lost faith in God. They trusted that He would help them through the process. This couple praised God for assisting them in becoming homeowners. They realized He had made their dream a reality and without Him it would not have happened.

It takes a solid plan to achieve this dream. You must have the desire to succeed at all costs. You must continue to maintain your focus by keeping your goal of homeownership in sight. Do not be intimidated by the prices, understand that with faith in God, you too can still become a homeowner.

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 EVENTS

Oct 7-18, 2025, 7:00 PM
Freedom Riders: A Journey with No End in Sight
This Civil Rights Musical is a powerful musical performance honoring the legacy of the Freedom Riders. Being held at Harlem Stage, 150 Convent Ave, New York, NY 10031. Ticketed event (check website for pricing)

Oct 24- Oct 25 , 6:00 PM
Halloween Extravaganza
Family-Friendly Halloween Celebration and a festive event with costumes, music, and spooky fun for all ages. Being held at Cathedral Church of Saint John the Divine, 1047 Amsterdam Ave, New York, NY 10025. Free

Oct 30, 2025, 6:00 PM
A Celebration of Inspirational Visual Artist Professors
Solo doctoral art exhibition featuring Ligel Lambert's work, exploring legacy and creativity. Being held at Teachers College, Columbia University, 525 W 120th St, New York, NY 10027. Free

Nov 20-Dec 14, Sat 7pm, Sat 2pm. Wed 3pm, Sun 3pm
The Wash" by Kelundra Smith
Woodie King Jr.'s New Federal Theatre to present a return engagement of " The Wash" by Kelundra, a play inspired by the Atlanta Washerwomen's Strike of 1881. Incredible, if little-known interracial labor uprising takes center stage. Being held at WP Theater - 2162 Broadway @ 76th St. Presented by Woodie King, Jr.'s New Federal Theatre, Elizabeth Van Dyke, Producing Artistic .Tickets $30-$45

Oct 30 Exhibit at Teachers College

Halloween at St John the Divine

Lehman Presents The Three Kings & Their Queens

Lehman Center for the Performing Arts CELEBRATING THE 45TH ANNIVERSARY is proud to present THE THREE KINGS & THEIR QUEENS, on Saturday, November 8, 2025 at 8:00 pm. Produced by David Maldonado Entertainment and associate producer Joe Conzo Sr. Enter the golden-age of Latin music through The Three Kings & Their Queens, a theatrical musical concert that transports audiences back to the "Home of Mambo" at the legendary Palladium nightclub in New York City in the 1950s where Puerto Rican, Cuban, Dominican, Jewish, Italian, Irish, and African American patrons danced nightly to music of the "Big Three"–Tito Puente, Tito Rodríguez, and Machito.

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 THE THREE KINGS & THEIR QUEENS on November 8, 2025 at 8pm (VIP $115, $90, $70, $60, $50) 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/three-kings-and-queens. 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.

The Three Kings & Their Queens features a live big band orchestra led by musical director Steven Oquendo and vocals from Frankie Figueroa, former lead singer for Tito Puente's legendary orchestra, the show celebrates the rhythms, voices, and revolutionary spirit of Latin music royalty. The story is woven together by the Emmy-award winning poet and executive director of the Nuyorican Poets Cafe, Caridad De La Luz, "La Bruja," under the direction of Waddys Jáquez. The cast includes Bobby Allendeas Tito Puente; Michael Stuart as Tito Rodriguez; Yaharia (YaYa) Vargas as Graciela; Anissa Gathers as Celia Cruz; Grizel "La Chaci" Del Valle as La Lupe; and K7 as Machito.

Known as "The Home of the Mambo," the Palladium Ballroom was America's most important venue for the development of Latin music and dance throughout the 1950s. Mambo music and dance were co-created at the Palladium where Puerto Rican, Cuban, Dominican, Jewish, Italian, Irish, and African American patrons danced nightly to music of the "Big Three"–Tito Puente, Tito Rodríguez, and Machito. The Palladium was the most famous Latin nightclub of the era because of its location in midtown Manhattan where people from all economic and social backgrounds—working class, middle class, and high society—gathered to dance the night away. In an era when divisions in society were prevalent, the Palladium offered unity on the dance floor. It was one of the few places where differences in race and class were set aside in the name of music and dance. From celebrities to dishwashers, everyone was welcome at the Palladium where patrons were judged based on their dancing ability rather than the color of their skin.

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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Harlem STAGE

FREEDOM RIDERS

***A Journey with No End in Sight* • OCT 7–18, 2025**

Don't miss the groundbreaking theatrical concert reading ***Freedom Riders: A Journey with No End in Sight***, which fuses electrifying monologues with soul-stirring live music to confront real-life stories of racial injustice.

Directed by **Indira Etwaroo**. Featuring **Lisa Arrindell**, **Russell Hornsby**, **Billy Eugene Jones**, **Angelica Ross**, and **Stephen Tyrone Williams**.
Music by **Arden Altino**, **Daniel Bernard Roumain**, and **Divinity Roxx**.

HarlemStage.org

GET TIX

One Battle After Another

by Audrey J. Bernard

From Warner Bros. Pictures comes "One Battle After Another," written, directed and produced by Paul Thomas Anderson and starring Academy Award and BAFTA winners Leonardo DiCaprio, Sean Penn and Benicio Del Toro, and Regina Hall, Teyana Taylor and Chase Infiniti.

Washed-up revolutionary Bob (DiCaprio) exists in a state of stoned paranoia, surviving off-grid with his spirited, self-reliant daughter, Willa (Infiniti). When his evil nemesis (Penn) resurfaces after 16 years and she goes missing, the former radical scrambles to find her, father and daughter both battling the consequences of his past.

Anderson directs from his own screenplay. The producers are Oscar and BAFTA nominees Adam Somner and Sara Murphy and Anderson, with Will Weiske executive producing.

The creative team behind the camera includes several frequent collaborators, among them director of photography Michael Bauman; Oscar-nominated, BAFTA-winning production designer Florencia Martin; BAFTA-nominated editor Andy Jurgensen; Oscar and BAFTA-winning costume designer Colleen Atwood; casting director Cassandra Kulukundis; and Oscar- and BAFTA-nominated composer Jonny Greenwood.

"One Battle After Another" is produced by Thomas Pynchon, Adam Somner, Sara Murphy, Paul Thomas Anderson. The sweeping Cinematography was by Michael Bauman with music by Jonny Greenwood.

Film at Lincoln Center was delighted to welcome Paul Thomas Anderson, Leonardo DiCaprio, Sean Penn, Benicio Del Toro, Regina Hall, Teyana Taylor, and Chase Infiniti for the special New York presentation screening of 'One Battle After Another' presented on 70mm at Walter Reade Theater

(L-R) Benicio del Toro, Chase Infiniti, Leonardo DiCaprio, Teyana Taylor and Sean Penn attend the "One Battle After Another" Premiere at Odeon Luxe Leicester Square on September 16, 2025 in London, England

"One Battle After Another" had its world premiere at the TCL Chinese Theater in Hollywood California on September 8, 2025, and was theatrically released in the United States by Warner Bros. Pictures on September 26, 2025. Leonardo DiCaprio, Teyana Taylor, Regina Hall, Sean Penn and more hit the red carpet.

Warner Bros. Pictures Presents A Ghoulardi Film Company Production, "One Battle After Another." Distributed by Warner Bros. Pictures, the film will be in theaters on VistaVision, 70mm film and IMAX. This is one of the best films of 2025! (Party photos by Getty Images for Warner Bros.)

Celebrating Justice and Culture: 2025 NAN Triumph Awards

On October 6, 2025, the National Action Network (NAN), led by civil rights icon Rev. Al Sharpton, hosted its annual Triumph Awards at Jazz at Lincoln Center in New York City. The star-studded evening honored trailblazers who have used their platforms to champion justice, equity, and cultural transformation. With a backdrop of elegance and activism, the event brought together leaders from entertainment, media, and community advocacy to celebrate courage and commitment in the face of social challenges.

Kenneth "Babyface" Edmonds – The 13-time Grammy-winning singer, songwriter, and producer was recognized for his decades-long influence on music and his commitment to uplifting Black artistry. His work has shaped generations of R&B and pop, and his philanthropic efforts have supported youth and education initiatives.

Ari Melber – The Emmy-winning MSNBC host of The Beat with Ari Melber was honored for his incisive journalism and dedication to truth-telling in an era of political polarization. Melber's coverage has consistently highlighted civil rights issues and held power to account.

Chelsea Maddox-Dorsey – As CEO of A Wonder Media Company, Maddox-Dorsey has been a force in diversifying media ownership and content. Her leadership has opened doors for underrepresented voices in broadcasting and digital storytelling.

Vincent Bohanan – Founder and director of the Sound of Victory Choir, Bohanan was celebrated for his contributions to gospel music and his role in nurturing young talent through faith and community engagement.

The evening featured stirring performances that blended artistry with activism. Vincent Bohanan and the Sound of Victory Choir delivered a soul-lifting set that brought the audience to its feet. Babyface, in a rare live appearance, performed a medley of his greatest hits, reminding attendees of the emotional power of music to unite and heal. Additional musical guests and spoken word artists added depth and resonance to the ceremony, though full performance details were not publicly disclosed.

Rev. Al Sharpton opened the ceremony with a powerful address, emphasizing the urgency of defending civil rights in a time when voting rights, diversity, equity, and inclusion (DEI) initiatives are under attack. "The Triumph Awards has been an opportunity for NAN to recognize those who are brave enough to use their channels to fight for justice across the globe," Sharpton said. "More than ever, we need to recognize those with the courage to speak up against the challenges before America right now."

Each honoree echoed this sentiment in their acceptance speeches. Ari Melber spoke about the role of media in preserving democracy and truth. Chelsea Maddox-Dorsey highlighted the importance of representation in shaping narratives and empowering communities. Babyface reflected on the responsibility of artists to inspire change, while Vincent Bohanan called for continued investment in youth and faith-based initiatives.

Founded by NAN, the Triumph Awards have become a signature event in the civil rights calendar, held annually each fall. The awards honor individuals across entertainment, media, clergy, and community leadership who use their influence to elevate the fight for justice. Past honorees include Vice President Kamala Harris, Tyler Perry, Angela Bassett, Questlove, Leslie Odom Jr., Queen Latifah, Spike Lee, Gladys Knight, and Robert De Niro.

The awards are more than a celebration—they are a call to action. This year's ceremony followed Rev. Sharpton's March on Wall Street, commemorating the 1963 March on Washington. That demonstration urged corporate America to uphold its promises to DEI and reinvest in Black and Brown communities. The Triumph Awards served as a continuation of that momentum, spotlighting individuals who are actively shaping a more equitable future.

The 2025 Triumph Awards were a testament to the enduring power of voice, vision, and values. In a time of social reckoning, the event reminded attendees that progress is possible when culture-shapers stand firm in their convictions. From the red carpet to the final ovation, the evening was a celebration of triumph—not just of individual achievement, but of collective resilience.

As Rev. Sharpton closed the night, he left the audience with a challenge: "Let this not be just a ceremony, but a movement. Let us leave here more committed than ever to the cause of justice."

(l-r) Honoree MSNBC's Ari Melber; Honoree Stephanie Mills; Honoree Babyface; Rev. Al Sharpton; and Jennifer Jones Austin, Vice Chair of NAN

Photos by National Action Network/Supreme Creative Agency.

(l-r) Rev. Al Sharpton, Chelsea Maddox-Dorsey

Misty Copeland's Historic Farewell from ABT to be Simulcast

The Misty Copeland Foundation, and Lincoln Center for the Performing Arts announced that Misty Copeland's historic farewell from ABT at the Company's Fall Gala will be streamed live to Alice Tully Hall on Wednesday, October 22, 2025. This free simulcast invites the public to share in an extraordinary evening celebrating one of ballet's most transformative artists.

Hundreds of complimentary tickets will be distributed on the day of the event beginning at 4:00 P.M. at the Alice Tully Hall Box Office. Tickets will be available on a first-come, first-served basis, with a limit of two per person. The simulcast will begin at 6:15pm.

Misty Copeland, a trailblazer who became the first African American woman promoted to Principal Dancer in ABT's 85-year history, has inspired millions worldwide with her groundbreaking artistry. This Gala performance marks her return to the stage after five years, when she will dance alongside her ABT peers in a specially curated program. While she is bidding farewell to ABT, Copeland is not retiring from dance. Beyond her artistic triumphs, she is a cultural icon, best-selling author, and passionate advocate for equity in the arts. Through The Misty Copeland Foundation's signature BE BOLD program, she has dedicated herself to ensuring that ballet is affordable, accessible, and fun for children of all backgrounds to experience the transformative power of dance. ABT's Fall Gala Lead Underwriter is Ford Foundation, and Sponsors are Brown Brothers Harriman and DIOR. The evening will feature special tributes from Oprah Winfrey and Debbie Allen, who will honor Copeland live on stage at The David H. Koch Theater, recognizing her extraordinary impact on arts and culture. In addition, celebrities and cultural leaders including Katie Holmes, Gayle King, Taye Diggs, Alfre Woodard, and Andrew Rannells will be in attendance to celebrate Copeland's unparalleled journey.

As part of Copeland's commitment to inclusivity, children and adult students from The Misty Copeland Foundation's BE BOLD and BE BOLDER programs will be invited to attend the simulcast at Alice Tully Hall, along with several of the Foundation's partner organizations. These include NYC Parks Williamsbridge Oval Recreation Center, Gaylord White Community Center, Boys & Girls Club Kips Bay Palmaro and Coudert Clubhouses, Boys & Girls Club Madison Square Pinkerton and Grimm Clubhouses, DREAM Charter School East Harlem, Casita Maria Center for Arts & Education, P.S. 130 Abram Stevens Hewitt, and BronxWorks. Their participation ensures that this historic moment is shared with the next generation of artists and audiences.

"American Ballet Theatre is proud to invite the public to celebrate Misty Copeland's extraordinary journey," said Susan Jaffe, ABT Artistic Director. "Her artistry, courage, and leadership have reshaped ballet for the future, and this evening will be a once-in-a-lifetime celebration of her impact."

"Misty Copeland's leadership and artistry is unparalleled. We are honored to collaborate with ABT and The Misty Copeland Foundation to offer this simulcast, so even more people can experience this remarkable moment in a career that has already welcomed so many into the world of ballet and helped them see themselves as part of its future," said Shanta Thake, Ehrenkranz Chief Artistic Officer at Lincoln Center for the Performing Arts.

"Misty Copeland is not only an extraordinary artist, but also an extraordinary woman and leader. Through her historic career on the stage, she has inspired generations, and through her vision off the stage, she is building something that will last for generations to come. In creating the Misty Copeland Foundation—alongside her many other endeavors—Misty is ensuring that the joy, discipline, and beauty of ballet reach children and adults in Black and Brown communities who have too often been excluded from this art form. This farewell performance marks not an ending, but the beginning of her next chapter—one that will continue to expand access, opportunity, and belonging through dance for years to come", said Caryn Campbell, Executive Director at The Misty Copeland Foundation.

This free simulcast is being presented under ABT RISE (Representation, Immersion, Sustainability, Excellence), ABT's commitment to universal respect and holistic well-being. ABT RISE builds on the legacy of Project Plié (2013) to expand access to ballet while cultivating a community where every artist, student, and patron can fully engage, contribute, and belong. By amplifying diverse voices, fostering immersion in a rich tapestry of artistic perspectives, and prioritizing sustainability alongside excellence, ABT ensures that classical ballet evolves as a dynamic, inclusive art form that reflects and uplifts the world around us.

Protecting Kids' Mental Health This School Year

(StatePoint)

From schoolwork and homework to friendships and extracurriculars to potentially dealing with difficult situations like bullying, there is a lot for kids to navigate during the school year.

Fortunately, efforts are being made to provide tools that help protect kids' mental health—and parents and teachers can be proactive about getting involved.

Preventing Bullying

Bullying is a direct cause of mental health issues and can be one of the major stressors kids face both at school and after hours due to the rise in cyberbullying. It's important that children treat each other with compassion, as unkind words and actions can have devastating effects on the long-term wellbeing of classmates.

Celebrating 10 years, Pilot Pen's "Erase Bullying for Good" initiative helps students, parents and teachers understand and stop bullying. Sales from Pilot's FriXion Clicker erasable gel pens support STOMP Out Bullying, the nation's leading nonprofit dedicated to this issue. In fact, Pilot's contributions to anti-bullying organizations between 2015-2025 will equal over $650,000, helping fund a variety of initiatives that are making communities a safer place for students.

The campaign recommends these tips to help erase bullying before it starts at your child's school:

• Advocate for the adoption of bullying prevention programs. This might include special teacher and faculty training, peer mentoring and "Bullying Boxes," where students can file anonymous reports of bullying.

•Institute wellness rooms, which are safe spaces where students experiencing distress can retreat and relax.

•Ensure your school actively celebrates both diversity and differences, and that all students are respected and valued. Establish programs that teach empathy, tolerance, kindness, acceptance and conflict resolution.

• Ask your school to establish internet use guidelines to educate students and help stop after-hours cyberbullying.

• Teach kids about the difference between being a bystander – someone who watches bullying happen – and being an upstander – someone who intervenes when bullying is taking place. Encourage them to be an upstander when it feels safe to do so and to report bullying when they witness it.

If you're experiencing bullying, or if you have a friend, child or student who is, lean on resources designed to help. Pilot's "Erase Bullying for Good" campaign and STOMP Out Bullying provide tools to help you react effectively to bullying when it happens and learn what to do next. To access these resources, visit powertothepen.com/erase-bullying.

Navigating Emotions

It's easy for students to get overwhelmed by the demands of their classes. Be sure that kids have the time and space outside of schoolwork to have fun, cultivate friendships and practice self-care.

Encourage hobbies like exercise, meditation, team sports and outlets for their creative expression like journaling, drawing and music. These activities can help kids build self-confidence and manage relationships; skills they need to be resilient in the face of stressful situations.

Parents can help by establishing open lines of communication and equipping kids with tools that can encourage them to express themselves more freely and help eliminate some homework-related frustration. FriXion erasable pens made with thermo-sensitive ink technology write smoothly and erase cleanly, giving students the power to write, erase and rewrite anything from term papers to poetry, without tedious rewrites and with less stress.

Cultivating kindness and compassion in communities and giving kids the tools they need to build their self-confidence helps protect students' mental health and helps ensure everyone has a safe, healthy and successful school year.

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Potential

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URBANOLOGY: Be the Master of Your Ship

By William A. Rogers

We often misuse our natural power to heal ourselves, to create financial freedom and to live a productive meaningful life. The understanding of the relationship between our conscious mind and our subconscious mind is the key to the positive and productive use of our god given ability to create our reality.

Joseph Murphy gives a wonderful example of the above statement in his international classic "The Power of Your Subconscious Mind" a must read for those interested in the mental science of thought manifestation.

Murphy explains the important relationship between our conscious and subconscious minds this way: "*The conscious mind is like the navigator or captain at the bridge of a ship. He directs the ship and signals orders to the men in the engine room, who in turn control the boilers, instruments and gauges to keep the ship sailing. The men in the engine room do not know where the ship is going; they would go on the rocks if the man on the bridge issued faulty or wrong instructions*".

Murphy goes on to say: "*your conscious mind is the captain the master of your ship. Our subconscious mind takes the orders we give based on what we believe and except to be true*". Our subconscious mind runs twenty-four seven, creating reality from our thoughts. Our subconscious mind is connected to the mind of the universe as well as all the working parts of our body, or our ship. If you believe it is hot you will be hot even if it is cold.

Our subconscious mind will respond to what we truly believe, if you think that you can't do something your subconscious mind will create internal and external obstacles to support that thought. The subconscious mind accepts what is impressed upon it or what you consciously believe. Never say I know I will be late, or I will never find a parking space. Try to always think about the things you want to happen and then take note of the results.

The subconscious mind is amenable to the power of suggestion. A person's body can change for the better or the worse by a suggestion when in a hypnotic state. If a person in a hypnotic state is told that they have a fever their body will react with the systems of a fever, if they are told that they cannot walk they will not be able to walk.

Non hypnotic suggestions can also influence our subconscious mind which in turn can influence our reality. What you think and how you let others influence your thoughts will have a direct relationship to what you and your body perceive to be reality.

If five people tell you that you look tired, you will start to feel tired even if you are not. In another dialog I will write about the power of suggestion; it has been used for centuries to control the masses. We are now in a time where it is extremely important to understand the power of our subconscious mind and become the true master of our ship.

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HERBS ARE NATURE'S MEDICINE

The Golden Herbal Ingredient: Berberine

By Zakiyyah

Another of my favorite herbs for the liver and gallladder is Barbery, as it helps support liver function and cleanse a congested system. Its most important antiseptic photochemical is BERBERINE, which is found in the roots, rhizomes, stems and bark of various herbs, as it is one of the most effective natural supplements on earth. Also known as Chinese Goldthread, berberine is bright yellow and somewhat bitter, and is found in other yellowish herbs, including goldenseal, goldthread, Oregon grape root, and tree turmeric.

BARBERRY boasts many health benefits, as berberine has been shown to inhibit the growth of bacteria and boost the immune system. Barberry extract offers benefits for the cardiovascular system as well as the neural systems; and the ability to fight infection, treat diabetes, improve heart health and more.

Barberry has been used in traditional medicine for its anti-inflammatory and anti-microbial effects to treat a wide range of infections of the bladder and urinary tract; in addition to the eyes, ears, mouth, and throat, each of which can cause bacterial pinkeye. In fact, Murine eye drops contain berberine as the active ingredient. Other common infections that can be treated by barberry include yeast and bladder infections, and skin disorders, like psoriasis, that can benefit from a liver tonic.

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

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

See answers on pages 16

CROSSWORD

SUDOKU

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

STATEPOINT THEME: SCARY MOVIES

ACROSS

1. Awestruck
5. Paid player
8. Precedes pedia
12. Oxen connector
13. Sonic sound
14. ____ Dondarrion, "Game of Thrones" Lord of Blackhaven
15. Bibliographical abbr. (2 words)
16. *2025 Pete David son horror flick, "The ____"
17. Wear away
18. *Movie director of "Knock at the Cabin" fame
20. Manage without help
21. Subway coin
22. Boar's mate
23. *Jordan Peele's directorial debut (2017, 2 words)
26. Richard Gere in 1980 movie, pl.
30. Bit of binary code
31. A way to steal gas
34. *"It's ____" (1974)
35. Estrogen producer
37. Have a bug
38. Glue on, e.g.
39. Comme ci, comme ça
40. Nice to look at
42. Opposite of WSW
43. Opposite of #40 Across
45. Cordwood units
47. The night before
48. Warm down-slope wind
50. Blood component
52. *Trip to Sweden gone wrong (2019)
56. Like certain radiant energy
57. Pakistani tongue
58. "Ill at ____"
59. Not together
60. Ooze
61. Bulgarian, e.g.
62. Like certain grape beverage
63. Get it wrong
64. Shakira's don't lie?

DOWN

1. Roll call answers
2. Visi____ or Ostro____
3. Thumbs-up
4. Italian frozen dessert
5. Southern England's coastal town
6. *____ Polanski, director of "Rosemary's Baby"
7. *The story of Damien Thorn, with The (1976)
8. *Americans' attacker in London (1981)
9. Pump it!
10. Pirate Captain ____
11. Frozen H2O
13. Devotional worship, in Hinduism
14. Haze over
19. Timid
22. Envy, biblically-speaking
23. Duck follower
24. Diplomat on a mission
25. Badger or bug
26. Happy Gilmore's game
27. Forever prisoner
28. Sheep-like
29. Movie "Battle of the ____"
32. Pay as you earn, acr.
33. Step on it
36. *Mia Farrow in Roman Polanski's movie (1967)
38. Poetic although
40. Before of yore
41. Depletes (2 words)
44. Manifest
46. Catch in a net
48. Firearm shooter
49. More eccentric
50. Shoshonean people
51. Panache
52. Dante's Beatrice, e.g.
53. Mauritania's Eastern neighbor
54. Hurry up, acronym
55. RPMs

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MISCELLANEOUS

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"107 Days" by Kamala Harris

Review by Terri Schlichenmeyer, Harlem News contributor

Five minutes is all it takes to make a simple PB&J sandwich.

You can watch an episode of your favorite crime drama in an hour. In 24 hours' time, your heart will beat 100,000 times to pump roughly two thousand gallons of blood through your body. You can take a vacation in a week, set or release a new habit in three, learn a new task in a month, but in the new book "107 Days" by Kamala Harris, it takes real time to make history.

When she learned that she would ultimately be the Democratic nominee for the 2024 election, Vice President Kamala Harris was relaxing at home with her great-nieces and a jigsaw puzzle. The phone rang; it was her "boss," Joe Biden, calling to tell her that he was halting the re-election race he'd been running for months, and was throwing his support to her.

And thus begins this open, sometimes controversial, straightforward political memoir.

In that pragmatic way you've come to expect from Harris, she says that she immediately made a few demands. She believed that timing and verbiage were key on any announcement that the Biden camp made, and she says she absolutely insisted that it be done right.

What she was about to embark upon wouldn't be easy. She understood that it would be "the shortest campaign in modern presidential history" in a country torn by political division almost immediately after the election that made her Vice President. Oh-so-carefully but adamantly, she insists that she was loyal to Biden throughout, though she knew acknowledges trouble spots if he was tired or overstressed.

And so, she and her staff instantly began planning. The choosing of her VP offers readers a fascinating look inside the road to today's White House (or, at least part of it) – and in this, Harris explains why she didn't make certain choices.

There's a lot of frustration inside this book – at Biden and his staff for occasional lack of support and recognition, at oppositional politics, at foreign governments, media, and at herself. The grievances are sometimes seething, allowing readers to conclude that the unsurprising stress of campaigning, non-stop travel, and sleepless nights while continuing to do Vice Presidential duties impacted Harris, as it would anyone. She says her "campaign was fresh, alive, vibrating with energy. It seemed like anything was possible," though her descriptions of the rigor of campaigning can suggest otherwise.

"This is not a genteel profession," she says. "You must be ready to brawl."

In light of that avowal, you may be surprised to know that there's not an overly-excessive amount of opposition-bashing here. Yes, there's some – but Harris mostly takes Michelle Obama's "go high" stance.

Says Harris, "I do know that I tried."

Overall, throughout "107 Days," Harris shows little reticence in her stories: she is blunt, she pulls no punches, and she may leave a lot of peeved people behind. Still, if you voted Blue nearly a year ago, or if you're concerned about politics today, it's time for this book.

"107 Days"
by Kamala Harris
c.2025,
Simon & Schuster
$30.00
305 pages

SUDOKU ANSWERS

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

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Hello Harlem!
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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.
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10
50
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