

HARLEM COMMUNITY
NEWSPAPERS, INC.

"GOOD NEWS YOU CAN USE"

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

COMMUNITY BRONX NEWS

"Good News You Can Use"

Vol. 32 No. 41

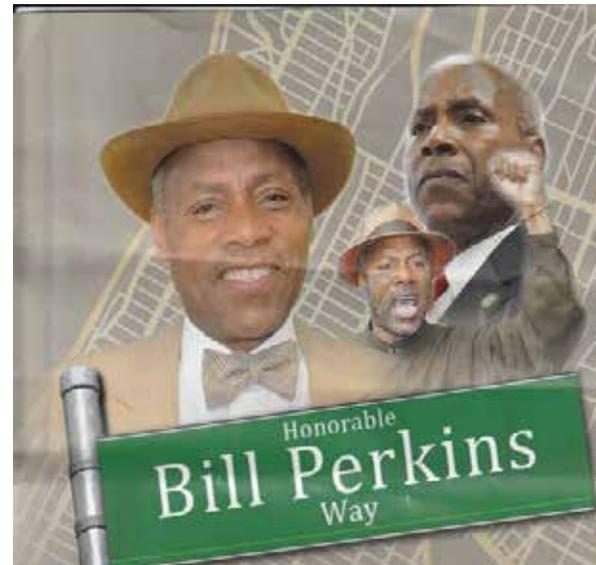
October 9, 2025 - October 15, 2025

Free



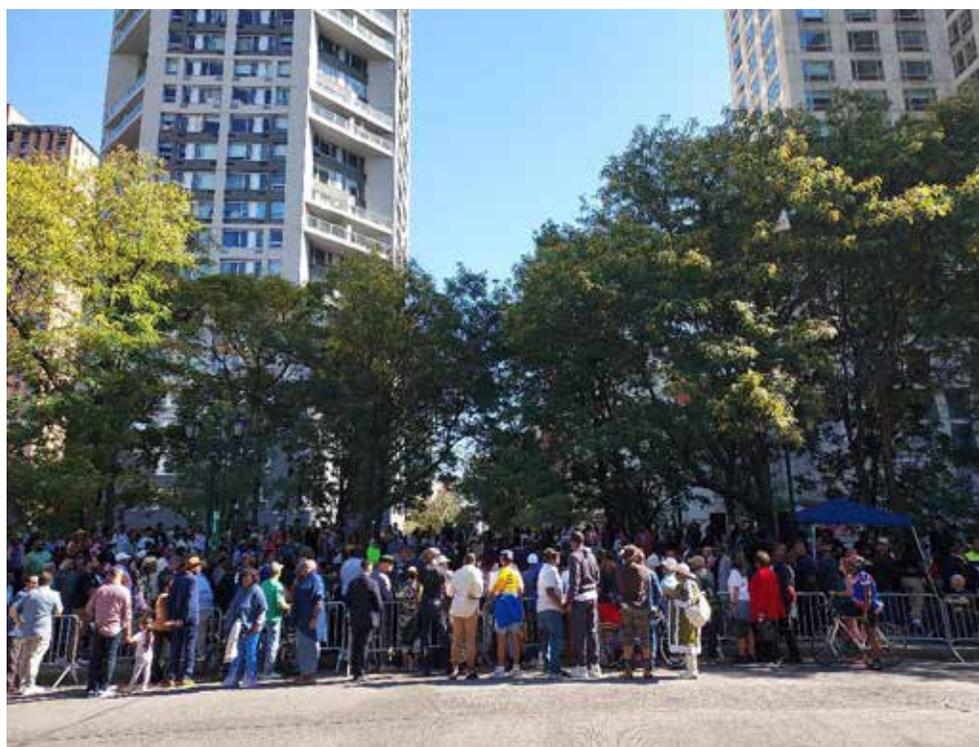
**Ben Crump Pledges
50K to the Black
Press, Challenges
Others to Follow
his lead**

see page 11



**Boys & Girls Clubs
of America and
BODYARMOR
Sports Drink Unveil
Partnership**

see page 9



**125th Street BID
Launches New
Campaign to Keep
Harlem Clean
"Harlem Neat
Streets" Challenge**

see page 5

Harlem Honors a Beloved Leader with Naming of "Bill Perkins Way"

see page 12

VISIT OUR WEBSITE:
www.harlemcommunitynews.com

Follow Harlem Community Newspapers on Social Media!

Facebook: @HarlemCommunityNewspapers
Instagram: Harlem_community_newspapers

YouTube: harlemnewsinc

“Good News You Can Use”



To reserve advertising space email us at:

harlemnewsinc@aol.com

To subscribe to our daily newsletter “Harlem Daily”

go to our website at
www.harlemcommunitynews.com

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

IN THIS ISSUE:

National	3	Community	12
Expressions	4	Health	13
Community	5	Education	15
Op Editorial	6	Urbanology	16
Real Estate	7	Games	17
Calendar	8	Classified	18
Entertainment	9	Literary Corner	19
Events	10		

Publisher/Editor	Pat Stevenson
Social Media Mgr	Steven Bennett
Proofreader	Hazel Rosetta Smith
Publisher Assistant	Dominic Jones
Theater Writer/Critic	Linda Armstrong
Writer/Social Media	Charlotte Anderson
Travel	Debi Kops
Intl News & Entertainment	Maria Cavenaghi
Society	Audrey Bernard
Columnist	Tonya Sims
Columnist	Lil Nickelson
Columnist	Larnez Kinsey
Columnist	William A. Rogers
Columnist	Zakiyyah
Columnist	Hazel Rosetta Smith
Columnist	Maurice Alexander
Feature Writer	Erin Lewenauer
Writer/Advertising Mgr.	Howard Giske
Writer/Videographer	George Williams
Book Reviewer	Terri Schlichenmeyer
Brooklyn Writer	Keith Forrest
Bronx/Queens Writer	Howard Giske
Photographer	Nadezda Tavodova Tezgor
Photographer	Michelle James
Photographer	Seitu Oronde
Marketing Consultant	William A. Rogers

The Harlem Community Newspapers, Inc. is a New York City, New York State and Port Authority certified MWBE. We are also members of the NNPA, New York Press Association, the Greater Harlem Chamber of Commerce, CACCI, the Bradhurst Merchants Association Women Chamber of Commerce, the Harlem Tourism Board and Women In The Black.

A Publication of: Harlem Community Newspapers, Inc.
Mailing: P.O. Box # 1775, New York, New York 10027
Phone: 646-988-1015
Email: harlemnewsinc@aol.com
Website: www.harlemcommunitynews.com
Twitter: @harlemnewsinc • Facebook: /harlemnewsinc
Audited by: Alliance for Audited Media



PAT STEVENSON

In this week’s issue, we proudly highlight the re-naming of a Harlem street to honor the late Senator Bill Perkins, a towering figure in New York politics and a tireless advocate for justice. Hundreds gathered to pay tribute, a powerful testament to his enduring legacy and the lives he touched through decades of public service. The ceremony was filled with emotion, reflection, and a deep sense of community pride. (see page 12)

Also featured in this issue is a major pledge from renowned civil rights attorney Ben Crump, who committed \$50,000 to the Black Press. His generous contribution underscores the vital role of Black-owned media in shaping narratives, preserving history, and amplifying voices too often unheard. Crump’s call to action urges others to follow suit and invest in the future of the Black Press. (see page 11)

You can make a donation to Harlem Community News by going to our go fund, which you can find on our website.

Go to our website and subscribe to our daily newsletter that will come direct to your email daily. It is free! www.harlemcommunitynews.com.

**Pat Stevenson
Celebrating
32 years Publishing**

107 Days: Kamala Harris' Book Rockets Off the Shelves in First Week

Publisher Simon & Schuster announced that the campaign memoir of former Vice President Kamala Harris, *107 Days*, has sold 350,000 copies in one week. The sales total includes print, ebooks, and audiobooks.

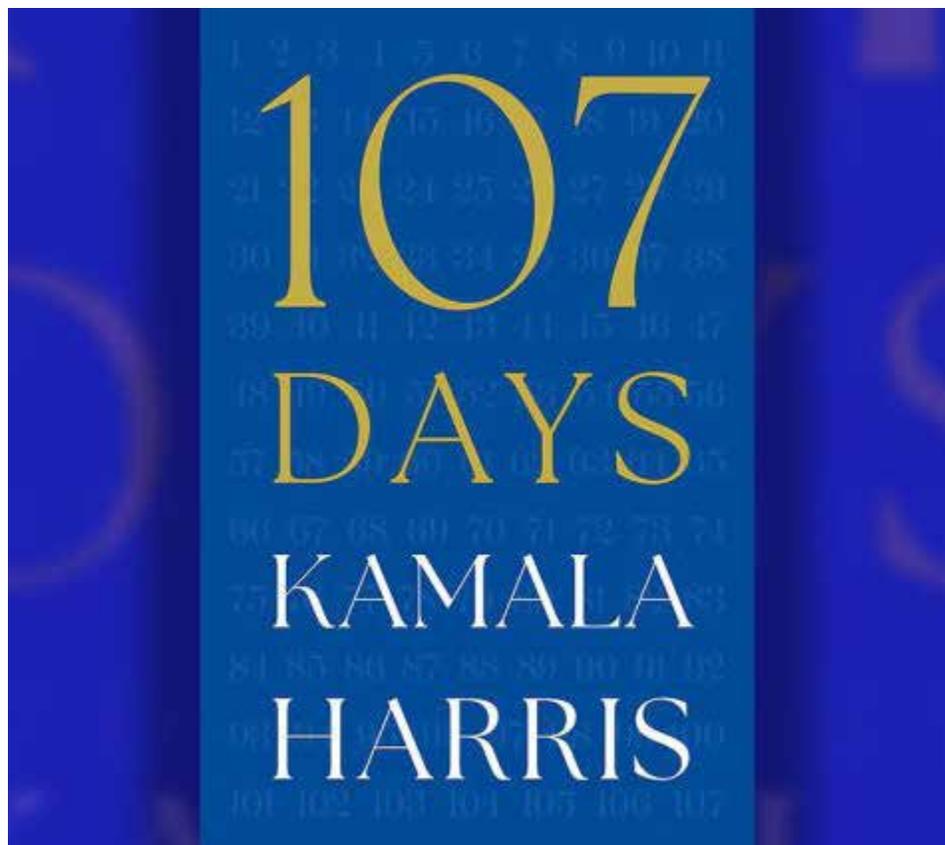
The numbers released by the publisher reflect that Harris' book will be the top political book of 2025. The book goes into the details of Harris' unexpected 107-day 2024 presidential campaign. The former Vice President became a famous nominee after President Biden dropped out of the race for The White House on July 21, 2024. Biden dropped out after a disastrous debate performance against Don-

ald Trump on June 27, 2024. Biden appeared confused and was slow to answer many questions and many attributed his issues to his age.

Shortly before Biden's withdrawal there was internal debate on whether there should be a hastily put together Democratic primary. But with only a short time left in the campaign before Election Day — Vice President Harris became the nominee. But the campaign was only 107 days because of Biden's late timing in exiting the race. While there has been internal criticism within the Democratic Party pushing back against what Harris relays in her book, the strong interest

and response by the public in the form of strong book sales and packed appearances is evidence of strong public interest.

According to Simon & Schuster, the book has already been ordered for a 5th printing. A 5th printing of "107 Days" will bring the number of hardcover copies in print to 500,000. Harris' book has a chance to be a historic best seller. Michelle Obama's memoir "Becoming" is widely considered the most-read political memoir of all time. The 2018 book sold over 8 million copies globally and discussed issues of identity, race, ambition, family, and public service.



Health care for people.
Not profit.

Not for profit means **more for you.**

Call: (833) 697-2459

Metro Plus Health
 Since 1985

PONDER THIS! Plants Change the Environment Inside and Outside



By Hazel Rosetta Smith

Plants not only brighten up your surroundings, but they can also lift your mood. There are key facts to consider in terms of the value of including plants and flowers in your home decor.

Every creation has a purpose and when you discover the good that they provide, you will be encouraged to

seek their help. A plant can be a pet project or a comforting companion.

Furnaces and air conditioners can sap humidity indoors and raise your chances of catching a cold or the flu or make your skin itch. Houseplants add moisture to the air. One study found that spider plants boosted the relative humidity in a bedroom from 20% to a more comfortable 30%.

Researchers discovered that rooms with plants have less dust and mold than rooms without any foliage. Leaves and other parts of the plants function as natural filters to catch allergens and other airborne particles.

Common low-light house plants can do wonders. Violets and other plants with textured leaves might be even better trap-

pers. Avoid plants and flowers with pollen or spores.

Carpets, paint, cleaners, printer toners and inks, and other indoor objects give off pollutants called volatile organic compounds (VOCs). They can build up in the air and irritate your eyes and skin, worsen your asthma, or make it hard for you to breathe. Houseplants can soak up VOCs.

Lavender is not just pleasing to the eye; this fragrant purple plant has been an important herbal medicine for centuries. You can inhale lavender oil or massage it on your scalp for aromatherapy. Some studies suggest it may help to calm down and help lower anxiety.

Plants take in carbon dioxide and give off oxygen. It is how they turn sunlight

into food, a process called photosynthesis. Some plants keep giving off oxygen even after the sun goes down. Put a few cheerful pots in your bedroom and the extra oxygen may help you sleep more soundly.

Are you feeling the weight of daily pressures? Add a snake plant or a philodendron to your décor, it may help you relax. Several studies on people with plants have measured their levels of blood pressure, heart rate, and the stress hormone cortisol while they managed a tough task or were under mental stress.

Plants also might help those with dementia or who live in long-term care facilities to take their attention away from daily concerns. Learning to nurture a living plant may help to lessen

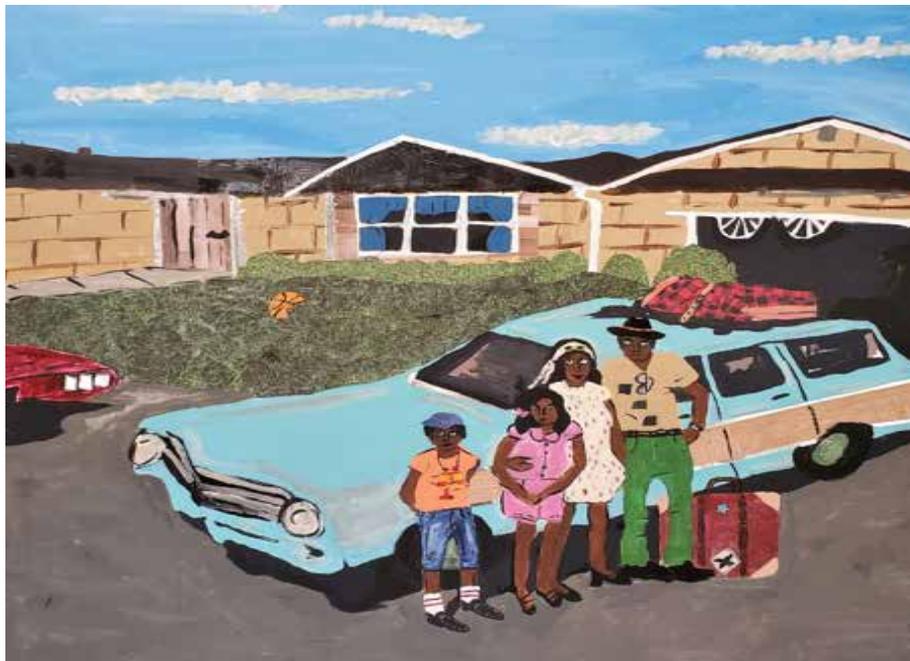
the severity of depression. Tending to plants provides a sense of caring for something that can only survive with your loving attention.

We are in a new season of color and majesty as the trees change from the lush green to earthy tones of autumn. We can bring that sense of change to our homes by bringing in a plant.

[Hazel Rosetta Smith is a journalist, playwright, and artistic director for Help Somebody Theatrical Ministries and Hazel Rosetta Speaks! Retired, former Woman’s Editor and Managing Editor of the New York Beacon News. Contact: misshazel@twc.com and online at www.hazelrosettasmith.com]

Subscribe to Harlem Daily Newsletter Go to: www.harlemcommunitynews.com

“It’s Free”



STILL HERE
The Art of Phoebe Ploom
October 10-November 1
Opening Reception, October 10, 6-8pm

Heath Gallery
 NEW YORK
 24 W. 120th St., Harlem NY 10027

BOLA TAILORING
 44 W. 125th Street
 New York, N.Y. 10027
 646-241-7776

The best in African fabrics, outfits of all kinds, dresses, men & women suits, headwear
Alterations & Repairs

BRONX EVENTS

Oct 3, 1–2 PM

Trees and the Designed Landscape Walk

Guided nature walk exploring landscape design Nature lovers, adults Free
Being held at Wave Hill, 4900 Independence Ave, Bronx, NY

Oct 3, 8–10 PM

An Evening with Morrisania Band Project

Soul music performance by local artists Music fans, adults.Free
Being held at The Artist, 249 City Island Ave, Bronx, NY

Oct 4, 12–3 PM

Shoelace Park Forest Fest

Family-friendly forest-themed festival Families, kids. Free
Being held at 219th St & Bronx Blvd entrance, Shoelace Park, Bronx,

Oct 4, 10:00 AM – 1:00 PM

Community Clean Streets Day

Volunteers gather to beautify South Bronx streets and foster community pride. 11 Bruckner Blvd, Bronx, NY. Free

Oct 4, 8:00 AM – 10:00 AM

Birding at Soundview Park

A guided birdwatching walk perfect for beginners and nature lovers.
Being held at Soundview Park, Bronx. Free

Oct 5, 2–5 PM

Fiesta on the Hudson

Art and music celebration along the Hudson. All ages. Free
Being held at Wave Hill, 4900 Independence Ave, Bronx,

Oct 8, 2:30 PM & 7:30 PM

Tuya Siempre, Julita (Play)

A Puerto Rican play exploring family and politics. Being held at Hostos Center, 450 Grand Concourse, Bronx, NY 10451. 2:30 PM Free; 7:30 PM \$20
Regular / \$15 Seniors / \$5 Students

October 9–12, Various times

Indigenous Hip-Hop Festival

Multi-day festival celebrating Indigenous voices in hip-hop. Being held at Hostos Center & South Bronx.

Oct 11–13, 10 AM–5:30 PM

Indigenous Peoples' Weekend

Cultural workshops and art classes at Wave Hill Families, students, educators
Free with registration. Being held at Wave Hill, 4900 Independence Ave, Bronx,
Being held at East 186th St & Arthur Ave, Bronx Little Italy, Bronx, NY 10458

October 13, 12:00 PM – 2:00 PM

Hearts Fall Festival: Healing Project Choir

Community-driven festival with music and healing activities.
Being held at Willis Ave Playground, South Bronx. Free

Oct 13, 12:30–3:30 PM

Italian American Heritage Month Celebration

Cultural festival in Bronx Little Italy. All ages, heritage enthusiasts.Free

Oct 15, 4:00 PM – 9:00 PM

Bronx Vegan Bazaar

Vegan food expo featuring 20+ vendors and natural juices. Being held at Andrew Freedman Home, 1125 Grand Concourse, Bronx, Free

HARLEM COMMUNITY NEWSPAPERS

Oct 11
Indigenous
Peoples
Day at
Wave Hill



Oct 5
Fiesta on the
Hudson.



6-14 DEC. 2025



CULTURAL ONENESS™ FESTIVAL 2025

INTERNATIONAL Packages

PER PERSON SINGLE

\$4,000

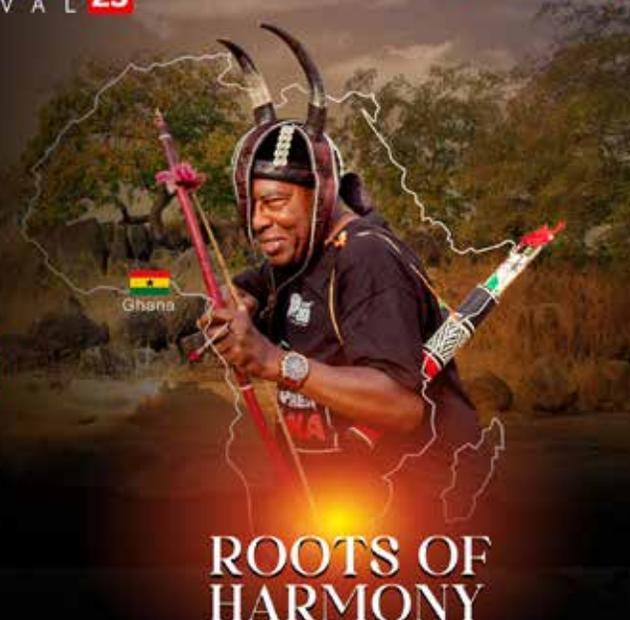
PER COUPLE (Male and Female)

\$6,990

Arrival 6th & Departing 14th December 2025

INCLUSIONS

- Flight to / from Ghana
- Visa on arrival (if necessary)
- 8 nights Accommodation (Nim Avenue Hotel or Similar)
- Daily Breakfast
- Local Flight to/from Tamale
- Local Transport
- Lunch/Snacks/water on bus
- Musical Concert Pass
- Fashion Show Pass
- Branded T-shirt
- Cultural Roots Tours
- Palace Experience



ROOTS OF HARMONY

Uniting cultures to honor traditions and embrace sustainability

BOOK NOW! PAYMENT PLAN AVAILABLE

CALL +1(205) 5383198 | +1 (917) 821-7099

VISIT www.culturaloneness.com



culturaloneness



THE TASTE OF AFRICA African Tourism Board MTB

Seasons change, but our priorities remain the same - Building record amounts of Housing



By Mayor Eric Adams

This autumn, the leaves aren't the only things that are falling. The Adams administration has brought down the cost of child care, cut taxes for working-class families, and lowered unemployment for New Yorkers. Last week, we kicked off our "Affordable Autumn" initiative to highlight our work to save New Yorkers money and roll out new initiatives to make New York City more affordable — which starts with building the homes New Yorkers need and deserve.

We're advancing bold, ambitious solutions to our city's housing crisis. Last Monday, New York took a massive step towards an affordable future for

our residents when the Brooklyn Marine Terminal Task Force approved a \$3.5 billion vision plan for the future of Red Hook. Not only will this project deliver 6,000 housing units on the waterfront — with 2,400 of them being permanently affordable — but it will turn a crumbling marine terminal into a modern maritime port while creating tens of thousands of good-paying jobs. This initiative isn't just for the New Yorkers of today — we're turning our waterfront into a 'Harbor of the Future' and unlocking opportunity for generations to come.

We're also thinking creatively about how to use every open space for the housing New Yorkers need, in Brooklyn and across the entire city. Where past administration saw vacant lots and old office buildings, ours saw an opportunity for housing equality. Last year, we issued Executive Order 43, requiring every city agency to review their properties and find places where we could build new housing — because you can't solve a housing crisis when city government is hold-

ing onto underutilized land.

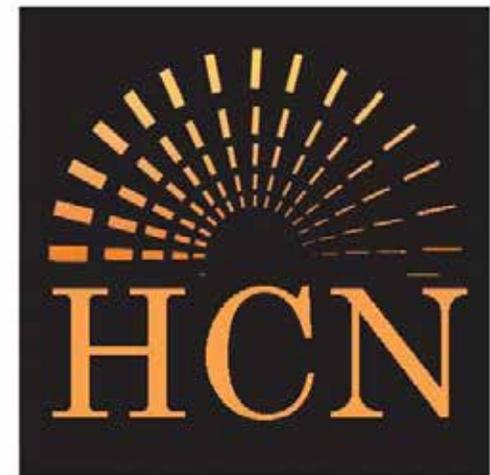
Now that it has been a little over a year, we are ready to report the results of our work. Thanks to our executive order, we have already advanced nearly 10,000 homes across 11 different city-owned sites. At just one site in Queens, we're turning the abandoned Flushing Airport into 3,000 new homes and 60 acres of open space. At another site in Manhattan, just steps from City Hall, we're tearing down a deteriorating city office building and turning it into over 1,000 new homes. And in the Bronx, we're building a whole new library at the Grand Concourse and adding homes alongside it.

Just last week, we added three new sites to that growing list. In Bensonhurst, we are redeveloping the New Utrecht Library — creating a new, state-of-the-art branch, and adding 100 percent affordable housing on the city-owned parking lot next door. In Williamsburg, we're turning one of the area's last underutilized waterfront sites into 900 new homes with vibrant open space along the river. And in East Harlem,

we're turning a city-owned parking lot next to a public hospital into 800 new homes.

When you put all of our work together — the homes we've created, preserved, and planned — it adds up to over 426,800 homes to date. That's almost half a million families who will have a place to build their lives, to make memories, to plant roots in a community — and it is the Adams administration who are fighting for them.

I've said this before, but I'll say it again: we are the most pro-housing administration in city history. Not just because we invested record amounts of money into new housing or because we created a record number of new homes — although we are doing both of those things; not just because we connected a record number of New Yorkers to affordable housing or passed the most pro-housing zoning proposal in city history — although we accomplished both. But because no one has fought harder and built more for the people of our city than we have.



HARLEM COMMUNITY NEWSPAPERS, INC.

"GOOD NEWS YOU CAN USE"

Vol. 32 No. 41

October 9, 2025



Advertise in Harlem Community Newspapers email today:
harlemnewsinc@aol.com



Your one-stop shop.

- Printing & document finishing
- Mailbox services
- Notary services
- Packing & shipping
- Postal products & services
- Passport/ID photos

The UPS Store

Copyright © 2018 The UPS Store, Inc. 1309811218

Harlem
 55 W 116th St
 New York, NY 10026
 212.876.8800
store4163@theupsstore.com
theupsstore.com/4163

Hours:
Mon – Fri 8:00 AM – 8:00 PM
Sat 9:00 AM – 6:00 PM
Sun Closed

East Harlem
 1872 Lexington Ave
 New York, NY 10035
 212.876.1900
store6510@theupsstore.com
theupsstore.com/6510

Hours:
Mon – Fri 8:30 AM – 8:00 PM
Sat 10:00 AM – 6:00 PM
Sun Closed

10% OFF
UPS® AIR SERVICE

Limit one coupon per customer. Not valid with other offers. Restrictions apply. Valid and redeemable only when presented at a participating location. The UPS Store centers are independently owned and operated. © 2018 The UPS Store, Inc.

The UPS Store

5% OFF
UPS® GROUND SERVICE

Limit one coupon per customer. Not valid with other offers. Restrictions apply. Valid and redeemable only when presented at a participating location. The UPS Store centers are independently owned and operated. © 2018 The UPS Store, Inc.

The UPS Store

Home Buying in Harlem Be Prepared to Buy Now



By Rev. Dr. Charles Butler

Can anyone afford to buy a home in Harlem? The answer is a resounding yes! You can become a first-time homeowner. There is no use in complaining about inflated home values. There is no use in complaining about the high interest rates. You must deal with the situation and make up your mind to become a first-time homeowner. You must overcome these barriers and obstacles. Let nothing or no one prevent you from achieving your dream of becoming a homeowner.

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.

But I know 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."

New York City owes it to our community to develop affordable housing right now! The low- and moderate-income individuals and families are not going to be so easily pushed to the side. It is time for us to come together as a community. We need to start demanding affordable housing. Everyone deserves at the very least a decent place to live regardless of income level. In a city as affluent as New York City there is no excuse for the lack of housing and overcrowded conditions we find in many of our neighborhoods.

The American dream is alive, but now you must work harder than ever to

achieve this dream. A young couple told me a few days ago that they wanted to own a brownstone in Harlem. I encouraged them to pursue their dream. I informed them of the current market value of brownstones.

So, they would be aware of the home buying process and that becoming new homeowners would not happen overnight. They said, "If that's what it takes, we will just work harder, save as much as possible." They were placing their faith and trust in God to make it happen!

It takes a solid plan to achieve this dream. You must have a strong desire to succeed. You must 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 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.

Aging in Place?

Consider an AmeriGlide stair lift to keep you safe on your stairs.

Benefits of an AmeriGlide stair lift:

- ✓ Eliminate the risk of falls.
- ✓ Enjoy a comfortable ride up and down all of your home.
- ✓ Enjoy comfortable, safe and easy access to all of your home.
- ✓ More affordable than options such as moving.



Custom fit to your staircase



Indoor and Outdoor options



Fast delivery and installation

CALL NOW TO
SAVE \$200
ON ANY STAIR LIFT!

1-844-218-4269

Call today to get your **FREE**,
no obligation quote
in minutes!



Nakeeta L. Wills

Life & Health Insurance Advisor

I Can Help With:

- Dental, Vision, Hearing Coverage
- Essential Plans (NYS Marketplace)
- Medicare Supplement
- Medicare Advantage
- Prescription Drug Plans
- Whole, Term, Final Expense & Juvenile Insurance



Let's Be Social
Follow us



@nyon10solutions

347.788.8726

Nakeeta@on10solutionsny.com

On10Solutions
www.on10solutionsny.com

FOXWORTHREALTYONLINE.COM

Foxworth Realty is Celebrating its 12th Anniversary

IN OCTOBER 2008, EUGENIA C. FOXWORTH OPENED THIS UNIQUE REAL ESTATE BOUTIQUE... IT IS LOCAL, NATIONAL AND GLOBAL.

"WE MAKE THE DEALS HAPPEN!"

212.368.4902 212.368.4903
360 West 125th St, Suite #11, N.Y., NY 10027

FOXWORTH REALTY

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

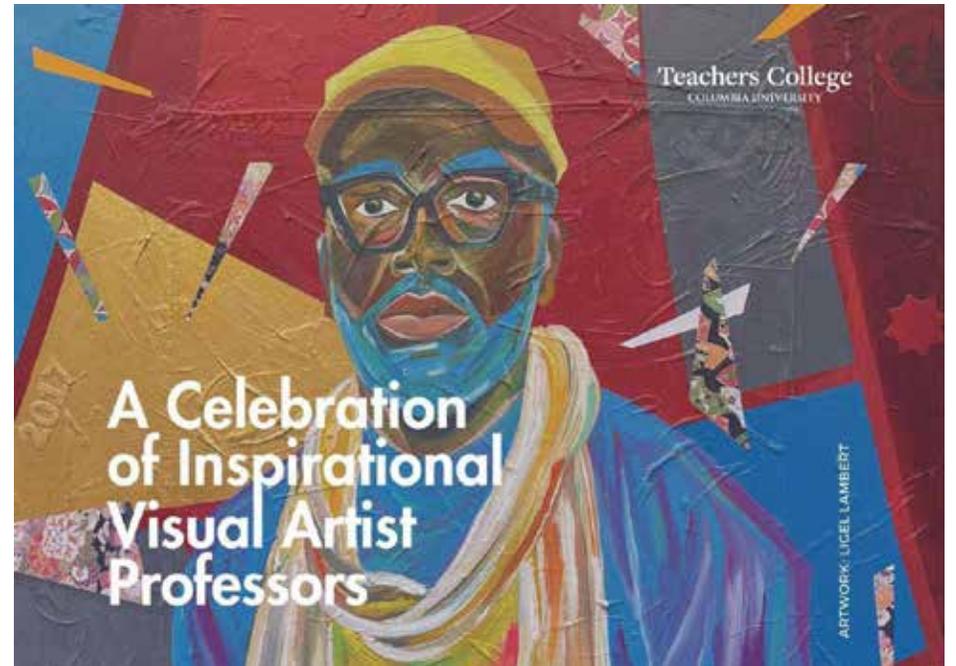
A Celebration of Inspirational Visual Artist Professors

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

BYAMHOUSE ENTERTAINMENT PRESENTS stage play

THE BACHELOR PAD

“What happens in the pad stays in the pad.”

NOVEMBER 15, 2025 Show starts 7 PM

Tickets \$65 VIP \$75

Written by: Samantha Byam
Directed by: Dr. Arlean Wells

Schomburg Center for Research in Black Culture
515 Malcolm X Blvd, New York, NY 10037

Thebachelorpad.eventbrite.com

[/byamhouseentertainment](https://www.instagram.com/byamhouseentertainment)

Boys & Girls Clubs of America and BODYARMOR Sports Drink Unveil Partnership

Boys & Girls Clubs of America (BGCA), the nation's largest youth-serving organization, and BODYARMOR Sports Drink have launched a transformative national partnership to fuel the next generation with better-for-you hydration, sports gear, and game-changing opportunities.

On Sept. 25, to kick off the partnership, more than 100 BODYARMOR employees volunteered at the Kips Bay Boys & Girls Club (1930 Randall Avenue, Bronx, N.Y., 10473) for the day to bring their mission to life through hands-on facility improvements and a mural unveil, youth engagement, and the debut of the BODYARMOR Sports Kit Program.

The volunteers interacted with the teens from the club and worked together with them on projects as part of the event.

NBA Skills Trainer BODYARMOR partner Chris Brickley, who grew up at the Derry Boys & Girls Club in New Hampshire, surprised teens at the Kips Bay Boys & Girls Club with a basketball training event.

Brickley grew up at the Derry Boys & Girls Club, where the basketball court became his foundation and fueled his passion for the game. It was the place he never wanted to leave - rain or shine. He was always on the court, developing the drive and discipline that shaped his future.

Today, Brickley is recognized as one of the most influential figures in pro basketball, training the game's biggest stars, hosting its most sought-after offseason runs, and embodying basketball culture on and off the court. Years later, when ESPN produced a docu-



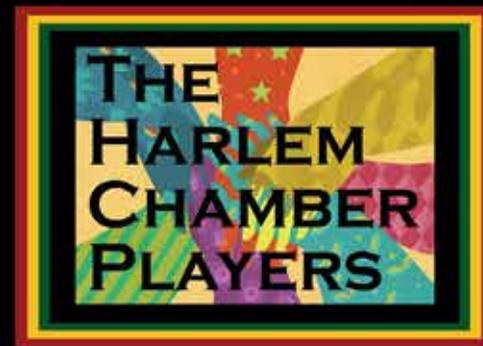
series on his training, Chris insisted on returning to his Boys & Girls Club—because that's where it all began.

The Club teens participated in interactive sports stations and friendly competitions with youth Club members.

With fewer than 30% of kids and teens meeting recommended physical activity guidelines, and nearly 70% of non-athlete children being dehydrated, this partnership directly addresses critical gaps

in youth physical health. BODYARMOR and Boys & Girls Clubs of America are stepping up to ensure every child has the tools to move, grow, and thrive – and feel empowered to 'Choose Better'.

As part of this partnership unveiling, a launch of the BODYARMOR Sports Kit Program supporting over 7,000 youth nationwide was also kicked off.



The Harlem Chamber Players present its NYC Composers Concert



Thursday, October 23, 2025 at 7 PM
The Harlem School of the Arts
645 St. Nicholas Avenue, New York, NY 10030

This concert is FREE and open to the public.
Learn more and RSVP:
www.HarlemChamberPlayers.org





We've Moved To
32 WEST 125TH STREET

- Comprehensive Eye Exams
- Contact Lenses
- Designer Eyewear
- Sunglasses
- We accept most insurance and vision plans

We Go Beyond Routine

At every eye exam, we go beyond just checking your eyes. We provide the highest level of care and personalized attention. Our board-certified optometrists are dedicated to providing unparalleled eye care by utilizing the latest technology to perform comprehensive eye exams. Your vision is unique, and so is our approach to caring for it. Schedule an appointment today and discover a world of clear vision and style at Cohen's Fashion Optical.



**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

Ben Crump Pledges \$50K to the Black Press, Challenges Others to Follow His Lead

by Stacey M. Brown, Black Press USA

The Black Press of America gathered for its Annual National Leadership Awards and Reception last month. The evening honored House Minority Leader Hakeem Jeffries, Congressional Black Caucus Chair Yvette Clarke, and Communications Workers of America President Claude Cummings Jr. Cummings, who now serves on the executive committee of the Democratic National Committee, put the night into sharp focus. Speaking to the Black Press' Let It Be Known morning news show hosts on the Red Carpet, Cummings declared, "Democrats need to spend money now with the Black Press. The Black Press has always been that vehicle in our community that we've all needed and that has always been the trusted voice. With what's happening in Washington and what they are trying to do to our community and our history, everyone should be supporting the Black Press of America."

The words carried the sting of truth. For decades, the Black Press has stood as the trusted voice for African Americans, telling stories ignored or distorted elsewhere. It carried the mutilated image of Emmett Till when other newspapers looked away. It published Dr. King's words when others labeled him a troublemaker. It guided families through Jim Crow's terror and chronicled the triumphs and tragedies of migration, struggle, and resilience. Today, two years before its 200th anniversary, this institution is fighting for its life. Then Attorney Ben Crump, known as "Black America's Attorney General," took the stage. He did not come to flatter. He came to help, and he came with fire. "I will ask for personal privilege because I see my leaders in the room. The National President of the NAACP, Derrick Johnson, and Chair of the Board, Leon Russell," Crump began. "The men who i stand with

this evening, I want to come and demonstrate my appreciation to them and the Black Press. Right now in America we're under attack like we've never been in our lifetime." The weight of his words fell heavily. "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 able to be ready to stand up for our children and our communities, to be ready to speak up for our children and communities, and to be ready to fight for our children in the community. And nobody carries the Black narrative and the Black information to Black communities more passionately than the Black Press." Crump then turned to those seated in the room. "Y'all, right now, y'all know this attack on DEI and everything, they're cutting funding to all our institutions. And it isn't right, but part of me says that's okay. We don't need them to save us. We are going to save ourselves. We are all we need."

He reminded the room of the lessons of struggle and obligation. "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 told the packed ballroom. "Our fraternity teaches us we must lift as we climb. So tonight, I'm trying to lift as we climb to make this donation, and I pray that others will join us if you're able to. If you're able to." "Because, like Dr. King said, we all got a role to play. The Black lawyers got a role to play. The Black doctors got a role to play. The Black bankers got a role to play. The Black insurance agents, Black funeral homes. I understand everybody can't be on the front line with the NAACP and Black Lives Matter and us, but that doesn't mean you don't have a role to play when you get a seat at the table. When you are inside



the room and you have got a voice, you got a role to play. And so, you can't be afraid to speak truth to power."

He paused, then drew from the words of his fraternity brother, Attorney Billy Murphy. "He says, Crump, in America today, we got enough African Americans who are educated. We got enough African Americans who are articulate. We got enough African Americans who are intelligent. What we seem to lack is enough African Americans who got courage to speak truth to power. And that's what we got to have when we're facing bullies. We got to speak truth to power. We can't be scared. We got to be unapologetic defenders of Black life, Black liberty, and Black humanity. Now more than ever. And our actions got to match our words." His action matched his words. Crump pledged \$50,000 to the Black Press—structured at \$10,000 a year for five years. Fifty thousand dollars for the Black Press. A seed planted in fertile ground, if others dare to water it. "And so I want to present this donation to the Black Press for \$50,000," Crump said. "Because right now we got to support our own."

"That's why I'm making this donation to the Black Press," Crump declared, his words cutting with urgency. "Because right now the Black Press is needed more than ever before."

MY AGE ISN'T
A PROBLEM,
AGEISM
IS!



CALL OUT AGEISM!
"When you label me 'TOO OLD' instead of recognizing my skills, that's **AGEISM!**"

STOP THE LABELS

Learn more at nyc.gov/aging



Harlem Honors a Beloved Leader with Naming of “Bill Perkins Way”

By Pat Stevenson

On October 4th, a crowd of hundreds gathered at the corner of 110th Street and Fifth Avenue to witness a heartfelt tribute to one of Harlem’s most dedicated public servants: the naming of “Bill Perkins Way.” The ceremony, held in front of the residence where Perkins lived for many years, was a powerful testament to his enduring legacy and the deep affection the Harlem community holds for him. The event drew prominent figures, including New York City Mayor Eric Adams and Congressman Adriano Espailat, both of whom spoke passionately about Perkins’ unwavering commitment to Harlem. Congressman Espailat announced he would begin a “Bill Perkins Run” through Harlem. Their presence underscored the significance of the moment, as did the turnout of residents, friends, and colleagues who came to honor a man whose life was defined by service.

Pamela Green-Perkins, Councilmember Yusef Salaam and NY State Senator Cordell hosted the event. Pamela Green-Perkins was married to the Hon. Bill Perkins for 24 years. “I am delighted that the collective body of my husband’s work in the City Council and the State Senate is being recognized. When the community walks past the street with his name, I hope they will understand what his legacy is. I am eternally grateful to Councilmember Salaam for passing the legislation. I think that it is fortuitous that, based on the relationship with the Exonerated Five, and Yusef in particular, it is that Councilmem-

ber Salaam who authored this renaming. My family is also forever grateful for Senator Cordell’s friendship for over 20 years, and her handholding as we continue to grieve Bill’s transition. The renaming is a unifying event for everyone to know that Bill, a son of Harlem, willingly and enthusiastically dedicated his work to his community.”

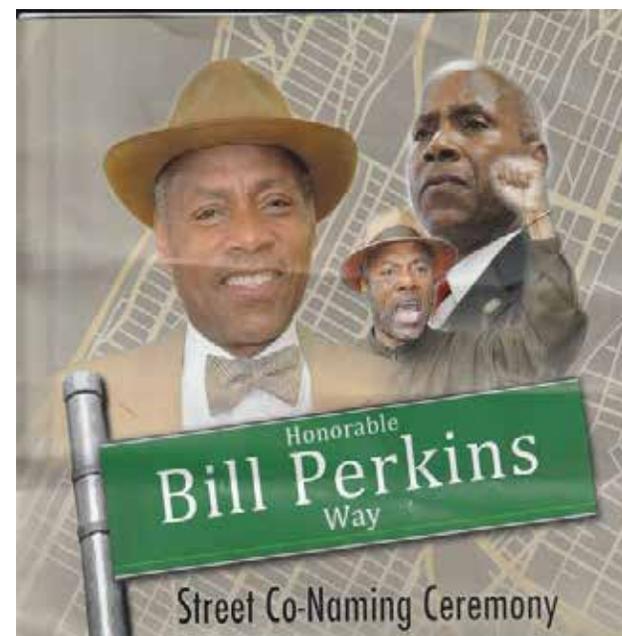
Bill Perkins, who passed away in 2023, was a fixture in Harlem politics and advocacy for decades. He served in both the New York City Council and the State Senate, championing causes that directly impacted the lives of his constituents. Among his most notable efforts was his relentless campaign to control the rat population in Harlem, a public health issue that he tackled with vigor and persistence. His work in this area earned him respect not only for his effectiveness but for his willingness to confront problems others often ignored.

But Perkins was more than a politician. He was a neighbor, a mentor, and a familiar face in the community. Known for his love of running, he was often seen jogging through the streets of Harlem, embodying the energy and resilience of the neighborhood he loved so deeply. His presence was a daily reminder of the connection between public service and personal engagement.

The street naming ceremony was filled with emotion. Speakers recalled Perkins’ tireless advocacy, his warmth, and his ability to bring people together. Mayor Adams praised Perkins as “a true son of Harlem,”



(r-l) Councilmember Yusef Salaam, Pamela Green-Perkins, NY State Senator Cordell Cleare



while Congressman Espailat highlighted his legislative accomplishments and his grassroots approach to leadership. Community members shared stories of how Perkins had touched their lives, whether through a kind word, a helping hand, or a determined fight for justice.

Senator Cleare, who served as the Hon. Bill Perkins’ Chief of Staff for 19 years, said, “Bill Perkins was a strong leader and pioneer for social justice and modern civil rights. He was a true maverick who worked tirelessly and with great intention to represent all of the people in his district. He prided himself on

being of the people and for the people, paying special attention to those with the very least. He was a voice for the voiceless and a force of advocacy for the most vulnerable. We must honor him, and remind ourselves, and future generations, that

the struggle continues, and as long as it does, we have an obligation to press forward ever, backward never.”

The unveiling of the street sign marked a permanent tribute to Perkins’ legacy. “Bill Perkins Way” now

stands as a symbol of dedication, compassion, and the power of local leadership. It serves as a reminder to future generations of what it means to serve with heart and integrity.

Photos by Sen.Cleare Office, Sen. Al Taylor & Pat Stevenson



HEALTH

Cuts to Health and Nutrition Services May be Putting Babies at Risk

(Statepoint)

Among the many implications of the “One Big Beautiful Bill Act,” signed into law this past July 4, are cuts to health and nutrition benefits for millions of Americans, which could have significant negative implications for babies and children, according to the National Collaborative for Infants & Toddlers (NCIT).

“This far-reaching legislation will have effects on every aspect of American society -- from schools to businesses to hospitals to food pantries,” says Sadaf Knight, CEO, Florida Policy Institute. “Most babies born this year will lose thousands of dollars over their lifetimes due to these combined factors, and the impact will grow for future

generations.”

According to experts at the NCIT, along with other advocates and analysts, here are some of the act’s expected impacts on the nation’s youngest and most vulnerable:

Families with babies will lose ground: The act’s tax credits are designed to benefit those who are more affluent, say experts, and many families will see a net loss as a result. Overall, the resource gap will widen between the 36% of babies and toddlers living in families with low income and those in more affluent families, according to the bipartisan First Focus on Children advocacy organization.

Household budgets will be reduced: According to the Congressional Budget

Office, cuts to Medicaid will cause as many as 10 million people to lose their health insurance by 2034. Cuts to the Supplemental Nutrition Assistance Program (SNAP) will put more than 7 million at risk of losing their benefits. Because eligibility for services is often linked, families are also at risk of losing their Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) benefits and their Temporary Assistance for Needy Families (TANF) benefits. These programs can provide a foundation for households to thrive. Their losses will adversely impact overall household finances, caregiver and baby health, and parents’ ability to provide the best possible care.

Economic fall-out could mean cuts to services: Provisions requiring increased state cost-sharing for SNAP, combined with restricted financing measures for Medicaid, will leave a state budget gap of over \$440 billion over 10 years. Further economic fall-out might amount to hundreds of billions of dollars in losses for states. The pressure to balance state budgets could mean dropping optional Medicaid services, reducing or eliminating state participation in SNAP, or cutting other early childhood services, such as early care and learning.

To learn more about how public policy is impacting American families, and to access tools to become an advocate for infants and toddlers, visit ncit.org/



take-action.

“When babies lose access to health care, nutrition, and other essential supports, the cost is carried by all of us. These services aren’t luxuries. If we want our communities and our

economy to thrive, we have to make sure that every baby has what they need in their earliest years,” says Biz Harris, Executive Director of the Mississippi Early Learning Alliance,”



Medical equipment you need to live your life.

In New York City, health care is for everyone.

nyccare.nyc
646-692-2273

NYC
Delivering for you.
Every day. Everywhere.

NYC
HEALTH+
HOSPITALS

NYC
CARE



Health care access regardless of your ability to pay or your immigration status:



Prescriptions



Durable Medical Equipment



Doctor Visits



Membership Card

Identifying the Most Affordable Colleges for Real-World Students

(StatePoint)
College rankings headlines are often dominated by the same names: Ivy Leagues, elite research universities and schools that admit only a fraction of applicants. But that leaves out most students, say experts.

“The average GPA across all U.S. high schools is 3.0, according to the College Board. For these everyday students, and for families earning an average income between \$50,000-\$150,000 – the journey to higher education should be about finding a college they can both attend and afford with confidence,” says William Staib, co-founder and president of College Raptor, Citizens college planning platform.

That’s why this year, College Raptor is reframing

the conversation with its 2026 list of the 25 Most Affordable Great Colleges for “B” Students. Prioritizing possibility over prestige, the list highlights institutions that provide both quality and affordability for the students and families who represent the national average, giving a real, unbiased look at the accessible pathways to higher education often left out of traditional rankings.

To draw up the list, Raptor leveraged insights from hundreds of colleges, millions of machine learning models and other publicly available data to evaluate academics, student success, faculty quality, campus resources and financial health. Every institution on the list is considered a match or safety for “B” students, with an average

acceptance rate of 74%. Graduates of these institutions with B academics and \$50,000-150,000 financial profiles would pay on average less than 9% of their income towards student debt. That’s more than 20% less than other four-year colleges that are most likely to accept “B” students. Plus, each school ranks in the top half of accredited four-year institutions nationwide, demonstrating that affordability doesn’t mean sacrificing excellence.

To truly assess the value a school provides, parents and college-bound students should not only think about the next four years ahead, but well into the future. They can use the list to calculate their return on investment, as schools are ranked by loan payment as a percentage of typical starting



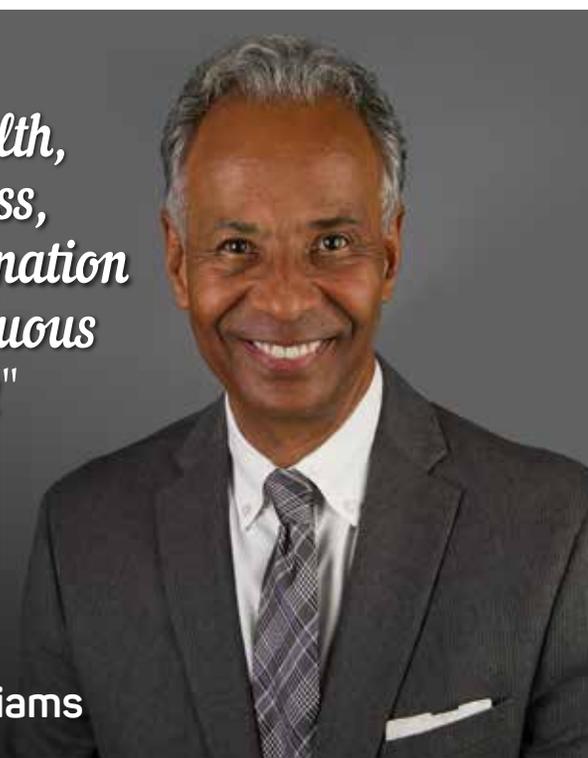
salary, tying affordability directly to earning potential. This metric represents the estimated percentage of a student’s expected starting monthly income that would be required to repay their projected student loans within 10 years. It communicates the proportion of monthly income taken up

by loan repayment. This resource can be accessed online by visiting collegeraptor.com. There you can also find lists for the 2026 Overall Best Colleges, Top Division II Schools, Top Division III Schools and Best HBCUs.

“For students with a solid ‘B’ grade average and

families in middle-income brackets, expanding the definition of ‘dream school’ to include attainable options that align with family income, grades and additional factors can help more students arrive at college with confidence,” says Staib.

"Dental health, like success, is not a destination but a continuous journey"



Dr. George Williams



W Dental 706 St. Nicholas Ave. New York, New York 10031

Open Monday – Friday 9:00 am to 5:30 pm

Call us today: (212)939-9399

6-14 DEC. 2025 NORTHERN GHANA

INTERNATIONAL Packages

PER PERSON SINGLE

\$4,000

PER COUPLE (Male and Female)

\$6,990

Arrival 6th & Departing 14th December 2025

INCLUSIONS

- Flight to / from Ghana
- Visa on arrival (If necessary)
- 8 nights Accommodation (Nim Avenue Hotel or Similar)
- Daily Breakfast
- Local Flight to/from Tamale
- Local Transport
- Lunch/Snaks/water on bus
- Musical Concert Pass
- Fashion Show Pass
- Branded T-shirt
- Cultural Roots Tours
- Palace Experience

ROOTS OF HARMONY

Uniting cultures to honor traditions and embrace sustainability

BOOK NOW! PAYMENT PLAN AVAILABLE

CALL +1(205) 5383198 | +1 (917) 821-7099

VISIT www.culturaloneness.com

IG FB

culturaloneness

THE TASTE OF AFRICA

Consumer Cellular®

BIG WIRELESS COVERAGE, WITHOUT BIG WIRELESS COST.

Plans start at just \$20/month.

Switch & Save Today.

877-551-1444

© 2024 Consumer Cellular Inc. Terms and Conditions subject to change. Plans shown above include \$5 credit for AutoPay and E-billing. Taxes and other fees apply. Credit approval required for new service. Cellular service is not available in all areas and is subject to system limitations.



BREARLEY

Every girl deserves
a world-class education.
**FREE for families
earning \$100k or less.**



Scan to learn more about our
Free Tuition Program.
brearley.org/tuition-free



Support

Delivered By **NYC**



A record 183,000 small businesses started in NYC since 2022



More than \$21 billion awarded in contracts to minority- and women-owned businesses in the last two years



NYC's "Community Link" improves neighborhood quality-of-life issues through coordinated multi-agency response

More new small businesses in the last three years than ever before, over \$21 billion awarded in contracts to minority- and women-owned businesses in the last three years, and safer neighborhoods through NYC's "Community Link," all thanks to the over 300,000 of your neighbors working to build a safer, more affordable city.

That's New York City's agencies **delivering for you.**
Every day. Everywhere.

NYC Every day.
Everywhere.
Delivering for you.



Use QR code to connect with **deliveringforyou.nyc**

URBANOLOGY: A Greater Power



By William A. Rogers

Is there a greater power, and if it is how do you tap into it? Many of the great prophets said we should look inside of self for the answer. Most of those prophets, were put in prison, put in exile, or put to death by the powers that developed philosophies based on controlled versions of their teachings. After a time the philosophies

became a religion, and in time many of the religions became more political then spiritual.

Know Thy Self, was a statement the early Egyptians used to provide a clue to the question we still cannot answer concerning their scientific and architectural accomplishments. In ancient Kemet (today known as Egypt) every academic and scientific learning center had the phrase Know Thy Self placed on the entrance.

I now firmly believe that there is a greater power, I call it the mind of the universe, it is a part of us and we are a part of it. Taoist Master and author Wu Wei explains this clearly in the following statement: "It is of utmost importance that

you become aware that you and your Universe are in constant communication. Some of us communicate knowingly, others unknowingly".

You most have faith to knowingly communicate with the Mind of the Universe. You most first believe that you have the ability and that you are a part of a greater power. You most also believe that this power within you can manifest a material reality from your thought.

You cannot truly communicate with the Mind of the Universe, without deactivating the matrix energy of the material world. You can only tap into the energy of the Mind of the Universe internally. Meditation, Tai Chi, Ki Training and treat-

ments are vehicles that can help you tap into the energy of the Universal Mind.

I am optimistic about the idea that the next stage of human development has begun. All things move in cycles, day to night, young to old, summer to winter.

You are always linked to the universe's mind and it to you. Try to only think about what you want and not what you fear, the universal power of attraction is real; what you think about often can manifest into your reality.

It is also important to understand there is no such thing as a coincidence. What many call a coincidence is really a message to you from the mind of the Universe.

Subscribe to
Harlem Daily
Newsletter
Go to:
www.harlemcommunitynews.com
"It's Free"



By Zakiyyah

HERBS ARE NATURE'S MEDICINE

The Golden Herbal Ingredient: Berberine

Another of my favorite herbs for the liver and gallbladder 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

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

GAMES

See answers on pages 16

CROSSWORD

1	2	3	4		5	6	7		8	9	10	11	
12					13				14				
15					16				17				
18					19				20				
				21					22				
23	24	25					26			27	28	29	
30					31	32	33		34				
35			36			37			38				
39					40				41			42	
43					44				45			46	
				47				48	49				
50	51							52			53	54	55
56								57				58	
59								60				61	
62								63				64	

Consumer Cellular
 SWITCH & GET \$25
 Off First Month of New Service!
 USE PROMO CODE: **az590**
 CALL CONSUMER CELLULAR 888-804-0913
 © 2023 Consumer Cellular Inc. For promo details please call 888-804-0913

SUDOKU

Call today and receive a **FREE SHOWER PACKAGE PLUS \$1600 OFF**

SAFE STEP WALK-IN TUB 1-855-576-5653

With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB 1082165 NSCB 0082999 0083445

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

© StatePoint Media

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

See answers on pages 19

HARLEM COMMUNITY NEWSPAPERS

STATEPOINT CROSSWORD THEME: KIDS' BOOKS

ACROSS

- *The Big Bad Wolf: "I'll ___ your house down"
- Edgar Rice Burroughs' Kerchak or Kala
- Cosine's buddy
- Target of grand theft
- Influencer's journal
- Food-grinding tooth
- Bear's hang-out
- Like a maxi skirt
- Get up
- *Robert McCloskey's "Make Way for ___"
- March Madness org.
- Expenditure, in the olden days
- *"Four and twenty blackbirds baked in a ___"
- Turn pale
- Lachrymatory agent (2 words)

- Swimmer's distance
- Rinse and ___
- Consequently
- Join forces
- Bruin legend Bobby
- Jury duty event
- Per person
- Hockey player, e.g.
- Approximated landing time
- What naughty children do
- Fortification made of wagons
- Preceding month
- Unnecessary embellishment
- Customs document
- *He had a terrible, horrible, no good, very bad day
- Popular pie nut
- Not final
- Just a little
- Choice dish
- ___-do-well
- Sudden and brilliant success
- Doofus
- Is, in France

- Fail to mention

DOWN

- Like a certain eagle
- Oahu shindig
- Related to ear
- Exert persuasive powers (2 words)
- Jennifer Aniston's movie "___ Came Polly"
- *Canine father in Dodie Smith's "The Hundred and One Dalmatians"
- *Dr. Seuss: "I do not like green ___ and ham"
- *Philosopher in American edition of "Harry Potter and the Philosopher's Stone"
- Hipbone
- U.S. space agency, acr.
- *"I heard him exclaim, ___ he drove out of sight, Merry Christmas..."
- Not serious
- Bipolar disorder phase

- Filthy cabbage
- Favorite student
- Protected steel from rust with coating
- Hawaiian veranda
- Long stories
- *The Queen of Hearts baked more than one of these
- "In the Hall of the Mountain King" composer Edvard ___
- Popular gemstone
- Type of renewable energy
- *Janette Sebring Lowrey's "The ___ Little Puppy"
- Pitcher's stat
- *"One ___ and One Nights"
- ___-___-la refrain
- Group of exercise reps
- a.k.a. philosopher's stone
- Flavorless
- Aluminum+nickel+cobalt, magnetic alloy
- What time does
- Button on electrical

DON'T MISS ANOTHER ISSUE

SUBSCRIBE TODAY!

GO TO OUR WEBSITE

WWW.HARLECOM-MUNITYNEWS.COM

FIRST CLASS NOTARY

OUR SERVICES :

- ✓ General Notary
- ✓ Fingerprinting
- ✓ In Person Location



NOTARY PUBLIC

MON-FRI 12-6

**310 Lenox Ave
3rd Floor
New York, NY 10027**

(646) 224-6991

FirstClassNotary.net



AUTO DONATION

Drive Out Breast Cancer: Donate a car today! The benefits of donating your car or boat: Fast Free Pickup - 24hr Response Tax Deduction - Easy To Do! Call 24/7: 855-905-475

AUTO DONATIONS

Donate your car, truck, boat, RV and more to support our veterans! Schedule a FAST, FREE vehicle pickup and receive a top tax deduction! Call Veteran Car

AUTO DONATIONS

Wheels For Wishes benefiting Make-A-Wish® Northeast New York. Your Car Donations Matter NOW More Than Ever! Free Vehicle Pick Up ANYWHERE. We Accept Most Vehicles Running or Not. 100% Tax Deductible. Minimal To No Human Contact. Call: (877) 798-9474. Car Donation Foundation d/b/a Wheels For Wishes. www.wheelsforwishes.org.

CAREER/TRAINING

TRAIN ONLINE TO DO MEDICAL BILLING! Become a Medical Office Professional online at CTI! Get Trained, Certified & ready to work in months! Call 855-543-6440. (M-F 8am-6pm ET). Computer with internet is required.

CAREER/TRAINING

COMPUTER & IT TRAINING PROGRAM! Train ONLINE to get the skills to become a Computer & Help Desk Professional now! Grants and Scholarships available for certain programs for qualified applicants. Call CTI for details! 844-947-0192 (M-F 8am-6pm ET). Computer with internet is required.

HEALTH

Stroke and Cardiovascular disease are leading causes of death, according to the American Heart Association. Screenings can provide peace of mind or early detection! Contact Life Line Screening to schedule your screening. Special offer - 5 screenings for just \$149. Call 1-844-475-2434

HEALTH

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 844-769-2956

HEALTH

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 400 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-844-341-0603 www.dental50plus.com/harlem #6258

MISCELLANEOUS

Prepare for power outages with Briggs & Stratton® PowerProtect(TM) standby generators - the most powerful home standby generators available. Industry-leading comprehensive warranty - 7 years (\$849 value.) Proudly made in the U.S.A. Call Briggs & Stratton 1-888-895-6795.

Subscribe to

Harlem Daily

Newsletter

Go to:

www.harlemcommunitynews.com

It's

BUSINESS

MTA Procurement

The MTA encourages vendors who have not done business with us to register for our bidders list using MY MTA Portal for vendors at www.mymta.info. Registered vendors can search for procurement opportunities across all MTA agencies and receive invitations to bid or propose on the types of goods and services they can provide. Certified minority and women-owned businesses (M/WBE), service-disabled veteran-owned businesses (SDVOB), and disadvantaged businesses (DBE), are strongly encouraged to compete for MTA opportunities. Visit our website at <https://new.mta.info/doing-business-with-us> for detailed information and guidelines.

BUSINESS OPPORTUNITY

Join Harlem Community Newspapers, Inc. as a Co-Publisher!

Are you an entrepreneurial spirit ready to shape your own success? Set your own earnings cap and earn potential shares in our corporation? We're seeking candidates with a degree in marketing or business—or at least 5 years of sales or business ownership experience. You'll receive full training in the newspaper industry. Ideal applicants are residents of Queens, Brooklyn, or the Bronx. Email your resume and a cover letter explaining why you're a great fit to harlemnewsinc@aol.com. This is your chance to grow with a community-driven media company. —Pat, Harlem Community Newspapers, Inc.

email resume and cover letter to: harlemnewsinc@aol.com

SUBSCRIBE TODAY

and get
"Good News You Can Use"

Tell us which edition you'd like (please check one)

Harlem ___ Bronx ___ Brooklyn ___ Queens ___

To ensure prompt delivery, please print the following information

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Harlem Community Newspapers, Inc

24 issues \$29.95 _____ 44 issues \$49.95 _____ (for postage & handling)

Mastercard Visa Acct # _____ Exp Date _____

Digital copy in email for 52 weeks \$25 ___ Mail To: Harlem Community Newspapers, Inc.. P.O. Box #1775, NY NY 10027 or go to harlemcommunitynews.com to subscribe online

"A Thousand Ways to Die: The True Cost of Violence on Black Life in America"

by Trymaine Lee

Review by Terri Schlichenmeyer, Harlem News contributor

Face it: some scores can never truly be settled.

You can try tit-for-tat, you can scheme and plan, but making things even? Not a chance; the other guy is probably scheming, too, so full pay-back ain't happenin'. And besides, why let revenge live in your head? Life's too short, you just can't do it – and especially, as in the new book "A Thousand Ways to Die" by Trymaine Lee, you can't do it with a gun.

Eight years ago, Trymaine Lee almost died.

Fortunately, the blood clot in his body, the "widow-maker," was caught in time but the whole episode

affected his then-young daughter, who continued for some time to beg for stories about it, and to ask about life and death.

Lee didn't always know what to say.

"I struggle," he says, "to answer why things are the way that they are, especially when it comes to Black folks like us."

Death by violence happened in his own family: in 1923, a young great-uncle left on horseback to run an errand and was never seen alive again, which "ripped a hole in the family" that resonated for generations. Lynchings were common then, as was Jim Crow and so "Black

folks... began leaving the South en masse..."

Guns, he says, were "central to the violence" then, on both sides.

Violence followed Black soldiers to Vietnam, and home again. It went to prison with some people, most often, men. Lee himself almost got in trouble once for a "twelve-dollar toy gun from Walmart" that looked realistic.

Black funeral directors learned how to hold open-casket funerals, as death stalked Black Americans for not learning to swim because Jim Crow kept them from it. Cancer caught others in unequal numbers. Some were wrapped up in "the deadly grind of the drug trade," while "innocent victims [are] caught in the cross fire." "We still bleed," he says. "... yet salvation from America's violence has remained out of our grasp, like trying to put shape to the wind."

On the surface, you may think there's not much new to say about violence, when talking about Black life in general. In many ways, it's been a part of American life for so long, it's almost some sort of wrong-headed new normal. And yet, read "A Thousand Ways to Die" and your thinking is going to twist, and twist again in a whole new direction.

While author Trymaine Lee's main focus is on gun violence in the past century or so, he diverts readers' attention sometimes. Don't forget this. Remember that. Here's a story for you, here's something else and as Lee totes them up, one by one,

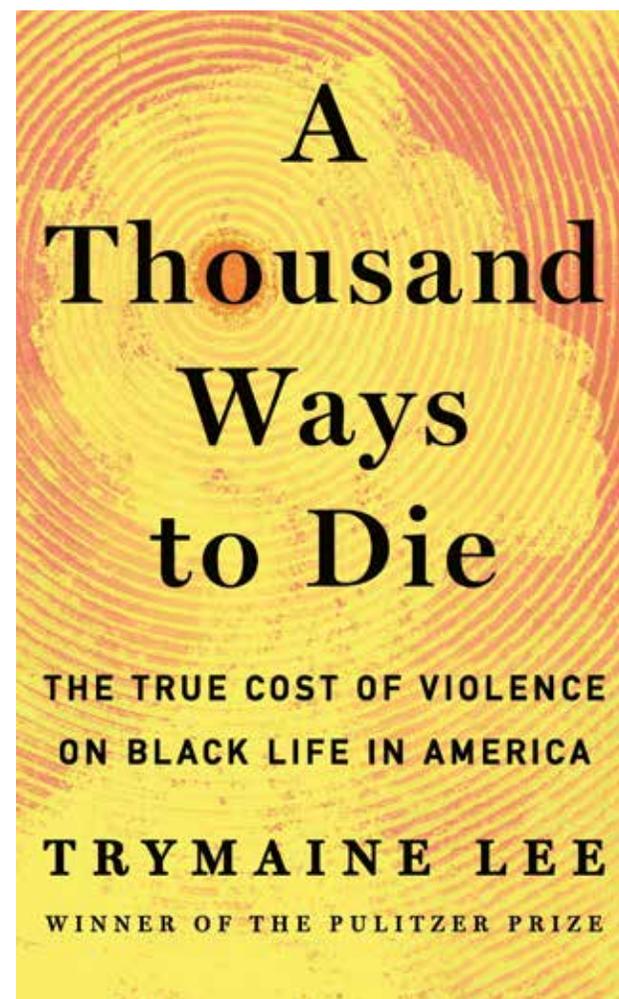
each point shows hidden costs attached to violent acts.

Readers will be hit hard by the fact that it's a long list.

This is the kind of book that your mind will carry with you for days, and it begs to be shared and discussed. You owe it to your community, in fact, to talk about "A Thousand Ways to Die" because this powerful book scores.

"A Thousand Ways to Die: The True Cost of Violence On Black Life in America"

by Trymaine Lee
c.2025,
St. Martin's Press
\$29.00
257 pages



Answers to puzzle on page 17

SUDOKU ANSWERS

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

Seriously Absorbent Underwear

Our underwear holds up to **6 cups** of liquid. That's **37% more** than the leading brand.

Try for **FREE**



Limited Time Offer!

Get a **FREE Starter Pack** just pay shipping

1-866-941-8154

Discreet Delivery



#HARLEM NEAT STREETS CAMPAIGN!

Pick it up and throw it away!

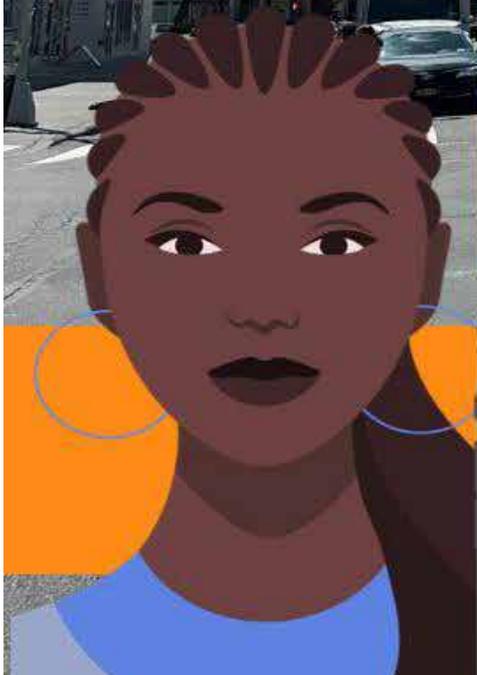
Hello Harlem!

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.



SCAN TAKE THE PLEDGE TODAY TO GET STARTED