



HARLEM COMMUNITY
NEWSPAPERS, INC.

"GOOD NEWS YOU CAN USE"

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

COMMUNITY

BROOKLYN NEWS

"Good News You Can Use"

Vol. 32 No. 40

October 2, 2025 - October 8, 2025

Free



**Celebrating Legacy
and Innovation
at Rhythm Urban
Swing Dance
Festival**

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CELIA CRUZ: A CENTENNIAL CELEBRATION!

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Celia Cruz**

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OUR MISSION STATEMENT

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

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

Free copies distributed in your community weekly

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

In this issue of Harlem Community News, we proudly spotlight Princess Jenkins, visionary owner of The Brownstone Boutique and Notable in Harlem, as she celebrates 27 years of styling and empowering women. Her commitment to fashion, community, and uplifting women has made her a beloved figure in Harlem’s cultural landscape. (see pg 12)

Be sure to check out our events calendar on page 9, featuring exciting uptown happenings, including the vibrant “Queens of Salsa” tribute to the legendary Celia Cruz at Jazz at Lincoln Center. This musical salute promises to be a dazzling celebration of Latin music and heritage.

We also reflect on last month’s spirited Swing Dance Festival, where Harlem honored the legacy and innovation of swing with performances, workshops, and joyful community gatherings. From fashion to music to dance, Harlem continues to shine as a beacon of creativity and culture. Dive into this issue and celebrate the rhythm of our neighborhood (see pg 5).

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
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PONDER THIS! Make Happy Be Where Sadness Was



By Hazel Rosetta Smith

Every thought creates something. Thinking is not what we choose to do; it is as natural as breathing and as consistent as automatic pilot. We cannot cease from thinking, imagining, and creating, no matter how hard we try. What we ponder can make or break us.

We are wonderfully created, yet vulnerable to our health and wellness. The workings of the human body continue to be a puzzle to trained medical minds and knowledgeable scientists. The body is a strong encasement that we often abuse.

We are weak to our intake, yearnings, and fantasies, even when we know better. We will do what we should not do and eat what we know is detrimental to our overall good health. We take chances with indulgences, make excuses to justify our weakness and promise ourselves daily to do better.

Negative thoughts are powerful and capable of activating the kind of disease that will bring disease in the body. How do we

heal our body and cleanse our minds when we continue to be captivated by thoughts you had better not dwell on for too long.

Positive thinking is an ongoing effort. It takes determination and decision making. It is not easy to conjure good vibes when we are engulfed by frustration, our own and others. You cannot collect benefits from what you have not invested in.

You want happiness; you must make happiness happen. You want glad, you must find something to be glad about. There is enough sadness roaming the streets, knocking on doors looking for a dwelling place. Refuse to be open to the people or memories that bring up emotions that pluck your

heartstrings with unwanted melodies from days gone by. Do not answer their beckoning to take you there.

Let us give permission to our inner voice to bel- low words of confirmation that will protect our mind and spirit. Say it: "I am an overcomer, I am wonderfully, joyfully created. I can make happy be, where sadness was, that I may be what wholeness does." AMEN! Give happy thoughts a chance, you might surprise yourself.

Sing those songs like Oh, Happy Day and Sunshine of my Life and see what gladness you can bring to your heart and spirit. Find those words that lift you to greater heights and inspire you to be the light in someone

else's day. It doesn't take much to make someone else feel good about life and living and when you do, those good wishes and blessings will return to you. Let happiness be where sadness was and let joy take hold of you. Let us try to live in an attitude of gratitude as we grow in grace together.

[Hazel Rosetta Smith is a journalist, playwright, and director with Help Somebody Theatrical Ministries; retired former Women's Editor and Managing Editor of the New York Beacon News. Contact: misshazel@twc.com and online at www.hazel-rosettasmith.com]

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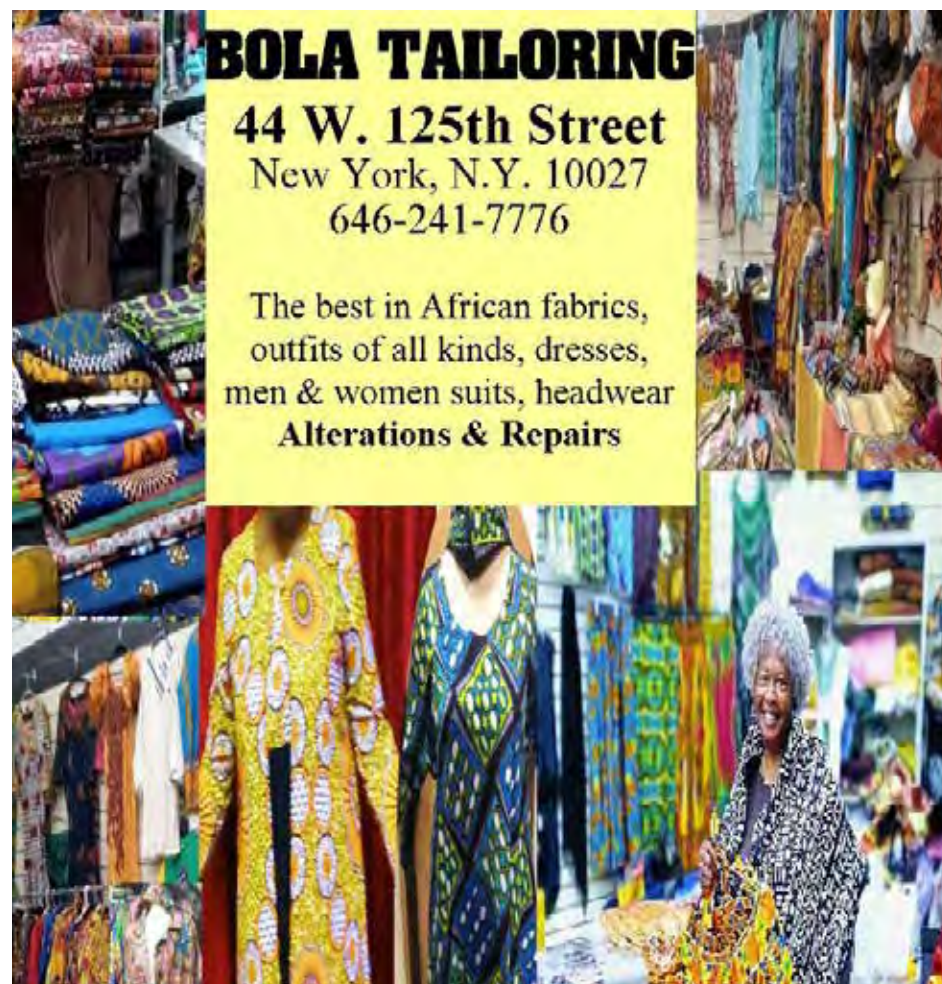
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BROOKLYN EVENTS

October 2–31, 1:00 PM–2:00 PM

Seasonal Highlights Tour

Nature & Education Guided walk through the Brooklyn Botanic Garden’s seasonal blooms. Being held at Brooklyn Botanic Garden, 990 Washington Ave, Brooklyn, NY 11225. Cost: Included with Garden admission

Oct 2, 10:30 AM–12:30 PM

Fall Discovery Days at Brooklyn Botanic Garden

Nature & Kids. Hands-on nature activities for families. Being held at Brooklyn Botanic Garden, located at, 990 Washington Ave, Brooklyn . Free event.

Oct 18, 6:00 PM–10:00 PM

Feet of Rhythm 30th Anniversary Fundraising Party

Cultural Celebration with Dance performances and fundraising for Caribbean arts education. Being held at Anba Tonel, 752 Nostrand Ave,

Oct 19, 12:00 PM–4:00 PM

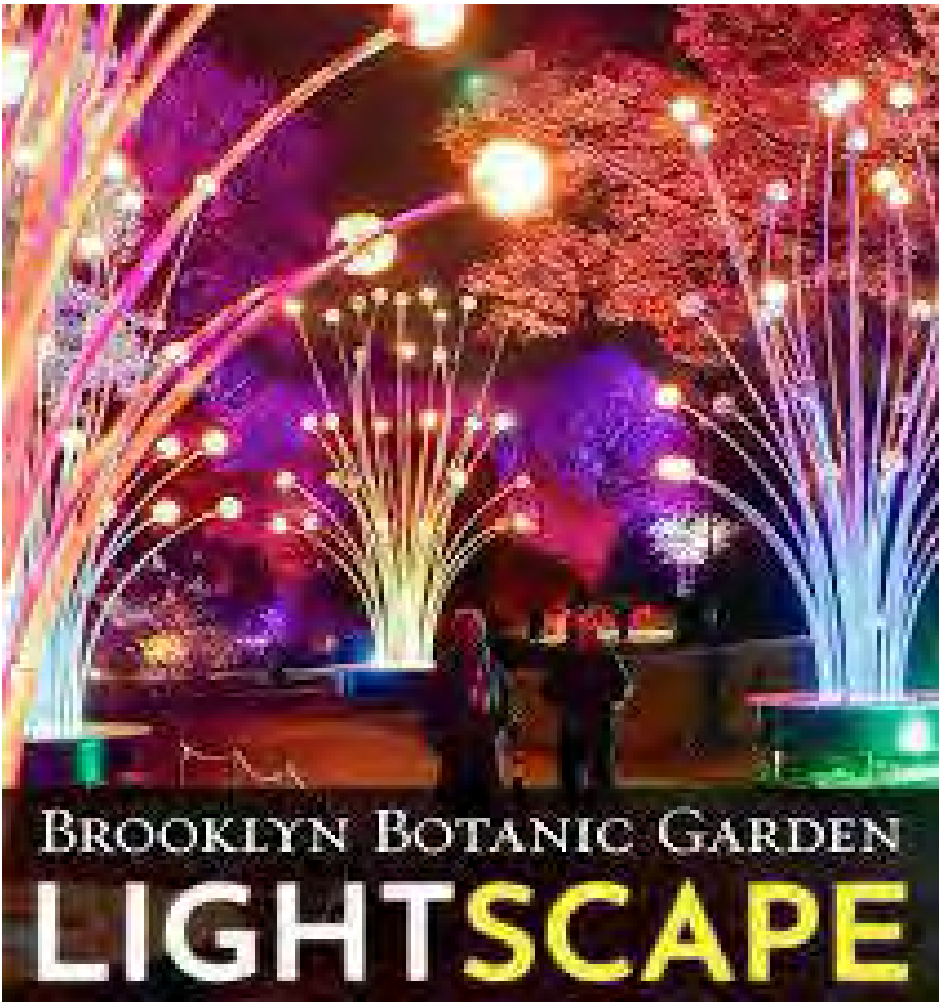
Pumpkin Fest @ City Point

Fall Festival to include Family-friendly pumpkin decorating, games, and seasonal treats. Being held at City Point,, 445 Albee Square W, Brooklyn, NY 11201.Free

Oct 25, 1:00 PM–5:00 PM

Bay Ridge Halloween Fest

Halloween & Family Fun Costume parade, trick-or-treating, and spooky crafts. Being held at 5th Avenue, Bay Ridge, Brooklyn, NY. Free



Brooklyn Botanical Lightscapes

HARLEM COMMUNITY NEWSPAPERS



Oct 19 Labubu Pumpkin Fest



Oct 18 Feet of Rhythm Haitian Dance Company



Brooklyn Botanical Garden Guided- Tour

HARLEM COMMUNITY NEWSPAPERS

Building record amounts of housing to make New York City more affordable

OP EDITORIAL



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 Brook-

lyn 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 holding 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.



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Vol. 32 No. 40

October 2, 2025



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Home Buying in Harlem Be Prepared to Buy Now



By Rev. Dr. Charles Butler

For the moment, home values in the Harlem community seemed to have leveled off. This is good news for low to moderate income first time buyers. However, their challenge remains trying to save enough money for the down payment and closing costs while their monthly living expenses continue to increase.

Saving any money in this tight economy has become a challenge for most people. The cost of goods and services has continued rising, making it very difficult for families to save anything. For many workers their salaries have not kept pace with inflation, so their take-home pay must be stretched farther than ever. These challenges are serious barriers to buying a home. You must develop a strong strategy to overcome this major obstacle.

Harlem Congregations for Community Improvement,

Inc. (HCCI) offers a solution that can help you meet this challenge through our Lending Circles program. This program is offered through the Mission Asset Fund and provides several excellent features to assist first time buyers: (1) the Lending Circle works like a 'susu' or 'zero' interest loan program. Each month participating members will contribute an agreed amount of money, either \$50, \$100, or \$200. The number of participants in the circle can range from 6-12 members. The order of monthly distribution payment will be determined by the group.

(2) The program will also improve your credit score because it will appear on your credit report as an installment loan. Although this is a savings program, since you will sign a promissory note, it is recorded as an installment loan. Your monthly payment activity is reported each month to all 3 credit reporting bureaus. So, while you are increasing your savings, essentially you will also be improving your credit score. The average credit score of lending circle members has increased by 30-40 points depending on the other credit activity.

(3) The monthly contribution and distribution payments

are automatically withdrawn and deposited into the members' checking account. When each member has received their monthly distribution through direct deposit, the circle is completed. You can then apply to join a new circle.

This is an effective method of increasing your savings and improving your credit as you prepare to purchase a home. For those having difficulty maintaining a savings plan this program can provide the discipline you need.

If you would like to become a member of our Lending Circles program or for more information you can visit the website www.lendingcircles.org. Then enter my zip code 10039. Complete the online registration and upload the following documents (1) valid picture ID; (2) a voided personal check or bank document to verify your routing and account number; and (3) 2 complete months (most recent) pay stubs or 3 months bank statements to verify income.

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

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HARLEM CALENDAR OF EVENTS

HARLEM EVENTS

Oct 7, 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

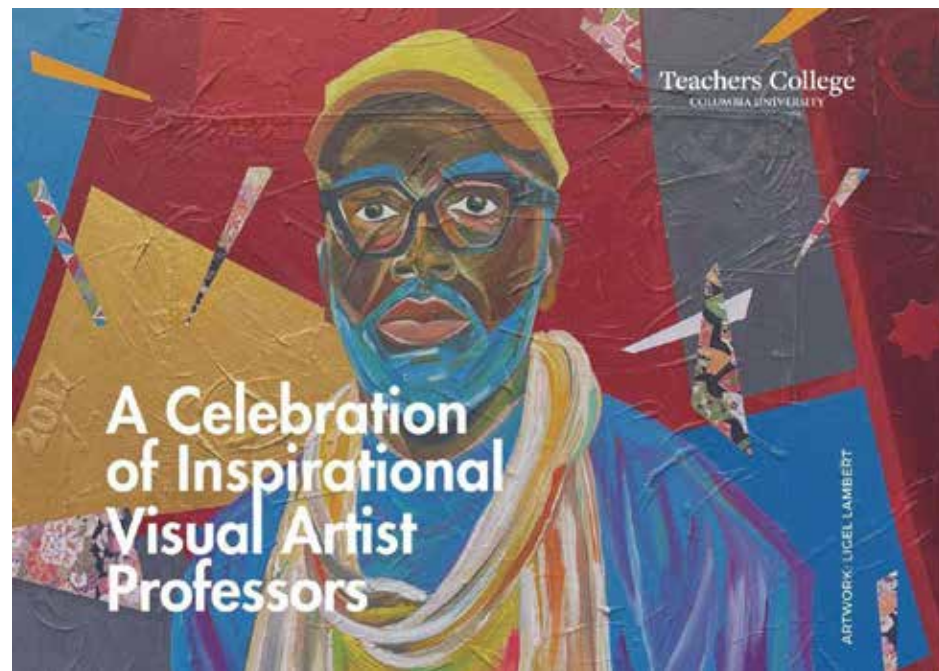
A Celebration of Inspirational Visual Artist Professors

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

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Jazz at Lincoln Center Honors the Immortal “Queen of Salsa” Celia Cruz

This show honors the centennial of the legendary Cuban “Queen of Salsa,” Celia Cruz (1925–2003), with an unforgettable performance that will have you dancing in your seat. Music director Carlos Henriquez, a member of the Jazz at Lincoln Center Orchestra who performed and recorded alongside Cruz as a young artist, leads the celebration. His personal connection to Cruz brings a personal and authentic touch to this exhilarating concert.

Henriquez is joined by a stellar ensemble of Latin music all-stars, hailing from both New York and Miami, including the powerhouse voices

of Aymée Nuviola, Alain Pérez, and Ariacne Trujillo Duran.

Nuviola, known as “La Sonera del Mundo,” is a Grammy Award-winning Cuban singer, pianist, and composer. Her powerful vocals and dynamic stage presence have made her a leading figure in Latin music. Nuviola’s portrayal of Celia Cruz in the Colombian telenovela Celia cements her connection to Cruz’s legacy.

Pérez is a Cuban musician celebrated for his versatility as a bassist, singer, arranger, and composer. His contributions to the Latin music scene are extensive, and his collaborations with various artists have earned him recognition and accolades

worldwide.

Grammy-nominated vocalist and pianist Trujillo Duran brings a vibrant and deeply rooted artistry to this centennial celebration. Her musical style blends traditional Cuban rhythms with elements of timba, classical harmonies, and jazz improvisation. Trujillo’s compositions have been featured in Terri Lyne Carrington’s New Standards as well as off-Broadway.

Together, they will bring the vibrant energy of Celia Cruz’s music to life, creating a night of irresistible rhythms and melodies in honor of her enduring legacy.



**Harlem
STAGE**

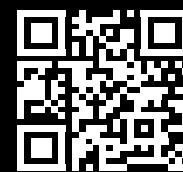
FREEDOM RIDERS

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**.

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FALL CONCERTS

Friday, September 26, 2025 at 7 PM

Season Opening Concert "Iconic Classics"

Broadway Presbyterian Church at 601 West 114th Street

\$20 General Admission | \$15 Students/Seniors

Thursday, October 16, 2025 at 6 PM

Celebrating Hispanic Heritage Month

The Hispanic Society Museum & Library at 3741 Broadway

Free and open to the public. RSVP required.

Thursday, October 23, 2025 at 7 PM

NYC Composers Concert

Harlem School of the Arts at 645 Saint Nicholas Avenue

Free and open to the public. RSVP required.

Friday, November 21, 2025 at 7 PM

Annual Bach Concert (The Harlem Bach Project)

Broadway Presbyterian Church at 601 West 114th Street

\$20 General Admission | \$15 Students/Seniors

Visit our website for more info and to get tickets.

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www.HarlemChamberPlayers.org



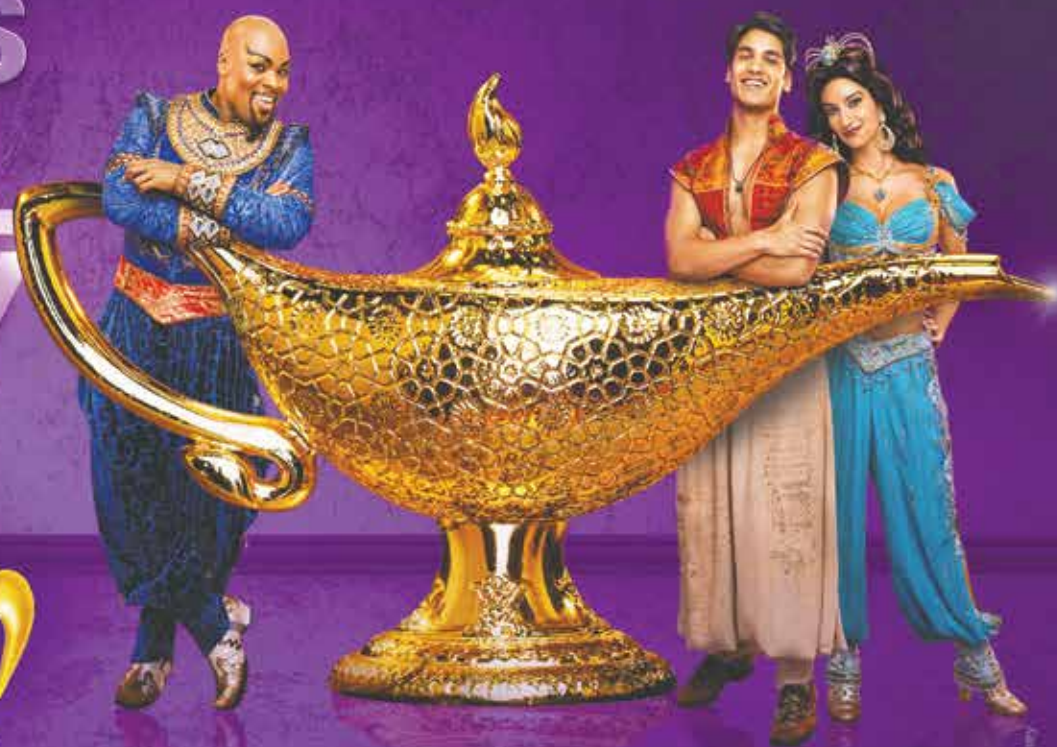


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Happy Anniversary Princess Jenkins - the Woman Who Has Been Styling & Empowering Women for over 27 Years

For more than 27 years, Princess Jenkins has been the heartbeat of The Brownstone—a place where fashion meets purpose, and style becomes a vehicle for empowerment. Today, we celebrate her legacy, her unwavering commitment, and the transformative impact she has had on generations of women.

From the moment she stepped into The Brownstone, she brought with her a vision that transcended clothing racks and seasonal trends. Her mission was clear: to make every woman who walked through those doors feel confident, beautiful, and seen. With an intuitive eye for style and a heart full of compassion, she curated more than just outfits, she curated experiences. Each ensemble she styled was a reflection of the woman wearing it, tailored not just to body type but to spirit, ambition, and individuality.

Her passion for fashion has always been rooted in something deeper. It's about

celebrating womanhood in all its forms - honoring the strength, resilience, and grace that women carry every day. Whether it was a young professional preparing for her first big interview, a mother rediscovering her sense of self, or a retiree embracing a new chapter, she met each woman with warmth, wisdom, and an unwavering belief in her worth.

The Brownstone has become more than a boutique, it's a sanctuary. Under her leadership, it has grown into a space where women gather not just to shop, but to connect, to heal, and to be uplifted. Her styling sessions often turn into heartfelt conversations, her fashion shows into celebrations of diversity and strength. She has cultivated a community where women cheer for one another, where beauty is defined by authenticity, and where empowerment is, Princess Jenkins is the visionary founder and owner of The Brownstone, a celebrated boutique in Harlem known

for empowering women through fashion. With a background in retail and a passion for community upliftment, Jenkins opened The Brownstone in 1998, creating a space that blends style with purpose. Her boutique quickly became a cultural hub, showcasing African-American designers and offering curated collections that reflect elegance, heritage, and empowerment. Jenkins is recognized not only for her keen eye for fashion but also for her commitment to economic development and entrepreneurship in Harlem. Over the years, she has mentored aspiring businesswomen, supported local artisans, and hosted numerous community events. Her work has earned her multiple accolades, including honors from the NAACP and the New York State Senate. Through The Brownstone, Princess Jenkins continues to inspire generations of women to embrace their power, beauty, and potential, both in business and in life, stitched into every

seam.

Princess influence extends far beyond the walls of The Brownstone. She has mentored aspiring stylists, collaborated with local artists, and supported countless initiatives aimed at uplifting women. Her work is a testament to the power of purpose-driven leadership, where business success is measured not just in sales, but in smiles, in stories, and in the confidence she helps women reclaim.

Today, we honor her. We honor the thousands of women she has styled, the lives she has touched, and the legacy she continues to build. Her journey is one of grace, excellence, and fierce dedication. She reminds us that fashion can be a force for good, that style can be a source of strength, and that one woman's vision can ignite a movement.

Happy Anniversary to the woman behind The Brownstone's magic. Here's to 27 years of empowering women—and to many more ahead.



For more information or to purchase items online go to <https://thebrownstone-woman.com>. The Brown-

stone is located at 24 E 125th St, New York, NY 10035, phone (212) 996-7980.



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New Arrival



The Gala Jacket

Cough Not Going Away” Learn These Facts About Bronchiectasis

(Statepoint)ved his
Getting the correct treatment for bronchiectasis, a chronic lung condition affecting 350,000 to 500,000 adults nationwide, is necessary to slow disease progression and help prevent further damage to the airways.

The American Lung Association, with support from Boehringer Ingelheim, is raising awareness about the need for early diagnosis and treatment of bronchiectasis. Here are the top things to know:

Bronchiectasis is chronic. Bronchiectasis is a lifelong, progressive lung condition where the walls of your airways (bronchi) are permanently damaged, becoming widened and thickened from inflammation and infection. Getting the correct treatment as early as possible can help improve health outcomes and

quality of life.

Diagnosis is often delayed. Two of bronchiectasis’s hallmark symptoms are daily cough and daily production of mucus. Because these symptoms, along with shortness of breath, fatigue and chest pain, can mirror that of other lung conditions, bronchiectasis may have a delayed diagnosis. Further complicating matters, people often have bronchiectasis along with other lung conditions. However, it requires a separate diagnosis and its own specialized treatment plan. Nellie R. has had asthma since childhood and started having repeated infections as an adult. “After being prescribed inhalers and other medications to treat infections, I realized that something wasn’t right. Having my bronchiectasis mistaken for other lung conditions made me realize that you have to advocate for yourself when

you know you aren’t getting better with your current treatment plan,” she says.

Disease management is critical. People with bronchiectasis often fall into a cycle where a respiratory infection triggers airway inflammation, which then causes further lung damage. To interrupt this cycle, follow your treatment plan: take medication as prescribed, utilize learned airway clearance techniques and take steps to reduce flare-up risk.

Jean R. was diagnosed with bronchiectasis after already living with and being treated for COPD. When it comes to managing both she says, “I manage my COPD, see my pulmonologist regularly and check in to make sure that my bronchiectasis is not progressing.”

You can decrease your risk of flare-ups. While you can’t control everything about your environment and health, there

are steps you can take to help prevent bronchiectasis flare-ups. These include:

- Avoiding exposure to toxic fumes
- Staying healthy by avoiding those sick with respiratory infections and keeping up to date with recommended vaccinations
- Staying hydrated to help thin your mucus
- Following your treatment plan
- Leading a healthy lifestyle

Nellie works closely with her pulmonologist to stay on top of her treatment plan, stating, “It’s important to find out from your specialist what your medications are and why they are important to take. I am able to stay active and do the things I enjoy because I follow my treatment plan.”

There are many causes. Although the cause of bronchiectasis is not known in about 40% of cases, it is of-



ten brought on by damage from another condition that affects the lungs. An airway blockage, like a growth or noncancerous tumor, can lead to bronchiectasis. Often linked to cystic fibrosis, many other conditions can trigger bronchiectasis, such as autoimmune disease, immunodeficiency disorders, COPD, inflammatory bowel diseases and recurring infections like pneumonia, tuberculosis, per-

tussis and fungal infections.

Bronchiectasis resources, including information about symptoms, diagnosis and treatment, can be found by visiting lung.org/bronchiectasis.

While there is no cure for bronchiectasis, working closely with your pulmonologist to address needs specific to this condition can help you breathe better.

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MSK Ralph Lauren Center
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Making Montessori Early Childhood Education More Accessible for Black Children

By Montessori Education Fund

Do you hope to ignite your young child's love of learning and lay the foundation for a fulfilling future? The Montessori approach offers a joyful, secure, and nurturing environment where young children can thrive. At the Early Childhood level (ages 2 ½ – 6), children are encouraged to explore, collaborate, and take ownership of their learning. The Montessori Method fosters independence, confidence, critical thinking, and social-emotional growth.

Over 110 years ago, Dr. Maria Montessori developed her revolutionary method in the slums of Italy, working with children who had been excluded from opportunity. Her vision was rooted in liberation and eq-

uity—not elitism.

Yet today, Montessori education in the U.S. is too often associated with whiteness, wealth, and exclusivity.

Only 6% of Montessori students in the U.S. are Black.

Fewer than 1 in 10 Montessori teachers identify as Black.

These disparities reflect systemic inequities and financial barriers that prevent Black children, families, and educators from accessing Montessori programs.

The Black Montessori Education Fund (BMEF) is committed to removing these barriers. We provide funding, community, professional development, and networks of support for Black educators, families,

band pioneers in Montessori. Dr. Montessori believed education was the pathway to peace—and that peace required justice. Montessori education cannot fulfill its mission without intentional diversity and inclusion. Representation matters—not only for equity, but for the quality and integrity of the Montessori experience itself.

BMEF envisions Montessori as a pathway to liberation for the Black diaspora in the U.S. and beyond. We are closing the opportunity gap by expanding access to high-quality, culturally responsive Montessori programs that affirm and uplift Black identity and experience. We are cultivating a pipeline of well-trained, well-supported Black Mon-



tessori educators, leaders, and advocates. Through this work, we nurture social, emotional, spiritual, and economic liberation—empowering individuals and strengthening communities through Montessori education.

Founded by Dr. Ayize Sabater I in the wake of the 2020 Washington, D.C. protests, the BMEF was born from the urgent call for equity and justice. Guided by Montessori's holistic philosophy, we uplift Black educators and honor the legacy of pioneers like

Mary McLeod Bethune, who understood education's transformative power.

Today, the BMEF carries that legacy forward—advancing freedom, dignity, and self-determination through Montessori education.

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



NYC's "Community Link" improves neighborhood
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URBANOLOGY: Grounding



By William A. Rogers

Autumn is here, but you still have time to go outside to exercise in the nice weather. Earthing or Grounding is a wonderful way to connect with mother earth to improve your health and overall quality of life.

Grounding is an easy to do health practice that can address many health issues. Walking barefoot on

the grass is all you need to do. Studies now show that when a person makes direct physical contact with the Earth's surface, electrons from the Earth can be transferred to the body.

The Earth gives off a negative electrical charge that can develop antioxidants, that is how walking barefoot on the earth neutralizes free radicals. While Fall is here the weather may not always be warm enough to walk barefooted on the ground. Indoor grounding mats are very big in Europe.

I purchased a Hooga indoor grounding mat on Amazon for about \$25.00 dollars. This is a great way to allow negative electron energy to help with sleep, pain relief and energy when you can't go barefooting in

the park.

Proponents of Grounding believe that this transfer of electrons can help neutralize free radicals which can reduce inflammation, which can balance the body's electrical state and promote an overall sense of wellbeing. Children love to run barefoot on the ground; science is now exploring how we all can benefit walking on the ground with no shoes on.

There are many devices now available to neutralize free radicals in the body. Most of the body's disease comes from free radicals which are molecules that can cause damage to cells, proteins, and DNA. Free radicals are produced as a byproduct of cellular metabolism and other processes

in the body.

When free radicals build up in excess a condition called Oxidative stress can develop which cause damage to cells and tissues contributing to the aging process and most diseases. Inflammation is another issue that free radicals can cause. Various diseases such as heart disease, arthritis, and neurodegenerative disorders such as Alzheimer's, Parkinson's and Huntington's diseases are also associated with inflammation.

Eating a diet rich in antioxidants, such as fruits, vegetables, and nuts and maintaining a healthy lifestyle can also help reduce the impact of free radicals on the body.

There is a saying that

the best things in life are free. When it comes to your health and well-being just take off your shoes and allow your body to connect with the Earth's natural charge, which is a rich source of negative electrons that can help improve your health at no cost.

Grounding is becoming a very popular way to address a lot of the health issues that you or someone you know are dealing with. Yes, walking barefoot on the ground can even help reduce stress and enhance immune functions. I suggest you try it. I also recommend trying a grounding mat at home.

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By Zakiyyah

HERBS ARE NATURE'S MEDICINE

HEALING the LIVER with MILK THISTLE

There are many herbs that grow by the wayside, in the parks and empty lots, and growing up between the concrete that people try to kill off as weeds. These are some of the most potent herbal medicines at your fingertips. You will find burdock, yellow dock, comfrey, marshmallow, Queen Ann's Lace, mullein, jimson weed, Echinacea, milk thistle in all these places.

Milk Thistle is most often used to treat liver problems, which run the gamut from cirrhosis, jaundice, hepatitis, and gallbladder disorders. Si-

lymarin is the active ingredient in milk thistle that makes it an effective herb that also helps our body fight against diabetes, as it is both anti-inflammatory and antioxidant. A poor diet (which can damage the liver), toxic environment (which over-taxes the liver) and other related stressors: job, home, and emotional factors, all of which contribute to the creation of free radicals in our body. Milk thistle helps protect our body tissue from damage by these free radicals, and inhibits infection and disease.

Because silymarin is not soluble in water (tea),

milk thistle it is more effective in capsule or tincture form to help enhance your liver's efforts to detox your internal environment.

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.

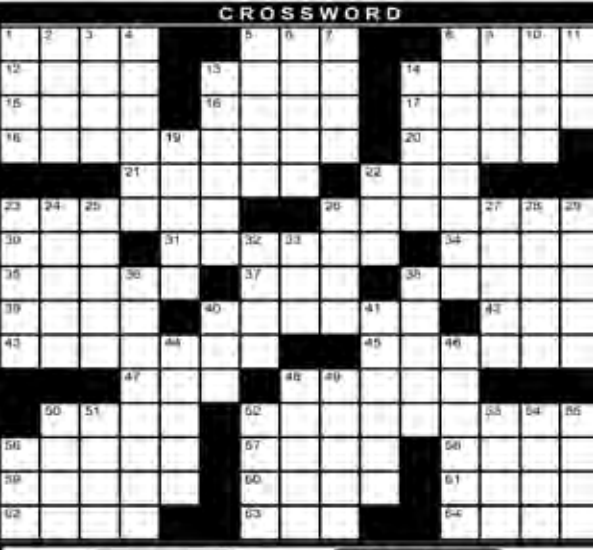
Answers to Crossword on page 17

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			
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C	L	O	D						E	S	T				O	M	I	T

GAMES

See answers on pages 16

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		4				2		
9	2		5		1	6		
		5		1	2			
							5	
8		1					2	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

HARLEM COMMUNITY NEWSPAPERS

STATEPOINT
CROSSWORD
THEME:
KIDS’ BOOKS

ACROSS

- 1. *The Big Bad Wolf: “I’ll ____ your house down”
- 5. Edgar Rice Burroughs’ Kerchak or Kala
- 8. Cosine’s buddy
- 12. Target of grand theft
- 13. Influencer’s journal
- 14. Food-grinding tooth
- 15. Bear’s hang-out
- 16. Like a maxi skirt
- 17. Get up
- 18. *Robert McCloskey’s “Make Way for ____”
- 20. March Madness org.
- 21. Expenditure, in the olden days
- 22. *”Four and twenty blackbirds baked in a ____”
- 23. Turn pale
- 26. Lachrymatory agent (2 words)

- 30. Swimmer’s distance
- 31. Rinse and ____
- 34. Consequently
- 35. Join forces
- 37. Bruin legend Bobby
- 38. Jury duty event
- 39. Per person
- 40. Hockey player, e.g.
- 42. Approximated landing time
- 43. What naughty children do
- 45. Fortification made of wagons
- 47. Preceding month
- 48. Unnecessary embellishment
- 50. Customs document
- 52. *He had a terrible, horrible, no good, very bad day
- 56. Popular pie nut
- 57. Not final
- 58. Just a little
- 59. Choice dish
- 60. ____-do-well
- 61. Sudden and brilliant success
- 62. Doofus
- 63. Is, in France

- 64. Fail to mention

DOWN

- 1. Like a certain eagle
- 2. Oahu shindig
- 3. Related to ear
- 4. Exert persuasive powers (2 words)
- 5. Jennifer Aniston’s movie “____ Came Polly”
- 6. *Canine father in Dodie Smith’s “The Hundred and One Dalmatians”
- 7. *Dr. Seuss: “I do not like green ____ and ham”
- 8. *Philosopher in American edition of “Harry Potter and the Philosopher’s Stone”
- 9. Hipbone
- 10. U.S. space agency, acr.
- 11. *”I heard him exclaim, ____ he drove out of sight, Merry Christmas...”
- 13. Not serious
- 14. Bipolar disorder phase

- 19. Filthy cabbage
- 22. Favorite student
- 23. Protected steel from rust with coating
- 24. Hawaiian veranda
- 25. Long stories
- 26. *The Queen of Hearts baked more than one of these
- 27. “In the Hall of the Mountain King” composer Edvard ____
- 28. Popular gemstone
- 29. Type of renewable energy
- 32. *Janette Sebring Lowrey’s “The ____ Little Puppy”
- 33. Pitcher’s stat
- 36. *”One ____ and One Nights”
- 38. ____ - ____ -la refrain
- 40. Group of exercise reps
- 41. a.k.a. philosopher’s stone
- 44. Flavorless
- 46. Aluminum+nickel+cobalt, magnetic alloy
- 48. What time does
- 49. Button on electrical

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Public Notice
Fact Sheet

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

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"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 jig-

saw 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."

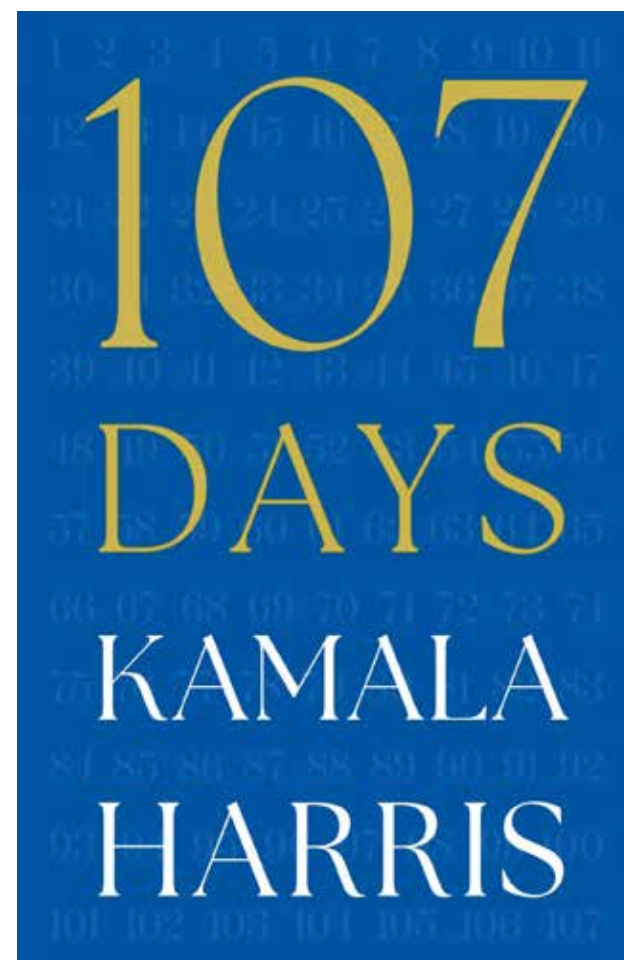
In light of that avowal, you may be surprised to know that there's not an overly-excessive amount of opposition-bashing

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



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

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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.

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