



HARLEM COMMUNITY
NEWSPAPERS, INC.

"GOOD NEWS YOU CAN USE"

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

HARLEM NEWS

"Good News You Can Use"

Vol. 31 No. 43

October 23, 2025 - October 29, 2025

Free



**A Decade of
Gratitude:
Reflecting on
Breast Cancer
Awareness Month**

see page 3



**STILL HERE: The
Art of Phoebe
Ploom at Heath
Gallery in Harlem**

see page 5



Harlem Marchers Join Millions in "No Kings" Protests across the Nation

see page 10



**EARLY VOTING
OCT 25-NOV 2
ELECTION DAY
NOV 4**

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	Events	12
Expressions	4	Culture	13
Community	5	Education	15
Op Editorial	6	Urbanology	16
Real Estate	7	Games	17
Calendar	8	Classified	18
Entertainment	9	Literary Corner	19
Film	11		

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: Allaince for Audited Media



PAT STEVENSON

In this week’s issue of the Harlem News, we honor October as Breast Cancer Awareness Month—a time to reflect, educate, and uplift. As a cancer survivor, I share my personal journey to remind others that early detection, support, and resilience can make all the difference. My story is one of hope, strength, and community, and I stand with all those still fighting. (see page 3)

This past weekend also marked a powerful moment in our nation’s history: over 7 million Americans participated in “No Kings Day,” a nationwide march for democracy. Harlem was proudly represented, with neighbors and activists joining together to affirm our commitment to freedom, justice, and the power of the people. (see page 10)

From personal healing to collective action, this week reminds us that courage—whether in the face of illness or injustice—can unite and inspire us all. Let’s keep walking, speaking out, and lifting each other up.

Go to our website and subscribe to our daily newsletter and/or contribute to our GoFundme..www.harlemcommunitynews.com.

Pat Stevenson
Celebrating
32 years Publishing

A Decade of Gratitude: Reflecting on Breast Cancer Awareness Month

by Pat Stevenson

October marks Breast Cancer Awareness Month, a time to honor survivors, remember those we've lost, and raise awareness about this life-altering disease. For me, this month carries profound significance. In 2015, I was diagnosed with triple negative breast cancer, one of the most aggressive and difficult-to-treat forms of breast cancer. It disproportionately affects African American and Jewish women and is known for its high likelihood of spreading and recurring.

My journey began with fear and uncertainty, but it was also marked

by resilience and grace. I underwent 16 rounds of chemotherapy, each one more grueling than the last. The treatments drained my energy, tested my spirit, and left lasting side effects that I still manage today. But through it all, I held onto hope, and today, I am in remission. I thank God every day for the gift of life and the strength to keep moving forward.

I could not have made it through without the unwavering support of my family, friends, and medical team. Their kindness, patience, and presence carried me through the darkest days. Whether it was driving me to appointments, sitting with

me during treatments, assisting me financially, forming prayer circles or simply checking in with a phone call, their acts of love made all the difference.

If you know someone currently undergoing cancer treatment, please know that your support can be life-changing. Cancer patients often face a mountain of appointments—doctor visits, lab tests, scans, and treatments. Offering to help coordinate or accompany them can ease a tremendous burden. Financial assistance is also deeply appreciated. Even with insurance, the costs of co-pays, medications, and rehabilitation ser-

vices can be overwhelming. A small gesture, covering a bill, sending a meal, or donating to their care fund, can go a long way.

Most importantly, be present. Chemotherapy, especially the stronger regimens, is exhausting. Patients may not have the energy to ask for help, so offer it freely and follow through. Ask what they need, and be ready to step in when they say yes. Your compassion and reliability will mean more than you know.

Every October, I reflect on how far I've come and how blessed I am to still be here. My scars tell a story of survival, and my heart is full



of gratitude. Breast Cancer Awareness Month is not just about pink ribbons, it's about real people, real battles, and real hope. Let's continue to raise awareness, support

research, and stand by those who are fighting. And to my fellow survivors: your strength inspires me. Keep shining.

Your health. Your right. Your city.

NYC Care is your low- or no-cost health care.

nycare.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
- Membership Card
- Doctor Visits
- Mental Health

PONDER THIS! Elegance and Poise Once Reigned Supreme



elia DeVore.

In 1948, Ophelia DeVore established the Ophelia DeVore School of Charm, where young Black girls learned etiquette, poise and posture, and self-presentation.

Under her tutelage, students were taught to believe that Black is Beautiful, with confidence and self-esteem.

Ophelia encouraged me to coordinate and choreograph Cotillions which were elaborate fundraising events held by Black organizations. By the 1960s, I was head over heels coordinating cotillions for astute organizations that included the NAACP, C.O.R.E., the Urban League, The Elks and masonic chapters of the Eastern Stars, churches, and fraternal clubs for fundraising of college scholarships.

When Bethel Baptist Church of Bridgeport, Connecticut requested a Cotillion, I presented a new concept of presenting boys in a coming out Beautillion, which was equally impressive and brought tears to the eyes of mothers who were stunned by the elegance and poise of their sons in formal attire. The Beautillions became a ten-year annual event in Bridgeport.

After more than twenty years of cotillion choreography, I embarked on a new concept with Rhapsody in Blue Pageants. Infused by the wearing of hues of blue by all participants and attendees at the elaborate balls, I continued to focus on etiquette and social grace for all ages.

As a cancer survivor, I was overjoyed to accept an invitation to coordinate a Rhapsody



Beautillion for Young Men



Spirit of Hope Cancer Survivors

I was seven years old when my father taught me how to waltz. He moved the living room coffee table aside and twirled me around the room. My father said I would be a Debutante, and it happened in my teens, when we waltzed around the grand ballroom of the Waldorf Astoria Hotel at a Cotillion sponsored by Oph-

dy in Blue Gala for Spirit of Hope, a support program for cancer survivors, headed by D.G. Wilson-Davis at Harlem's prestigious Alhambra Ballroom.

The cancer survivors of Spirit of Hope practiced diligently and waltzed with thanksgiving on the night of the presentation, in matching blue gowns designed for the occasion.

Once upon a time, poise and elegance were important facets. Modest attire and appropriate presentation of self-image were practiced by all ages. Proper speech and expression were expected along with social grace.

Charm is not corny and pleasant is not phony. Good manners are learned, and poise is practiced. First impressions are never forgotten. It is not too

late to become the person you are supposed to be. Broaden your horizons and step out on your good foot.

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

THE ABYSSINIAN BAPTIST CHURCH DIACONATE BOARD
CORDIALLY INVITES YOU TO OUR

Annual
**APPAREL & ACCESSORIES
OUTREACH INITIATIVE**
SATURDAY, OCTOBER 25, 2025 FROM 10AM - 3PM
at the Abyssinian Baptist Church
In case of rain, this event will take place in the Vestry of the church.

GIVEAWAY
GIVEAWAY
GIVEAWAY

Please bring your bags to receive new and gently worn donated items of your choice.

And do not forget to do good and to share with others, for with such sacrifices God is pleased **HEBREWS 13:16 (NIV)**

THE ABYSSINIAN BAPTIST CHURCH | 132 ODELL CLARK PLACE | NEW YORK, NY 10030
212.862.7474 T | 646.870.0856 F | abyssinian.org | Reverend Dr. Kevin R. Johnson

Still Here: The Art of Phoebe Ploom at Heath Gallery

Heath Gallery proudly presents *Still Here: The Art of Phoebe Ploom*, a stirring exhibition that opened October 10 and runs through November 1, 2025. Located at 24 W. 120th Street in Harlem, the gallery invites visitors to experience Ploom's deeply evocative "heritage paintings" - mixed-media works that explore African American history, memory, and resilience.

Phoebe Ploom, a registered nurse and painter, began her artistic journey in 2011, drawing from her experience as a psychiatric nurse to devel-

op a visual language rooted in reflection and healing. Her work reaches across generations, honoring the lives of the enslaved, those who endured the long legacy of systemic oppression, and the everyday rhythms of Black life. "My art is the custodian of who we are and who I am," Ploom states, underscoring the personal and communal significance of her practice.

The exhibition features bold colors, layered symbolism, and folk-inspired renderings that speak to the endurance of Black culture in the face of erasure. At a time when historical narratives

are being rewritten and cultural expression suppressed, *Still Here* stands as both a visual testament and an act of resistance. Ploom's paintings do more than depict—they bear witness. Each canvas is a portal into lived experience, a reclamation of stories that demand to be seen and remembered.

Still Here is part of Heath Gallery's ongoing commitment to showcasing voices that affirm Harlem's role as a global cultural influencer. By providing a platform for artists like Ploom, whose stories might otherwise go unheard, the gallery continues its mission

to uplift narratives that challenge, inspire, and transform.

Visitors to the exhibition will find themselves immersed in a space where history and hope converge. Ploom's art invites contemplation, conversation, and connection. It is a reminder that despite attempts to silence or erase, Black stories endure. They are still here.

For more information about the exhibition and upcoming events, visit Heath Gallery's website or stop by the gallery during open hours go to: www.heathgallery-newyork.com



Phoebe Ploom



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

Fundraising Opportunities

Two Gospel Musical Plays

"Tell-It, Sing-It, Shout-It"

&

"The Flip Side of The Coin"

Written by Hazel Rosetta Smith

Professional Casts & Musicians

Appropriate for All Ages

Contact

misshazel@twc.com

Website for Portfolio of Plays

HSTM

www.hazelrosettasmith.com

Inspirational Entertainment

HARLEM COMMUNITY NEWSPAPERS

Delivering for Our Students

OP EDITORIAL



By Mayor Eric Adams

I always feel that September, not January 1st, is when the new year really begins. That is when our great team of teachers, principals, and support staff across all five boroughs welcomes our children back after the summer, and for the next 180 school days, it's all hands on deck as we serve our nearly 1 million students. I know how much school matters and have personally experienced some of the challenges that our young people face.

I have dyslexia and struggled to read as a child. My mother worked three jobs just to make ends meet and make sure my siblings and I had a roof over our heads. And, yet, when I got the right help, I was able to change course and, today, I am mayor of the greatest city in the world. Our public school system made me who I am — it allowed me to fulfill

my talents and dreams, and I want every child who attends our public schools to have the same opportunity. That is why, from day one, our administration has been committed to a 360-degree approach to education.

Our approach takes into account the whole child and their life, both in and outside the classroom, from birth until after they graduate. That is why we instituted universal dyslexia screenings so that, for the first time in New York City public-school history, students can get the help they need early on. It's also why we expanded early childhood education, which has reached a record 150,000 children across our system — because we know that young families need a safe space for their children and that children learn better when they are given these opportunities from birth. It is why we expanded enrollment for our Summer Youth Employment Program and Summer Rising — to give students a place to learn and grow over the summer. And it is the reason our administration created universal after-school programming and expanded FutureReadyNYC, so that all children have the opportunity to engage in extra-curricular activities, get work experience, and prepare for work or college even after

the school bell rings at the end of the day.

Our commitment to nurturing the potential of every student is also why we revamped our math and reading curricula. NYC Solves is a teaching method based on extensive research and NYC Reads brings students back to the tried-and-true method of phonics. I don't want any child to struggle with basic skills the way I did.

These curricula changes have led to substantial increases in reading and math scores for students in grades 3-8. Our rates are higher than those of New York state in both math and English language arts and reflect the highest percentage of students meeting proficiency standards as set by the New York state Education Department since 2012.

But it's not just about grades. We are focused on the experience of each individual child who now has the confidence to raise their hand in class and no longer hates to go to school, as I once did. Maybe that is why we now have the lowest proportion of chronically absent students in four years.

Additionally, our administration has added 57 Gifted and Talented programs to the system to serve our accelerated learners and opened seven new schools for the

2025-2026 school year alone, including the HBCU Early College Prep High School — the first-of-its kind in New York City.

Moreover, we have helped over 15,000 students secure \$25 million in work-based learning through FutureReadyNYC, cemented new labor contracts for our teachers and school administrative staff, and invested \$180 million to implement a comprehensive class size reduction plan — so that each child receives individualized attention.

None of this has happened in a vacuum. It requires inspired teachers, dedicated support staff, and steady leadership, including that of Public Schools Chancellor Melissa Aviles-Ramos. Born and raised in the Bronx to a single mother, Chancellor Aviles-Ramos also knows what it's like to leap over hurdles. She is the first in her family to graduate from high school and the first in her family to attend college. Last month, Chancellor Aviles-Ramos hosted her first State of the Schools address, highlighting an expansion to NYCPs Cares, a suite of signature initiatives to address systemic inequities in schools, new systems of support for literacy development, a new four-part framework for artificial intelligence, and more.



HARLEM COMMUNITY
NEWSPAPERS, INC.

"GOOD NEWS YOU CAN USE"

Vol 31 No 43 October 23, 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. 15098111218

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

I guess by now you realize the homeownership battle is real. The housing market is very competitive. For most low to moderate income families, understand to compete in this market, you must come strong, or you will be pushed to the side. Community residents being effectively priced out of Harlem. This is not a new issue. Housing values in Harlem are extremely high. This is a citywide problem for first-time home buyers. There is no readily available solution.

The home buying process is difficult enough to complete under the best circumstances. However, if you make one misstep in the process it can have a disastrous impact on your success as a homeowner. Some unfortunate prospective first-time buyers have lost a great deal of money from making poor decisions at critical points during the process, which ul-

timately ruined their opportunity to successfully become a first-time homeowner.

In addition to the high interest rates and the competitive nature of the housing market, first-time buyers must still face the ugly fact that discrimination in the housing industry still exists. Although there are several fair housing laws in place to protect minority prospective home buyers' do not be fooled, discrimination still exists.

Recently a national lender was fined by the government for writing illegal predatory loans to minority home buyers in several cities across the country! How shameful! Redlining practices, although illegal, are still being practiced in many parts of the country.

But, my friends, do not be discouraged. Do not quit pursuing your dream. If you are to succeed at becoming a first-time homeowner, you owe it to yourself and your family to push through all housing and racial barriers. Do not allow nothing or anyone to stand in your way and deny you from achieving your dream of homeownership! This is your God given right!

There is a Harlem brownstone that is move in ready on the market! The asking price has dropped slightly and is now going below the market rate but is still for most first-time buyers a financial stretch that will force you to make some drastic adjustments to your monthly household budget. But remember, where there is a will, there is a way. Trust God to provide.

I recently spoke with the sellers, and they are anxious to move the property. This is a great home buying opportunity but like any deal it will not last long. The house is a bargain for anyone 'mortgage ready' and able to make the offer and move in right now. Do not hesitate. Plan on attending HCCI's home buyer education workshop. Have your home buying team in place and get busy. Do your research and contact the listing agent to make an offer. You will not regret it.

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!

AmeriGlide
ACCESSIBILITY SOLUTIONS

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

On10Solutions
www.on10solutionsny.com



Let's Be Social
Follow us

@nyon10solutions

347.788.5726

Nakeeta@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 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 Washer women'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



Halloween at St John the Divine



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



Planning for the Future to Protect Generational Wealth

(StatePoint)

In the coming years, baby boomers are poised to pass down an estimated \$17 trillion in home equity to their children, according to a recent Freddie Mac survey. But whether or not you're among the 75% of homeowners in this generation planning to leave your current home or the proceeds from a home sale to family members when they pass away, having a clear estate plan is critical to ensuring your wishes come to fruition.

Without one, your future heirs may face complex ownership issues, potential legal disputes and even the loss of family property.

To help your family plan for the future and protect generational wealth, Freddie Mac is sharing informa-

tion about some of the pitfalls that may occur in the absence of an estate plan, as well as steps you can take to protect the wealth you've built over your lifetime.

Tangled Titles

Heirs' property, also referred to as a tangled title, is created when a family member dies without a will or court document passing their property to a specific heir or heirs. When this happens, the property may be transferred by inheritance to multiple family members who each have equal rights to use and occupy the property. Unfortunately, this can lead to messy legal disputes among family members, limited access to resources, and loss of generational wealth due to forced sales or costly legal battles.

These disputes are com-

mon in this scenario because each heir has shared responsibilities regarding the property. For example, all heirs will be expected to contribute to property-related taxes and upkeep, which can become difficult to manage collectively. Additionally, major property decisions often require agreement among all heirs, which can make it difficult to maintain, improve or sell the property.

As generations pass, the property may be further divided among new heirs, complicating ownership even more. Lacking a clear legal title, heirs often struggle to qualify for resources like home equity loans or disaster relief funds, leaving properties vulnerable to foreclosure or forced sales.

Avoiding Heirs' Proper-

ty

Planning for the future helps prevent legal and financial complications like heirs' property. Here are steps to take to protect your family's property and wealth:

- Create a will or trust. Work with a trusted legal advisor to create an estate plan that can ensure your property is passed down as intended.

- Establish a power of attorney. Appoint someone you trust to manage your property and financial affairs in your absence.

- Develop a wealth management plan. This can help you and your family prepare for unexpected situations and emergencies.

- Get smart about estate plans and other wealth management topics. Fred-



die Mac CreditSmart Essentials, a customizable and free online course, has all the tools, resources and lessons you need to help achieve your financial

goals.

Taking proactive steps in estate planning is crucial for protecting your assets and ensuring they benefit future generations.

NEW

THE MILLION DOLLAR RAFFLE

YOUR BEST ODDS OF WINNING

\$1,000,000

DRAW DATE 10/26

PLEASE PLAY RESPONSIBLY | Must be 18+
Gambling problem? Scan code for help.
Call the HOPEline 1-877-8-HOPENY or text HOPENY.
PlayResponsiblyNY.com

© 2025 New York Lottery

Harlem Marchers Joined Millions As “No Kings” Marches Sweep the Nation

By Pat Stevenson

On October 18, 2025, the United States witnessed one of the largest coordinated protest movements in its history as the “No Kings” marches surged through more than 2,600 cities nationwide. With an estimated 7 million participants, the demonstrations marked a powerful rebuke of current WH administration and its perceived authoritarian tendencies.

In New York City alone, over 300,000 people took to the streets, transforming the city into a sea of yellow—the color chosen by organizers to symbolize democracy and nonviolent resistance. Harlem saw hundreds of demonstrators marching with signs reading “No Kings in America” and “Workers Over Billion-

aires,” echoing the movement’s core message: a rejection of autocracy and a demand for the preservation of democratic norms.

The New York City Central Labor Council hosted a feeder march that began in Duarte Square and moved north to join the main procession at 14th Street. Labor unions, community organizations, and grassroots activists united under banners calling for healthcare protections, workers’ rights, and an end to billionaire-driven policies.

Across the country, cities like Washington D.C., Chicago, Los Angeles, Seattle, and Denver saw tens of thousands gather in solidarity. In Seattle, organizers claimed the protest may have been the largest in the city’s history, with chants of “Democracy not Mon-

archy” echoing through downtown. Denver experienced peaceful demonstrations in dozens of locations.

The No Kings movement, which began earlier in the year with a June 14 day of action, has rapidly grown into a national force. Organizers describe it as a nonviolent mobilization to defend democratic institutions and resist what they see as the erosion of civil liberties under the current WH leadership. Protesters voiced concerns over government shutdowns, healthcare cuts, and the deployment of federal troops in Democratic-led cities, which they view as tactics of intimidation.

In Times Square, the heart of New York’s protest, drums, cowbells, and chants filled the air. “This is what democracy looks

like,” rang out as families, students, and workers marched side by side. Despite the massive turnout, police reported no arrests in New York, underscoring the peaceful nature of the demonstrations. Hundreds marched in Harlem.

The October 18 marches were not just a moment - they were a movement. With millions mobilized and thousands of local actions, No Kings Day has become a defining chapter in America’s ongoing struggle to uphold democratic values. As organizers look ahead, they vow to continue building momentum, ensuring that the voices of everyday Americans are heard loud and clear.

photos by
Seitu Oronde
“No Kings” - Harlem



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

What to Know About Cardiovascular Complications and Pregnancy

(StatePoint)

As you prepare for the arrival of your new baby, there's likely one item on the top of your wish list: optimal health for you and your newborn.

A new study in the American Heart Association's Circulation journal reports that cardiovascular-related complications during pregnancy may occur in as many as 1 in 7 pregnancies, even among people with no previous heart disease. This prevalence is on the rise due to increases in health risk factors for cardiovascular disease like obesity, high blood pressure, diabetes and high cholesterol.

Because risk factors sometimes go undetected, it's critical to engage with a health care provider about heart health before, during and after pregnancy, regardless of health status.

Being a Self-Advocate

Getting proper care during pregnancy may require some self-advocacy. At 33 weeks pregnant, Molly McGuire experienced swelling, severe headache, vomiting and pain on the right side of her body. Her doctors dismissed her symptoms as a normal part of pregnancy and possibly the flu. While attending a class on gestational diabetes, the instructor hooked McGuire up to a fetal heart rate monitor. She soon learned that her baby had died and she was suffering from severe preeclampsia that had morphed into HELLP syndrome, a life-threatening pregnancy complication involving destruction of red blood cells, elevated liver enzymes and low platelet count. Doctors



told her family she may not survive, and if she did, could be at risk of stroke or seizure that could lead to life-long disabilities.

Today, McGuire is part of the American Heart Association's Go Red for Women Class of Survivors, a group of national volunteers who share their stories to raise awareness of heart disease and stroke in women. She advises any woman who is pregnant, or planning a pregnancy, to practice self-advocacy throughout her term and beyond: "I knew something was wrong, but my concerns were not heard. You know your body best. Advocate for yourself and don't be afraid to get a second or even third opinion."

Supporting Healthy Policies

Beyond individual heart-healthy choices women can make during pregnancy to reduce their risk of cardiovascular-related complications, advocates say that changes need to be made at all levels of government.

April Wallace, the National Strategy and Partnerships Senior Manager for the National Collaborative for Infants & Toddlers (NCIT), knows firsthand how governmental policy decisions can support healthy moms and babies. After both her pregnancies, her blood pressure spiked to dangerously high levels.

"I was fortunate: I've worked for the American Heart Association for a decade, so I already knew the basics of blood pressure monitoring. Most new moms don't have that background and they deserve clear, consistent education and support," says Wallace.

According to Wallace, navigating common, yet dangerous health risks is easier with the full support of the health care system. This includes strengthening Medicaid coverage so that all parents can access the postpartum checkups, medications and monitoring that save lives; passing policies like Paid Family and Medical Leave, so that new parents have the time to heal and attend critical follow-up appointments without risking their jobs or income; and investing in programs that make home blood pressure monitors, community-based doulas, and culturally responsive care accessible to every family, not just those who can afford it.

To learn more, visit ncit.org.

No matter your age, background or health status, connecting with a clinician can help you understand your risks for cardiovascular-related complications during pregnancy, and what steps you can take to reduce them.



Peace of Mind Delivered By NYC



A record high 150,000 children enrolled in more affordable early childhood education programs



A seat offered to every child applying to 3-K on time (first time in NYC history)



Out-of-pocket costs for child care subsidies reduced from \$55 to \$5 per week

New York is dedicated to being the best place to raise a family. More students than ever before enrolled in early education programs, out-of-pocket costs for child care at their lowest due to new subsidies, and, for the very first time, a 3-K seat offered to every family who applied on time, 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



The Harlem Chamber Players

Bringing live classical music uptown since 2008

The 2025 - 2026 Season Begins on Friday, September 26th!

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.

Join our email list for concert announcements and other news.

www.HarlemChamberPlayers.org



Head Start Gave the Author an Early Inspiration to Share Her Story

By National Head Start Association

It did not come as a surprise to Atiya Henley's parents, alumni of Head Start, that she would become a published author before the age of 10. "Atiya has a BIG imagination," said her mother, Amy Deanes. "This isn't her first book, but it's the first one that we published. She wrote this book because of no experience of her own, but because of her passion to help others." Atiya is a former student of the Institute of Community Services (ICS Head Start) of Mississippi and the author of the "Mean Girls: A Bunch of Bullies," a powerful story about the impact of hurtful teasing, taunting, and aggressive behavior. Her former teacher, Mrs. Dorothy Gaston, is

proud of her learning process and progress. "During her year at Head Start, Atiya exemplified good social skills with her peers," said Mrs. Gaston. "Early learning is a must when it comes to helping students gain social skills early in life. It helps them to interact with others and not be a bully to get what you want."

In her book, Atiya imagines students being pushed around by others and not being treated with kindness. She drew on the social skills she developed with Mrs. Gaston to write about how to stop bullying. "When a child leaves home and gets on the bus ride to school, they should know that this is their second home and nothing bad will happen

to them. Bullies are everywhere, but even a bully can be stopped," said the young author. "I am also working on the second part to show how bullying doesn't just stop because the bully gets caught, especially when the bully becomes more crafty."

Bullying can have lasting impacts on everyone involved: the person being bullied, bystanders who witness the bullying, and the person who bullies others. In fact, bullying is considered an Adverse Childhood Experience (ACE). ACEs are potentially traumatic events that can have negative, lasting effects on a person's development, the way they interact with others, and how they per-

form in school. Research has shown that children reporting more ACEs may be more likely to exhibit bullying behavior. "We always ask our teachers and staff to listen attentively to what our children are saying. If we do not listen, we will miss the message," said ICS Head Start Executive Director Eloise McClinton. "We are proud to know that one of our own had a vision during this time in her life to pen such a powerful story and to share her experience of bullying with her teacher."

Parents, caregivers, teachers, and schools all play an important role in preventing and addressing bullying and its harmful effects. Wise beyond her

years, Atiya is an example of how students can also help prevent bullying and trauma at school and contribute to a positive school culture for both fellow students and staff. Preventing bullying and building a positive culture is Atiya's specialty. Not only is she helping kids to understand bullying, but she is also modeling how to treat others with kindness and respect.

Because of Head Start's programmatic focus on social-emotional health, Head Start children are more prepared to participate in kindergarten classrooms. "Alum like Atiya makes me so elated to be a Head Start teacher," said Mrs. Gaston. "I would not have it any



other way."

"We thank ICS Head Start for being a great part of her early childhood education," added her mother. "Strong and powerful teachers are everywhere, but most certainly in Head Start, where children get the best formal education and the ability to grow into their childhood. Mrs. Gaston to this day is still her favorite teacher."

Retire with confidence.

Stop wondering if your savings will last. Get a personalized retirement plan designed to help provide consistent income and ongoing guidance from a fiduciary advisor.

Whether you've saved \$50,000 or \$500,000, we'll help you build a strategy to make the most of it.



Plan

We'll create a retirement roadmap tailored to your lifestyle.



Invest

Investment strategies for your nest-egg, focused on growth and risk management.



Spend

Get a paycheck in retirement - no more guessing what you can afford



Personal Advisor

A fiduciary advisor to help you make informed financial decisions

Ready to stop worrying about money?

Call for a free, no-obligation consultation (833) 370-1348



Advisory services offered through Retirable, a Registered Investment Adviser. The free consultation is for informational purposes only and does not constitute investment advice. Investment outcomes are not guaranteed and may vary based on market conditions.



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

How to Get a Mortgage When You're Self-Employed

(StatePoint)

If you're self-employed or own a business, you may be wondering if it's possible to get a mortgage.

The short answer is yes, you can, but the process will look different. You'll need to provide documentation verifying your employment and lenders will be analyzing your financial situation and the financial situation of your business to see how likely you are to pay back your loans in a timely manner.

To help you put your best foot forward, Wells Fargo is offering guidance on navigating the home loan process.

What does it mean to be self-employed?

Typically, lenders consider an applicant self-employed if they meet any of the following:

- They own at least 25% of a business
- The ownership of a business is their major source of income
- They complete a 1099 tax form during tax filing instead of a W-2
- They're an entrepreneur or sole proprietor whose income is filed under Schedule C of their tax returns
- They're an independent contractor or service provider

If you fit into these categories, you'll also need to show lenders verified employment records or proof of self-employment during the past two years. Lenders are ideally looking for your business to have been active for at least 12 consecutive months. They review the overall health of the business, looking at both net

income and expenses.

What employment documentation is needed?

When lenders review your application, they're analyzing items like how stable your income is, if your business has strong finances, and what the future may look like for you and your business. Any of the following forms of documentation can help lenders show proof of your employment verification:

- Business licenses and/or DBA certificates
- Proof of correspondence with CPAs and/or clients
- Proof of business insurance
- Profit/loss statements or balance sheets reflecting your business's performance
- Lenders' requirements vary. Check with yours for

what will be required for your situation.

What tax return requirements are needed?

Personal tax returns under IRS Form 1040 include various schedules. Commonly used schedules are:

- Schedule B (Form 1040) – Interest and ordinary dividends
- Schedule C (Form 1040) – Profit or Loss from Business (Sole proprietorship)
- Schedule D (Form 1040) – Capital Gains and Losses
- Schedule E (Form 1040) – Supplemental Income and Loss
- Schedule F (Form 1040) – Profit or Loss from Farming

For business tax returns, a business may choose to report taxable income either on a calendar year or fiscal



year basis. Commonly used forms include:

- IRS Form 1065 – U.S. Return of Partnership Income

- IRS Form 1120S – U.S. Income Tax Return for an S Corporation



**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.



*"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

MOVE FREELY AND LIVE FULLY WITH ATTO SPORT

folding mobility scooter



Cruises



Flights



Public
Transport



Road Trip

WHAT MAKES ATTO SPORT SO UNIQUE?

- Easily folds into compact suitcase
- Heaviest piece is only 38.5 lbs
- Fits easily into any car trunk
- Shock-absorbing puncture-proof tyres
- Up to 25 miles range with the XL battery



EXCLUSIVE OFFER

Call now – get a free XL
battery (up to 25-mile range)
with your ATTO SPORT.

\$899 VALUE



FREE HOME DEMOS & TEST DRIVES

Available nationwide.
Showrooms or Demos: AZ,
CA, CO, CT, FL, IL, MD, NJ,
NV, NY, OR, TX, VA, WA, GA

CALL NOW: 1-855-974-5303

movinglife
unlimited freedom

MOBILITY
EXPERTS
AT YOUR
DOORSTEP



BYAMHOUSE ENTERTAINMENT
PRESENTS
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

Over the past few years, I've been fascinated by the development of the spiritual science movement, and the life-changing potential it is bringing to the ongoing evolution of the human race. Scientific research is now collaborating with timeless spiritual wisdom to assist in the demystification of our existence.

Dr. Turner is one of many scientific researchers who are developing evi-

The first book," *Life After Death*," gives a great deal of information and research on NDE's, and the second book," *Glimpses of Eternity: Sharing A Loved One's Passage from This Life to The Next*", focuses

We have been programmed to fear death. Books, movies, and perhaps even religion have developed a mindset that may very well change soon. This may not be easy for many to digest, but it is something to think about. If a TV is broken the TV signal is still alive. If humans are but a solid form of energy, then who is to say that after the body is gone the consciousness signal cannot continue to exist?

The workshop will take place at the Bedford Stuyvesant Restoration Plaza, 1368 Fulton Street, Brooklyn NY 11216. For more information contact the Noble Touch at 877-493-9433 or send an email to info@thenobletouch.org

Go to:

www.harlem-communitynews.com



The Versatile Liver Herb and Essential Oil - Part 1

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

Become a Healer. Learn holistic healing modalities that help the body restore balance and vitality. Join

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.

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

GAMES

See answers on pages 16



© 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.

STATEPOINT
THEME:
HALLOWEEN

ACROSS

1. Eye affliction
5. Nickname
8. Christmas tree variety
11. Not we
12. Use a whetstone
13. Lyric poem
15. New Haven University
16. Unrivalled
17. Buenos follower
18. *Number one pumpkin-growing state
20. Phishing attack
21. Dead to the world
22. Albanian money
23. *"One, two, ____'s coming for you"
26. Harasses
30. Bloodshot
31. System of news groups on Internet
34. Muscular strength
35. Not odds
37. Zedong of China
38. Do penitence

39. Form of wrestling
40. Certain Native American dwelling
42. Cleopatra's cause of death, supposedly
43. * ____ O'Rourke of "Poltergeist"
45. *Silver ammo, useful against werewolves, sing.
47. Rooster's girlfriend
48. Seattle's ____ Needle
50. Sportscaster Andrews
52. *One of two first ever fun size candy bars
55. Unbroken mustang
56. In ____ of
57. Lash mark
59. Missouri River tributary
60. Chooses
61. *Rice of "The Vampire Chronicles" fame
62. " ____ the fields we go"
63. Turkish title of respect

64. Oxen's harness

DOWN

1. Hog haven
2. Like certain ice tea
3. Holler
4. Pupil protector
5. Driver's license sticker
6. Dark
7. #63 Across, pl.
8. Forum, pl.
9. Previously mentioned, acr.
10. Hi- ____ monitor
12. Pooh's repast, pl.
13. Drawing support
14. *Bobby ____ of "Monster Mash" fame
19. River in India
22. Auction batch
23. Like classic T V's Prince
24. Variety show
25. a.k.a. dropsy
26. *What witch's familiar says
27. Sandbar
28. Sometimes it's perfect
29. Hid under a rug

32. Independent chieftain
33. Old horse
36. *What Michael Myers says
38. Without self-control
40. Skin cyst
41. Manual calculator
44. From this time on
46. Wiggle room
48. Kind of wading bird
49. Religious devotion
50. Gaelic
51. Big cat sound
52. No neatnik
53. City in Nevada
54. Did like the Titanic
55. *What ghost says
58. Bruce or Spike
59. *James Wan's directorial debut (2004)

DON'T
MISS
ANOTHER
ISSUE

SUBSCRIBE
TODAY!

GO TO
OUR
WEBSITE

WWW.HARLEMCOM-
MUNITYNEWS.COM



NOTARY PUBLIC

MON-FRI 12-6

310 Lenox Ave
3rd Floor
New York, NY 10027

(646) 224-6991
FirstClassNotary.net



See answers on pages 19

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 ANY-WHERE. 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®#9415; 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

"Fearless, Sleepless, Deathless: What Fungi Taught Me About Nourishment, Poison, Ecology, Hidden Histories, Zombies, and Black Survival"

by Maria Pinto

Review by Terri Schlichenmeyer, Harlem News contributor

Something weird is growing on your kitchen sink..

It wasn't there last night but today? Yeah, and it's not intentional. You need to get rid of it somehow, wipe it off, kill it, eliminate it altogether or, as in the new book "Fearless, Sleepless, Deathless" by Maria Pinto, maybe study it and eat it.

Junjo or duppy umbrella.

When Maria Pinto was studying a mushroom species she found in a Target parking lot, her mother scoffed. In Jamaica, she said, there were just two kinds of mushrooms, which sent Pinto off on a search. The word "junjo" sounded like something else, which led to another thought, which took her further down the mushroom hole.

As a "melancholic" kid, "weird, queer... a child destined to stay strange," Pinto'd always been fascinated with dirt and the things growing in it. For awhile, she liked to taste dirt, to know its saltiness. Eventually, she realized that, in eating soil, she was also eating a considerable amount of fungus.

Self-taught, her laboratory extended out her front door, surrounding her house, and out on nearby trails. She began spending time in wooded areas, face to the ground, photographing and getting to know the fungi that she found.

Fungi does not have a "season," although mushroom-hunting does, and Pinto enjoys the taste of what she finds, experimenting

with ways to make each fungus palatable. The smell of one kind of mushroom can vary from the next; sometimes, mushrooms smell like something you'd never want to eat, but in an oddly mouth-watering way.

Fungus, especially in mushroom form, are tainted by race, says Pinto. They were often used as a meat substitute when slaves were underfed - and when they were inedible or even poisonous, they were quite possibly instruments of revenge on overseers or slave masters.

All mushrooms, Pinto points out, are edible. Some just once.

Dirt. You scrub it off your shoes, tumble it from your clothes, wipe it off your hands and watch it swirl down the drain. And after you've read "Fearless, Sleepless, Deathless," you'll want to look at what's in it a little closer.

A mycophile is a person who's interested in mushrooms and fungi, and author Maria Pinto may create a few more of them with her guileless obsession with all things mushroom. She's unabashed in sharing her biography in this book, which fits with the lessons learned, and she adds history where appropriate but the body of this book teaches readers to want to open their eyes wide to the tiniest things that surround us. Pinto encourages readers to get low, to get dirty, to smell and touch and know nature's hidden things that many of us might normally rear away from. That's a practice that's easy, cheap, and fun.

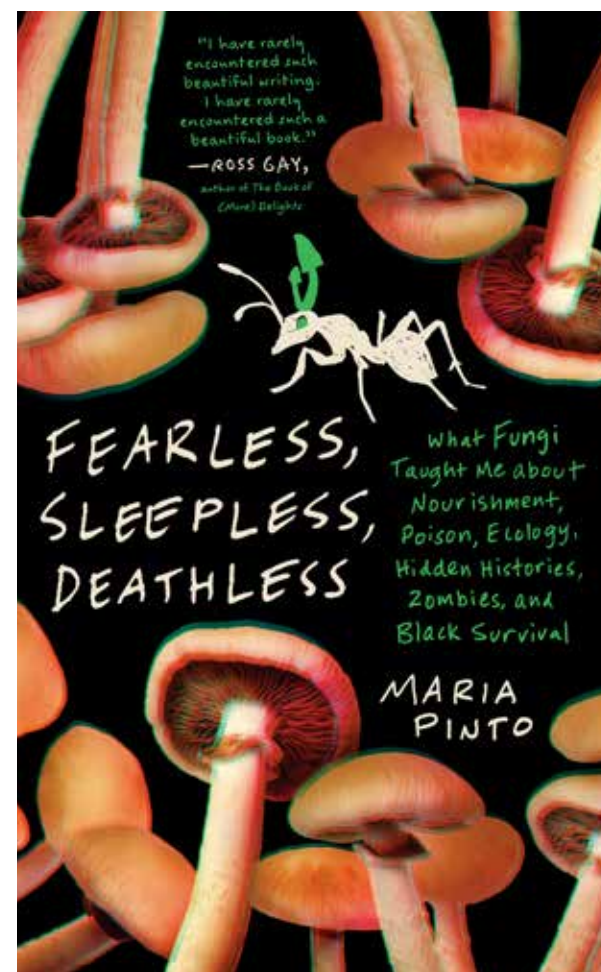
If you love to eat mushrooms, you enjoy a light-

hearted science book, you need a new hobby, or you've noticed fungi and wondered about it, this book gives you permission to find out. Truly, "Fearless, Sleepless, Deathless" is a book to sink your teeth into.

"Fearless, Sleepless, Deathless: What Fungi Taught Me about Nourishment, Poison, Ecology, Hidden Histories, Zombies, and Black Survival"

by Maria Pinto

c.2025,
The University of North Carolina Press
\$23.00
240 pagesc.



SUDOKU ANSWERS

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

Seriously Absorbent Underwear

Because®

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 HOLIDAY LIGHTS 2025

CULTURE~COMMUNITY~CONNECTIONS

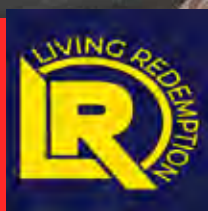


NOVEMBER 18, 2025 AT 6PM

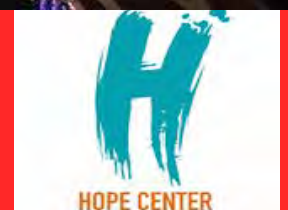
RAIN DATE: TUESDAY, NOVEMBER 25, 2025

HARLEMLIGHTITUP.ORG

PARTNERS



THE CITY OF NEW YORK
COMMUNITY BOARD 9
MANHATTAN



NYC Manhattan **10**
Community Board