



HARLEM COMMUNITY  
NEWSPAPERS, INC.

"GOOD NEWS YOU CAN USE"

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

# COMMUNITY QUEENS 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**

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

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

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### OUR MISSION STATEMENT

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

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PAT STEVENSON

In this week’s issue 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](http://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.

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# 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

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]*

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-

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**Oct 23, 10:00am-2:00pm**  
**College Fair at NY Hall of Science**  
 Meet representatives from colleges across the country.  
 Being held at New York Hall of Science, 47-01 111th St, Queens

**Oct 25, 2-5 PM**  
**Trunk-or-Treat at Culture Lab LIC**  
 Safe trick-or-treating event with decorated car trunks and costumes.  
 Being held at Culture Lab LIC, Long Island City, Queens. Free

**Oct 30, 6:00pm**  
**“Halloween on 23rd St: Classic Cartoon Characters \ Unite!”**  
 A festive evening where attendees dress as classic cartoon characters. Expect music, games, and themed treats. Being held at 23rd Street, Queens

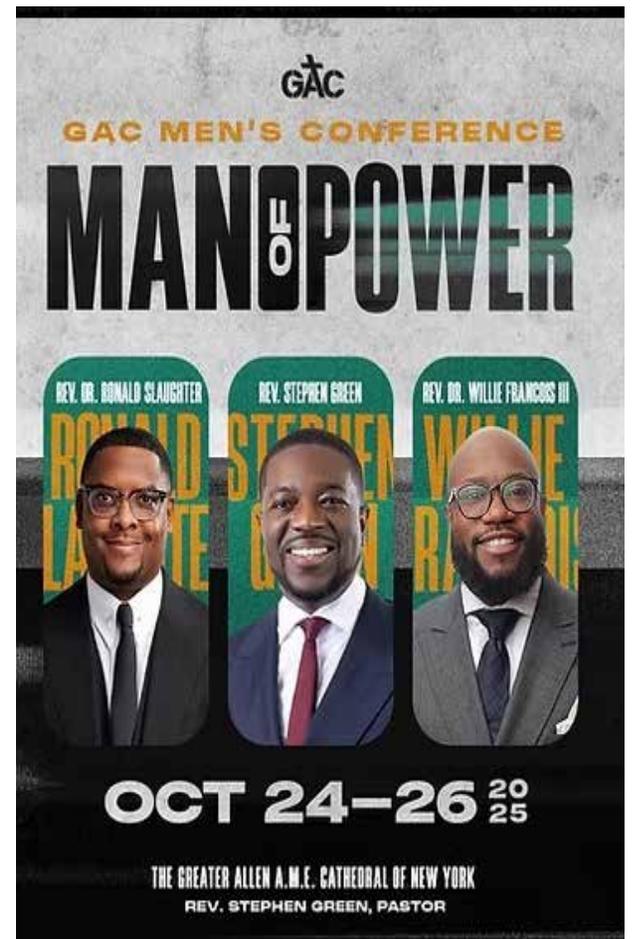
**Dec 7, 11:00am-5:00pm**  
**Queens Holiday Market**  
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**Dec 14, 2:00-4:00pm**  
**Hanukkah Celebration**  
**at Forest Hills Jewish Center**  
 Family-friendly Hanukkah festivities including crafts, storytelling, and traditional treats. Being held at 106-06 Queens Blvd, Forest Hills, NY 11375  
 Cost: Free

**Dec 20, 7:00-9:00pm**  
**Winter Concert at Flushing Town Hall**  
 Enjoy a seasonal concert featuring jazz and classical ensembles. Being held at 37-35 Northern Blvd, Flushing, NY 11354  
 Cost: \$10 general admission



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# Delivering for Our Students



By Mayor Eric Adams

I always feel that September, not January 1<sup>st</sup>, 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.



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# 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](mailto:cbutler@hcci.org).

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# 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](http://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

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

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# 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



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## 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](http://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.



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# 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."

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# 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



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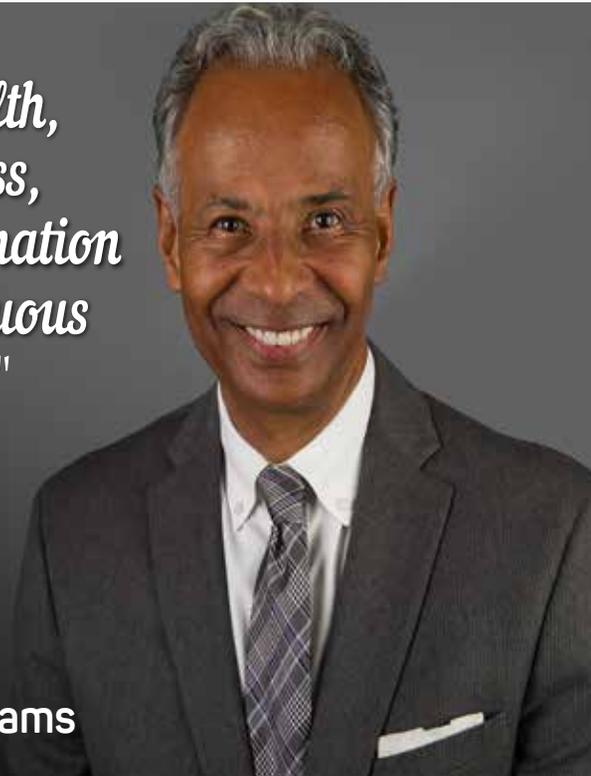
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# URBANOLOGY: Life After Death



By William A. Rogers

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.

It's now an accepted fact that all things are made of energy, and energy never dies - it just changes form. There is now a great deal of scientific research that is focused on the age-old question of: Is there life after death?

A few years ago, I interviewed Dr. John L. Turner on my Urbanology radio program on WHCR 90.3 FM ([www.whcr.org](http://www.whcr.org)). Dr. Turner is a neurosurgeon, living in Hawaii, Dr. Turner is the author of a bestselling book titled "Medicine, Miracles, and Manifestations: A Doctor's Journey Through the Worlds of Divine Intervention, Near-Death Experiences, and Universal Energy".

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

dence that consciousness persists after the death of the physical body. A great deal of this research was the subject of a 2011 television series called Proof.

After my interview with Dr. Turner I did a little research on my own and was surprised at how much research has been done on the subject of consciousness functioning independently of the body. Dr. Raymond Moody has two books that are case studies on near-death-experiences (NDE's) and shared death experiences (SDE's).

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

on interviews with families who experienced the mysterious phenomenon of shared death experiences. Shared Death Experiences occur when more than one person sees things such as beautiful lights or hear music upon the death of a loved one.

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?

On Thursday October 30<sup>th</sup> my good friend Jeff Noble, CEO and Founder of the Noble Touch will sponsor a workshop titled "The Energetics of Death and Dying," with Dr. Glenn J. Mendoza MD and Dawn Myes.

The workshop will explore the energetic changes during the dying process and the practical tools to bring peace to those in transition along with a deeper understanding of life, death and the continuity of spirit.

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](mailto:info@thenobletouch.org)

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By Zakiyyah

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Another use of Mugwort is to roll its leaves into a huge cigar like stick that's about 10" long - called a Moxa stick. The end is lit like a cigar and waved in a circular motion over the area being treated - called Moxibustion, which is a very powerful TCM natural remedy. Moxibustion can purge meridians and regulate qi and blood issues. It moves stuck energy and congealed blood (diminishing bruises), relieves pain, and even heals broken bones.

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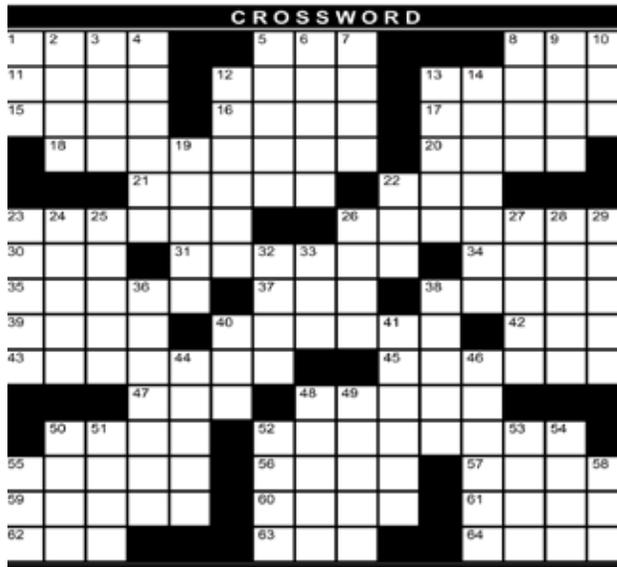
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### Answers to Crossword on page 17

S	T	Y	E		D	U	B			F	I	R											
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# GAMES

See answers on pages 16



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

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

See answers on pages 19

# HARLEM COMMUNITY NEWSPAPERS

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**ACROSS**

- Eye affliction
- Nickname
- Christmas tree variety
- Not we
- Use a whetstone
- Lyric poem
- New Haven University
- Unrivaled
- Buenos follower
- \*Number one pumpkin-growing state
- Phishing attack
- Albanian money
- \*"One, two, \_\_\_'s coming for you"
- Harasses
- Bloodshot
- System of news groups on Internet
- Muscular strength
- Not odds
- Zedong of China
- Do penitence

- Form of wrestling
- Certain Native American dwelling
- Cleopatra's cause of death, supposedly
- \* \_\_\_ O'Rourke of "Poltergeist"
- \*Silver ammo, useful against werewolves, sing.
- Rooster's girlfriend
- Seattle's \_\_\_ Needle
- Sportscaster Andrews
- \*One of two first ever fun size candy bars
- Unbroken mustang
- In \_\_\_ of
- Lash mark
- Missouri River tributary
- Chooses
- \*Rice of "The Vampire Chronicles" fame
- " \_\_\_ the fields we go"
- Turkish title of respect

64. Oxen's harness
- DOWN**
- Hog haven
  - Like certain ice tea
  - Holler
  - Pupil protector
  - Driver's license sticker
  - Dark
  - #63 Across, pl.
  - Forum, pl.
  - Previously mentioned, acr.
  - Hi-\_\_\_ monitor
  - Pooh's repast, pl.
  - Drawing support
  - \*Bobby \_\_\_ of "Monster Mash" fame
  - River in India
  - Auction batch
  - Like classic T V's Prince
  - Variety show
  - a.k.a. dropsy
  - \*What witch's familiar says
  - Sandbar
  - Sometimes it's perfect
  - Hid under a rug

- Independent chieftain
- Old horse
- \*What Michael Myers says
- Without self-control
- Skin cyst
- Manual calculator
- From this time on
- Wiggle room
- Kind of wading bird
- Religious devotion
- Gaelic
- Big cat sound
- No neatnik
- City in Nevada
- Did like the Titanic
- \*What ghost says
- Bruce or Spike
- \*James Wan's directorial debut (2004)

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# "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.

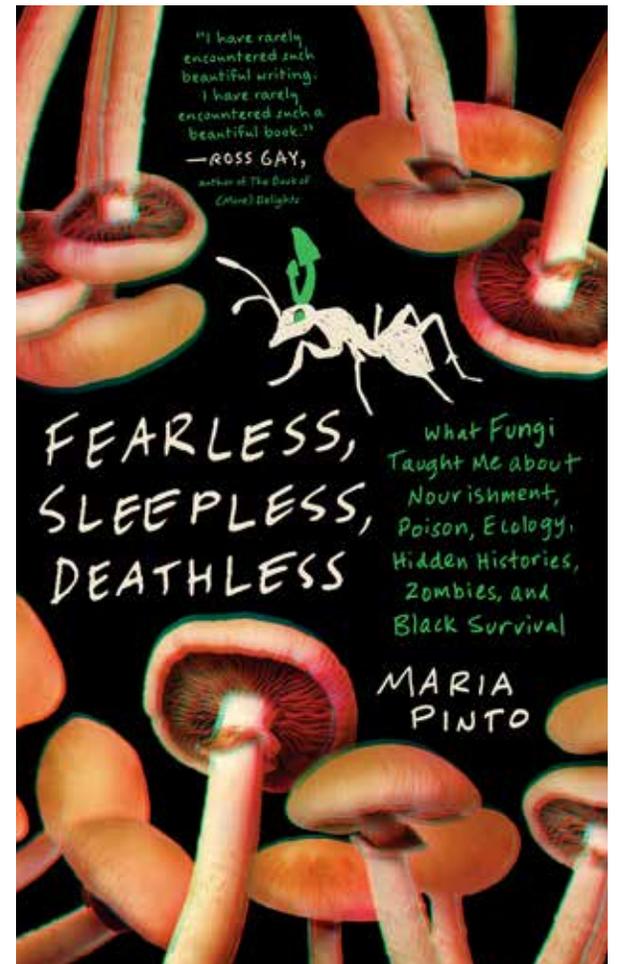
If you love to eat mushrooms, you enjoy a light-

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

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