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"GOOD NEWS YOU CAN USE"

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

COMMUNITY
BROOKLYN NEWS
"Good News You Can Use"

Vol. 31 No. 44 October 30, 2025 - November 5, 2025 Free

GHCC Convenes Top Health Experts to Tackle Disparities at 2025 National Urban Health Conference

see page 12

NY Atty Gen Leticia James is Arraigned in Virginia as Black Women Stand in Support of Her

see page 11

Marathon Week in Harlem 2025

Oct 26-Nov 2

see page 9

The Africa-America Institute Celebrates 41st Annual Awards Gala

see page 10

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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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IN THIS ISSUE:

Business	3	Politics	11
Expressions	4	Health	12
Community	5	Education	14
Op Editorial	6	Business	15
Real Estate	7	Urbanology	16
Calendar	8	Games	17
Events	9	Classified	18
Society	10	Literary Corner	19

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

The Africa-America Institute recently hosted its Annual Gala, a distinguished event celebrating achievement and diaspora connections, with coverage by renowned journalist Audrey J. Bernard.

(see page 10)

This month also marked the Annual Health Conference organized by the Greater Harlem Chamber of Commerce, spotlighting vital community wellness initiatives and resources.

(see page 12)

Looking ahead, Harlem will be energized this weekend as the Marathon winds through its streets, bringing days of celebration, unity, and athletic spirit.

(see page 9)

Early Voting is now underway across New York City. Residents are encouraged to make their voices heard and participate in shaping the future. Election Day is Tuesday, November 4th, don't miss your chance to vote!

Whether you're inspired by cultural milestones, community health, or civic engagement, Harlem continues to be a vibrant hub of progress and pride. Let's keep the momentum going, celebrate, participate, and vote!

Pat Stevenson
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From yoga classes to skating lessons, the Davis Center at the Harlem Meer is bringing new energy to a historic corner of Central Park. With a $3 million contribution from JPMorganChase funding year-round programming, it's helping expand access and build connection. Because when every neighborhood thrives, New York becomes truly *unstoppable*.

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PONDER THIS! Things to Learn from Noah's Story

By Hazel Rosetta Smith

The story of Noah and the Ark is known to Christians as biblical text, perhaps to others as folklore, a good yarn to tell. From the story we read that Noah was both shocked and leery of God speaking to him about an upcoming 40-days of rain that would engulf the entire world as he knew it.

To make Noah's concern even greater, no where do we read that he was a carpenter and, in any way, capable of taking on such a nautical endeavor.

Yet, in absolute obedience to God, Noah took on the command wholeheartedly and even engaged his sons to participate, much to their chagrin. Surely, Noah must have been a recipient of humiliation and insult.

His commitment and daily diligence would have made him the joke of the community as they watched him build the huge boat on dry land. Through it all, Noah did as he was told and lo and behold, the ark was built to specific dimension, filled with family and paired species as directed and the rain did come.

Those who are familiar with the story know how it ends and inquiries have flourished for centuries long about where the ark landed and is it still somewhere to be found. Finding the ark to prove its validity may not be as important as giving thought to what we can learn from the story that is helpful to us in these present days.

(One) You can't afford to miss the boat, (Two) Like it or not, we are all in the same boat, (Three) Accept the unexpected, (Four) Be ready, God may have a job for you, (Five) Don't listen to critics, what do they know, (Six) For safety's sake, travel in pairs. (Seven) Stay focused and steady, (Eight) Stay in your lane, (Nine) Don't stress, you might have to float a while, and (Ten) No matter how great the storm, there's a rainbow waiting at its end.

The overabundance of negativity, misinformation and ego tripping that is so profound in many aspects of our daily existence is a heavy burden to bear when you want to believe there is a right purpose and a plan for good somewhere to be found. The ark was built by amateurs, but they did not give up. An old story speaks great truth today. We may be going along, hanging tough in the rough, but as you are going, hopefully you are growing and that is good. Shut-in should never be an excuse to shut down.

If there is nothing you get from reading about Noah other than you remember what it felt like being the brunt of jokes from family and friends about your personal aspirations, it could be HOLD ON, a change is coming.

[Hazel Rosetta Smith is a journalist, playwright, Executive Artistic Director for Help Somebody Theatrical Ministries; retired former Managing Editor and Woman's Editor of the New York Beacon. Contacts: misshazel@twc.com and www.hazelrosettasmith.com]

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Moving Closer to Affordable Child Care for NYC Families

By Mayor Eric Adams

Our city's child care costs rank among the highest in the nation, so every New Yorker knows a family member, a friend, or a colleague who has struggled to afford child care. From the earliest days of our administration, we have made affordable child care a priority and have said again and again that working-class New York City families should not have to choose between child care and putting food on the table.

Now, we are making our city more family friendly by launching New York City's first-ever Municipal Child Care Pilot Program. The program will provide affordable child care for employees of the Department of Citywide Administrative Services — right where they work. We are achieving this by turning underutilized city-owned space into on-site, free child care centers for our workers. So even as they are doing their own jobs, city employees will know that their children are nearby, well looked after, and safe. The program will begin in September 2026, and — along with another $10-million investment we made in a groundbreaking pilot program to provide free child care for children from low-income families aged two and under — more quickly puts our city on the path to universal child care.

City employees are the engine that keeps our city moving: cleaning our streets, teaching our children, and keeping us safe. With this program, we are giving back to some of these New Yorkers who do so much for us. This $10-million investment also means city employees can have work-family balance, making a crucial difference — especially for working mothers.

We know that when mothers leave the workforce to care for a child, they forgo $145,000 in earnings throughout their lifetime on average. If parents are forced to leave the workforce, families struggle, and our economy is weakened. I saw the struggle first-hand: my mother couldn't afford child care even though she worked three jobs just to put food on the table for her six kids and keep a roof over our heads. So, my sister had to help raise me and my siblings because the city was not there to help us when we needed it.

I am proud to say that our Municipal Child Care Pilot Program builds on the work we have already done to help put more money back into the pockets of municipal employees and make child care more affordable for all New Yorkers.

This work includes wiping out $360 million in student loan debt for 100,000 of our hard-working public servants, and investing $70 million in our "Best Budget Ever" towards supporting pre-K special education students who require occupational therapy, speech therapy, and other related services.

We have also worked to make child care funding permanent in our city budget by adding $170 million more into early childhood education. This allows critical programs like pre-K special education and the expansion of our citywide 3-K program to be supported into the future.

Additionally, we have driven down the cost of subsidized child care by over 90 percent since we came into office. Thanks to our efforts, a family earning $55,000 a year went from spending $55 a week on child care in 2022 to just $4.80 a week today.

In New York, we know it takes a city to raise a child, and with these investments we are not only making our city more affordable but making it the best place to find opportunity, raise a family, and live the American Dream.

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Vol 31 No 44 October 30, 2025

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Home Buying in Harlem Be Prepared to Buy Now

By Rev. Dr. Charles Butler

I received an alarming call from a perspective home buyer this week. She was working with a program that provided her with a loan officer, a real estate broker, a real estate attorney and a home inspector. All these professionals were employed by one company. This is called a 'One Stop Home Buying Center.' I thought these organizations no longer existed, but I was wrong. They still exist and will try to steal your money!

It is never a good idea for your home buying team to come from one source. You must select the members of your team. You must remain in control of your home purchase. You must do research, interview, and select the members of your team. In this instance, her team used her lack of knowledge to work against her. She signed a contract without proper legal counsel and lost most of her down payment. She called me seeking assistance to recoup her money. I told her she could report them, but since she had signed the contract there was little that could be done.

This is the importance of attending the home buyer education workshop seminar series offered at HCCI. Even if you are not eligible for the grant, the program could help you from making a costly mistake and losing your money. You should attend an approved housing counseling workshop at the beginning of the process.

The home buying workshop will give you insights on how to navigate through the dangerous waters of negotiating a purchase price, determining the right type of property for your specific needs and selecting a team of professionals. You will learn industry terminology, mortgage products and available grant programs. You will acquire the confidence needed to successfully become a homeowner.

Here are some things you need to know: (1) Do not make an offer on a home until you have a pre-approval letter from an authorized lender. Know how much you can afford to spend on a monthly mortgage payment. Understand the various types of mortgage products and determine which one is suitable for you. If you make an offer before getting a pre-approval your deposit will be in jeopardy.

(2) Sign nothing until your attorney has reviewed the sales contract. Sit down with your attorney and go over the contract with him/her until you completely understand all its legal ramifications. Once you and the seller have signed the contract, it is a legally binding document. It can be very difficult to get out of the agreement.

(3) Get referrals from your housing counselor or people you trust who have just recently completed the home buying process. Do not under any circumstances do what is called "a one stop shop" where the entire team is pre-selected.

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.

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HARLEM EVENTS

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 8, 2pm-10pm
Tribute to Stevie Wonder at Symphony Space
Symphony Space's beloved annual marathon returns with a joyful, all-day tribute to the iconic Stevie Wonder. This "gift to the city of New York" brings together music, dance, conversation, and more—all inspired by Wonder's extraordinary legacy. Symphony Space is located at 2537 Broadway & 95th Street. From chart-topping hits to hidden gems, the event will showcase a wide range of artists reimagining Stevie Wonder's songbook through soul, R&B, hip-hop, world music, and beyond.
Dive deep into classic albums, discover fresh interpretations, and experience a grand finale featuring a powerhouse ensemble performing some of his most unforgettable songs.
Join us for a day of nonstop Wonder. This event is free and no tickets are required. Drop in for a bit or stay awhile.
This event is 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

Marathon Week in Harlem 2025 Oct 26-Nov 2

The Greater Harlem Chamber of Commerce (GHCC), in partnership with New York Road Runners (NYRR), is proud to announce the return of Marathon Week in Harlem 2025. This annual fall tourism initiative will run for eight days, - Sunday, October 26, right up to TCS New York City Marathon Day, Sunday, November 2, 2025

"Marathon Week in Harlem is an empowering showcase of Harlem's enduring cultural and economic spirit," said Winston Majette, Executive Director for The Greater Harlem Chamber of Commerce. "We are thrilled to welcome the world to our doorstep, not just as a pass-through on the marathon route, but as a premier destination. This week is an invitation for everyone—Harlemites, New Yorkers, neighboring states, and our international guests—to discover and rediscover our historic sites, shops, flavors, and spirit that make this community a global treasure.

Marathon Week In Harlem warmly welcomes the international community of runners, their families, and visitors, providing an unparalleled opportunity to discover the neighborhood's rich cultural legacy. This initiative delivers significant socio-economic advantages by spotlighting Harlem's diverse eateries, iconic cultural institutions, historic houses of worship, and unique small businesses to a global audience.

A centerpiece for the international community of marathoners, their families, friends, and local fans is the live entertainment along the Percy Sutton Harlem Miles. This climactic section of the marathon route is named in honor to the iconic civil rights and business leader who was instrumental in establishing the TCS New York City Marathon as a five-borough event.

Stretching along forty-two blocks from 135th Street down to 96th Street on Fifth Avenue, The Sounds of Harlem provides an electrifying soundtrack, ushering runners toward victory as they approach their final miles. The air is filled with the inspirational voices of gospel choirs greeting marathoners as they enter Harlem by crossing over the 135th Street bridge and high-energy DJ performances at the 125th Street and Fifth Avenue Stage. At the 22nd-mile marker, the official Sounds of Harlem stage at 120th Street and Mount Morris Park West serves up timeless classic soul, jazz, and R&B from a wealth of established and emerging performers. The experience climaxes with festive Latin and Caribbean flavors at the 116th Street Stage, pushing runners toward the finish line on a surge of pure inspiration.

Marathon Week in Harlem is one of many events and activities produced by the GHCC. Its enduring partnership with NYRR also includes the annual Percy E. Sutton Harlem 5K Run, the Children's Race, and The Hazel N. Dukes Memorial Family Health Walk, which takes place each August during HARLEM WEEK.

The Greater Harlem Chamber of Commerce (The Chamber), established in 1896 as the Harlem Board of Commerce, is one of the longest-operating Chambers of Commerce in the United States. Its mission is to improve the quality of life for all its residents, as well as to develop, attract, and retain quality businesses and professional services. Dedicated to promoting Harlem's world-renowned vitality in tourism, arts, culture, and economic development, The Chamber is best known as the founder and organizer of HARLEM WEEK, an annual celebration of the community's rich legacy.

To experience the magic of Harlem and relive moments from past celebrations, The Greater Harlem Chamber of Commerce invites everyone to watch past HARLEM WEEK events on its website. www.greaterharlemchamber.com.

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The Africa-America Institute Celebrates 41st Annual Awards Gala

By Audrey J. Bernard, Society Editor

The Africa-America Institute (AAI), the preeminent U.S.-based organization connecting Africa to the Americas to catalyze a more equitable world, hosted its 41st Annual AAI Awards Gala on Sunday evening, September 21, 2025, at Cipriani 42nd Street in New York City. The sold-out evening convened heads of state, diplomats, philanthropists, business leaders, and artists under the theme "Honoring Investments in Better Futures and Visionary Minds."

Hosted by Sandra Babu-Boateng, this year's Gala marked the first under the leadership of AAI President and CEO Felicia Appenteng. The esteemed evening began with a convivial reception followed by an exquisite sit down dinner, awards ceremony, and a fireside chat with celebrated dignitaries from Africa, in addition to other milestone moments that underscored the Institute's enduring mission to celebrate transformative leadership, education, and partnership. Music Throughout this exciting evening was provided by the incredible Crafticians featuring Kafele, weaving cultural artistry into the celebration.

Held annually during the United Nations General Assembly (UNGA), AAI's Annual Awards Gala has been the most anticipated African-centered event in New York City since its inception in 1984. The evening brings together distinguished guests, including Heads of State, diplomats, senior U.S. government officials, business leaders, philanthropists, journalists, and scholars, to highlight Africa's successes and honor transformative leaders.

During the illustrious awards presentation, AAI honored its legacy by surprising former AAI President and CEO Kofi Appenteng with the inaugural Elder Award, presented by AAI Board Chair Christal Jackson. The moving tribute recognized Appenteng's decades of service and visionary leadership in strengthening Africa's global footprint.

In recognition of reimagining capital as a force for social good, AAI presented the inaugural Investor Impact Award to the Ford Foundation Mission Investments Program. The award was accepted by Roy Swan, Head of Mission Investments at the Ford Foundation, and introduced by British Robinson, former Head of Prosper Africa and now founding Principal of Montmartre Advisors and the Milken Institute's Africa Chair. The award was presented by AAI President & CEO Felicia Appenteng.

"This year's Awards was one for the books and marked a new era and path forward for our storied institution. It was a reflection of our mission — from recognizing decades of leadership through the Elder Award, to celebrating innovative approaches to investment with the Investor Impact Award, to hearing directly from heads of state shaping Africa's future," said Appenteng.

AAI saved the biggest highlight to conclude a stunning evening. The Fireside Chat, which was introduced by Liz Schwartze, Vice President of Exploration, Chevron, featured a dynamic conversation with H.E. Dr. Netumbo Nandi-Ndaitwah, President of the Republic of Namibia, and H.E. Daniel Chapo, President of the Republic of Mozambique. The dialogue explored the challenges and

opportunities of Africa's future on the global stage.

Proceeds from the Gala support AAI's ongoing work to bridge Africa and its diaspora through education, leadership development, and cultural exchange. Since its founding in 1953, AAI has invested nearly half a billion dollars in scholarships and fellowships for African leaders of tomorrow, impacting more than 23,000 alumni worldwide — including heads of state, ministers, entrepreneurs, and changemakers across the globe.

"This Gala was a powerful reminder of what is possible when legacy, leadership, and purpose come together. These moments embody the core of our work: connecting Africa and its diaspora to accelerate progress, opportunity, and fairness for generations ahead," concluded Appenteng.

Kudos to event curator Nina Flowers (ninaflowerspr@gmail.com) for an unforgettable evening. For more information about AAI, please visit aaiafrica.org. (Photos by Daniel J. Vasquez Productions for AAI)

Dr. Christal M. Jackson and Kofi Appenteng

Felicia Appenteng and H.E. Dr. Netumbo Nandi-Ndaitwah

Sandra H.E. Dr. Netumbo Nandi-Ndaitwah, President of the Republic of Namibia, and H.Sandra Babu-Boateng, H.E. Dr. Netumbo Nandi-Ndaitwah and H.E. Daniel Chapo

British Robinson, Roy Swan and Felicia Appenteng

Beatrice Bienvenu, Felicia Appenteng, and Liz Schwarze

Beatrice Bienvenu, H.E. Dr. Netumbo Nandi-Ndaitwah, H.E. Daniel Chapo, and Liz Schwarze

NY Atty Gen Letitia James is Arraigned in Virginia as Black Women Stand in Support of Her

By April Ryan

Tish James, the New York Attorney General, will be arraigned in Norfolk, Virginia, today on one count of bank fraud. Advocacy groups are at the courthouse in support of James to deliver a strong message against intimidating strong Black Women. NAACP New York State Conference President, L. Joy Williams, told Black Press USA exclusively, "These attacks on Attorney General Tish James are not just about her, they're about trying to intimidate strong Black women who lead with courage and integrity. "James will challenge the case with a request to dismiss, citing allegations that the Trump-appointed interim U.S. attorney for the Eastern District of Virginia, Lindsey Halligan sent messages about the indictment on a Signal chat to a Lawfare reporter, whom she later claimed was off the record. The reporter posted the information on social media. The Trump loyalist Halligan brought the charges against James after the president mistakenly leaked a text message on social media, in which Trump had requested that the U.S. Attorney General, Pam Bondi, charge James and others he believed had wronged him politically. Trump is retaliating against James for her lengthy investigation into the Trump organization, which he deemed "a witch hunt." James led a three-year investigation that resulted in a civil fraud lawsuit against The Trump Organization, Donald Trump, and his children, alleging that they inflated the values of financial statements to defraud lenders and others. The result was a fraud ruling against the Trumps. However, Trump won an appeal that overturned any monetary penalty.

Halligan, whose background is in insurance, initiated the process earlier this year for the president to launch an attack on what the administration perceived as WOKE and DEI exhibits in the Smithsonian Museums. Halligan was also directed to dismantle the slavery exhibits at the National Museum of African-American History and Culture. Black Women's groups, rights organizations, and advocates are in Norfolk, Virginia, today in support of AG James, who is in the crosshairs of Trump's retribution. Advocacy organizations are making it clear that they will stand with Tish James by hosting a rally in Norfolk and another on Sunday when she returns home to New York. "We're gathering Sunday to say loud and clear: Hands off Tish, hands off Black women, hands off our democracy," said Williams.

Glynda Carr, CEO and President, Higher Heights for America, elaborated, "Black women in leadership are too often targeted when we stand firm in our purpose, but we will not be silenced or intimidated." Carr laments, "This week, we've seen two Black women leaders, AG James and Congresswoman LaMonica McIver, targeted by the weaponization of the Justice Department for simply doing their jobs." "What's happening to Attorney General Letitia James is not justice; it's retaliation. AG James has spent her career standing up for everyday people, holding the powerful accountable, and defending democracy. Now, those same forces are trying to punish her for that very work," added Carr. Since the indictment, there have been strategy calls among organizations to figure out the best ways to support James without endangering the activists. "We stand in support of AG James and Congresswoman McIver because this isn't just their fight, it's every Black woman's fight to lead, to serve, and to seek justice without fear or retribution," emoted Carr.

GHCC Convenes Top Health Experts to Tackle Disparities at 2025 National Urban Health Conference

By Keith Forrest

The Greater Harlem Chamber of Commerce (GHCC) hosted its 2025 National Urban Health Conference on Wednesday, October 8, at the Schomburg Center for Research in Black Culture. Presented by Mount Sinai Health System \and Harlem Hospital, the event united healthcare experts, innovators, and community advocates to find solutions for bridging the digital divide, particularly in managing chronic diseases within urban communities.

Under the theme "Your Health is Your Wealth," the conference addressed health disparities in disadvantaged communities. Host Padmore John, The Chamber's Health Committee Chair, highlighted the disproportionate burden of chronic illness, noting: "Black/African American adults are 20% more likely to have diagnosed hypertension and 1.4 times more likely to be diagnosed with diabetes than non-Hispanic white adults. These stark disparities demand innovative, technology-enabled solutions grounded in community wisdom."

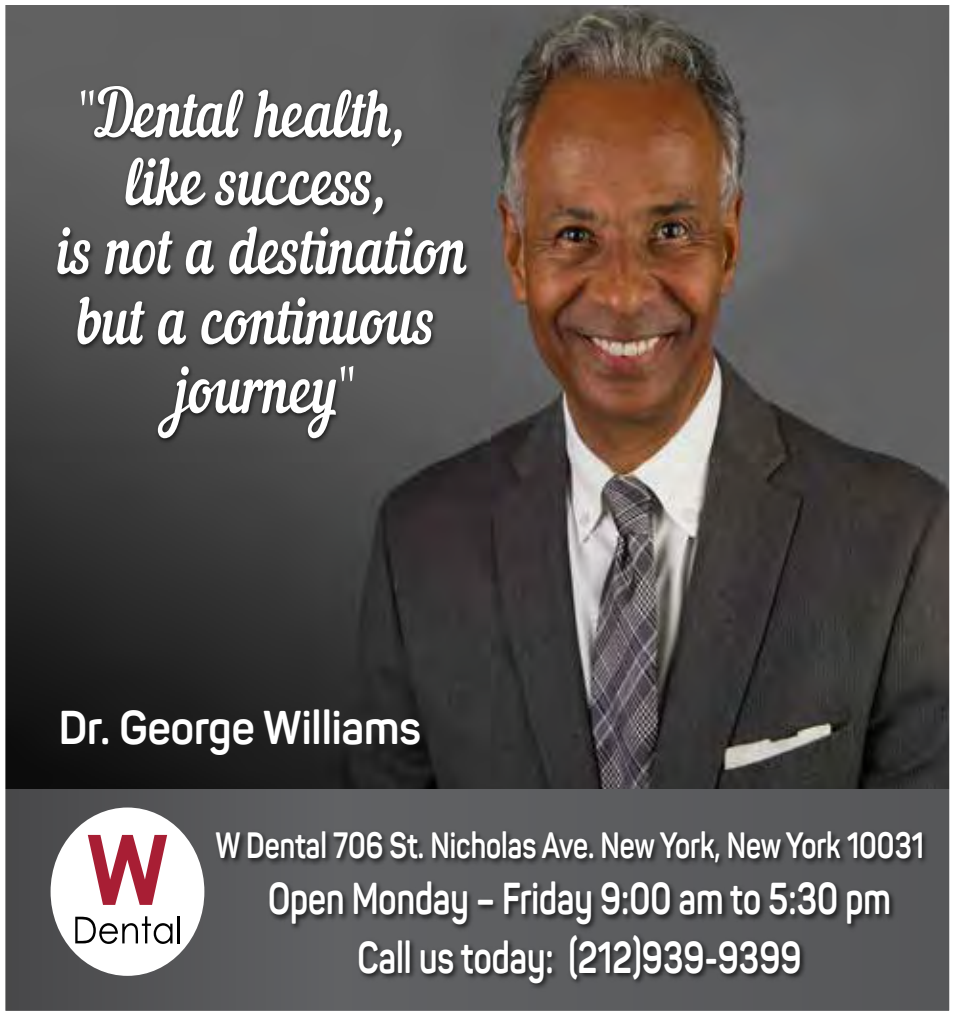
Keynote speaker Dr. Icilma Fergus, Director of the Mount Sinai Center for Cardiovascular Disparities, framed technology as a critical solution to these inequities. "Technology is not just a tool; it can be a bridge," Dr. Fergus stated. "With innovations like AI and remote monitoring, we are not just collecting data; we are building pathways to equitable care, reaching patients where they are." She demonstrated this progress by introducing "Sophie," Mount Sinai's AI-generated patient assistant, a practical example of data-driven intervention.

Panel discussions further explored how to harness technology effectively. The Chronic Disease Management panel, moderated by Dr. Maurice Hinson, delved into making digital tools accessible and manageable. Dr. Alexis Chidi emphasized using data analytics for "proactive, preventative strategies," while Dr. Daniel King highlighted the need for "culturally competent and user-friendly" telehealth to ensure no one is left behind.

Mamta Parakh, Chief Population Health and Data Officer for the NYC Department of Health & Hygiene, keynoted the second panel, calling data "our most powerful asset" for allocating resources and building a healthier city. Dr. Eric Ward Carson further illustrated this, explaining how remote monitoring significantly improves post-operative patient care and recovery, and Dr. Samuel L. Seward, Jr. stressed that "preventative education and early intervention are essential for lasting community health."

The conference concluded with remarks from Harlem Hospital CEO Georges H. LeConte and GHCC Executive Director Winston Majette, who both reaffirmed their commitment to collaborative action. The event stands as a key part of the GHCC's broader mission to address critical community needs and showcase Harlem's global presence.

The Greater Harlem Chamber of Commerce continues to uplift and empower the uptown community through impactful annual events like The National Urban Health Conference, its Climate Change events, and the NY City Jobs and Career Fair. Join The Chamber for its annual Marathon Week in Harlem, taking place October 26 thru November 2! To discover more about our health and wellness initiatives, visit online at – www.greaterharlemchamber.com.



Living Well With Pulmonary Arterial Hypertension (Statepoint)

November is Pulmonary Hypertension Awareness Month, and the American Lung Association, with support from Merck, is raising awareness about one form of the condition: pulmonary arterial hypertension (PAH).

PAH is a serious condition that can affect people of all ages. It occurs when the tiny arteries in the lungs become thickened and narrowed, which causes reduced blood flow through the lungs. This raises pressure in the pulmonary arteries and forces the heart to work harder to push blood through the narrowed vessels. While there is no cure for PAH, there is medication to help manage the symptoms and slow disease progression. Getting a correct diagnosis is essential because without the proper treatment, PAH can be fatal.

While often seen in adults, pulmonary hypertension, including PAH, can also affect children. When Jackson was diagnosed with pediatric PAH at 14 months old, his family started advocating for his care early. "From the very beginning, we've done everything we can to ensure he is getting the best treatment options," Jayna, his mom says.

Once accurately diagnosed, Jackson's family embarked on a journey of managing PAH in their young child, "We had to figure out how to manage a toddler with a subcutaneous pump. It was terrifying, but we knew it was what he needed," says Jayna.

No matter the age of the patient, these key actions can help your family navigate a diagnosis of pulmonary hypertension:

Find a trusted PH specialist. A specialist will tailor your treatment specific to your needs. Being able to talk with your specialist is vital in developing your personalized care plan. As Jackson shares, "My doctor is amazing," assisting him with a comprehensive healthcare plan and helping him navigate PAH as he transitions from childhood to adolescence.

Learn all you can about PH and PAH. Take the PH Basics course offered by the American Lung Association. This free, short online module is designed to help patients and caregivers understand symptoms, monitoring, treatment options and more.

Activate your support network. Join support groups and peer communities to build knowledge and resilience and receive emotional support. Jayna found an online pulmonary hypertension community of other parents, which made it "easier to cope, learn from others and feel less isolated," and eventually became one of the community's administrators.

Learn more about PAH this Pulmonary Hypertension Awareness Month at Lung.org/pah.

Being diagnosed with pulmonary arterial hypertension is life-changing. However, with trusted resources, support and a strong relationship with a specialist, it's possible to better manage PAH and maintain a better quality of life at any age.

The United States Needs More Afterschool Programs, New Study Finds

(StatePoint)

Ninety-five percent of parents with a child enrolled in an afterschool program are satisfied with that program, and there is overwhelming support for more government funding for afterschool, according to a new study. But unmet demand for these programs is high in all 50 states, and majorities of middle- and low-income families who want afterschool programs are being shut out.

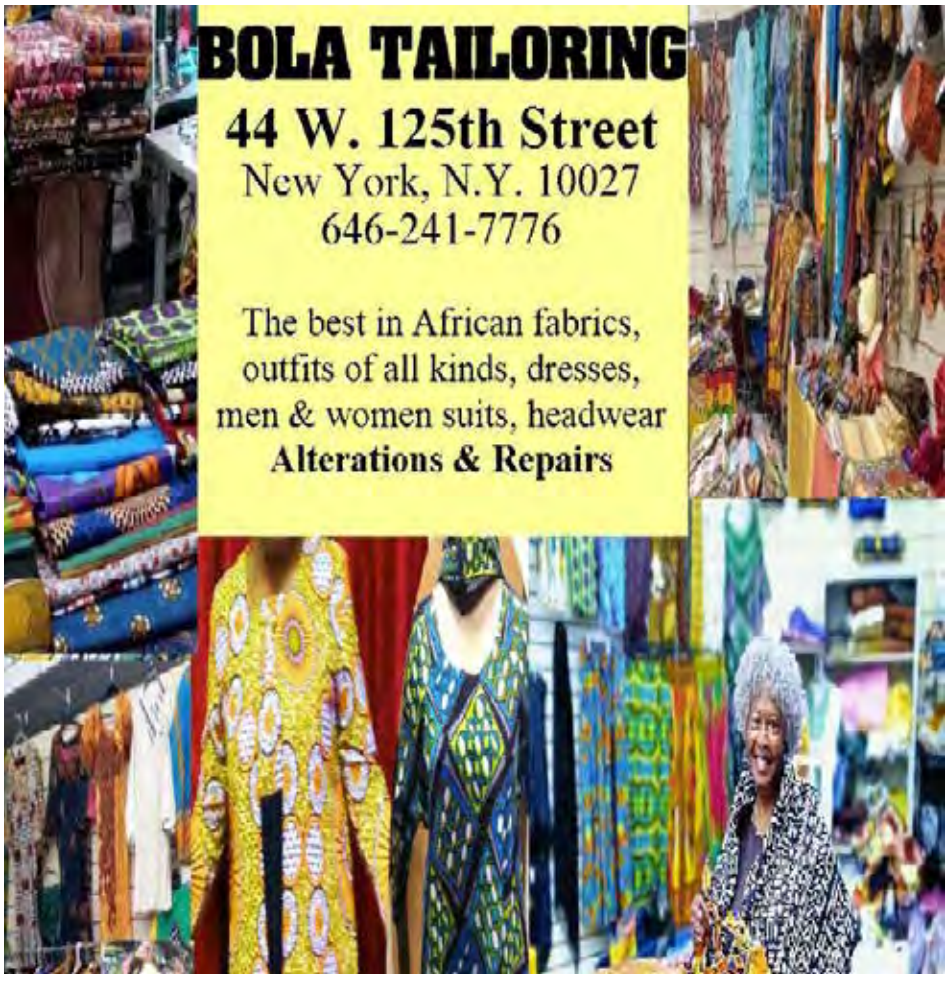
The parents of 29.6 million children, more than half the school-age students in the United States, want afterschool programs for their children – but just 7 million children are currently enrolled. Another 22.6 million children would attend afterschool programs if they were available. That means three in four of the children (77%) whose parents want to enroll them in an afterschool program are being left behind. Cost, availability, and accessibility are the barriers families cannot overcome.

Those are among the findings of "America After 3PM 2025," a report released in October by the Afterschool Alliance. The survey of 30,515 U.S. parents of school-age children finds a wide, and widening, opportunity gap, with children in low- and middle-income families more likely to be without the afterschool programs their parents want for them than children in high-income families. Families in the highest income bracket now spend approximately nine times as much on out-of-school time activities as families in the lowest income bracket, up sharply from five years ago.

"Afterschool programs give students a safe place to go after the school day ends, boost their academic achievement, help address the youth mental health and chronic absenteeism crises, provide alternatives to screen time, give working parents peace of mind that their children are safe and supervised, and more," said Afterschool Alliance executive director Jodi Grant. "But there aren't nearly enough afterschool programs to meet the need."

More than 8 in 10 parents agree that afterschool programs provide opportunities for children to learn life skills like interacting with peers and responsible decision making, and help them develop teamwork, critical thinking, and leadership skills. Eighty-four percent say afterschool programs allow working parents to keep their jobs or work more hours, and 92% of parents with a child in a program say they are less stressed knowing their child is safe. To learn more about the study, visit afterschoolalliance.org.

"Our country will be stronger and more successful when all children can take advantage of what afterschool programs offer – but, sadly, this study shows we're nowhere near reaching that goal," Grant added. "We need greater support from federal, state and local governments, businesses, and philanthropy. Every child deserves access to a quality afterschool program."



Breaking the Mold: Female-Owned Steel Supply Company Shapes the Landscape

By Tonya Sims

A new business is shaking up the Bronx steel supply industry, proving that there are no gender bounds when it comes to innovation and leadership. Located at 1116 Webster Avenue, this female-owned one-stop shop is fast becoming the go-to destination for anyone in the trades.

Unlike traditional hardware stores, this company is a specialized haven for trade professionals. One Stop Steel Supply Corp is more than just an expansive inventory; they offer a comprehensive suite of products and services designed for efficiency. From diamond and concrete steps to molding and cement, the store stocks heavy-duty, durable materials like smooth and diamond sheets. They also offer specialized services that are hard to find elsewhere, including cutting, bending, and punching services for metal, which are particularly popular for crafting custom railings.

Madelyn Fermin and Gleny Sandoval, who are wives of welders, saw firsthand the challenges their husbands faced in finding suppliers who could provide everything they needed in one place. Tired of multiple trips across the city, they decided to take matters into their own hands. "It isn't just about selling products; it's about filling a significant gap in the market," one founder shared. With a business model that prioritizes competitive pricing, delivery options, and a "no job too big or too small" philosophy, they are challenging the status quo.

Being women in a male-dominated industry has brought its own set of obstacles. "People don't expect women in this industry, and they doubt our knowledge." This initial skepticism has only fueled their drive, pushing them to prove their expertise and commitment. The most rewarding part of their journey, they say, is seeing that women can "work and prosper in all fields." This success is a powerful message for the community, demonstrating that with knowledge, skill, and dedication, anyone can thrive.

For women looking to enter a non-traditional field, their advice is simple but profound: "Do it! Learn, focus, conquer." They emphasize that knowledge is power and advise budding entrepreneurs to learn as much as they can about their chosen field.

With women at the helm, this company not only provides essential services to the Bronx community but also serves as a beacon of empowerment for other women and girls in New York City and beyond.

If you're seeking a top-notch metal supplier, contact One Stop Steel Supply Corp. You can reach them by calling 929-731-3906 (Cell) or 718-676-1441 (Office). You can also follow them on Instagram @onestopsteelsupplycorp.

URBANOLOGY: The Power of Suggestion

By William A. Rogers

We often read about the power of attraction it is no longer a secret. What we think can manifest into a reality. What we do not read about often is the power of suggestion. Our subconscious mind is our link to the mind of the universe. Our subconscious mind is our second mind, it is the power given to humans at birth to acquire health, wealth, success and happiness. Our conscious mind controls the actions of our subconscious mind, we are what we think, and our world is what we believe it to be.

Our subconscious mind can also function independently from our conscious mind; it works 24/7 to control your internal environment, all of our internal body functions work without our conscious thought. What is not commonly known is the influence that external suggestion can have on our subconscious mind and our internal environment

A hypnotic suggestion to a person can harm or heal that person. "Almost any disease can be induced in hypnotic subjects by suggestion" writes Dr. Joseph Murphy in his wonderful book "***The Power of Your Subconscious Mind".*** Many have experienced the miraculous phenomenon of faith healing. The reason why one should be careful about their thoughts is due to the power of suggestion.

There is an old Taoist tale about a master healer with two patients, one with a terminal illness and one with a simple virus. The healer's helper mixed up the notes for each patient, so the healer told the patient with the simple virus that he could not help him, but he would give him a few herbs to make his last few days less painful.

The patient who was terminally ill was given a few herbs and was told that they would cure the illness in a few days. A month later the patient who was terminally ill came to visit the healer to thank him for making him well. The healer asked his helper about the patient with the simple virus and was informed that the patient died a few days after his last visit.

If you believe you cannot accomplish something you will always fail. If you have faith that you can accomplish something and remove fear and doubt, what may seem to be impossible can become possible.

When we read the newspapers or watch the news on TV we are constantly being subjected to negative suggestions of fear and doubt. Many believe that fear and doubt have always been used as major tools by the few in power to control the minds of the masses. We will experience a lot of this as we move closer to November 4th.

The power of suggestion can have a negative or positive influence on your internal and external environment.

Remember if you are not happy with your external and internal environment, remove fear and doubt and replace them with faith and compassion, your thoughts will then help you create the internal and external environment you desire.

Don't allow negative external or internal suggestions of fear and doubt to prevent you from improving your quality of life and the quality of life of your loved ones.

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HERBS ARE NATURE'S MEDICINE

The Versatile Liver Herb and Essential Oil - Part 1

By Zakiyyah

MUGWORT has a complexity of over 75 unique chemicals that give it a diverse range of medicinal uses. It is taken as a tonic to boost energy and promote circulation. Women use it for irregular periods.

I use it in liver tonics, which are best taken at bedtime 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.

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.

Become a Healer. Learn holistic healing modalities that help the body restore balance and vitality. Join the last cycle Herb Course for 2025 launching in December. To learn the healing power of herbs, essential oils and crystal elixirs - send me an email for further information.

MAKE NATURE'S MEDICINE YOUR OWN

This information is to help balance your body's natural healing energies, and is not intended as diagnosis, treatment or cure. Email: theherbalist1750@gmail.com; phone: 347-407-4312; blog: www.herbsarenaturesmedicine.blogspot.com.

Answers to Crossword on page 17

E	B	B	S			M	E	T			P	E	A	L
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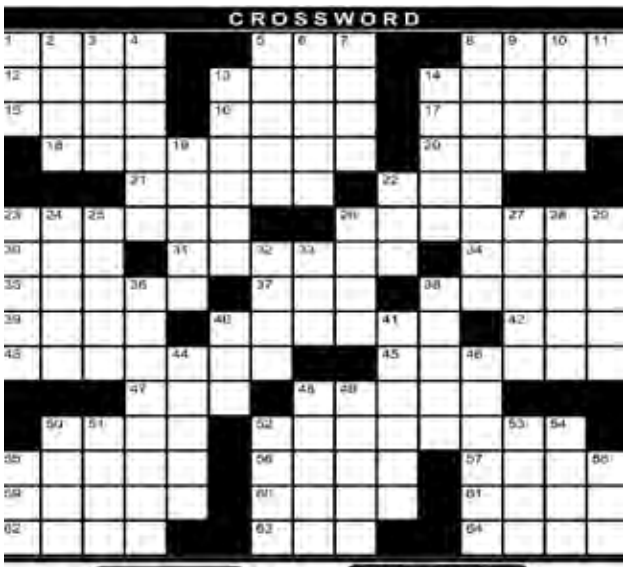
See answers on pages 16

CROSSWORD



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STATEPOINT THEME: IN THE WOODS

ACROSS

1. Flows' partners
5. "When Harry ____ Sally..."
8. Sound of laughter
12. *"Hide" behind the bush
13. Bébé's mother
14. *Age units in the woods
15. Rum cake
16. Placido Domingo's solo, e.g.
17. Concluded
18. *"Into the Woods" star Anna
20. Come clean, wit h up
21. Terra ____
22. Urge Spot to attack
23. One of seven gnomes
26. Prior to the present (3 words)
30. FEMA provisions, e.g.
31. Erratum, pl.
34. Int. org. in Brussels
35. Merge
37. Time frame
38. Right-hand page
39. 1920s art style
40. Cause of wheezing
42. Like The Hot Chili Peppers
43. ____ God we ___," on U.S. currency
45. Some vipers
47. Clairvoyant's gift
48. Source of chocolate
50. Form of payment
52. *Edible fungus
55. Multi-layered cake
56. Mélange
57. Utah's national park
59. Bake an egg
60. Plural of #22 Down
61. *"____ the Woods" play and movie
62. Prefix for multiple
63. Japanese honorific
64. Barely got by

DOWN

1. Singular of #1 Across
2. *Woodpecker's pecker
3. *One lost in the woods
4. Posture
5. Boy Scout's badge
6. "Fear of Flying" author ____ Jong
7. *Furniture wood
8. *Conifer's dropping
9. Peters out
10. Def Leppard's "Rock of ____"
11. Psychedelic drug , acr.
13. St. Valentine, e.g.
14. Equip again
19. One of Seven Dwarfs
22. Rejuvenating spot
23. ____ Arabia
24. Wrinkle-prone f abric
25. Declaration of Independence, e.g.
26. 2002 Winter Olympics state
27. Mother-of-pearl
28. Weasel's cousin
29. *Golf's great
32. Catch one's breath
33. A in MOMA
36. *Scientific study in woodlands
38. Meteorologist's tool
40. Nile reptile
41. Masculine one and proud of it, pl.
44. Theater greeter
46. Something extraordinary
48. "Mea ____," or "my fault"
49. Hailing from the East
50. Type of salmon
51. *Seed covering
52. *Trunk growth
53. Sty cry
54. Speck
55. Recipe amt.
58. Go-ahead

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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

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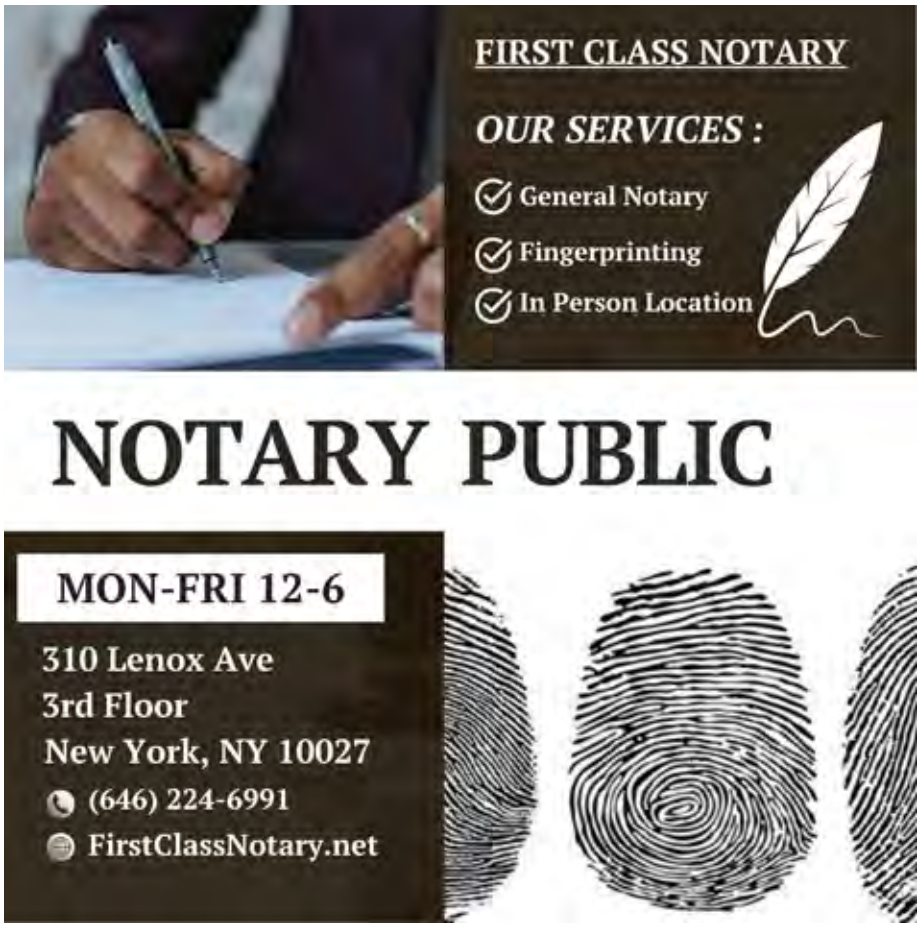

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"Champion: A Graphic Novel"

by Kareem Abdul-Jabbar and Raymond Obstfeld, illustrated by Ed Laroche

Review by Terri Schlichenmeyer, Harlem News contributor

Your future is all laid out.

Work a few summers, graduate, go to college, gather awards and go on to a great career, more awards, big money, lots of fame. That's Plan A and there is no Plan B. But in the new graphic novel, "Champion" by Kareem Abdul-Jabbar and Raymond Obstfeld, illulstrated by Ed Laroche, life may have other ideas for you.

Monk Travers just wasn't thinking.

He never figured that breaking into a rival high school's hallway and vandalizing their mascot mural would have such awful effects. He didn't plan on getting caught and he certainly didn't figure that his coach would make him sit out the next big basketball game.

He was the team's best player, so that would hurt – the team, for the points he wouldn't make; and Monk, because basketball was his thing. It was the only thing, as far as he was concerned, because Monk planned on becoming a professional basketball player after graduation.

And so he was benched, plus Coach gave him an assignment. Monk had to write and present an essay about Kareem Abdul-Jabbar. Not on Jabbar's games, but on his life.

When Coach gave him the assignment, it seemed like everything and everyone was coming down on Monk. His parents and his boss at his part-time job both scolded him for not paying attention to his other talents, his artistic work or his piano playing. His "girlfriend-ish," Lark, was mad at Monk for not being supportive and for missing her big ball game. The guys on his team were embarrassed that they had to help clean the mural Monk had defaced. And then there was this ghost, an invisible spirit of Kareem Abdul-Jabbar that kept popping into Monk's head, just when he didn't need it. Why was Monk's imagination so insistent on telling him things he didn't want to hear?

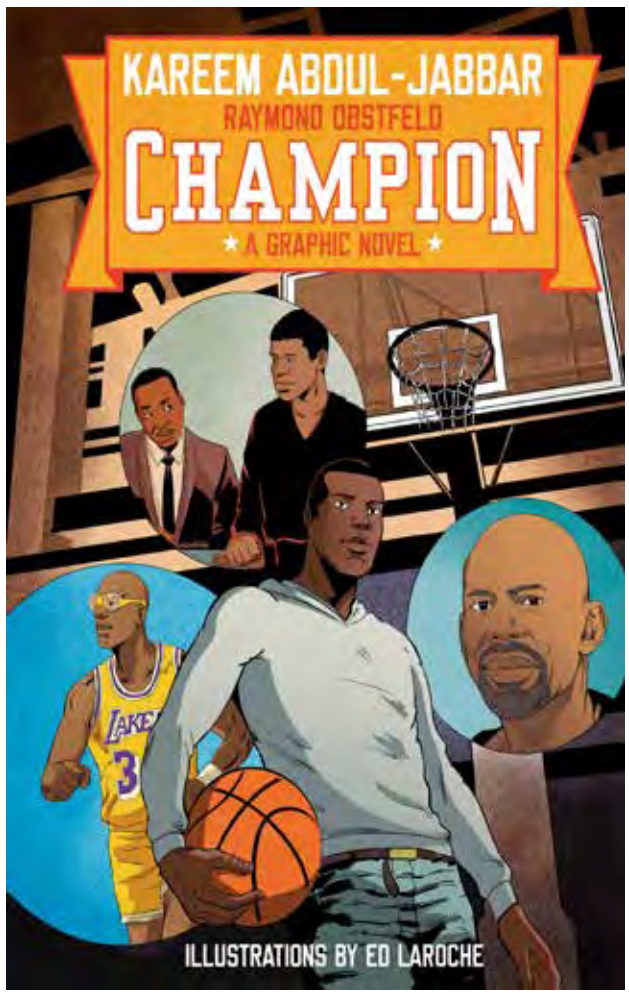
He had a week to do the assignment. How could he focus when so much was happening?

In a way, "Champion" is something rare: it's a book that will appeal to anyone, teen to adult, but it leans more toward an audience of older boys and young men, and that's good to see. Another happy thing: it's graphic novel format has quite a bit of biography in it, as authors Abdul-Jabbar and Obstfeld write at length about Jabbar's life and accomplishments. Readers will know that this isn't just another comic-book-type story.

All that aside, the biggest appeal in this book is that the authors talk the talk without preaching. They also uplift girls, parents, and local businesses inside this tale, without making any of the characters seem like caricatures and without ridiculing any group of people. It's a good, moral story that doesn't have the feel of a lecture and it's hard not to get behind that. Artwork by Ed Laroche just underscores the fun of reading it.

If you or your basketball-crazy reader wants a good story with an inspirational biography embedded within, find "Champion." You won't be able to lay it down.

"Champion:A Graphic Novel"
by Kareem Abdul-Jabbar and Raymond Obstfeld, illustrated by Ed Laroche
c.2025,
Ten Speed Graphic
$26.99
128 pages



SUDOKU ANSWERS

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