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HARLEM COMMUNITY NEWSPAPERS, INC.
"GOOD NEWS YOU CAN USE"

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

COMMUNITY HARLEM NEWS

"Good News You Can Use"

Vol. 32 No. 49 December 4 - December 10, 2025 Free

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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 issue of Harlem News, we are proud to highlight the spirit of giving and community that defines the holiday season. Manna's Restaurant partnered with Bethel AME Church to host a Thanksgiving dinner giveaway, ensuring that families across Harlem could enjoy a warm and festive meal. (see page 13)

We also feature the Thanksgiving hot meal giveaway at the National Action Network Headquarters, where Mayor-Elect Mandami joined Rev. Al Sharpton in serving meals and spreading holiday cheer. (see page 12)

In addition, we bring you highlights from the world-famous Macy's Thanksgiving Day Parade, a tradition that continues to inspire joy and wonder for people of all ages. From the floats and balloons to the music and performances, the parade reminds us of the magic of the season.

(see page 14)

As we celebrate these moments of generosity and joy, we wish all our readers a happy, safe, and meaningful holiday season filled with love and gratitude.

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Pat Stevenson
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PONDER THIS! Chicken Reigns on Palates & Plates

By Hazel Rosetta Smith

Chicken is one of the most versatile foods on the planet. This popular bird is roasted, baked, grilled, sauteed, braised, fricasseed, and fried, among other forms of culinary creativity. However, there needs to be deep consideration given to the care and precautions associated with its versatility.

I was shocked to learn that for decades, poultry producers added roxarsone, an arsenic-based drug to the chicken feed. It made the chickens grow faster and gave their raw meat an attractive pink color. This drug has not been on the market since 2011, but many other arsenic-based drugs are still part of chicken feed.

It has been shown by medical professionals that even at low levels, arsenic can cause cancer, heart disease, and diabetes. Medical opinions are on the same mindset, to stick to certified organic chicken, which does not allow arsenic in the feed.

There is no dispute in saying chicken is good for you if you cook it properly. Bacteria love raw chicken. The most common kinds of bacteria are campylobacter and salmonella. About one million people get sick every year after eating poultry with one or a combination of these types of bacteria.

There is more to learn from the label on the chicken package that is of immense importance. The "inspected for wholesomeness" seal is meant to show that the U.S. Department of Agriculture or a state agency inspected the chicken and found no signs of disease. Other parts of labels may reveal how the chicken lived.

Chicken flies off the shelves for two reasons: its price and its many uses. It is much cheaper than beef or pork because there is more of it. Reports verify that U.S. facilities process more than nine billion chickens every year.

Chicken has just as much protein as beef and pork without all the fat and calories. An average sized breast has thirty-three grams of protein which supports bones, muscles, skin, blood, and immune system. It also has 10% of the magnesium we need every day, plus iron to carry oxygen to our cells. Chicken has prominent levels of tryptophan, an essential amino acid that makes mood-boosting serotonin.

Bacteria live on raw chicken and in its juices. Whenever possible, put chicken in a separate disposable bag in the grocery store to keep it from leaking and touching other foods. Thoroughly clean anything that touches the raw chicken. The safest place to thaw chicken is in the fridge, not on the countertop or in cold water.

To control disease, some chicken producers put antibiotics in the feed or drinking water they give their flocks. Reports say the medicines are not harmful to us or the chicken, but they can build up a resistance to antibiotics we might need to fight our own diseases. Look for labels that say the chicken is antibiotic-free.

I am discovering daily that knowledge is power in all aspects of life. What we love so much can be the thing that is killing us.

[Hazel Rosetta Smith is a journalist, playwright, and artistic director for Help Somebody Theatrical Ministries. Contact: misshazel@twc.com. Website www.hazelrosettasmith.com]

Be There to Hear What the Brothers Have to Say

Saturday, December 6, 2025 at 2:00 p.m.

The Flip Side of the Coin – The Brothers Speak!
A Gospel Musical

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Musical Director Jeff Bolding
Ministers of Music Kevin Sibley & Tyrone Lewis

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More Police Officers, Housing support, and Elder Care: New Investments to Make Our City Safer and More Affordable

By Mayor Eric Adams

Over the last four years, the Adams administration has delivered four on-time, balanced, and fiscally responsible budgets. This year, we continued our record of strong fiscal management with a $115.9 billion Adopted Budget. This record of achievement was built on the Fiscal Year 2026 Executive Budget, often called the "Best Budget Ever." And earlier this month, we updated the budget with even more investments that will continue to keep our communities safe, improve quality of life, make our city more affordable, and support our young people and older New Yorkers.

Safety is the firm foundation on which all other achievements are built, and the November Plan provides additional funding to put us on track to increase the NYPD's uniformed headcount by 5,000 officers — bringing the total number of officers to 40,000 in the next three years. This is a massive new investment in our city's public safety efforts and part of our plan to keep New York City America's safest big city in the years to come.

Through the November Plan, we also announced a new model for our city's emergency mental health crises teams, known as B-HEARD. Going forward, our B-HEARD teams will be run entirely by NYC Health + Hospitals, changing the current model, which partners with the FDNY. This will allow our FDNY EMTs to focus on other emergency responses as part of our city's efforts to improve ambulance response times and use our resources more efficiently, while still addressing mental health emergencies and allowing them to scale in the future.

Additionally, we took this opportunity to increase funding for other public safety needs, including our quality-of-life response operation at the Bronx Hub, our efforts to prevent Legionnaire's Disease, and increasing staffing in the Bronx and Brooklyn District Attorneys' Offices.

Moreover, the November Plan focuses on making our city more affordable by putting more money back in New Yorkers' pockets. We are increasing funding for rental assistance to the city's 60,000 households who use CityFHEPS vouchers and investing more in our city's shelter system. We are also expanding the New York City Department for the Aging's Caregiver program to support an additional 3,000 participants who care for their loved ones. We are continuing to help pay loans for struggling taxi drivers, reinstating weekend ferry service between Brooklyn and Governors Island during the 2026 May through October high season, and reimbursing owners of qualified properties who purchased wheelie trash bins as part of our 'Trash Revolution.'

The November Plan also supports our young people and their education by funding the costs of providing 350,000 Chromebooks for our public-school students, as well as increasing staffing and programming for the Adams administration's "After-School for All" expansion to provide universal after-school programming to all families who need it.

These are just a few of the many improvements and investments our November Plan is delivering for our city. The decisions we are making in this budget were guided by my own lived experience, and the struggles I saw my mother go through as I was growing up. Dorothy Mae Adams worked three jobs just to put food on the table for me and my five siblings — and she could have used a helping hand. Put simply, our city once betrayed working people, but we have refused to allow that to continue under our administration.

So, this is the budget she needed and the budget so many New Yorkers still need today. This budget is not some abstract set of numbers; it is a statement about what we value and how we are investing in the working-class people of New York City — keeping them safe, making the five boroughs more affordable, protecting quality of life, and making sure this is the best place to live and raise a family.

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Home Buying in Harlem Be Prepared to Buy Now

By Rev. Dr. Charles Butler

For several years I have asked the question, "Where are the affordable properties in Harlem?" Our local politicians, financial service institutions, and community developers have not satisfactorily answered this question. They all seem to afford the issue and offer the same response; the housing market is complex, but it is possible provided you have adequate income, good credit, and adequate savings. So, on paper, at least it appears that homeownership is attainable but still only for middle to upper incomes households.

But meeting these criteria for the low to moderate prospective buyers is an insurmountable challenge. Although this challenge is not impossible, the reality is that it will be very difficult to complete the home buying process. The market value of homes in Harlem will alone bear out this fact and, coupled with the current interest rates the task of completing the homeownership process becomes more undaunting.

For those of you who have been trying to purchase a home this year but could not complete the process, now you realize just how difficult it can be to buy a home in Harlem. The home buying process is nerve racking. It can be extremely emotionally as well as financially draining and very time-consuming. But I encourage despite these challenges do not to give up, do not throw in the towel and quit. You must continue to push hard to achieve your dream of homeownership. You can make it a reality.

Now that you have a better understanding of the amount of money required to successfully complete the home buying process, your primary goal is to increase your income and your monthly savings. Start now by making changes in your spending habits. Create a monthly household budget to identify any wasteful spending. Each month you want to aggressively save as much money as possible. Save your change at the end of each day. Challenge yourself to increase your savings goal.

At the same time, strive to maintain a strong credit history. Keep your account balances at or below 30% of the credit limit. Pay your bills on time to avoid late fees. Open new accounts only as needed. Never close any existing accounts because that will have an adverse impact on your credit history. Most mortgage lenders will want to see 3-4 active credit accounts with at least 24 months' clean credit history. However, a State of New York Mortgage Agency (SONYMA) loan will require only a 12 month credit history and one year employment history.

The important thing is to stay focused on completing the home buying process. Buying a home in Harlem can be accomplished, but it will take making some personal sacrifices. However, if you have the desire, discipline, determination, and dedication; you can do 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. 231or email at cbutler@hcci.or

HARLEM EVENTS

Dec 5-Dec 28, 7-10PM
Make It a Night to Remember at the Holiday Train Show at Bronx Botanical Gardens
Let roving train conductors welcome you to experience the Holiday Train Show® in a whole new light as we illuminate the exhibition for Holiday Train Nights—lively after-dark celebrations where you can sip seasonal cocktails and mocktails under the glass of the warm and twinkling Haupt Conservatory. Find card-worthy photo ops at every turn as you explore a miniature cityscape of familiar landmarks brought to life by model trains zipping to and fro. Bop along to holiday classics and Christmas pop favorites sung by performers, enjoy sweet and savory bites for purchase, or hop over to the "Bar Car"—back this year with a 21+ bar at the Hudson Garden Grill Patio. You can even get your holiday shopping done at NYBG Shop. It's the perfect night out, whether you're planning a memorable date or a wintertime gathering with friends! Tickets Non-Members – starting at $43

Dec 5– Jan 2
ANNUAL WREATH INTERPRETATIONS EXHIBIT RETURNS TO NYC PARKS' ARSENAL GALLERY
NYC Parks is decking the halls for the 43rd year of Wreath Interpretations, featuring nearly 40 handcrafted, imaginative wreaths at the Arsenal Gallery. This year's unique wreaths are crafted using unexpected materials and motifs to add a touch of novelty to the holiday season. Made of inventive materials like Legos, aluminum, and packing peanuts and covering subjects like the subway system's switch to OMNY, these wreaths as diverse as the group of artists who crafted them, including many Parks em ployees. The Arsenal Gallery is located on Fifth Avenue & 64th Street, 3rd Floor This event is FREE and open to the public. For more information, visit nyc.gov/parks/art . Groups of five or more people can call 212-360-8143 or email artandantiquities@ parks.nyc.gov to pre-register

Dec 5, 11:00 AM–5:30 PM
Holiday Market at Schomburg
Support small businesses of color at the Schomburg Shop Holiday Market. Vendors include artisans, books, jewelry, baked goods, and more. Schomburg Center for Research in Black Culture located at 515 Malcolm X Blvd, New York, NY 10037

Dec 6
Harlem Fashion Week Pop-Up being held at Aloft Harlem
Vendor showcase featuring local fashion, accessories, and beauty brands being held at 2296 Frederick Douglass Blvd.,Free entry

Dec 6, 11:00 AM – 5:00 PM
Sana Sana Holiday Traditions Market
Sana Sana Holiday Traditions Market Brings Culture, Creativity, and Community Healing to East Harlem being held at El Barrio's Artspace PS109, 215 E 99th St, New York, NY. This event will warm the season with joy, ancestral memory, and community healing. Featuring over 20 BIPOC and women-owned small businesses, the market is a festive celebration of culture, care, and creativity. Rooted in the traditions of our abuelas and the bold innovation of modern healers and makers this event offers more than shopping — it's a space to connect, create, and celebrate. Local vendors offering handmade goods, spiritual tools, cultural foods, skincare, art & more. Low-cost wellness workshops including: Tincture blending,Wreath making with sustainable materials, Affirmation card making,

Dec 6, 2:00–6:00 PM
Community Tree Lighting Celebration
Family-friendly holiday event with caroling, youth poetry, refreshments, and decorating. Place: Hancock Park Address: 261–267 Saint Nicholas Avenue, NY,, NY

Dec 6, 11:00 AM–12:00 PM
Lil' Studio (Children's Art Program)
Interactive art-making for young children and families at the Studio Museum. Studio Museum in Harlem located at 144 W 125th Street, New York, NY 10027

Dec 7, 11:30 AM–12:00 PM
Story Time at the Studio Museum
Family-friendly storytelling session, part of the museum's free Sunday programming. Studio Museum in Harlem, located at 144 W 125th Street, New York, NY 10027

Dec 11, 7:30–8:30 PM
Carnegie Hall Citywide Concert – Dave Guy
Free live jazz/soul trumpet performance by Dave Guy, presented in partnership with Carnegie Hall. Schomburg Center for Research in Black Culture located at 515 Malcolm X Blvd, New York, NY 10037

Dec 15, 6:00 PM
Holiday Caroling at The Forum
Every Voice Choirs lead a festive community singalong with traditional and modern holiday songs. The Forum at Columbia University located at : 601 W 125th Street, New York, NY 10027

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Jacob Lawrence, *Subway* (detail), 1938 © 2025 The Jacob and Gwendolyn Knight Lawrence Foundation, Seattle / Artists Rights Society (ARS), New York

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schomburg.org/100

MAMA Foundation for the Arts host annual Champions Dinner

by Audrey J. Bernard

On Monday evening, November 10, 2025, the MAMA Foundation for the Arts hosted its annual Champions Dinner celebrating the Board of Directors, funders, media partners, and friends who make the Foundation's life-changing programming possible for both young people and adults. The annual event gathered supporters who share a commitment to preserving and uplifting the African American musical and cultural legacy. The elaborate dinner party was held at the newly renovated Red Rooster restaurant and emphasized the impact of the Foundation's work by honoring several distinguished alumni who have gone on to excel in their fields. Among those recognized were 2x Emmy Winning, ABC-TV Eyewitness News Reporter Phil Tait, and Lennasia Harvey, acclaimed recording artist and dynamic performer. "Their journeys represent the transformative power of training, mentorship, and community at the MAMA Foundation," expressed Mama Foundation for the Arts' Founder, Vy Higginsen. "We are thrilled to welcome alumni, friends, and champions who have stood with Mama Foundation throughout the years." Mama student Moises Matos was also celebrated for his dedication and continued growth through the Foundation's programs.

The celebration also included a touching tribute to Mama Vy, as she is affectionately known, in honor of her birthday. Her daughter and partner, Knoelle Higginsen Wydro, delivered a heartfelt acknowledgment of her mother's decades-long dedication to Harlem, to music, and to cultivating new generations of artistic talent.

During the festive celebration, guests enjoyed an evening of music, reflection, and gratitude as the Foundation expressed its deep appreciation for those who continue to support its mission providing access, education, and opportunities in the performing arts. It was an evening filled with joy, fellowship, and heartfelt recognition.

Bringing the celebration full circle was the iconic Sing Harlem who delivered a powerful performance that brought the room to life and the Rooster's house down! "The night was a beautiful reminder of the community that fuels our mission and the impact that continues to ripple through Harlem and beyond," stated Knoelle Higginsen Wydro.

The Foundation is now preparing for their most anticipated event of the season taking place in Harlem on Saturday, December 6, at the Destiny Worship Pavilion, 1483 Fifth Avenue (corner of 119th St.). They invite you to join them for an unforgettable evening of music, inspiration, and holiday cheer. "This year's concert promises show-stopping performances from Sing Harlem and our talented Mama Music students, all coming together to celebrate the magic of the season," states Mama Vy. "Reserve your seats now and be part of this cherished Harlem tradition!" (Photos by Paul Morejón for the Foundation) (Additional photos by JC/Jim Carroll)

BROADWAY MAGIC
JUST A WISH AWAY
Disney
Aladdin
THE HIT BROADWAY MUSICAL

Mayor-Elect Zohran Mamdani joined Rev Al Sharpton at National Action Network to Give out Hot Thanksgiving Meals to the Community

Photos by Seitu Oronde

On Thanksgiving Day, Mayor-elect Zohran Mamdani stood alongside civil rights leader Rev. Al Sharpton, Attorney General Letitia James, Spike Lee, Marc Morial, Sen. John Liu and Congressman Adriano Espaillat at the National Action Network (NAN) headquarters in Harlem. Together, they helped serve hot meals to residents, many of whom came from homeless shelters or lived alone without family to share the holiday.

Mamdani used the occasion to highlight his priorities as he prepares to take office in January. "Most of all, I'm thankful and I am grateful that in a little more than a month City Hall will focus its power on a mission that has too long escaped its attention — making a dignified, affordable life in New York a reality for every person who calls this city home," he said. His words resonated with the event's spirit: ensuring that no New Yorker is left behind during the holiday season.

Rev. Sharpton reminded attendees that Thanksgiving is not only about family gatherings, but also about community solidarity. "Many who come today come from homeless shelters, but many are seniors who just don't have people that they have a Thanksgiving dinner with," he noted.

The National Action Network, founded by Rev. Sharpton in 1991, has made Thanksgiving meal distribution a cornerstone of its community outreach. Each year, NAN hosts its Annual Thanksgiving Feeding at the House of Justice on West 145th Street, serving hot meals to hundreds of residents.

In addition to Harlem, NAN chapters across the country organize turkey giveaways and meal programs. For example, the Los Angeles chapter recently distributed more than 500 meals to families in need. In Harlem, Sharpton himself has long led turkey distributions, often braving cold or rainy weather alongside volunteers to ensure families have food for the holidays. These efforts reflect NAN's broader mission: combining advocacy for civil rights with tangible support for communities facing economic hardship.

Residents often describe the annual Harlem dinner as more than just a meal. It is a gathering where neighbors share stories, find companionship, and experience dignity in the face of adversity. As one Harlem resident explained, "Every year I come, I meet so many different people. I hear so many stories. And that warms my heart

Manna's Restaurant and Bethel Gospel Assembly Bring Joy, Food and Clothing on Thanksgiving (Photos by Nadezda Tavodova Tezgor

For more than half a century, the Park family of Manna's Restaurant has been a pillar of Harlem, weaving generosity and service into the fabric of the community. Founded by Betty Park, Manna's has long been more than a place to eat, it has been a source of nourishment for both body and spirit. Betty, a beloved figure in Harlem, has spent five decades supporting local non-profits and churches, ensuring that her business remains deeply connected to the people it serves.

This Thanksgiving, that legacy of giving was once again on full display. On November 27th, Bethel Gospel Assembly hosted its annual Thanksgiving Dinner and Clothes Giveaway, a tradition that has uplifted Harlem for years. With most of the food provided by Manna's Restaurant, the event became a vibrant celebration of compassion and unity. Families gathered not only to share a meal but also to receive warm clothing, reminding everyone that the holiday is about more than abundance, it is about community care.

Bethel Gospel Assembly, itself a cornerstone of Harlem for over 100 years, has consistently offered more than worship services. It has been a sanctuary where love, support, and hope are extended to all, especially the most vulnerable. This year's Thanksgiving event reflected that enduring spirit, creating a space where neighbors could be heard, helped, and celebrated.

Manna's contribution to Bethel's efforts is part of a broader commitment to Harlem's future. For nine years, the restaurant has supported Bethel's Thanksgiving outreach, but its impact stretches further. Through a scholarship program now named in memory of Betty's late son, Charlton Park, Manna's helps send local high school seniors to college. This initiative not only honors Charlton's legacy but also invests in the next generation of leaders, ensuring that Harlem's youth have the opportunity to thrive.

Betty Park embodies the essence of community leadership. She is more than a businesswoman, she is a legacy of resilience, generosity, and vision. Her work reminds Harlem that true success lies not in profit alone but in the lives touched and uplifted along the way.

As we reflect on this year's Thanksgiving celebration, gratitude extends to Bethel Gospel Assembly, Manna's Restaurant, and the countless volunteers and contributors who made the day possible. Together, they showed what authentic community support looks like. May we continue to build on this foundation, one act of service at a time.

99th Macy's Thanksgiving Day Parade Sets All-Time Viewership Record

The 99th Macy's Thanksgiving Day Parade soared to historic heights this year, captivating audiences nationwide and setting a new benchmark in holiday entertainment. With a combined audience of 34.3 million viewers across NBC and Peacock, the Parade achieved its largest viewership ever, surpassing last year's numbers by 2.5 million—a remarkable 8% increase. Even more impressive, the coveted 18–49 demographic rose by 13% compared to 2024, underscoring the Parade's enduring appeal across generations.

From dazzling floats and giant balloons to show-stopping performances, the Parade once again proved to be a cultural centerpiece of Thanksgiving morning. Its ability to blend tradition with innovation has made it not only a beloved holiday ritual but also a powerful showcase of creativity and technical precision.

Sharon Otterman, Macy's chief marketing officer, celebrated the milestone, noting: "This year's record-breaking ratings are a powerful testament to the creative mastery, technical precision and storytelling ambition Macy's offers. We are deeply proud to create entertainment that showcases today's top talent and captures the cultural zeitgeist to connect with our audiences and consistently redefine the benchmark for televised and streaming programming."

Looking ahead, anticipation is already building for the 100th Macy's Thanksgiving Day Parade. Organizers promise to elevate the spectacle even further, leveraging Macy's unique capabilities to inspire wonder and joy for millions nationwide. With nearly a century of tradition behind it, the Parade continues to evolve while staying true to its mission: bringing families together through shared celebration.

The record-breaking success of the 99th Parade reaffirms its place as one of America's most cherished cultural events. As audiences eagerly await the centennial edition, Macy's has once again proven that its Thanksgiving Day Parade is more than just entertainment—it is a living tradition that unites the nation.

What to Know During Respiratory Virus Season

(StatePoint)

As temperatures drop and people spend more time indoors, the flu and other respiratory viruses can spread easily. Fortunately, you can take precautions to protect yourself, your family and your community.

The American Medical Association (AMA) recommends that all eligible Americans -- everyone 6 months and older (with rare exceptions) -- get vaccinated against flu as soon as possible. While the timing, intensity and severity of each flu season is difficult to predict, vaccination is always the best way to reduce your risk of severe illness from flu -- and the best way to protect your loved ones and community by slowing its spread. Flu vaccination also reduces missed days of work and school, prevents added medical costs, and has even been associated with lower rates of cardiac events among people with heart disease.

Based on preliminary data, the CDC estimates that getting vaccinated against flu reduced the risk of hospitalization due to flu by about 40% in adults and 50-60% in children during last year's flu season. However, fewer than half of all people nationwide received a flu vaccine last season.

"Last year's flu season was one of the worst in the United States in 15 years, and the statistics speak volumes. The low vaccination numbers resulted in more than 620,000 hospitalizations and 27,000 deaths related to flu illness," said AMA president, Bobby Mukkamala, M.D. "We cannot afford to repeat this pattern. We strongly urge everyone who is eligible to get a flu vaccine as soon as possible, ideally before illness begins spreading widely."

In addition to flu, other respiratory viruses with potentially serious complications are expected to circulate again this year, including respiratory syncytial virus (RSV) and SARS-CoV-2.

The AMA encourages all adults age 75 and older to get vaccinated against RSV, as well as adults ages 50–74 with certain medical conditions who are at increased risk for severe RSV. The RSV vaccine is not an annual vaccine, so those who have already received it do not need another dose. Families should also familiarize themselves with the options to protect infants during RSV season, including vaccination during pregnancy or an RSV monoclonal antibody for infants and young children. Most infants will not need both options.

Anyone 6 months and older who wants a COVID-19 vaccine should be able to get one. Certain populations are at increased risk of severe outcomes from COVID-19, including adults age 65 and older, those with underlying medical conditions, patients who are pregnant, and children 6 to 23 months of age.

The AMA encourages you to speak with your physician or other health care professional to determine which vaccines are best for you, and to call your doctor or pharmacy to make an appointment for flu and other shots. AMA recently launched infographics to help patients and physicians cut through vaccine confusion and have open, honest conversations with each other. The infographics can be found at https://ama-assn.org.

Additional health precautions, such as covering coughs and sneezes, frequently washing your hands, improving indoor air quality, and staying home when you're sick, can also help reduce the spread of viruses. This respiratory virus season, take these steps and get up to date on vaccinations to stay healthy and protect those around you.

A mammogram can detect breast cancer early.

Get your scan close to home.

The MSK Ralph Lauren Center in Harlem makes getting a mammogram easy. You don't need a referral, and same-day appointments may be available.

If you're 40 or older and haven't had a scan in the past year, it's time.

Scan or call 833-714-1794 to schedule.

MSK Ralph Lauren Center
In Harlem at 124th and Madison

Memorial Sloan Kettering Cancer Center

URBANOLOGY: Alkebulam: The United States of Africa

By William A. Rogers

Alkebulam is the original name of the continent now known as Africa, a name given to the continent by the Romens. Historian and scholar Dr. Cheikh Anta diop writes that the name Alkebulan was used by the Moors, Nubians and Ethiopians. The meaning of Alkebulan is Mother of Mankind or Garden of Eden.

Other pre-colonial definitions of Alkebulan was the Land of the Blacks. There is currently a movement to develop a United States of Africa and reclaiming the name of Alkebulan to unite the continent. This Pan-African concept was championed by Kwame Nkrumah who led Ghana to independence from British rule and became the independent countries first President.

Kwame Nkrumah lived and studied in Harlem in his younger years and was greatly influenced by W.E.B. Du Bois, a civil rights leader and Pan-Africanist. His Royal Majesty Jinapor II led a delegation to Harlem during HARLEM WEEK to announce a Cultural, Educational and Business partnership between Northen Ghana and Harlem.

Jinapor II talked about how Harlem and the Pan-African movement was a major factor in Nkrumah's desire to create the United States of Africa. Alkebulan is a name you will be hearing more about as the Pan-African movement is again connecting Harlem and Ghana

My good friend former Harlem Globetrotter Bobby {Zorrow} Hunter now has Alkebulan on his tee-shirts that he gives to young people who attend his basketball clinics throughout the United States. The United States of Africa will be one of the subjects discussed during the Cultural Oneness Festival in Northern Ghana December 7th to the 14th

Martin Glin a successful businessman and farmer from Alabama is a co-founder of the annual Cultural Oneness Festival. He is also a chief and has relocated to Northern Ghana. Chief Martin has been given land and is developing a housing development project called Ancestorial Homes and Recreational Park.

This project will be designed to attract members of the African diaspora who would be interested in investing and owning homes in Northern Ghana. This is a new version of Pan-Africanism.

Chief Martin was also given farmland to develop. He is developing a sustainable agriculture project called Alkebulan Farms Limited.

At the Harlem Cultural Tourism Summit during HARLEM WEEK, His Royal Majesty Jinapor II gave me the title of Chief Martin. I will look for ways to encourage African and Caribbean Americans to return and invest in Alkebulan.

I believe it is time to be a part of the awakening of the sleeping giant, the African Diaspora. Africans throughout the world are starting to feel the spirit of Alkebulan. The spirit of Kwame Nkrumah's famous words "I am not African because I was born in Africa, I am African because Africa was born in me."

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HERBS ARE NATURE'S MEDICINE

AS ABOVE - SO BELOW
How the Elements in Nature Manifest in our Bodies

By Zakiyyah

The Wood Element – in nature, manifests in our body as part of the Digestive System, which governs the liver and gallbladder. The Wood Element rules living, growing entities, like trees, plants and the human body, and all growing structures: roots, trunk and limbs for plants; the spine, limbs and joints in our body. A Wood imbalance can result in spinal problems, poor flexibility; arthritis is viewed as a wood problem.

Whenever I treat liver conditions, my go-to liver herbs are bupleurum and peony. As the most important detoxification system in the body, it is also the most sensitive to stagnation or stuck-ness: of Energy, Blood, and Meridian Chi. Bupleurum acts as an anti-inflammatory, inhibits certain hepatitis viruses and growth of liver cancer cells. Using liver herbs, together with intestinal cleansers, can work to directly release toxic overload, which can, over time, have negative repercussions on all our body systems, and our mental health in general.

Bitter herbs are a good therapy for the liver, as they are purifying, sedating and heat-dispelling. Alterative herbs are often taken in spring as blood purifiers. Some COOLING ALTERATIVES are aloe, Echinacea, plantain, poke root, red clover and goldenseal. Some HEATING ALTERATIVES are bayberry, cayenne, cinnamon, garlic, black pepper, and white poplar bark. .

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

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

See answers on pages 16

CROSSWORD

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STATEPOINT DISNEY CHARACTERS

ACROSS

1. Imperfections
6. Part of T.G.I.F.
9. Stark daughter on "Game of Thrones"
13. Kind of print, for short
14. Hula dancer's flowers
15. Kitchen tear-jerker
16. Viva voce
17. Draft beer container
18. Confused
19. *Irreverent Disney nanny
21. *Scar's older brother
23. Famous T-Rex
24. Gardening tool
25. Louisville Slugger
28. Stallion's mate
30. Famous ciphering machine
35. D'Artagnan's weapon of choice
37. Essence
39. Gloomy and drab
40. Containing limestone
41. Scrawny one
43. Purse to match a gown
44. Spot for boutonnière
46. John Oates' partner Daryl
47. Prepare for a rainy day
48. Catch in a snare
50. Rapper LL ____ J
52. ____ Aviv
53. Wholly engrossed
55. Call to Bo Peep
57. *Shere Khan's sworn enemy
60. *Marie's and Tou louse's younger brother
64. Beneficiary
65. Opposite of nothing
67. Pancho's last name
68. Weasel's aquatic cousin
69. "New" prefix
70. *Like Iago in "Alladin" or Laddy Kluck in "Robin Hood"
71. Karate blow
72. Not safe in baseball
73. Like salad greens

DOWN

1. Part of an envelope
2. *Nani Pelekai's little sister and new pet owner
3. At the summit of
4. Beats, slangily
5. Hypertension suffer er's dietary concern
6. Sorts
7. Driver's aid
8. Fraternity letter
9. Dwarf buffalo
10. Oil field structures
11. Moving meditation practice
12. "____ day now"
15. Hurt or upset
20. Some tides
22. Israel Kamakawi wo'ole's strings
24. Take back
25. *Beast's love interest
26. Bee-related
27. Act like a siren
29. Macaulay Culkin's "Richie ____"
31. Wraths
32. Gain access to (2 words)
33. Shade of violet
34. *a.k.a Little Mermaid
36. Ogler
38. Angel's headgear
42. Geography class prop
45. "____ than life"
49. Chum
51. Immature, as an undeveloped insect
54. Baby grand
56. Full of pep
57. It's drawn to light
58. "I'm ____ you!"
59. Shed tears
60. Soak some ink
61. Hipbones
62. *"I am ____, and I like warm hugs"
63. Goofy or silly
64. *Leader of the seven dwarfs
66. Romanian money

See answers to Suduko on page 18

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

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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.

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MISCELLANEOUS

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"Bottom of the Pyramid: A Memoir of Persevering, Dancing for Myself and Starring in My Own Life" by Nia Sioux

Review by Terri Schlichenmeyer, Harlem News contributor

Every solid building has a strong foundation.

And when you're hired for a new job, that's where you start: at the bottom, in the back office, the least position, the lowest rung. You won't stay there long, if you can overcome the obstacles and seize all opportunities. It won't be easy but you can do it. As in the new memoir, "Bottom of the Pyramid" by Nia Sioux, when you're in last place, there's nowhere to go but up.

Nia Sioux always loved the stage.

Born into an upper-middle-class family, Sioux remembers how much she wanted to take dance classes when she was a preschooler, and that her parents were happy to support her interests. Fortunately, there was a dance studio just down the road from their Pittsburgh home, and so Sioux started classes at Dance Masters of Pennsylvania, later renamed Abby Lee Dance Company (ALDC). There, she worked hard and gradually moved up in the team's lineup, garnering praise and solo dances.

Quickly, the solos, she says, made her mother very uncomfortable. There seemed to be racial undertones to the costumes Sioux was made to wear, and the music didn't seem appropriate for a little Black girl.

Mother and daughter discussed it, and Sioux's eagerness overcame any doubt.

Later, when Lifetime Channel interviewed ALDC dancers for a TV show that was eventually called Dance Moms, Sioux was overjoyed to be chosen as one of the show's performers. For awhile, she was the only Black dancer in the team – and that became a problem.

Infamously, the show introduced a "pyramid" in which Abby ranked the dancers, and Sioux was almost always at the bottom. Drama was encouraged, criticism was swift, and there seemed to be a lot of favoritism within the dancers' hierarchy. She endured the pain of it but ultimately, she seized other opportunities and decided to quit Dance Moms.

"I'd gotten a glimpse of what my life could look like without the show," she says, "and it was beautiful."

No one who's ever watched a half-hour of reality TV should be surprised that author Nia Sioux has written this book, or that what she says happened, happened. The surprise is that "Bottom of the Pyramid" is so entertaining and so satisfying.

Going beyond the usual memoir and past the show's curtain, Sioux shares her life story and its ups and downs, professionally and otherwise. There's a lot of gratitude in that, plus strength and determination – but also some swiping, sniping, and resentment, all of which are like catnip to reality fans. Still, Sioux reminds readers that there were actual humans, young women, behind the lines and second-takes for the camera, and that the over-the-top theatrics could be negatively impactful on their tender lives.

For a reality TV watcher or a fan of the show, past or present, that's a good reminder to watch for authenticity inside the drama. If you never missed an episode of the show or you want to follow the stars, "Bottom of the Pyramid" is a good place to start.

Bottom of the Pyramid: A Memoir of Persevering, Dancing for Myself, and Starring in My Own Life"
by Nia Sioux
c.2025, Harper Horizon
$29.99
256 pages

SUDOKU ANSWERS

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