



HARLEM COMMUNITY
NEWSPAPERS, INC.

"GOOD NEWS YOU CAN USE"

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

HARLEM NEWS

"Good News You Can Use"

Vol. 22 No. 49

December 7 - December 13, 2017

FREE



**Caring for the
Caregiver: A Forum
sponsored by
The Greater New
York Links, Inc. &
Elder Community
Partnership**

see page 11



**Jose Ferrer
Honored at Sports
Foundation, Inc.
Gala**

see page 12



**WORLD PREMIERE
OF 'MAYNARD',
First Black Mayor of
Atlanta, Ga.**

see page 9



Harlem Holiday Doll Show

see page 10

VISIT OUR WEBSITE:
www.harlemcommunitynews.com

 [@harlemnewsinc](https://www.facebook.com/harlemnewsinc)

“Good news you can use”



To reserve advertising space call
(212) 996-6006

To subscribe, go to our website at
www.harlemcommunitynews.com or page 23

OUR MISSION STATEMENT

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

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

Free copies distributed in your community weekly

IN THIS ISSUE:

Community	4	Urbanology	20
Op Ed Editorial	6	Lifestyle	21
Real Estate	7	Church	22
Calendar	8	Literary Corner	23
Entertainment	10	Games	24
Events	11	Wellness	25
Health	15	Classified	26

Publisher/Editor	Pat Stevenson
Publisher Asst/Writer	Lil Nickelson
Feature Writer	Jennifer Cunningham
A&E Editor	Linda Armstrong
AE/Writer	Derrel Johnson
Art & Cultural	Stacey Ann Ellis
The Adams Report	Audrey Adams
Advertising Sales	Charlotte Hicks
Intl News & Entertainment	Maria Cavenaghi
Real Estate	Rev. Charles Butler
Columnist	Bro Bill Defosset
Columnist	William A. Rogers
Columnist	Zakiyyah
Columnist	Hazel Smith
Book Reviewer	Terri Schlichenmeyer
Brooklyn Writer	Keith Forrest
Bronx Writer	Howard Giske
Queens Writer	Denise Freeman
Photographer	Nadezda Tavodova
Photographer	Michelle James
Photographer	Seitu Oronde
Office Assistant	Dominic Jones
Distribution	Russell Simmons
Computer Director	David Sinclair
Marketing Consultant	William A. Rogers
Hispanic Mkt. Consultant	Jose Ferrer
Events Coordinator	Ayishah Ferrer

The Harlem Community Newspapers, Inc. is a New York City, New York State and Port Authority certified MWBE. We are also members of the NNPA, New York Press Association, the Greater Harlem Chamber of Commerce, CACCI, the Bradhurst Merchants Association and the Harlem Tourism Board.

A Publication of: Harlem Community Newspapers, Inc.
Mailing: P.O. Box # 1775, New York, New York 10027
Phone: (212) 996-6006 •
Email: harlemnewsinc@aol.com
Website: www.harlemcommunitynews.com
Twitter: @harlemnewsinc • Facebook: /harlemnewsinc

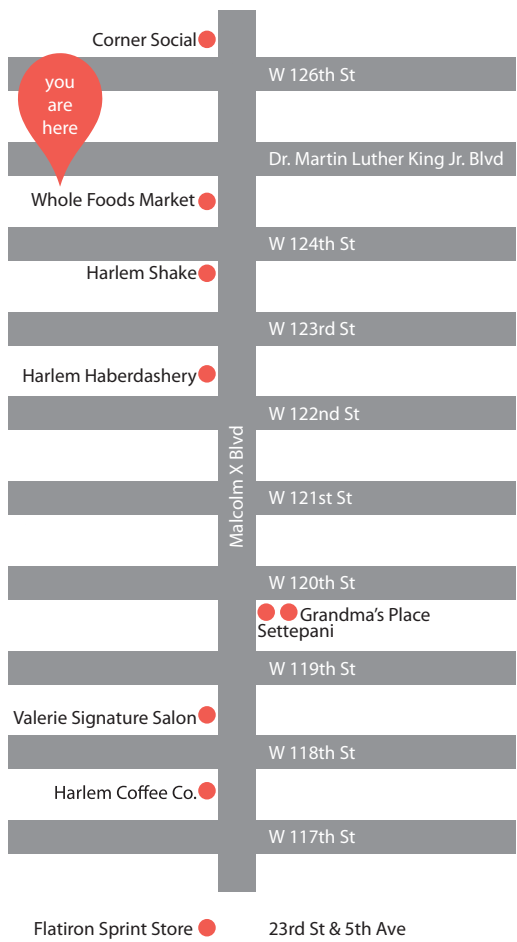


**GOOD NEWS
YOU CAN USE!**

Happy Holidays!!!
The Holiday Doll Show has been happening in Harlem for several years now. These are collectible dolls. Hope you can see by the photos how creative our doll makers are. (see page 10).
The holiday spirit is definitely taking center stage in Harlem. 125th Street is lit with a colorful display of lights, the tree has been lit at the Harlem State Office Building and a number of small businesses have had their windows decorated by local fine artists. There are also a number of other businesses and residents who have outside decorations which has added to the holiday spirit. Thank you.

Again, have a safe and happy holiday and remember to do some of that shopping and dine with small businesses in your community..

**Pat Stevenson
Celebrating
over 23 years
Publishing**



This year's theme was conceived by The Schomburg Center's immersive Teen Curator's Program to reflect the many cultural celebrations taking place throughout the Harlem community!

Inspired by seven Traditional Harlem Celebrations: Three Kings Day, Christmas, Hanuka, Loiza, Ramadan, Kwanzaa, and Harlem Week.



Whole Foods This display was inspired by holiday meals and the aspect of togetherness that comes with this spectacular time of the year. Beans and lentils are a staple meal for nearly every holiday, and for some, they even symbolize prosperity and good luck. This fireplace, which is adorned with different types of beans and lentils represents the Whole Foods brand, togetherness, warmth and holiday foods.

Display by Lauren Fremgen and Giuliana Buono

Harlem Haberdashery The concept behind this Harlem Haberdashery holiday display is to showcase the artistic sides of the Harlem Renaissance, Jazz Music and the Strong Community Bond in Harlem. The presentation of a silhouetted figure represents a musician of the jazz era in Harlem. Dazzling with the bursting of lights, it represents the dreams of the people. Keeping culture authentic is one of the main challenges of our time, because trends everywhere have become generalized.

Display by Stephanie Lai and Cynthia Chandra

Grandma's Place This Holiday window is inspired by the elegance of a child's music box. It represents a frosted winter fantasy environment.

Display by Nora Mohamed and Iris Yang

Harlem Coffee Co. The Three Kings represent a story of hope, kindness and bearing gifts to the Christ Child. This window display adds a contemporary twist to the traditional story of the Three Kings. In this representation, the King's are delivering the gift of music. Instead of traveling through Bethlehem, they're traveling through Harlem.

Display by Patrick O'Connor and Shona Neary

Harlem Shake Five shake cups decorated with vintage holiday Jet magazine covers adorn the windows of Harlem Shake. The ornaments and lights bring them to life and all together represent "A Great Day in Harlem."

Display by Samantha Skopas and Maria Resavage

Settepani This display is titled Sounds of the Season, and is inspired by the music of our holiday celebrations. With familiar symbols and lyrics, we honor three holidays—Christmas, Hanukkah, and Loiza. All around the world, music is the common thread through which we celebrate the things we love. No matter where we are from, music unites us in our joy and brings us together.

Display by Katia Michalopoulos and Subin Oh

Valerie Signature Salon For this display it was important for the design to compliment the brand identity at Valerie Signature Salon. the five pedestals symbolize the roots of Harlem and the multiple cultures that have migrated to Harlem over the years.

Display by Asabea Ayres and Alyssa Moreno

Flatiron Sprint Store "No matter how you celebrate, New York stays connected." Imagine its the holidays and you are sitting to have dinner with your family and friends in New York City. Everyone celebrates a different holiday and you're a unique group of people. This is New York City every day—bustling with people of different holidays. This design features an abstracted Lady Liberty hosting an eclectic dinner party that encompasses the holiday spirit of New York. Everyone's invited!

Display by Joseph Klaus, Alexandra D'Alleva and YooJung Lee

Corner Social sends a message of love and inclusivity for the holidays through the festive display of many different cultural icons, along with symbols of love, unity and peace. "Live In Love" expresses the spirit of an establishment that wants everyone to feel welcome and represented through their holiday display.

Curated by Omo Misha

For more information on activities please visit www.harlemholidaywindows.com or call 212.866.7427



CANTINA

TAQUERIA & TEQUILA BAR

NYC

BRUNCH!!!

BRUNCH!!!

BRUNCH!!!

Starting 11/19

329 LENOX Ave @ 126th St

HARLEM, NY

BLVD

BISTRO

CRAFTED AMERICAN SOUL

239 Lenox Avenue

NY NY 10026

212-678-6200

Hours of Operation:

Monday - Closed

Tuesday-Friday

Lunch/Brunch

12:00pm - 3:30pm

Dinner

5:00pm - 10:30pm

Saturday

Brunch

9:00am - 4:00pm

Dinner

6:00pm - 11:00pm

Sunday

"All Day Brunch"

10:00am - 6:00pm

A husband and wife owned restaurant and a personal calling for Chef Carlos Swepson. Blvd Bistro cuisine gives a nostalgic feeling of the classic cuisine of the South from a French trained chef.

"Our brunch is our main attraction and top rated by customers and several print and tv media. Our guests have called the Jumbo Shrimp and Grits the best they ever had."

MORNINGSIDE COFFEE

HARLEM'S FAVORITE

BISCUIT

547B Lenox Avenue

btw. 137th & 138th Street

IG: morningside_coffee morningsidecoffee.com

Manna's

Serving the BEST Soul Food in NYC Since 1985

Soul Food Buffet and Salad Bar

HOURS

Mon-Thur

8am~9pm

Fri - Sat

8am~10pm

Sun 8am~9pm

4

LOCATIONS

IN HARLEM

2353 8th Ave @ 126th St

212-749-9084

70 W. 125th Street

(bet Lenox & 5th)

212-828-1230

486 Lenox Ave @ 134th

212-234-4468

54 East 125th St

(bet. 5th & Madison)

212-360-4975

"Fresh Food cooked daily"

SERVING BUFFET BREAKFAST, LUNCH AND DINNER

Fish & Chips Available (2353 8th Ave & 54 East 125th only)

Ramen Noodles Available (486 Lenox Ave only)

We have weekly special "limited time" featured additions to menu.

PS 161 STUDENTS JUMP THEIR WAY TO BETTER HEALTH

As an advocate for children's health, the American Dairy Association North East (ADANE) supports programs that promote good nutrition and increased physical fitness. As a sponsor of the Annual Double Dutch Holiday Classic Competition held at the Apollo Theater, ADANE promotes the sport of Double Dutch to get kids moving and encourages chocolate milk as a recovery beverage.

This year, ADANE extended their Double Dutch sponsorship to introduce the sport to local students at PS 161 in Harlem who have enrolled in their Fuel Up to Play

60 program. A clinic conducted by National Double Dutch League instructors highlighted basic compulsory moves, stunts and free-style fusion routines. Over 100 students from 3rd to 8th grade participated in the clinic and had the opportunity to jump between the double ropes. ADANE also presented a check for \$500 to PS 161 Principal Pamela Price to support the school's Fuel Up to Play 60 activities.

Fuel Up to Play 60 is a child nutrition and fitness initiative created in partnership between the American Dairy Association North East and the NFL. It is currently being used in over 73,000



schools nationwide to motivate students to develop healthy habits through a playbook of nutrition and physical activity strategies.

The goal of Fuel Up

to Play 60 is to help prepare students for academic success and reverse the trend toward increased weight and sedentary lifestyles among America's

youth. The program provides schools with strategies to increase access to healthy foods and increase exercise to fuel their minds for learning and decrease

their risk of developing chronic health issues. For more information about the Fuel Up to Play 60 program, contact dairyspot@milkm4u.org.

New Location Now Open in Harlem

Come in and let us help you find the health insurance plan that's right for you.

34 E. 125th Street
Monday to Friday, 8:30am–5:30pm
or call **1-855-275-4306** (TTY 1-888-542-3821)
7 days a week, 8am–8pm

Free portable charger
(while supplies last). Mention code: NYC
One per household, without obligation to enroll in a plan.

Plans are offered by affiliates of Healthfirst, Inc.
© 2017 HF Management Services, LLC

1653-17

INA17_91

A Closer Look Inside New York City Schools

Schools by Chancellor Carmen Fariña

As an educator for 52 years, I know that all of our schools' most important work happens in the classroom.

In my first four years as New York City Schools Chancellor, we've invested in our classrooms through our Equity and Excellence for All agenda – our belief that every child, no matter what zip code they live in or where their parents were born, deserves a great education.

By any measure, our schools are the strongest they've been, with record-high graduation rates, record-high numbers of students going on to college, record-low dropout rates, and improving test scores. We're building on this progress with 3-K for All, Computer Science for All, and Community Schools. Many of our investments in classrooms across the City – particularly in training teachers and improving classroom instruction – are less splashy and often overlooked, but are just as critical to our vision of Equity and Excellence for All.

Here are a few of those “under the radar” investments that are making an impact in our classrooms:

80 minutes of teacher training. Nearly four years ago, one of the first things I did was set aside 80 minutes at every school every week for teacher training. This is a game-changer for schools and the children and families we serve.



During the 80 minutes, teachers learn how to use new cutting-edge resources; plan for upcoming lessons; and look closely at students' performance on tests and essays to figure out what they're teaching well and what they need to do better.

Passport to Social Studies. Since I was a child and my father read Spanish books with me about the history of Spain (his native country), Social Studies has always been my favorite subject. Unfortunately, it was not seen as a priority in schools, but it has to be. We must prepare students to be thoughtful, productive citizens, and they absolutely have to understand history, civics and current events.

Last school year, we released a brand-new Social Studies curriculum, the Passport to Social Studies. I'm happy to say it's now in over 70 percent of our elementary and middle schools, and I'm excited to see that number grow as more schools focus on Social Studies.

Investments in middle school. If we get middle school right, students can find hobbies and passions, and start carving their path to college and careers.

We need to make the investments to reach them and get them ready for high school, college, and beyond.

We now provide an after-school seat for ever middle-school student, and also started a program called “Teen Thursdays,” where 7th-grade students can visit many local cultural institutions. It's not a given that kids and families feel welcome at their local museums and cultural centers; programs like this connect our students and parents with their City in a new way. We're also homing in on middle school math through our Algebra for All initiative – making sure students get the math instruction they need in 5th grade and middle school so they're ready to take on advanced math courses in high school.

Collaboration over competition. I've always been a believer in collaboration over competition. It is shameful when a school has great things that are helping kids and doesn't share those resources. Last school year, we tapped into that collaborative spirit and brought the “co-located campus initiative” to 20 campuses across all five boroughs.

Participating schools are on a single bell schedule so all students on the campus can share AP and enrichment courses, increasing access to more rigorous coursework. Teachers come together for shared professional development, there are family welcome centers to encourage all parents to get involved, and there have even been

campus-wide proms. By coming together, schools that would have been siloed are sharing best practices and strengthening campus culture – and students are benefiting.

Family engagement. None of our instructional work can achieve its potential without a strong partnership between families and schools, and increasing family engagement is a central priority.

We've increased the number of evening parent-teacher conferences to make them more convenient for families – resulting in a 40 percent increase in conference attendance – and provided additional training to parent coordinators on engaging parents in their school communities. We're looking at creative new ways to get more families involved in their children's education, like FaceLab, a robotics and technology course taught by parent volunteers, and the Family English Initiative, an English proficiency course that parents and students take together.

These “under the radar” efforts – and many like them – are making a real impact for children and families across the City. There's a lot of work our teachers and principals are doing every day to put us on the path to Equity and Excellence for All, and put our children on the path to success. I look forward to all the work we have ahead of us, and continuing to update you on these reforms and the progress we are making.



HARLEM COMMUNITY
NEWSPAPERS, INC.

“GOOD NEWS YOU CAN USE”

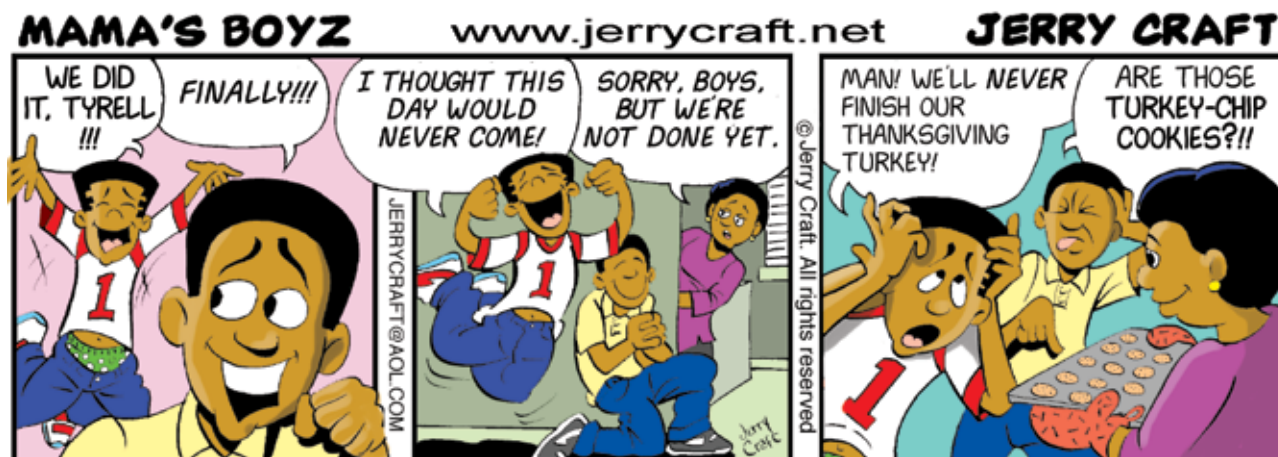
Vol. 22, No 49 December 7 2017



subscription
information
page 23

Advertise in
Harlem Community
Newspapers

email today:
harlemnewsinc@aol.com





Home Buying In Harlem

Be Prepared to Buy Now

by Rev. Charles Butler

The home values in Harlem are steadily increasing. That, combined with the fact that most banks have adopted more conservative lending practices, it is easy to see why it is becoming difficult for low to moderate income families to purchase anything worthwhile.

However, there is some help for first time home buyers. There is a grant program offered through the Federal Home Loan Bank of New York called the First Home Club. This is a savings program that will give you \$4 for every \$1 you save! You can save a maximum of \$1,875 and the program will match it with \$7,500 to use for down payment and/or closing costs.

There are restrictions to the program that include:

(1) you must be a first-time buyer and meet the household income guidelines, found on the first home club website.

(2) You must use a participating lender. In New York City there are only four banks participating in the program. They are HSBC; M & T, Valley National Bank, and Astoria.

(3) You must make regular monthly deposits for a minimum of 10 months. If you miss a month you will have to add that on to the back of the program.

(4) You must be ready to purchase a home within 24 months of starting the program. This includes the 10 months of savings.

(5) You must complete

the Home Buyer Education Workshop such as the one offered at Harlem Congregations for Community Improvement, Inc. (HCCI).

This year each lender has a set number of applications that they can submit for this grant, so getting into the program is somewhat competitive. I have the applications for each lender and can help you start the process. With housing prices skyrocketing to the point of homes not being affordable, it is good to see there is still some help for first time buyers.

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.

FOXWORTHREALTYONLINE.COM

IN OCTOBER 2008, EUGENIA C. FOXWORTH OPENED THIS UNIQUE REAL ESTATE BOUTIQUE... IT IS LOCAL, NATIONAL AND GLOBAL.

"WE MAKE THE DEALS HAPPEN!"

212.368.4902 212.368.4903

1524 AMSTERDAM AVE., N.Y., NY 10031

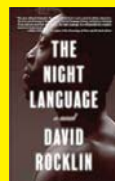
Revolution Books

About the world... For a radically different world.

Great Events



7pm Tue. **December 12**
Otis Redding:
An Unfinished Life
with author Jonathan Gould



7pm Fri. **December 15**
The Night Language
with author David Rocklin.
Rich historical novel of forbidden gay love.

Great Books



Sing, Unburied, Sing
by Jesmyn Ward
A searing, urgent novel set in

Mississippi... spinning poetic tales... connect-ing slavery and Jim Crow with the present. 2017 Nat'l Book Award.



The New Communism:
The science, the strategy, the leadership for an actual revolution, and a radically new society on the road to real emancipation
by Bob Avakian



Jean-Michel Basquiat
by D. Buchhart and G. O'Brien
Merging poetry and jazz with high-energy art. Presents Basquiat's life with beautiful images of his work.

Great Gifts



Revolution Books in Harlem 437 Malcolm X Blvd @132nd St.

212-691-3345 ★ www.revolutionbooksnyc.org ★ @revbooksnyc

Open 7 days a week, noon to 9pm, through December

LEMOR REALTY is sending holiday joy
To You and Your Family this Season!

Real Estate Development, Management & Brokerage

167 West 145th Street
New York, NY 10039
(212) 281-2714
www.lemorrealty.com



lemor
Realty Corporation

Lemor
Development Group

HARLEM CALENDAR OF COMMUNITY EVENTS

Dec 7, 6pm
Conversations in Black Freedom Studies: The Strange Career of Jim Crow Midwest Our second installment of The Strange Career of the Jim Crow - Midwest reveals the many faces of white racism. The face of employment discrimination was unmasked by the March on Washington movement in Detroit's auto plants in the 1940s. The face of killer cops was revealed by Fred Hampton and the Black Panthers as well as by Cha Cha Jimenez and the Young Lords in Chicago. The face of religious discrimination was exposed by Reverend Albert Cleage and Black Christian Nationalism in Detroit. The face of cultural imperialism was exposed by the Black Arts Renaissance from Detroit to Chicago. And the faces of housing and employment discrimination were protested by the NAACP in Milwaukee. Join this conversation on Jim Crow in the Midwest with our panelists Nisihani Frazier, Keona Ervin, and Patrick Jones. Free. Event located at

Schomburg Center for Research in Black Culture, 515 Lenox Avenue. For more information, call (917) 275-6975

Dec 7, 10pm
Apollo Comedy Club featuring Aldo Marachlian, Ms. Darkchild and Miles Green. Hosted by Freddie Ricks. The Apollo A-LIST advance price is \$15 until midnight December 6. Please note there is a \$10 drink/food minimum. Sign up for the ALIST at apollotheater.org. Apollo Theater, 253 West 125th St. (212) 531-5305.

Dec 8, 10pm
Apollo Music Café. Hosted by Jodine Dorce. Music by DJ Hard Hittin' Harry. Austin, TX native Tameca Jones is set to become the next break out star, similar to her friend Gary Clark Jr., who featured her honeyed vocals on his latest album "The Story Of Sonny Boy Slim." Please note there is a \$10 drink/food minimum. Sign up for the ALIST at apollotheater.org. Apollo Theater, 253 West 125th St. (212) 531-5305

Dec 9, 7:30pm
Amateur Night Holiday Special

The Apollo Theater lights up this holiday season with the Apollo Amateur Night Holiday Special, the 7th Annual event under its signature program Amateur Night, showcasing recent winners and young alumni of the show's "Apollo Stars of Tomorrow" category. Hosted by Capone and cohosted by We' McDonald. Tickets start at just \$15. Apollo Theater, 253 West 125th St. (212) 531-5305

Dec 10, 10am-3pm
(Weekly Event)

Gospel Brunch featuring Vy Higginsen's Gospel for Teens Choir and Red Rooster's famous soul food brunch. Reservations are encouraged. 310 Lenox Avenue (between 125th and 126th) 212.792.9001 info@redroosterharlem.com

Dec 10, 3pm
Three on 3 Presents: Celebrate the Holidays. Gifted pianist, arranger and composer Phil Bingham plays classical, gospel and

jazz piano and has performed in cathedrals, clubs and concert halls internationally. La Fredrick Coaxner, versatile tenor, Juilliard Conservatory graduate who performs gospel, opera and jazz internationally also teaches and conducts workshops in gospel music. Mount Morris Ascension Presbyterian Church (15-19 Mount Morris Park West (corner 122nd and 5th Avenue)) Admission: \$20

Dec 13, 6:30pm
Gwendolyn Brooks Centennial Celebration.

2017 marks the centennial year of genius poet Gwendolyn Brooks, born on June 7, 1917. Brooks was the first African American to win a Pulitzer Prize for any literary genre. She had published 75 poems by the age of 16 and recalled "very early in life I became fascinated with the wonders language can achieve. And I began playing with words." This evening we celebrate the wonder of language as influenced by Brooks's life and compositions. Free. Event located at

Schomburg Center for Research in Black Culture, 515 Lenox Avenue. For more information, call (917) 275-6975

Dec 13 and 14, 7:30pm
UPTOWN NIGHTS.

Christian Scott aTunde Adjuah presents Stretch Music X Afro New Orleanian/Black Indian Music Christian Scott aTunde Adjuah returns with two nights of genre blind music that will Stretch jazz music's rhythmic, melodic and harmonic conventions to encompass a range of cultural influences from his own native New Orleans to West Africa and the Caribbean. Join us on a sonic journey that creates a bridge to liberation and freedom with some of music's most daring musicians and improvisers. Tickets start at \$20. Harlem Stage, 150 Convent Avenue.

Dec 16, 8pm
HOLIDAY JOY: A Gospel Celebration featuring: Yolanda Adams, Donnie McClurkin, and the Greater Allen Cathedral Choir. Hosted by Liz Black. The

Apollo stage is set for a night of soul stirring Holiday gospel music featuring multi-platinum superstar and five-time Grammy Award-winner Yolanda Adams ("Open My Heart", "The Battle is the Lord's") with Grammy Award-winner Donnie McClurkin ("We Fall Down," "Stand"). With their stunning voices, dazzling energy and unshakable faith, Yolanda Adams and Donnie McClurkin promise to lift your Holiday spirits and bless your Christmas season. Tickets start at \$35. Platinum Tickets include a pre-performance meet & greet with Yolanda Adams. Premium Tickets start at \$85 and include a glass of champagne or Coke product. Apollo Theater, 253 West 125th St. (212) 531-5305

All listings on this calendar are free of charge. To add your listing, please email 50 words or less in the format above to harlemnewsinc@aol.com. Deadline is Friday prior.

Big or small, we ship it all®

Freight services at The UPS Store®

No matter how big or what shape, our freight services can help get your item to its destination. Whether you're shipping a piano or antique furniture, we'll help you take a load off.



55 West 116th Street (Bet Lenox & 5th) NY, NY 10026
 1872 Lexington Ave (Bet 116th & 117th) NY, NY 10035
 1838 2nd Ave @ 95th, NY, NY 10128

For more information call: 212-876-8800
 email: store4163@theupsstore.com
 website: www.theupsstorelocal.com/1163

Hours:
 Mon-Fri 8:00 a.m. - 8:00 p.m.
 Sat 9:00 a.m. - 6:00 p.m.

The UPS Store



WE ♥ LOGISTICS™

Mail Boxes Etc., Inc. is a UPS® company. The UPS Store® locations are independently owned and operated by franchisees of Mail Boxes Etc., Inc. in the USA and by its master licensee and its franchisees in Canada. Services, pricing and hours of operation may vary by location. Copyright © 2017 Mail Boxes Etc., Inc. C7M055685A 03.17

WORLD PREMIERE OF 'MAYNARD' First Black Mayor of Atlanta, at 'DOC NYC'.

By Maria Grazia Cavenaghi

Screening the World premiere of "MAYNARD", on November 16, at DOC NYC was a memorable way to conclude the 8th edition of this important Documentary Festival, the largest in the US. But who was Maynard Holbrook Jackson? He became the first black Mayor of a major southern city - Atlanta, Georgia in 1973 at age 35.. In 1968, outraged by the assassinations of Martin Luther King, Jr. and Robert Kennedy, he decided to run for the U.S. Senate against a known segregationist, Herman Talmadge. He lost, but his daring candidacy fueled a movement in the south that had started with Dr. King and that Maynard would take further.

For the historically and politically knowledgeable, this film will offer a very intimate take on Maynard's life achievements. For the unaware, it will be an eye opener on a charismatic trailblazer who

wrote a fundamental chapter in America's history and civil rights struggle.

Directed by Academy Award nominee, Emmy winner and four-time Peabody Award winner Sam Pollard ("Slavery by Another Name", "Sammy Davis Jr", "I've Gotta Be Me", "Two Trains Runnin") Maynard is produced by Maynard Jackson III and Wendy Eley Jackson -Maynard's son and daughter in law respectively. Also produced by Dolly Turner, Winsome Sinclair, Daphne McWilliams, Jason Orr, and Donald Jarmond with cinematography by Henry Adebajo (Academy Award nominated documentary "I Am Not Your Negro").

This film is a portrait of a man who had dreams and ambitions - not to hold power for the sake of it, but to be a public servant for his people and a champion of racial equality. A man who served

for three terms (non - consecutive) and led his city through the traumatic Atlanta child murders period and achieved unthinkable goals: hosting the 1996 Olympics and building the international airport that now bears his name. The documentary shows rare archival footage and photographs and exclusive interviews with such figures as President Bill Clinton, Rev. Al Sharpton, Rev. Jesse Jackson, Ambassador Andrew Young, Rev. Joseph Lowery, former Atlanta Mayors Sam Massell and Shirley Franklin, and current Mayor Kasim Reed. Together with them, family members and friends tell the extraordinary story of an extraordinary man, instrumental in advancing and transforming civil rights from protests to political action. A man who changed the reputation of Atlanta from the "heart of the confederate south" to a cosmopolitan world-class city.



The post screening Q&A featured Rev. Al Sharpton, Marc Morial - President and CEO of National Urban League, Wendy Eley Jackson and Director Sam Pollard as well as a contribution by Maynard Jackson III. In his customary strong, to-the-point dialectic, Reverend Sharpton painted a most accurate portrait of Maynard. "He was a very strong man and he was able to achieve what he did without losing his grace, his dignity and his integrity. It is a lesson and an inspiration that we need right now."

While waiting for the screening, I had the opportunity to interview Sam Pollard on the red carpet. I was interested in know-

ing how he got involved with the project, how he felt now and what he would like the future to hold.. "Maynard's son and daughter in law had seen my film 'Slavery by Another Name' and approached me to ask if I would direct the documentary they wanted to produce," he said.

"After I read a great book on Atlanta - with a large section on Maynard - I knew I wanted to be part of it. I am pretty satisfied with the result. This project was a labor of love that gave me the opportunity to get reacquainted with Maynard Jackson and I think he was one of the Great Americans. I would like for the movie to be seen

everywhere in the US and around the world."

I then asked him to send a message to the readers of Harlem News. He said "I would say to the folks of Harlem to come and watch this film because Mayor Jackson was one of the leaders in affirmative action and made sure that black people and black businesses got a piece of the pie in the City of Atlanta, after he became Mayor. Very important to see how you can use power to make positive things happen. And I would also say: use your power, use your voice and your vote to make things happen."

YARA AFRICAN FABRICS

MUD-CLOTH/ TIE-DYE/ WAX PRINTS/ KENTE CLOTH/ ASHOKE/ BROKEADE/ HANDMADE/ FABRICS/ TAILORING/ ALTERATION/ WHOLESALE/ RETAIL/ BAGS/ JEWELRY

UPS DAILY
WE ACCEPT ALL MAJOR CREDIT CARDS

MON-SAT 10:00AM-7:30PM
SUN 11:00AM-6:30PM

2 West 125th Street
(corner of 5th)
212-289-3842

www.yaraafricanfabrics.com

Throughout life kids and adults don't know the names of the states and their capitals. These cards should help them remember.

Russell Playing/Educational Cards
Email: russellmoneyruss@aol.com
Call or text: (347) 261-6683

Harlem Holiday Doll Show and Sale

By Lil Nickelson

The Morrisania Doll Society held its annual holiday doll show and sale on Saturday, December 2, 2017 from 11am to 6pm at the Dwyer Center located at 258 St. Nicholas Avenue on 123rd Street. The Morrisania Doll Society was formed by Ellen Ferebee, who decided to bring together collectors and artists to help preserve the history and culture of African American doll making. Their motto is “DOLLS ARE NOT JUST CHILD’S PLAY.” For more info email: morrisaniadollso-ciety@gmail.com

When I reached the exhibit space I realized that their motto is so true. The creative works of six dollmakers were on display (five were in attendance) and one doll house maker. Where were these dolls and doll house when I was a little girl? Each woman’s journey as artisans are personal and worth noting.

Rosa was one of 11 children and her family was too poor to buy gifts, so Rosa made her own dolls from scraps of her grandmother’s sewing materials. She made dolls as gifts for family members and when she retired from the US Postal Service five years ago she started making her dolls on a full-time basis. Her prices range from \$5 to \$100. Rosa can be reached at 646-946-7680 or find her dolls at www.Etsy.com/LaDonaDolls

Bobbie is a nurse at New York Presbyterian Hospital who began making her dolls when a niece told her she didn’t like chocolate dolls. Her first doll was named Kenya, and someone stole her concept and started marketing it. It discouraged her for a while, however, when God has blessed you with these



Ellen Ferebee, Founder and Director of Morrisania Doll Society



Rosa's dolls



Bobbie's dolls



Joyce's dolls



Shaquora's dolls



Goldie's dolls



Kellan's dollhouse

gifts you can’t suppress them. Her latest dolls are named Ki-oshia and Gail and her prices run from \$40 to \$45.

Joyce works for a bank regulator, and she got serious 15 years ago. Making the dolls is therapy for her and her prices range from \$26 for the magnet/coat pin up to \$300 for the doll with the dreadlocks whose face is made from a wooden spoon.

Shaquora started crocheting as therapy in 1994 after the birth of her fifth child, Jabriel, who has cerebral palsy, during her long waits in hospitals. Crocheting led to her making her dolls that range in price from \$45 for

small dolls, \$125 for mid-size dolls to \$300 for the long, fabulous girls. Jabriel is high functioning and will be 23 years old this month.

Tanya started making her dolls nine years ago as something to do when she retired as a Captain of Department of Corrections. She didn’t even know how to sew, but you couldn’t tell from her use of wool, tweeded corduroy, suede and textured leather for the bodies, clothes and boots for her dolls. Her dolls are Available On Etsy <https://www.etsy.com/shop/Dolls-ByMonTQ>

Goldie was the only doll maker not in attendance; she



Tanya's dolls

lives in Loris, South Carolina, but she sent her dolls up for display and she too sells them on etsy.com.

Kellan never stopped playing with dolls as a hobby, but she started making the doll

houses about 10 years ago. The rooms inside the house are so intricate and “blinged” out that she should be viewed as a home designer; the houses run from \$100 to \$125.



Manhattan Borough President Gale Brewer

Our Manhattan Borough President Gale Brewer was coming into the show as I exited; I had to snap her picture because she is truly supportive of small businesses and our “everywhere woman.”

Caring for the Caregiver: A Forum sponsored by The Greater New York Links, Inc. & Elder Community Partnership

By: Michelle D. Stent

The Greater New York (GNY) Chapter of the Links Incorporated, Health & Human Services (HHS) in conjunction with their community partners, AARP, Esplanade Gardens, Health Advocates for Older People, Caringkind, The Carter Burden Network, Harlem Advocates for Seniors (H.A.S.) and the New York Foundation for Senior Citizens (NYFSC) and host Brookdale Center for Healthy Aging, Hunter College/CUNY sponsored a forum/discussion for seniors on The Many Faces of Caregiving: Caring for the Caregiver. The very important and current topic of caregiving and how we approach it has become a major issue as our community ages. While there are many resources in place to care for our elderly, increasingly, we find that the well-being of the caregiver is often overlooked. The Community Partnership spoke to several member organizations regarding the many facets of caregiving and the challenges faced by the caregiver was a recurring theme. Since this "silent" group is rarely discussed, the Partnership felt it was timely to sponsor a panel of experts to explore this issue.

Dr. Marcella Maxwell, Co-Chair of the GNY The Links Inc., HHS and Dr. Daniel S. Gardner, Interim Director, Brookdale Center for Healthy Aging, welcomed the participants and presenters; Vivian Fox, GNY Links and President, 1199SEIU Child Care Corporation, introduced the panelists; Rossmery Dais, MPA, Director of Programs, 1199SEIU Child Care Funds, Diane Cooper, Geriatric RN, founder and CEO, Caregiver's Outreach Ministry Empowerment and Reggie Nance, Associate State Director, Multicultural Engagement, AARP.

Each panelist gave an in-depth presentation on a different aspect of the caregiver issue, emphasizing novel ways for the caregiver to recognize the challenges and begin to help themselves as the primary caregiver.



Presenter Minta Spain



Michelle Stent, Carolyn McBain, Paul Fleischman, Marcella Maxwell, William Hamer



Minta Spain, Rossmery Dais, Michelle Stent, Vivian Fox, Diane Cooper, Marcella Maxwell, William Hamer, Guest, Carolyn McBain

Rossmery Dias discussed in-depth the new 1199 program that focuses on member care for those who are daily caregivers in the family home. She reviewed 1199's support programs for members, grandparents and others who are primary caretakers for home-bound seniors. In addition, she distributed a "Caregivers Support Kit" booklet as a guide for attendees' use.

Vivian Fox conducted a lively question and answer session and encouraged all to speak up, speak out and feel empowered to ask for help in their role as a caregiver.

Diane Cooper's topic, Self-Care for the Caregiver: Caregivers Need Caring too!, asked the question, how are you as you walk this journey of a family caregiver? She pointed out that often times you are so busy caring for others that you do not have time to think about how you are feeling. She acknowledged that the role of a family caregiver is rewarding but can often lead to feelings of frustration, guilt and unappreciation. She emphasized, "self-care is not a privilege but vital to the success of a caregiver's journey".

The final presenter, Reggie Nance reviewed what he defined as the four kinds of people in the caregiver world:

- (1) those who have been caregivers;
- (2) those who are currently caregivers;
- (3) those who will be caregivers; and
- (4) those who will need caregivers.

Many in the audience fit one of these categories and their feelings, concerns and questions supported a lively and substantive discussion. The GNY Links Community Partnership Educational Seminars are designed to inform and empower seniors to recognize and cope with the problems of the senior service community of West, East and Central Harlem. Their primary objective is to target community-based elder African American, Caribbean, and Latino women and men, ages fifty-five plus whose health and well-being might be compromised by domestic violence and its complexities as they find themselves aging with diminishing support and access to services.

The Links, Incorporated is a volunteer service organization of concerned, committed, and talented women who, linked in friendship, enhance the quality of life in the larger community.

APOLLO HARLEM HOLIDAY

MAKE YOUR PLANS! APOLLOTHEATER.ORG/HOLIDAYS



DECEMBER 1 - DECEMBER 30

BALLET HISPANICO
FRI, DEC 1 & SAT, DEC 2 AT 8PM

DOUBLE DUTCH HOLIDAY CLASSIC
SUN, DEC 3 AT 1PM

COCA-COLA WINTER WONDERLAND - FREE EVENT!
SAT, DEC 9 2:00 - 6:00PM

AMATEUR NIGHT: HOLIDAY SPECIAL
SAT, DEC 9 AT 7:30PM

LATE NIGHTS:
APOLLO MUSIC CAFE & APOLLO COMEDY CLUB
THU, DEC 7 - SAT, DEC 9 AT 10:00PM

FANTASIA CHRISTMAS AFTER MIDNIGHT:
CELEBRATING HER HITS
WED, DEC 13 AT 8PM

APOLLO LIVE WIRE - FREE EVENT!
HOW I GOT OVER: THE SPIRIT OF GOSPEL MUSIC
SUN, DEC 10 AT 3PM

HOLIDAY JOY: A GOSPEL CELEBRATION
FEATURING: YOLANDA ADAMS & DONNIE MCCLURKIN
SAT, DEC 16 AT 8PM

KWANZAA CELEBRATION
SPECIAL GUESTS: LES INUBIANS
SAT, DEC 30 AT 2PM & 7:30PM

apollotheater.org | @ApolloTheater | #HolidaysAtApollo

Holidays at the Apollo sponsored by

Coca-Cola

2017-2018 Season Sponsors

Coca-Cola citi FORD FOUNDATION HOWARD GILMAN FOUNDATION JLGreene ART WORKS National Endowment for the Arts Council on the Arts NYC Cultural Affairs

Jose Ferrer Honored at Sports Foundation, Inc. Gala

On November 29th the Sports Foundation, Inc. held its annual Gala. Jose Ferrer was honored with the "Community Leadership Award." Other honorees included Adonis Long, "Silent Hero Award;" Evelyn Hey "Educator of the Year;" Jose Torres, "Entrepreneur of the Year;" Manny Rivera "Humanitarian of the Year;" and Sobeida Cruz, "Roscoe C. Brown, Jr. Trailblazer Award."

The "Community Leadership Award" presented to Jose

stated "In appreciation of your commitment and dedication to the future of our children." Jose expressed he was grateful to receive this award especially on the eve of the one year anniversary of receiving a kidney transplant from his daughter, Malikah. Jose's family including his wife Ayishah, his daughters, son and grandchildren attended the event. Jose was previously Executive Director of the Sports Foundation, Inc.

The Sports Foundation was

founded in 1969 by Robert (Bob) A. Williams, a community activist, humanitarian and pioneering leader in the areas of sports and education. Mr. Williams's original intent was to use sports, coupled with targeted education and mentorship as a way to push young Bronxites out of a life of poverty and violence. In the early 70's the South Bronx was a desolate and dangerous place where rival gangs terrorized the community. The economy was grim and espe-



Ferrer Family



Alcee L. James, SFI Executive Director; Honoree Jose Ferrer; Delmas Cole, SFI Board Member; Aureo I Cardona, SFI Chairman of the Board



Jose and Ayishsh Ferrer

cially hard hit was the South Bronx which became a venerable waste land with block after block of abandoned buildings where children played amongst muffled sounds of gunfire in

the background.

Fast forward forty years later and you will find that we are living in an ever changing, more complex environment. In order to have a more far

reaching social impact, SFI (Sports Foundation Inc.) has shifted its focus to Substance and Alcohol Abuse Prevention and Education, Career Development and Life Skill Workshops. SFI offers community services such as summer programs, recreation and sports activities.

SFI is almost wholly funded by New York State Office of Alcoholism and Substance Abuse Services (OASAS) which is both federally and state funded. OASAS is the nations 2nd largest addiction service system whose mission is to improve the lives of all New Yorkers by leading a premier system of addiction services through prevention, treatment and recovery and is considered the Gold Standard by most addiction experts. In addition SFI is fortunate to have a committed, active and supportive group of Staff Counselors, Specialists and Board of Directors with deep expertise in areas of education, substance abuse, business and finance. They are a not-for-profit committed to improving the mental and physical health of the young people in the South Bronx.

For more information go to www.sportsfoundationnyc.org

UPTOWN DANCE ACADEMY PRESENTS... The 23rd Annual Black Nutcracker Gala Benefit THURSDAY, JANUARY 11, 2018

THE CITY COLLEGE OF NEW YORK
MARION ANDERSON THEATER
160 CONVENT AVENUE, NEW YORK, NY 10031

HONORING GEOFFREY EATON, PRESIDENT NAACP &
PAT STEVENSON, OWNER HARLEM NEWS

1-HOUR COMMUNITY SHOWINGS:
10:00AM, 11:45AM & 2:45PM

2-HOUR FULL LENGTH PERFORMANCE:
6:00PM - VIP COCKTAIL RECEPTION

\$75 VIP RECEPTION AND SHOW | \$40 MEZZANINE | \$20 BALCONY

ALL PROCEEDS GO TOWARDS PRINCE YOUTH INTO STARS CAPITAL
CAMPAIGN FOR CAPACITY, RENOVATION AND RESERVES. STILL
REGISTERING FOR OUR YOUTH INTO STARS TRAINING PROGRAM.
TRY YOUR 1ST WEEK FREE!

TO DONATE OR GET TICKETS VISIT:
WWW.UPTOWNDANCEACADEMY.COM

LOOKING FOR HEALTH INSURANCE?
WONDERING HOW YOU CAN
AFFORD IT?



WE CAN HELP!

November 1, 2017 – January 31, 2018 is your chance to enroll in a quality health plan through MetroPlus. Depending upon your income, you may pay little or nothing for your coverage! Learn if you and your family qualify – and how to choose the health insurance plan that’s right for you.

Join us for a free seminar
and learn about no-cost or low-cost health insurance options available through MetroPlus.

NYC Health+Hospitals Gouverneur 227 Madison Street • Manhattan December 9 & 16 12:00 PM to 3:00 PM <i>First Floor Managed Care Room</i>	Ron Brown Center 46 West 137 th Street • Manhattan December 14 & 28, January 10 2:00 PM to 4:00 PM <i>Fourth Floor Conference Room</i>	Job Plus / Weldon Johnson Houses 1833 Lexington Avenue • Manhattan January 20 12:00 PM to 4:00 PM <i>Gymnasium</i>
Segundo Ruiz Belvis Care Center 545 East 142 nd Street • Bronx December 7 & 28 January 20 3:00 PM to 7:00 PM 10:00 AM to 1:00 PM <i>Medical Library, 3rd Floor</i>	MetroPlus Morrisania Community Office 225A 167 th Street • Bronx December 10 December 16 12:00 PM to 3:00 PM 12:00 PM to 6:00 PM	NYC Health+Hospitals Lincoln 234 East 149 th Street • Bronx December 13 December 27 4:30 PM to 6:30 PM 10:00 AM to 1:00 PM <i>Conference Room 5</i>
Morrisania Diagnostic & Treatment Center 1225 Gerard Avenue • Bronx December 13 & 27 January 12 3:00 PM to 7:00 PM 10:00 AM to 2:00 PM <i>First Floor Administration Conference Room</i>	MetroPlus Tremont Community Office 720 East Tremont Avenue • Bronx December 15 December 17 & 30 10:00 AM to 7:00 PM 11:00 AM to 1:00 PM	NYC Health+Hospitals North Central Bronx 3424 Kossuth Ave • Bronx December 9, January 27 11:00 AM to 2:00 PM <i>Room 6M06</i>

For detailed location information
and to RSVP, please call:
1.866.303.9629



MetroPlus does not discriminate on the basis of race, color, national origin, sex, age, or disability in its health programs and activities.
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.800.303.9626 (TTY: 711).
注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1.800.303.9626 (TTY: 711)。

SERVING NEW YORKERS FOR OVER 30 YEARS

MKT 17.202

PONDER THIS! Tis the Season to be Thankful, Joyful and Grateful

By Hazel Rosetta Smith



Thanksgiving Day as a day of feasting was noted in 1621 between the Pilgrims and tribesmen of the Wampanoag. George Washington was the first President to proclaim a public day of thanksgiving in 1789.

A picturesque table with platters of mama's succulent specialties; grandma's rolls, sweet potato pies and peach

cobbler might be the way you and your family gather on Thanksgiving Day. However, in many more households, the turkey has been replaced by chicken and canned goods from a community pantry. Under those circumstances, remembering how it used to be invites the ghosts of the past and the lack in their present day. Years have passed and the family has dwindled to a few. It is painful to try to mask the hurt as thankful.

When being alone and feeling lonely join forces in the heads of the disenfranchised, the displaced, those in fractured relationships and those mourning the loss of loved ones, either one

can manifest into deep depression and they are magnified in such a time as this.

Before the fixings of the meal, such as it was, are barely digested, the next holiday was already laid out. The following day was Black Friday and Christmas came rolling in full steam ahead. Notice was hereby given when Macy's Thanksgiving Day parade ushered in Santa Claus on his sleigh.

The shelves were stocked; employees reported to work at the break of dawn to open the doors of stores across the nation to those early seekers of items and devices they could hardly afford. There is no joy

in the conundrum when Christmas is based on the plastic in your wallet and not on the birth of Jesus, the reason for the season.

Joyful turns quickly to sadness when there is no family, no funds and no friends. That brings attention to the conclusion of this holiday season, New Year's Eve is the night some consider to be the saddest of them all.

Far too many are fighting deep depressive thoughts of another year ending and no signs of change in the coming New Year. They are trying to tread water in sinking sand and that is more profound than watching the ball fall on Times

Square at the stroke of midnight.

Medical professionals agree the holiday season is the most difficult time of the year and that is catastrophic to good mental health. A friend of mine has adamantly voiced her feelings, "I want to get in bed, pull the covers over my head until it's all over."

A host of good folk will have to fight the good fight with all their might to make it through this holiday season. New insight and another focus might be helpful.

Thanksgiving is a reminder to be thankful every day for what we have, not to dwell on what we don't. Christ-

mas is a gift of love that came down from the Creator. New Year's Eve, with all of its revelry, can instill hope in the dawning of a new year.

Wave your victory flag in the face of adversity. Love yourself more than anyone could or would. Receive and believe in God's goodness and mercy and that is how we can be thankful, joyful and grateful all year long.

[Hazel Rosetta Smith is a journalist, playwright and director for Help Somebody Theatrical Ministries and former Woman's Editor and Managing Editor of The New York Beacon News. Contact: misshazel@twc.com]

Still detectable?

81% of SelectHealth members have complete viral load suppression.*

At SelectHealth, we're proud to be helping so many of our plan members live well with HIV. As a specialized HIV health plan, we're dedicated to serving the special needs of our community.

VNSNY CHOICE
SelectHealth Medicaid
Learn more:

1-866-469-7774 (TTY: 711)
8 am – 6 pm, Monday – Friday
All calls confidential.



CHOICE
Health Plans

vnsnychoice.org/selecthealth

ID# D6241 | Rev 08/09/17 | DOH Approved 11/13/17

*2016 Viral Load Suppression Results: New York State
Department of Health Office of Quality and Patient Safety

© 2017 VNSNY CHOICE

5 Surprising Facts about Pneumonia (Statepoint)

Pneumonia can strike anywhere and anytime, the American Lung Association reminds us. A serious, potentially life-threatening lung infection, pneumonia is primarily caused by viruses, bacteria or fungi that are transmitted from one person to another. The most common type of bacterial pneumonia is pneumococcal pneumonia.

1. Pneumococcal pneumonia can be serious. If you are 65 or older, your risk of being hospitalized after getting pneumococcal pneumonia is 13 times greater than for younger adults aged 18 - 49, and for those requiring hospitalization, they have an average hospital stay of six days. In severe cas-



PHOTO SOURCE: (c) FatCamera - iStock

es, pneumococcal pneumonia can lead to death. Symptoms typically have an abrupt onset and may include coughing, difficulty breathing, shortness of breath, chest pain, high fever, excessive sweating and shaking chills.

2. It doesn't happen only during winter. Pneumococcal pneumonia is

not a cold or the flu; you can get it any time of the year. Although rates of pneumococcal pneumonia tend to increase in the fall and winter months, cold air does not cause pneumonia, including pneumococcal pneumonia. Pneumococcal pneumonia can be spread by coughing or close contact with an in-

fectured person, no matter the season.

3. Even healthy adults are at increased risk. One of the most important things to know is that for adults, risk increases with age as our immune system weakens and can't respond as effectively to infection. Which means that otherwise healthy and active adults are at increased risk for pneumococcal pneumonia.

4. Chronic health conditions can also lead to increased risk. Other factors, like your lifestyle and certain chronic health conditions, can also increase your risk. Smoking, alcoholism and certain chronic medical conditions, such as diabetes, asthma, chronic obstructive pulmonary disease (COPD)

or a suppressed immune system, increase your risk for pneumococcal pneumonia. In fact, for adults 65 and older living with COPD, the risk for contracting pneumococcal pneumonia is 7.7 times higher than their healthy counterparts, and those with asthma are at 5.9 times greater risk.

5. The good news: You may be able to reduce your personal risk. As a preventive healthcare measure, vaccines work by teaching the body's immune system to recognize and defend against harmful viruses or bacteria before getting an infection, and reduce the chance of getting certain infectious diseases. But rates of vaccination among U.S. adults remain low,

lagging well behind expert recommendations and federal goals. The Centers for Disease Control and Prevention's (CDC) Advisory Committee on Immunization Practices recommends that all adults 65 years or older receive pneumococcal vaccination.

If you are 65 or older, talk to your doctor to see if you are up to date on your CDC-recommended adult vaccinations, and take a personal risk assessment at Lung.org/pneumococcal, developed by the American Lung Association in partnership with Pfizer.

This year, brush up on the signs and risk factors of pneumococcal pneumonia, as well as strategies for prevention, particularly as you age.

**"Because it's perfect
for working families
like mine."**

- Jeanine, Monroe County

There are 4 million reasons to enroll.
What's yours?

Enroll by Dec. 15 to Start Coverage Jan. 1, 2018

www.nystateofhealth.ny.gov | 1-855-355-5777



Memory Maintenance by William A Rogers



Changes Itself". This new scientific understanding of how the brain works has allowed for new approaches that use memory maintenance programs to improve common memory loss, mild cognitive impairment (MCI), even Alzheimer's disease, which is another type of dementia. As the saying goes, there is nothing new under the sun, natural herbs and spices have been used to improve memory and the overall well-being of the brain in Asia and Africa for centuries. The following three are the best known.

Bacopa Monnieri

While studying to become a certified Ayurvedic practitioner, I learned that bacopa Monnieri, a natural brain tonic made from the Bacopa plant, could be used to improve memory, nerve cell repair and mental focus. Ayurveda is a natural healing science whose foundation is in Eastern India where bacopa is also known as Brahmi, after Brahma the creator God of the Hindu pantheon. History tells us that ancient Vedic scholars used the Bacopa herb to help them memorize lengthy sacred hymns and scriptures. Bacopa Monnieri is also used as

a blood pressure regulator and to treat Epilepsy, Asthma, Ulcers and Inflammations.

Huperzine

Huperzine is a natural memory remedy extract taken from the Firmoss plant that can be found in India and Southern Asia. In China, practitioners of Chinese medicine use Huperzine to fight Alzheimer's disease. It is also used for age-related memory repair, and to prevent or slow cognitive decline as the brain ages. Studies have shown that Huperzine has the ability to increase blood flow to the brain. A leading cause of memory loss is a decrease of blood flow to the brain.

Saffron Extract

Saffron Extract, a spice made from the Crocus Sativus plant, has long been a spice used to improve memory and to address depression, Asthma and Insomnia. Saffron studies have shown that the extract has also been successful in weight loss, improvement of mental fatigue, mood, stress, forgetfulness and premenstrual syndrome (PMS).

If you would like to improve your

memory, alertness, mental focus and the overall maintenance of your brain, you have to use it or lose it. Productive options can be meditation, and energy movement exercises like Tai Chi, Ki movements and Qi Gong can be helpful.

I also recommend "Total Recall", a

memory booster natural supplement formula made with Bacopa Monnieri, Huperzine, saffron Extract and Korean Red Ginseng. If you visit www.nowuno.info you can learn more about and even purchase this amazing memory maintenance natural product.

For more information on memory maintenance options send an email to owon@gmail.com, call 646 329-6727. I will

also give Ki Energy stress management treatments at Gale and Ben Armstead's second Fall 2017 Psychic Fair on Sunday, December 10 from 3pm to 7pm at the Dwyer Cultural Center located at 258 West 123rd Street between Frederick Douglass Blvd. and Saint Nicholas Avenue. For additional information about this event call 212 410-6755.

New York

Ki Energy Wellness Center

13 West 122nd Street, Harlem N.Y. 10027

(bet. Lenox Avenue & Marcus Garvey Park)

EXPERIENCE A KI ENERGY TREATMENT

(Acupressure & Acupuncture without needles)

Based on our wisdom, any pain, illness or dis-ease is an energy blockage.

Stress

Anxiety

Chronic Fatigue

Depression

Allergies

Back Pain

Skin Conditions

Migraine

Insomnia

Diagnosed & Undiagnosed symptoms & diseases

Asthma

PMS

Epilepsy

Menopausal Symptoms

Infertility

High Blood Pressure

Arthritis

Multiple Sclerosis

Cancer

For more information about our Ki classes and treatment programs and to make an appointment call

The New York Ki Energy Center at 917-806-1801.

You can also visit our website at www.kienergycenter.com or email us at info@kienergycenter.com

All consultations by appointment only.

Answers to Puzzle on page 20

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

Herbs Are Nature's Medicine...

By Zakiyyah

HEALING OUR EMOTIONS with HERBS and CHAKRA BALANCING

7th CROWN CHAKRA, Part 3
The highest chakra, at the crown of the head, is depicted by a "thousand-fold" petaled lotus flower. Its color is violet or white (being an amalgamation of all colors).

For the Soul to gain its highest spiritual potential while incarnated in a physical form, the great mass of Kundalini energy locked in the root chakra must be released to travel up to the crown chakra. Yoga is one of the most popular ways to work with the chakras – hatha yoga, kundalini yoga,

and tantra yoga.

The Crown is the place where life animates the physical body: that silver cord that connects the aura bodies extends from the Crown Chakra. The Soul comes into the body through the Crown at birth and leaves through the Crown at death.

When out of balance, illnesses may include migraine headaches and depression.

A balanced crown chakra will manifest the ability to open-up to the Divine, and total access to the unconscious and sub-conscious. To help maintain a good balanced crown chakra, one should meditate, reach out to others,

have regular eating habits, get a pet, and get involved in something. Practice gratitude, create an altar. Do anything that makes you feel peaceful and harmonious.

... MAKE NATURE'S MEDICINE YOUR OWN

This information is to help you balance your natural healing energies and is not intended as diagnosis nor as a substitute for medical supervision. To pre-order my book: booklaunch.io/Zakiyyah/theenergeticsofherbs; phone: 347-407-4312, email: theherbalist1750@gmail.com; website: www.sacredhealing7.com, blog: www.herbsarenaturesmedicine.blogspot.com.

Harlem Community Newspapers | December 7, 2017 16

THE ADAMS REPORT Holiday Stress Management 101

Feeling frazzled post-Thanksgiving? Well, join the party. It seems as though life goes into hyper-drive long before you've polished off the last of the leftovers! And now with just a little more than three weeks before Christmas, hyper-drive doesn't even begin to adequately describe the intense flurry of activity during the holiday season. There is a long list of things to accomplish because it isn't just the holiday that creates a major "to do" list, it's also the realization that a new year is on the horizon shortly thereafter . . . I don't know about you, but at times I feel overwhelmed by the sheer enormity of the tasks at hand! Why is it then that even though you know it's coming that it seems near impossible to prepare for it? I wish I had the answer, but of course, I had a few thoughts . . .



By Audrey Adams

Is the pressure real? Is it self-imposed? If you are solely responsible for creating a pleasurable holiday environment for everyone in your immediate family, then perhaps it's time to delegate. Give up the notion that you and you alone can do it all if you want some relief. You're thinking that it works in theory, right? Okay, I hear you, but I also offer that if you keep all the details to yourself, you don't allow others to add their creativity to the process.

It just may be that they will help to enhance a "long-standing tradition" with a memorable component. Be willing to pass on the responsibility for maintaining tradition to another and in doing so, relieve some of the pressure.

Food and meal preparation is another area of potential stress. I can remember waking up one Thanksgiving morning expecting to smell the scent of the turkey, stuffing, cakes and pies in the air. Well, I ran downstairs to see what was up. My father sat reading the newspaper and my mom was reading a book. When I asked about dinner, they told me that they decided not to cook this year! How dare they, I thought; parents always cook holiday dinners. They hadn't even bought the makings for dinner. I panicked and after I got over it, I took matters into my own hands and rushed out to buy everything so that I could have

Thanksgiving dinner as I remembered it. It was a good thing too, because it was a first for me and my parents were impressed with all that I learned from them each year just hanging out in the kitchen when they cooked. Me too. But what I learned from that experience was that sometimes people take on the responsibility out of habit. The dinner that I prepared was different, I substituted Cornish hens for turkey and canned green beans instead of fresh snapped beans, a purchased sweet potato pie for home made . . . and a new memory was created, along with the story of how my parents sat out Thanksgiving! We still laugh about it. If you have been cooking year after year, eat out or let another family member show off his or her culinary skills.

Then there is shopping. There are those of us who shop all year long and then there are

those that love adding themselves to the crush of holiday shoppers. Last-minute sales and staying up all night to wrap presents are tradition to some, but if it means being tired and cranky Christmas morning then why hold on to that? If traditionally you have a holiday party at your house for 50 people, why not have it every other year instead? I could go on and on citing examples of potentially stressful situations we encounter each year; but instead I'll leave it up to you to identify your own areas, or if the pressure is real or self-imposed. Why start the New Year frazzled? Give yourself a break and take time to think of the possibilities that lie ahead. Enjoy reconnecting and celebrating with family and friends. Ease into letting go of the need to control the outcome of tradition. Pass the stress around. Think about it. See you next week.

Visit my website, TALK-WITHAUDREY.com and checkout my online radio show, Talk! with Audrey for a series of interviews that will inform, motivate and inspire you.

Audrey Adams is the host of TALK! with AUDREY, a weekly radio and television show about issues that empower women, featuring entertaining and inspiring interviews with experts and authors from the health, fitness, financial, and travel industries. In New York, listen to TALK! with AUDREY every Monday at 5:30 p.m. on WPAT 930 AM and watch every Friday at 6:30 a.m. on RNN . . . FIOS Channel 6; RCN Channel 16; Cablevision Channels 19, 48, 6 and 19; Direct TV Channel 48 and Comcast Channels 13, 19 and 713. For more information and on demand content visit TALKWITHAUDREY.com ©The Adams Report

Foot Pain? Diabetes?

FOOT CENTER of NEW YORK

55 East 124th St.
(between Madison & Park Aves.)



Wound Care
Adults & Children
Welcome

**Monday, Tuesday
& Thursday
8 am - 4 pm**

**Wednesday
8 am - 7:30 pm**

Medicare, most Medicaid HMOs, and other insurances accepted

Full-Service Physical Therapy Center

Expert staff diagnose and treat foot ailments including:
Sports Injuries • Foot Pain • In-toeing • Out-toeing
Flat Feet • Ingrown Toenails • Walking Problems
Heel Spurs • Bunions • Hammertoes

55 East 124th St. btwn. Park and Madison Avenues, NYC
Call 212-410-8158 for an appointment
www.footcenterofny.org




1400 5th Ave.
(entrance on
116th Street),
NY, NY 10026

The premier physical therapy clinic in the heart of Harlem!
We are committed to providing dignified, personalized care!

Programs:

- Back and Neck Care
- Sports Medicine
- Osteoporosis
- Balance
- Total Joint Replacements

Treatment Protocols:

- Prevention and Education
- Close Chain Stabilization
- Weight Training
- Home Exercise Programs

Conditions Treated Include:

Sprains/Strains/Muscle Spasm • Fractures • Carpal Tunnel Syndrome • Whiplash
Back Pain • Plantar fasciitis • Weakness and Instability • Tendonitis/Bursitis
Total Hip/Knee Replacement • Neuropathy
Post-Operative Rehabilitation for: Knees/Shoulders/Elbows/Ankles and Feet

Call Us We Can Help

212-996-3303

www.ptharlem.com





Spiritually Speaking

By Bro. Bill De Fossett –Radio Personality and host of The 3G Experience radio program on WHCR-90.3 FM (www.whcr.org)

Hopefully you spent your Thanksgiving gathering WITHOUT your cell phone or other devices. The need for communication among us is imperative in this season of turbulence and despair. Put down the phones and talk to each other! Watch for the signs of depression as your family and friends gather for the upcoming Christmas celebrations!

The appropriate greeting this season is Merry Christmas. We

must maintain the spirit of this season as we celebrate the birth of Christ. Keep Christ in Christmas!

Think about the current slavery conditions that have enslaved hundreds of people in Libya.

We mourn the transition of Rev. Prince Davis, Pastor of 2nd Prince of Peace Baptist Church in the Bronx. The home going service for Rev. Davis was held at Metropolitan Baptist Church, in Harlem.

Faith Memorial Baptist Church celebrated their beloved Pastor, the Rev. Raymond L. Mickens in his 20 years of pastoral care. The guest preacher for this event was the Rev. Lois Giles, Pastor of the Seven Light Baptist Church. Faith Memorial B.C. is located at 1435 Prospect Ave in the Bronx. The well-attended event was a fitting tribute to this man of god. God bless!

Happy Birthday to Rev. Wanda Page, Pastor of Saints of Jesus

Christ Church in the Bronx.

Rev. Terrance Kennedy was the keynote speaker at the World Aids Day event held at the Morris Heights Health Center in the Bronx.

Rev. Keith Branch and the Branch Singers presented a live recording session at New Life Cathedral. 110 Junius Street, Brooklyn, on December 6. Archbishop Robert Rochford is the Pastor.

Minister Denzil

Wallace hosted a book signing on Saturday, December 9 from 4-6 pm. The address is 1946 Amsterdam Avenue. The title of the book is Joseph's Angels. Minister Wallace was a guest on The 3G Experience at WHCR-90.3 FM. During that interview, he discussed the characters in the book and how they mirror our spiritual lives.

We were talking about the Ministers in Harlem and the Bronx that are "Generation Builders."

Seeing Rev. Henry Bolden at the

home going for Rev. Fletcher Crawford started the mind ticking. How many of that group of preachers are still pastoring and/or still here? Let me give you a hint - Rev. D'Eugene Rodgers, Pastor of Solomon Temple Baptist Church is the youngest of the group. Rev. William L. Watkins, Jr. and Rev. Henry Bolden are the oldest. I encourage your input on this discussion.

Thanks to all of you that view The 3G Experience on Facebook Live and www.whcr.org. Follow the 3G Experience every Thursday from 6am-10am. Watch/listen on Facebook Live or www.whcr.org. Send mail and other comments to Bro. Bill, PO box 446, New York, NY 10039.



COLUMBIA UNIVERSITY
MEDICAL CENTER



DOES ANY MEMBER IN YOUR FAMILY HAVE MEMORY PROBLEMS?
If so, we need your help!

If anyone in your family is living with ALZHEIMER'S DISEASE, you know how important it is to find a way to prevent or cure it. The NIA-LOAD Family study is a major nationwide research study to find the genes that cause Alzheimer's.

If your family is affected by Alzheimer's disease, we invite you to partner with us in this research.

For more information on this study, please call us at (212) 305-2349 or email us at imm2129@cumc.columbia.edu

Need Braces or Invisalign?



**CENTRAL PARK NORTH
ORTHODONTICS®**



**Do you or your child need
Braces or Invisalign?
Call us today! 212-419-5236**

**FREE
digital wrist
thumb drive**
Upon start of treatment.
While supplies last!



invisalign® **invisalign teen**

www.CPNbraces.com

“Blessed Life” by Kim Fields with Todd Gold

REVIEW by Terri Schlichenmeyer, Harlem News contributor

You have much to be thankful for this year.

There’s a roof over your head, for beginners. You know where your next meal will come from. You can read, obviously. Running water, electricity, friends, and family, the list goes on. Author Kim Fields (with Todd Gold) counts those happy things, too, and in her new book “Blessed Life,” she knows who gets credit.

Born in Harlem with a pedigree in performing – her grandmother was a dancer; her mother, an actress - Kim Fields recalls how much she loved Harlem, but she says she “would not trade growing up in Hollywood,” which is where she moved with her mother when Fields was six.

At age eight, as her mother’s L.A. star was on the rise,

Fields tried out for her first role in a TV ad, later appearing in other commercials. She met Janet Jackson and they often played together, a friendship that led Fields to an appearance on Good Times, as a friend of Jackson’s character.

Shortly after that first quick appearance, Fields was hired for a new spin-off television show, in part because she could roller skate. The show wasn’t a hit with audiences at first, but NBC had faith in The Facts of Life.

“Going through puberty on television was not fun,” says Fields but she “handled” things. It helped that her mother kept her grounded; finding a church and connecting with God at age 14 also made a difference.

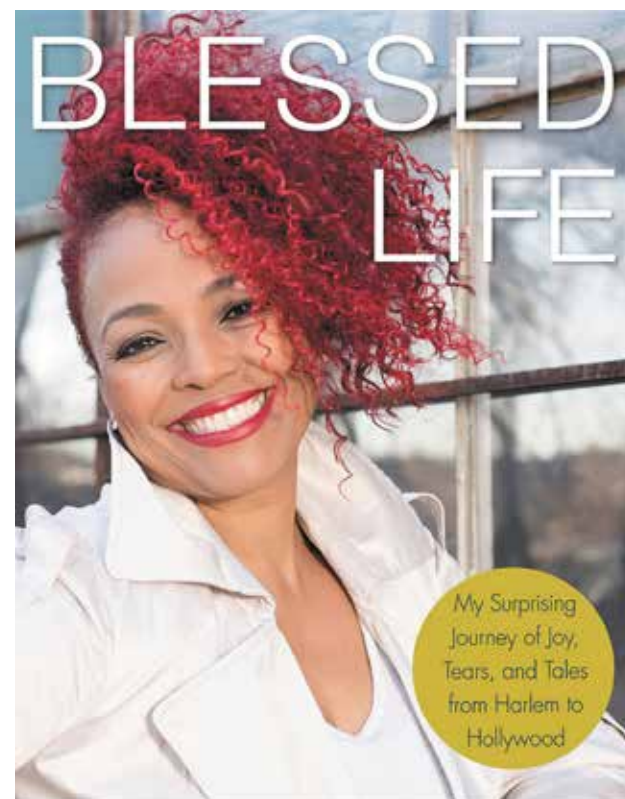
Those things helped Fields during her trials and lifted her

higher when things were good. Friends helped her search for love, introducing her to men and offering support when love went wrong. Professionally, work came and went in large roles and small projects. Fields went to college, worked behind-the-scenes in the film industry, fell in love, and got married. When that relationship fell apart, she became depressed and stayed in bed for weeks, asking God if he “still got a plan, right?”

He did. It involved a new love, a family, more work, new focus, and maturity.

“What I’ve come to terms with,” says Fields, “is that as long as I’m moving forward.... I’m winning at least half the battle.”

“Blessed Life” is a bit of fresh air in the star-biography genre.



KIM FIELDS
With TODD GOLD

Fields with Todd Gold
c.2017, Faith Words

\$22.00 / \$26.50 Canada
215 pages

Living with HIV/AIDS?



We are the premier Skilled Nursing Facility and Outpatient Adult Day Health Care Program for People living with HIV/AIDS

- The **only** AIDS Specialty Skilled nursing facility in Harlem
- **5 out of 5** star overall rating
(Source:www.medicare.gov/nursinghomecompare)
- Staff trained in sensitivity to serve the GLBT community
- Adult Day Health Care for people with HIV
- **Approved by Amida Care Provider**
- Medical Care & Physical Therapy
- Social Services & Case Management
- Substance Abuse Counseling
- Therapeutic Recreational Activities
- Support Groups
- Nutritional Meals
- Spiritual Counseling & Support

Saint Mary's Center

Serving Harlem Since 1992

512-516 W. 126th St., New York, NY 10027
212-665-5992 • www.StMarysHarlem.com



PURCHASE NATURAL WELLNESS PRODUCTS ONLINE TODAY!

Visit the
The **Onuwon Wellness Group's** Online store at
www.nowuno.info

- **Cherish** - Natural None Toxic Premium Sanitary Napkins
- **Empower** - Testosterone Booster Plus
- **Total Recall** - Memory Booster
- **Sweetest for Her** - Natural Sexual Enhancement Formulas
- **Taboo for Him** - Natural Sexual Enhancement Formulas
- **Maxlife** - Prostate Care Plus

For additional information call 646-329-6727 or email onuwon@gmail.com

The Onuwon Wellness Group

is a licensed distributor for Nspire Network Wellness Products



see answers on page 16

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12
13					14			15			
16					17			18			
19				20		21	22				
		23				24					
25	26	27		28		29		30		31	32
33			34		35			36		37	
38				39		40		41		42	
43				44		45		46		47	
48				49		50		51		52	
			53		54		55	56			
57	58	59	60				61			62	63
64					65	66	67		68		
69					70			71			
72					73			74			

DISH DEALS!!

190 Channels
Now only...
\$49.99/mo.
for 24 months

ADD
HIGH-SPEED
INTERNET
\$14.95/mo.
where available

CALL TODAY
PROMO CODE:
FreeEchoDot
1-888-416-7103
Requires credit qualification and commitment

Switch to DISH and
Get a FREE Echo Dot
Control your TV, music, home with DISH
Hopper + Amazon Alexa

**STATEPOINT
CROSSWORD
THEME:
HAPPY HOLIDAYS**

ACROSS

1. Oscar, e.g.
6. Debate position
9. Judicial document
13. Hawaiian veranda
14. Deadeye's forte
15. Capital of Egypt
16. Lumps of something soft
17. Beluga yield
18. Ar on table of elements
19. *First state to officially recognize Christmas
21. *Country which produced first artificial Christmas trees
23. Boiling emotion
24. Grain in "The House That Jack Built"
25. Equinox mo.
28. *On Christmas it often includes ham or goose
30. In style
35. Twelfth month of Jewish year
37. *Max and Santa's

Little Helper
39. Jack Black's Libre
40. Saturnalia's place of origin
41. Rat's world
43. Movie spool
44. Actress ____ Perlman, pl.
46. Angler's decoy
47. Partner of "void"
48. "A Connecticut ____ in King Arthur's Court"
50. Speed of object divided by speed of sound
52. A layer in plywood
53. Please do not delay
55. *"____ the season to be jolly..."
57. *Beloved Montgomery Ward creation
61. *"Christmas Carol" author
65. Avoid, as in taxes
66. ENT's first concern?
68. Alfred Hitchcock in his own movie, e.g.
69. What tailor did
70. #19 Across abbreviation
71. Driver's 180
72. Sin over cos, pl.

73. Blade drops
74. Mexican coins

DOWN

1. Aquarium dweller
2. Room border
3. Dwarf buffalo
4. Torah teacher
5. Divest one of a gun
6. "For" in Spanish
7. Orinoco or Grande
8. Opposite of alpha
9. *Like holiday memories?
10. Capital of Latvia
11. Wedge in a golfer's bag, e.g.
12. Broadway recognition
15. Dairy aisle package
20. Bribes of rewards, in the olden days
22. Liberty Tree, e.g.
24. "Naked Lunch" creatures
25. *Like Christmas
26. Greeting in the land of "Mele Kalikimaka"
27. Part of cow's stomach
29. *Yuletide
31. Repair, as in socks

32. Freeze over
33. Conch, e.g.
34. *Poisonous Christmas berry
36. Plumbing problem
38. Red Cross supplies
42. Abdominal muscles
45. *Like a letter mailed to Santa
49. Sixth sense
51. Diaphragm spasm
54. Best way to shop?
56. *The kids do it in opening of "A Charlie Brown Christmas"
57. Catch your breath
58. Iris holder
59. Dracula's bane
60. Words from Wordsworth
61. Big attraction
62. Outback birds
63. Infamous emperor of #40 Across
64. Daughters' brothers
67. Belgian brew

SUDOKU

GOT KNEE PAIN?

Get a Pain-Relieving Knee Brace
At Little or No Cost to You
You May Qualify for Free Shipping
We Do All The Paperwork
Shoulder Braces, Ankle Braces,
Back Braces Also Available

Medicare Patients
Call Us Right Now
1-800-984-0360

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

DON'T MISS
ANOTHER
ISSUE

SUBSCRIBE
TODAY!
GO TO
PAGE 23

Visit our
website to
learn more:

WWW.
harlemcommunitynews.com

145th Street
Animal Hospital

**"Personal Care with
a Professional Touch"**

454 West 145th Street
(bet. Convent & Amsterdam)
Tel: 212-234-3489
www.harlemvet.com
Email: e.info@harlemvet.com

Dr. Julie R. Butler

A smiling cat and a happy dog sitting together.

HARLEM MASTERS

POOLE GREENE

**"Where Looking Like New Money
Isn't Just a Style, But a Way of Life!"**
Grooming Gallery for Men and Women
Hot Shaves, Bald Heads, Shape-Ups
Afros are our Specialty

A classic red, white, and blue barber pole.

CALL FOR AN APPOINTMENT | WALK-INS WELCOME

633 Lenox Avenue (141 & 142nd. Street), New York, NY 10037 646-388-0450

Immigration Does Not Equal Slavery



By Elektra B. Yao, Esq.

Slavery in the US ended on December 18, 1865, as the Thirteenth Amendment was adopted in the United States Constitution. The amendment officially abolished slavery, and freed more than 100,000 slaves. In most of West-

ern Europe, it was abolished between 1761 and 1875. Sub-saharan slavery was forced migration, where innocent families were uprooted from their home, their language, and their country. Today, sub-saharan West Africans are fleeing their devastating country conditions in search of prosperity. They are fleeing unstable governments, dictatorships, famine, female mutilation, forced marriages, and many other destructive coun-

try conditions. They are crossing from West Africa to Northern East Africa in Libya in hopes of emigrating to Libya or Europe (through Italy) for a better, more dignified existence. Today's West Africans are Africa's modern-day immigrants and at the very least could qualify for asylee or refugee status. But that is not happening. Instead a horrific pattern of slavery, which was abolished in the 19th century in

the US, is re-emerging. West African immigrants are now being sold as slaves in modern-day slave markets in Libya, just like the abominable slave trade in the US. Shortly after the death of former Libyan Prime Minister Muammar Gadhafi in 2011, political power in Libya became split into three rival governments. The slave trade was able to prosper in Libya because there is no rule of law or due process. Estimates from the United Nations put the number of immigrants in Libya at 700,000. West African immigrants are being auctioned off in the Libyan capital, Tripoli, for as little as \$400. They are the modern-day slavery chattel and are referred to in Libya as "merchandise." West African men are offered up for sale as part of a group of "big strong boys for farm work". CNN was told of auctions at nine locations across Libya, but many more are believed to take place each month. This means that each month, families are ripped apart; men, women, and children are treated as chattel; and slavery is continuing. When will it stop? Immigrants are vulnerable and the criminals who rob, rape, and murder them (along with government officials) should be held accountable for these egregious and unforgivable acts. In Abidjan, the economic capital of Cote d'Ivoire, during the



African and European Summit, South African President Zuma has echoed other leaders in saying "we are haunted by images of many of our continent's citizens plunged in the watery grave of the Mediterranean and the scenes of a slave trade continuing on this very continent." This abominable crime against humanity, known as slavery, has no place in our modern world where men, women, and children of all

nationalities and colors should enjoy the dignity and freedom afforded to every human being. Immigration does not equal slavery. Elektra B. Yao is a multilingual Immigration Attorney and the owner of The Law Office of Elektra B. Yao located in Harlem. She is the daughter of an Ivorian Father and an Italian Mother. You can contact her at Elektra@yaofirm.com. Please visit her website at www.yaofirm.com

EZ OPEN...EZ SERVE...EZ CLOSE

NOW DISPLAY AND SERVE YOUR FOOD THE EZ WAY

Keep food covered, warm and sanitary with EZLIDZ.

EZLIDZ

"Share food, Share Love, Share Life!"

855-531-5311 www.ezlidz.com

SUDOKU ANSWERS

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

ADOPTION

Loving family from Europe, looking to adopt a baby into home filled with happiness, security, unconditional love. We whole-heartedly welcome a child of any race/ethnicity. Please contact Chantal, Geoffrey and big brother Noah, through our NY adoption agency! 1-914-939-1180
adopt@foreverfamilies-throughadoption.org

NOW HIRING!

Tuition Assistance • Jobs • Training

NEW YORK
NATIONAL GUARD

1-800-GO-GUARD • NATIONALGUARD.com

AUCTIONS

TAX FORECLOSURE AUCTIONS, SULLIVAN COUNTY. Homes, Land & Seasonal Properties. On-

line Only Ending November 8 @ 10AM at NYSAuctions.com. 800-243-0061 AAR, Inc. & HAR, Inc. Free info:

Your First Step Toward a Secure Future

WRITTEN TEST TO BE HELD FEBRUARY 3 • FILING DEADLINE DECEMBER 13

Correction Officer Trainee

- **\$40,590** hiring rate
- **\$42,695** after 6 months
- **\$48,889** after 1 year
- **PAID** time off
- **GREAT** benefits
- Retire after 25 years
AT ANY AGE

Apply on-line today or download exam information and applications at: www.cs.ny.gov/exams

Additional information about the position of correction officer is available on our website at www.doccs.ny.gov



**Corrections and
Community Supervision**

ANDREW M. CUOMO, GOVERNOR • ANTHONY J. ANNUCCI, ACTING COMMISSIONER

An Equal Opportunity Employer

DONATE YOUR CAR

*Wheels For
Wishes* Benefiting

**Make-A-Wish®
Metro New York**

**WheelsForWishes.org
Call: (917) 336-1254**

* Car Donation Foundation d/b/a Wheels For Wishes. To learn more about our programs or financial information, visit www.wheelsforwishes.org.

www.NYSAuctions.com

AUTO

DONATIONS

Donate your car to Wheels For Wishes, benefiting Make-A-Wish. We offer free towing and your donation is 100% tax deductible. Call (855) 376-9474

COLLECTABLES

\$CASH\$ PAID INSTANTLY for Pre-1975 Comic Books, Vintage: Star Wars; Transformers/GI Joe Action Figures; Video Games-Systems; MagictheGathering/Pokemon Cards - CALL WILL: 800-242-6130, buying@getcashforcomics.com

HELP WANTED

Advertising Sales Manager. Some training. Must enjoy meeting new people. Some outside cold calling, most inside

NEW YORK CITY POLICE DEPT.

City Laborer

Performs common unskilled laboring work requiring physical strength. Moves, lifts and carries items of various weights and sizes. May utilize hand or power-driven equipment in the performance of duties. May be required to operate motor vehicles in connection with the performance of duties. Requirements: There are no formal education or experience requirements. Visit nyc.gov/careers and select "New York Police Department" from the agency listing to apply.

LEGAL NOTICE

Notice of sale of property that the undersigned will sell to satisfy the lien of owner at public sale

NEW YORK CITY POLICE DEPT.

Police Surgeon

Candidate selected will determine the fitness for duty of all members of the service who are sick or injured; follow the member's course of treatment; and endorse authorization for medical services from private practitioners. Requirements: a valid license to practice medicine in the State of New York plus valid Board Certification issued by the appropriate American Specialty Board in any specialty area required by the Department.

phone and email.
email resume and info: harlemnewsinc@aol.com or call 212-996 6006.

HELP WANTED

AIRLINE CAREERS Start Here -Get trained as FAA certified Aviation Technician. Financial aid for qualified students. Job placement assistance. Call AIM for free information 866-296-7094

MORTGAGES

WE PAY OFF Your Debts From Credit Cards To Mortgages. Minimum \$5,000- \$500K. Put Cash In Your Pockets. No application fees. Must be open accounts. 347-349-4168

ATTENTION LAW FIRMS

Are You Seeking Class Action Lawsuit Plaintiffs?



You are entitled to cost-effective advertising placement in more than 330 daily and weekly newspapers across New York State!

- Affordable turn-key campaign solutions
- Reach more than 8.3 million readers
- Regional and National placement also available

Contact us today for details!

518-464-6483
irene@nynewspapers.com
www.nynewspapers.com



MWBE OPPORTUNITIES

**NEW YORK CITY
DEPARTMENT OF DESIGN & CONSTRUCTION
MWBE OPPORTUNITIES**

From fiscal year 14 through 16, the New York City Department of Design and Construction awarded almost \$6 billion in contracts of which over \$673 million was awarded to minority- and women-owned businesses. We build libraries, firehouses, sewer systems and other public buildings and infrastructure projects. We work with general contractors, construction managers, electricians, plumbers and others in the construction industry. Become our partner and help us build our city. For available contracting opportunities visit DDC online at nyc.gov/ddc



NEW YORK CITY POLICE DEPT.

Fitness Instructor

Responsibilities: designing, instructing and monitoring fitness programs and monitoring the health and safety of those participating in the programs. Conducts fitness assessments; prescribes an individual course of training exercise for each participant assessed and conducts periodic re-evaluations. Requirements: CPR & First Aid by Red Cross or equivalent. Bachelor's in a related field plus 4 year's full time experience, or associates in related field plus 6 years' experience. Visit nyc.gov/careers and select "New York Police Department" from the agency listing to apply.

LandandLakes.com

VACATION RENTALS

OCEAN CITY, MARYLAND. Best selection of affordable rentals. Full/ partial weeks. Call

Navigating the World of Real Estate Investor Finance?
BUILD YOUR BUSINESS WITH EXPRESS CAPITAL



We'll help you grow your business through smart capital management strategies.
No tax return, stated income loans up to 5 million, all property types.

• Hard/Bridge Loans up to 90% • Fix & Flip Loans

• Multi-unit, Multi-family • Commercial, Office, Industrial, Retail, Hotels, more

Contact us today for a free, no obligation analysis of your company's financing needs!

Express Capital Financing • 2626 East 14th Street Suite 202 • Brooklyn, NY 11235
718-285-0806 • info@expresscapitalfinancing.com

Enjoy Dairy Without Discomfort!

Take Lacto-Freedom Probiotic for ONLY 7 DAYS, and get MONTHS of relief!

Prevents gas, bloating, diarrhea, and cramps caused by consuming lactose in dairy foods. Patented and clinically proven.



amazon

LactoFreedom.com

by competition bidding on December 22, 2017 at 9am located at 972 Nassau Road, Uniondale NY 11553 John Doe Fennick Rickets Dwayne Phillips Garfield Stone Sherrie Hill Doreen Gray Deon Andrew Dell Eric Smart Bob King 907 E. 211 Street Bronx NY Lot#1910 Owner reserves the right to bid at

sale, reject any/all bids cancel or adjourn sale to resolve this claim call 516-485-8600.

REAL ESTATE

UPSTATE NY LAND! 5 to 41 acre tracts! Waterfront, old farmland, country bldg lots! Liquidation prices. Terms. Call 888-905-8847 NewYork-

for FREE brochure. Open www.holidayoc.com. 5% daily. Holiday Resort Services. 1-800-638-2102. base rent discount- use code NYPS17. Ends Online reservations: Sept-01-2017

Wanted to Buy

-We Buy Records Top \$\$\$ Paid Jazz, Soul, Latin, Rock, Salsa 33's 45's 78's Call Al 201-281-5604

DON'T MISS ANOTHER ISSUE.... Get Your Next Issue In The Mail

SUBSCRIBE TODAY

and get "Good News You Can Use"

Tell us which edition you'd like (please check one)
Harlem _____ Bronx _____ Brooklyn _____ Queens _____

To ensure prompt delivery, please print the following information

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Harlem Community Newspapers, Inc
24 issues \$29.95 _____ 44 issues \$49.95 _____ (for postage & handling)

☐ Mastercard ☐ Visa Acct # _____ Exp Date _____

Mail To: Harlem Community Newspapers, Inc.. P.O. Box #1775, NY NY 10027

THE ORIGINAL
★ **HARLEM** ★
GLOBETROTTERS



TUES • DEC 26
2PM & 7PM



**BARCLAYS
CENTER**
BROOKLYN

ticketmaster®



**American
Red Cross**

• OFFICIAL CHARITY •



**ROCKET
MORTGAGE**
by **Quicken Loans**