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

COMMUNITY

HARLEM NEWS

"Good News You Can Use"

Vol. 29 No. 19

May 11, 2023 – May 17, 2023

FREE



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OUR MISSION STATEMENT

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

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Mailing: P.O. Box # 1775, New York, New York 10027
Phone: 646-988-1015 •
Email: harlemnewsinc@aol.com
Website: www.harlemcommunitynews.com
Twitter: @harlemnewsinc • Facebook: /harlemnewsinc
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PAT STEVENSON

Congratulations to Cynthia Horner, Editor for Harlem Community Newspapers, Inc., who received the Media Icon Award for her decades of service to the entertainment industry as the Editor-In-Chief/Publisher of Right On! Magazine. Empower Media Group (EMG) recently held their 2023 Black Media Honors™ – the annual awards gala in Atlanta that honors broadcasting, public relations, media, mass communication, journalism, entertainment, and education icons who have influenced and made significant contributions to the industry. (see page 11)

In addition to being the publisher of Harlem Community Newspapers, Inc., I am also Vice President of WITB (Women In the Black). Our organization assists women business owners with resources, educational workshops, and networking opportunities. If you are a woman who owns at least 50% of a business in uptown Manhattan, please join us at our June 15th conference – “Who’s the Boss.” Join Women In the Black, then register for the conference for free. First, go to www.womenintheblack.org to join.

I thank all who prayed for my son, who is now in rehab after almost eight weeks in ICU. This experience has reminded me of the importance of being a vocal advocate when a loved one is in the hospital. Doctors can be intimidating; however, they are also human, and if you observe something that does not make sense or does not add up – you have to speak up. You have the right to ask questions and get an answer that makes sense to you, even though you may not understand all of the medical lingo.

You can visit our website to see past issues, past videos, current events, advertising and subscription information, etc., at www.harlemcommunitynews.com. We are also on Instagram and Facebook.

Pat Stevenson
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PONDER THIS! It is Mothers' Day Second Sunday in May



By Hazel Rosetta Smith

Mothers' Day was designated in 1905 by Anna Jarvis as an auspicious occasion to celebrate biological mothers. She campaigned diligently to establish the day as a U.S. national holiday, and on May 8, 1914, the U.S. Con-

gress passed a law declaring the second Sunday in May as Mothers' Day.

A custom began of wearing a carnation on Mothers' Day by Jarvis because it was her mother's favorite flower. It was expanded to wearing a pink flower to honor mothers or a white flower in memorial.

With no disrespect to fathers and the men who often take their place, we cannot deny it, mothers are the glue of the Black family. Whether it is Mama or Big Mama raising children by herself or whenever possible with help from the village, women had to take care of business and raise the children to hold the family together.

We cannot deny their

strength and conviction, and most of all, we cannot downplay their faith. It was the God in mama that kept her strong and able to conquer forces of disparities on all levels. It is the source of that same force that is keeping mothers today.

If you are grieving as Mothers' Day draws near, it is my hope that precious memories will fill your heart and come to mind with love that will make a way to comfort your spirit.

Remember mama's words, full of don'ts, passed along from generation to generation in numerous Black families. We did not understand the importance of her words in our youth, but now we know the rea-



sonings and the profound purpose in every warning that was implied and set forth in her house.

In many situations, we thought mama's words were illogical, irrational and even outlandish to the times, some struck as too strict and deeply hurtful, yet as we grew, we discovered that those words repeated by us today are a source of motivation and inspiration, in which to train up the child in the way they should

go. We are wiser because of wisdom deliberately delivered.

If your mother lives far and you cannot get there, it is my hope that your call will make it through, or you will set up a face-to-face family Zoom, full of smiles and gratitude. That beats any snail mail card!

Precious memories still unfold. I will wear a white rose with love and appreciation on May 14 to honor my mother, Hazel Mildred

Smith. Forever in my heart. What will you do?

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

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Community Op-Ed: Wrong Place, Wrong Time: Why We Sued the State Over Dispensary

By Barbara Askins
President & CEO
125th Street Business Improvement District

Last week the 125th Street Business Improvement District (BID) filed a lawsuit to block a cannabis dispensary at 248 West 125th Street.

Our move, which we agree was aggressive, got a lot of attention in the citywide, even the national, press. This is a big issue in our state, and the whole country is watching to ensure these dispensaries' roll-out is just and legal.

But it is also an intensely local issue, a Harlem issue, one that is important to our residents and businesses on many levels. That's why I'm here to share with you, our neighbors, those of you who work and live here, the rationale behind the big step -- one we did not take lightly -- of going to court. The suit -- the first of its kind in New York State -- was filed in the State Supreme Court against the New York State Office of Cannabis Management and NYS Dormitory Authority.

Basically, there are three main reasons: We believe this location is bad for our children. We believe the state is not following the rule of law. And we believe that the state should always collect more community

input before choosing cannabis locations. In this case, it collected none.

The law bars a dispensary within 500 feet of school grounds. But this location is steps away from the Manhattan Office of Student Suspensions, Touro College of Osteopathic Medicine, which conducts high school classes, and the Streetwork Harlem Drop-In Center for youth experiencing homelessness.

We are not taking a position against marijuana dispensaries and do not have a problem with one coming to Harlem. The BID encourages the legalization and regulation of cannabis, but not at the expense of public safety, sanitation, and the well-being of children. This location on 125th Street is simply the wrong place at the wrong time. We want the Governor to understand the challenges we face.

Harlem was hit hard by the pandemic, and the effects on 125th Street are still being felt. This is a storied street, famous the world over, and it cannot lose its brand appeal or its place as a destination as the cultural ambassador of the world with many enter-



Barbara Askins

tainment venues and cultural events. 125th Street is our cultural center, It is the Mecca of Harlem, and we must protect it. The first dispensary in Harlem should not be placed on 125th Street across from the Apollo, and the State-developed Victoria Theater, as this one would be.

And a dispensary is more than a dispensary. It can create certain public safety challenges that are not healthy for anyone. It is no secret that over the last 3 years, 125th Street has been plagued with shootings and murders, stabbings and fights, increased litter, and numerous other issues that have had an impact on the quality of life of our intergenerational residents as well as tourists who frequent the local businesses, entertainment venues and other services that are offered along 125th St., one of the most iconic streets in America.

Adding a dispensary at this time to this environment while we are working with the city and the community to restore and revitalize the corridor is a setback.

Smart community building always occurs when there are opportunities for those who are directly impacted to be included in the conversations prior to rolling out projects. But no one had the chance to share their opinions because the location was chosen without significant community outreach. This is a basic rule of city government -- get the opinion of the neighborhood. Considerable opposition to the 125th Street location is developing as more organizations and residents learn of the choice. By failing to accept any formal community involvement, we believe the state violated the Harlem community's right to an opportunity to voice its opinion to the local Community Board fairly.

The BID recommends that an adult-use retail dispensary would be better suited to the State-owned plaza of the Adam Clayton Powell, Jr. building, where the state can utilize its own public safety and sanitation resources on its own property without draining the additional resources the BID and the City would have to commit to maintaining the quality of life on 125th Street.



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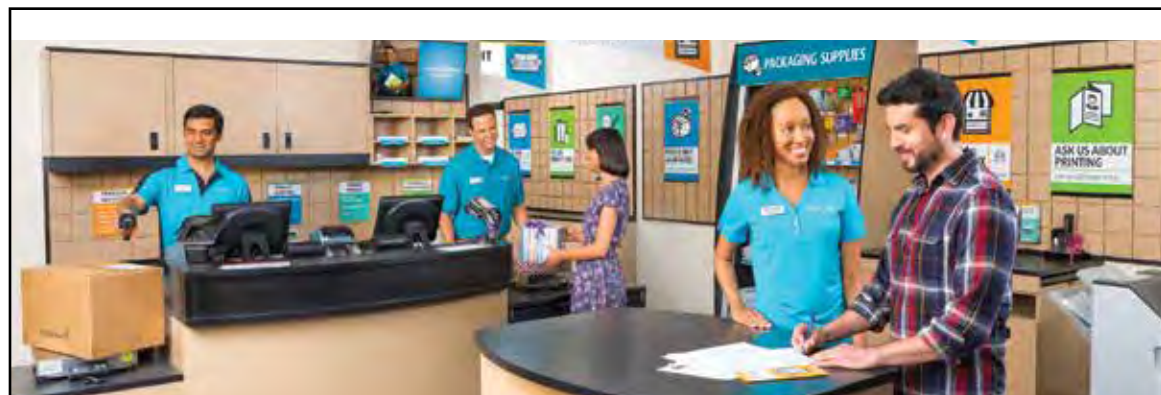
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Home Buying In Harlem: Be Prepared to Buy Now



By Rev. Dr. Charles Butler

I do not recall ever seeing the housing market this competitive. Prices are literally exploding and are practically out of reach for prospective low to moderate-income home buyers.

We were hoping that the higher interest rates would significantly lower the market values, but that has not been the case. Home prices in Harlem are still very expensive. What this means for those now entering the housing market is that there is little affordable property available.

For prospective first-time buyers, you must now face the unavoidable truth that you cannot afford to own property in Harlem. This is a sad but true statement. Many Harlem residents have been priced out of the housing market. You are now being forced to make a difficult decision.

You must either continue to pay rent for an apartment that provides no investment return or look to other areas of the city to purchase a home. Neither of these choices is ideal if your goal is to become a homeowner in Harlem.

However, here are some other viable solutions to consider if you want to make buying a home in Harlem a reality: (1) Buy with family members or trusted friends. There is an old saying about "strength in numbers." If you cannot afford to purchase a home on your income alone, seek to establish a business partnership with one or two family members. Combine your income and assets.

Ensure everyone is on board with this idea and committed to becoming a homeowner. They also must be willing to pay their share of the mortgage payment. With the additional income from the other family members, your pre-approval amount will probably be sufficient for making a purchase on a three or four-family brownstone.

You can have up to five individual names on a mortgage application. One potential problem with

this arrangement is that everyone must have a solid credit score. The bank will take the middle credit score from the three major bureaus - Experian, Trans Union, and Equifax.

I know of several situations where family members have pooled their resources to purchase a home successfully. Just ensure your attorney has covered all the legalities of the contract to protect your investment for buying a home together.

(2) Another option that is growing in popularity is the rent-to-own arrangement. I used to be highly skeptical of these programs because there is a high tendency for them to be a scam. Be careful when entering into this type of agreement. Make sure all the contractual terms are spelled out. Have your attorney review the contract with you before signing. Remember, you will still need to be pre-approved for the purchase.

If you are interested in attending a HCCI workshop or have questions regarding the home buying process, contact Rev. Dr. Charles Butler at (212) 281 4887 ext. 231 or email at cbutler@hcci.org.

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HARLEM CALENDAR OF COMMUNITY EVENTS



Griots in Concert

May 11, all day
Community Works

Proud announcement of a second, larger-than-life Harlem is . . . Healing Outdoor Exhibition at St. Nicholas Avenue at 120th Street, NY, NY and will be available through August 1. Free.

May 12, 7:00pm
Maysles Doc Ctr

"Material" is a collaborative series of shorts made by BIPOC filmmakers/artists. Our inaugural series is programmed by José Parlá and entitled Espiritu Siboney/Siboney

Spirit. Maysles Doc Center, 343 Malcolm X Blvd, NY, NY. www.maysles.org. \$15 / \$7.

May 12, 10:00-11:00am
Storytime

Weekly, drop-in, picture-book reading series for families with children ages 18 months to 5 years. Led by a museum educator, plus interactive activities and snacks. Museum of the City of NY, 1220 Fifth Ave, NY, NY. RSVP at www.mcny.org. Free.

May 13, 11:00am/1:00pm

Griots in Concert

Linda H Humes. & Sanga Of The Valley presents Griots in Concert, which combines music, song and storytelling in an inspirational show for all ages. www.sugarhillmuseum.org Sugar Hill Children's Museum at 898 St. Nicholas Ave. NY, NY. Tel. 212-335-0004. For adults, \$7. Children 0-8 are free.

May 14, 2:00-3:30pm
Stand-up Comedy

Our Jokes & Notes Mother's day special engagement will feature Brooklyn Mike, Rashad



Stand-up Comedy

Bashir, Meshelle The Indie Mom, Nicky Sunshine and R&B singer Tyrone Williams live at Comedy In Harlem. A perfect way to spend your Mother's day. www.comedyinharlem.com. Tel. 347-3001. At 508 East 117 St, NY, NY. \$23.18.

May 15, 6:00-10:00pm
House of Blues

Phil Young is reviving his House of Blues concept at Silvana with A-list musical collaborators and featuring vocalists Andy Story and Marvel Allen.. Silvana's at 300 W. 116th St, NY, NY. Tel. 646-692-4935. www.silvana-nyc.com. Free entry.

May 16, 7:00pm
Swing Dance

Swing Dance class on Tuesdays at the Joseph P. Kennedy Center, 34 W. 134 Street, NY, NY. Tel. 347-709-7022. www.harlemswingdance.org. For 18 and under, free. Includes dance lessons. \$10.

May 16, 12:00-1:00pm
Lunch 'n Learn

Nutrition in the New

Age. Healthy eating strategies and tips for the NEW hybrid working models. At Interchurch Center, 61 Claremont Ave, NY, NY. Tel. 212-870-2200. www.interchurch-center.org. Free.

May 17, 7:00pm
Semi Final

Amateur Night's best and brightest light up the Apollo stage as winners from the Quarter-Final return for their last chance to compete before the Grand Finale. Sessions indoors to the Apollo Music Café for an evening of old school and contemporary R&B. www.apollotheater.org. Apollo Theater, 253 W. 125 St, NY, NY. From \$32.

May 18, 6:00pm
HCCI Gala

Come celebrate the 20th Annual "Let Us Break Bread Together" Awards Gala. Harlem Congregations for Community Improvement (HCCI). At Marina del Rey, 1 Marina Dr, Throggs Neck, Bronx NY. Fundraiser. For more information see www.hcci.org.

May 18, 5:00pm
Black Arts

Also on May 19, 20. Inspired, imagined, and curated by Harlem Stage Associate Artistic Director/ Artist-in-Residence, Carl Hancock Rux, the Black Arts Movement: Then and Now Conference is a three-day event featuring a keynote address by poet, music critic, and arts administrator A.B. Spellman. Stage Gatehouse. Harlemstage.org. At 150 Convent Ave, NY, NY. \$20.

June 1, 6:00-9:00pm
Taste of Harlem

By New York Women's Chamber of Commerce, Manhattan BP Mark Levine and NYC Councilmember Shaun Abreu for a food & drink tasting event from local restaurants, The Forum at Columbia Univ., 601 W 125th St. NY, NY. RSVP on Eventbrite.com. Suggested donation. \$20.

Maysles Documentary Center

Discussion with José Parlá in-person!

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“Fat Ham” Is A Modern, Black Family Feast on Broadway!

By Linda Armstrong

Broadway has a very tasty treat in the 2022 Pulitzer Prize winner for Drama, “Fat Ham,” playing at the American Airlines Theatre on W 42nd Street.

This hilarious production by James Ijames serves up a new take on William Shakespeare’s classic story of “Hamlet.” It’s beautifully crafted with originality, style, and a focus on a Black family. This story has many new elements, including Juicy, who is a Black gay college student. He is preparing the backyard for a celebratory BBQ to commemorate the marriage of his mother, Tedra, to his Uncle Rev, even though his father has only been dead a short time. And, yes, you



Scene of cast from “Fat Ham” on Broadway.
Photo by Marc Franklin

guessed it, he was murdered.

Every element of the Shakespearean classic is there, including some of Shakespeare’s original language. It sounds so elegant coming out of Juicy’s mouth. There is also a marvelous breaking of the fourth wall throughout the show that pulls you directly into the action unfolding

on the stage. Ijames fills the production with many colorful characters who all have secrets to hide and one who wears his dysfunction openly. Whatever the situation, this play is a great deal of fun!

Characters like Tio constantly bring the laughs as he is the porn-watching, pot-smoking, hallucination-sharing cousin. Then

there’s Aunt Rabby, a very judgmental person, who criticizes Juicy for his soft ways, but does not see what is going on with her own children—son Larry and daughter Opal. It truly says something about a cast when a production is successful before coming to Broadway. Fat Ham played a sold-out run at The Public Theater—and the entire

cast transferred to Broadway. When you have something extraordinary, leave it alone.

Marcel Spears as Juicy is as delicious as he was off-Broadway. He embodies that character with such love, empathy, and brilliance you can’t help but root for him from the beginning to the end! Nikki Crawford is fabulous as his loving mother, Tedra, who accepts and appreciates Juicy for exactly who he is and feels protective of her child, but also tries to teach him not to let people’s negative words get him worked up.

Billy Eugene Jones plays dual roles as Rev and Papp (Juicy’s murdered father), and he brings out the evil, cruelty, and homophobia in both characters. You

also see his controlling approach to Tedra. Chris Herbie Holland is hilarious as Cousin Tio. Every time he comes on stage, he brings the crazy! Benja Kay Thomas is memorable as judging Aunt Rabby. Adrianna Mitchell shines beautifully and is truly a gem on stage as Opal. Calvin Leon Smith is mesmerizing as Larry. The levels of emotion that his character goes through are captivating to behold.

A story like this one, though, also must have a director that is completely connected with the actors and playwright, and kudos to Saheem Ali. His direction of this production is absolutely marvelous!

“Fat Ham” is a play you will devour! For tickets, go to FatHamBroadway.com.

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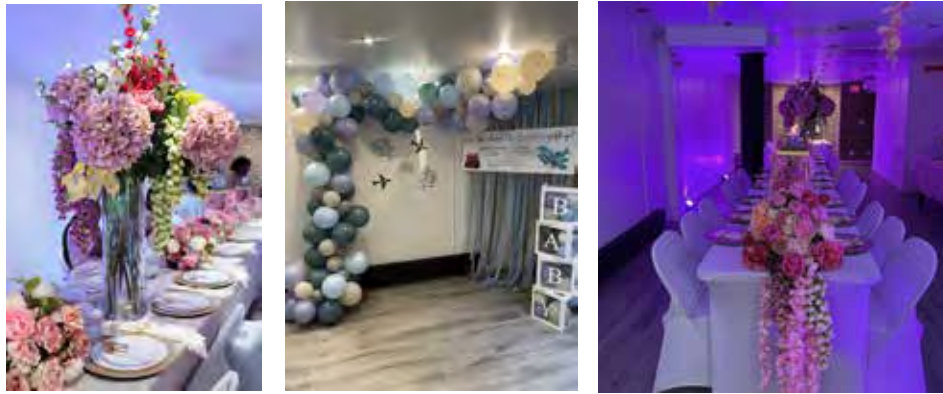
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The new Studio 125, located at 22 East 125th St, is a perfect venue for your Birthday, Wedding Shower, Baby Shower, Repasts, etc. They have several packages to help make your event special. You can rent just the venue, or they can also provide decorations and food, etc., for up to 85 guests. Their packages are affordable, and there are “grand opening” specials.

Folasade Tyler and Cilicia Thomas are the partners who own the space. Tyler is a well-known businesswoman/cosmetologist in Harlem and the owner of SADE, located at 1974 Madison Avenue. @126th Street.

Studio 125 is a private event space that features an elegant hand-made bar underneath a covered canopy. It is a perfect setting to celebrate all of life’s joyous moments. They offer a personalized concierge service, with décor packages available. They also have a covered backyard with a hand-carved bar and outdoor lighting with a sink for you and your guests to celebrate.

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Dr. Claudia Ortiz Honored at MSK Ralph Lauren Center

A ceremony at MSK Ralph Lauren Center in Harlem on April 13, 2023, honored Dr. Claudia Ortiz, DNP, WHNP-BC, CTTS, a Nurse Practitioner. She focuses on breast, cervical, and colorectal health and women's health overall, as well as tobacco cessation and treatment.

Dr. Ortiz has been serving Harlem since 2005 through her work as a program manager at MSK Ralph Lauren Center and through her community outreach in both English and Spanish. In honor of Dr. Ortiz's service that has affected innumerable lives in Harlem and New York City, she was awarded the Municipal Credit Union (MCU) Hero Award.



L-R: Christina Zanca, vice president of marketing of Municipal Credit Union (MCU); Debra Sinodinos, MCU manager of business development; Athena Moore, MCU vice president of community engagement; Dr. Claudia Ortiz of MSK Ralph Lauren Center; Kyle Markland, CEO of Municipal Credit Union; and George Chacon, MCU chief strategy officer.

This is the fifth award given by MCU to a hero of New York, someone that may be unheralded but that serves our communities every single

day. The Hero Award recipient stands out from the rest not only through what they do but their tenacity to help build a stronger community.

Since joining MSK over 17 years ago, Dr. Ortiz has been a strong proponent of healthier communities. She is committed to helping in-



Kyle Markland, CEO of Municipal Credit Union (L), presents Dr. Claudia Ortiz, DNP, WHNP-BC, CTTS, (R) with the MCU Hero Award.

crease access to high-quality cancer care for insured and uninsured patients. Not only is she dedicated to providing the best care for her patients,

but she shares her knowledge more widely through various local and community educational, engagement, and outreach efforts.

Editor Cynthia Horner feted at Black Media Honors

Atlanta-based media company Empower Media Group (EMG) recently held 2023 Black Media Honors™ – the annual awards gala in Atlanta that honors broadcasting, public relations, media, mass communication, journalism, entertainment, and education icons who have influenced and made significant contributions to the industry.

Cynthia Horner, Editor, Harlem News, received the Media Icon Award for her decades of service to the entertainment industry as the Editor-In-Chief/Publisher of Right On! Magazine. Her award was presented to her by her longtime friend, publishing giant Bernard Bronner, founder of Upscale Magazine and Chairman of Bronner Bros, recipient of the Trailblazer Award.

Horner, who was feted at a series of activities



Cynthia Horner's look was provided by Michele Roy of Day 2 Night Style, a clothing, handbag, and jewelry store located in Palmer Park Mall, Easton, PA.

during her stay in Atlanta by Gregory Williams of the multi-platinum band, Switch, was accompanied by her husband, Kenneth Harris, Chief Marketing and Media Officer for Right On! Media Holdings, LLC.

"I am grateful for the platform which honors various professionals in

the industry for their service to the media industry. Many of us are no longer here, and I am proud to stand here to accept this beautiful award. I feel that my friend, the late Michael Jackson, is beaming with pride. I owe my career in the entertainment business to Michael Jack-

son and his family," she commented.

"The vision of the Black Media Honors is to recognize the trailblazers in African American Media and other American minorities who have paved the way for the broadcasting, public relations, media, mass communication, journalism

professionals, entertainment, education and social impact influencers of today," stated Founder Stephanie Davis.

In addition to Horner and Bronner, several other distinguished honorees included Rushion McDonald (television and radio show producer), Alfred Edmond

Jr. (Black Enterprise), Detavio Samuels (CEO Revolt Media & TV), among others. Performers included Dayvsn (Levelle Davison) of NBC Season 14, "The Voice," and music group Final Draft.

Photos by Kenneth Harris aka KENTHEPHOTOGRAPHER



Bernard Bronner, Chairman, Bronner Bros and Founder of Upscale Magazine and recipient of the Trailblazer Award, presents Cynthia Horner her award while hosts Brelly Evans and Rob Malloy give congratulatory smiles.



Black Media Honors Founder Stephanie Davis welcomes Cynthia Horner to the event.

AUDREY'S SOCIETY WHIRL

Harlem School of the Arts honors Phylicia Rashad with President's Award



By Audrey J. Bernard
Society Editor

On Monday, May 1, 2023, the Harlem School of the Arts (HSA) hosted its Annual Benefit Gala at The Plaza Hotel, consisting of a networking reception, dinner, entertainment, and awards presentations.

Young people excelled throughout the event, starting with an exciting welcome by budding HSA theater students Aimony Claire Erisor and Harper Quill, and Jayden Hairston. They were magnificent and provided a bright start to an excellent evening. The talented trio taught gala guests how to use QR codes to make their donations before turning the program over to co-hosts Tamron Hall and HSA President James C. Horton, who started the program with a video extolling the important work of the premier arts school, followed by an amazing awards program.

Sekou Campbell presented the Betty Allen Visionary Award to his mother, Dr. Mary Schmidt Campbell, former President of Spelman College & Former Commissioner of the New York City Department of Cultural Affairs. "Harlem School of the Arts, I owe you everything," she said.

Music maestro Clive Davis presented the Trailblazers Award to Nat King Cole & Natalie Cole, accepted by Timolin Cole-Augustus and Casey Cole-Ray, founders of Nat King Cole Generation Hope, Inc., which matched the evening's donations with a \$10,000 gift.

"It is with profound joy that we continue the legacy of the Nat King Cole Foundation, providing access to the next generation," said Cole-Augustus. "We thank you to all those who have loved our father and our sister and those who have continued their legacy."



Co-Hosts James C. Horton and Tamron Hall



Horton and Phylicia Rashad



Jamie Cygielman, James C. Horton

The Corporate Leadership Award was presented to American Girl and accepted by Casey Cole, President of American Girl Brands. The distinguished President's Award was presented to actress, singer, director, and Dean of the Chadwick A. Boseman College of Fine Arts at Howard University Phylicia Rashad, who said the gifted students inspired her. "What you pour into them, they give back to us."

The MetLife Foundation received the Philanthropic Leadership Award.

Chairman of the Harlem School of the Arts Board Charles J. Hamilton, Jr.'s wife of 43 years, Pamela Carlton, surprised him by presenting his Lifetime Achievement Award. He later announced that as he transitions to Chairman Emeritus, he will be replaced by Co-Chairs Kenneth W. Taber and Lisa Davis. He ended his acceptance by calling for a moment of silence for HSA advisory board member Harry Belafonte.

HSA student soloist Clara Ojeh thrilled guests with her exquisite performance of "Naughty" from "Matilda The Musical," while a short documentary about the visual arts offerings at HSA created and directed by Media & Design student Alexis Carson was highlighted.

A surprise performance closed out the evening as HSA dance students took the stage to honor Phylicia Rashad's legacy and cultural impact with a moving composition to "All Good Things Will Be Added Unto You," with audio from Phylicia Rashad & Hillman College.

HSA student and the youngest Black male to win a Grammy, Russell Walter III, was in attendance and received a standing ovation from gala guests.

(Photo Credits: Harlem School of the Arts/Rob Kim for Getty Images)



(L-R) Timolin Cole-Augustus, Casey Cole-Ray, Tamron Hall, James C. Horton



Tamron Hall, Dr. Mary Schmidt Campbell, James C. Horton



James C. Horton, Pamela Carlton, Charles J. Hamilton, Jr.



(L-R) Harper Quill, Aimony Erisor, Jayden Hairston, James C. Horton



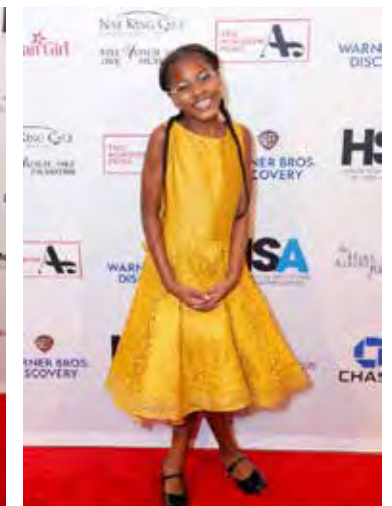
Dance students perform



Clara Ojeh performs



Walter Russell III



Soloist Clara Ojeh



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May 21, 2023

KIMBERLY WILSON MARSHALL



New Treatments May Help Those With Advanced Breast Cancer Live Longer

(StatePoint)

As of January 2023, the number of women in the United States with a history of invasive breast cancer is estimated to be 3.1 million and is expected to increase by 12% to 4 million in 2024, according to the American Cancer Society.

Breast cancer is highly treatable when caught at the early stages -- there is a 99% five-year survival rate when the cancer is found only in the breast tissue. However, as soon as the cancer spreads to lymph nodes under the arm or to nearby tissues (regional stage), the 5-year survival rate drops to 85%, and once it spreads to other lymph nodes or body parts, (distant stage or metastatic cancer) the 5-year



survival rate falls to as low as 27%. These figures suggest there is a significant need for more effective treatments for this deadly cancer.

New immunotherapies may provide the solution for patients with advanced breast cancer and fewer treatments options. Currently under development,

Bria-IMT and Bria-OTS from BriaCell Therapeutics (NASDAQ: BCTX), are two drugs that have shown promising results so far in clinical trials, with substantial tumor regression in several patients, even those with metastatic cancer. Both drugs work through a completely novel therapeutic mechanism, using breast

cancer cells to generate a strong immune response against breast cancer.

“For many breast cancer patients, the only option left is chemotherapy. We realize how hard chemotherapy is on the body, commonly causing nausea, vomiting, hair loss, lack of appetite, inflammation of the mouth and tongue, and bone mar-

row suppression, which can lead to serious and at times fatal infections. Recently, immunotherapies have come to the fore as a type of therapy which avoids most of these side effects. Unfortunately, immunotherapy only currently works in a small subset of patients, and then only when given with chemotherapy. We are dedicated to developing new, more effective immunotherapy approaches that have very few side effects and may provide substantial benefits to more patients. We hope our efforts will afford these patients another option that is much better tolerated and can provide improved quality of life and prolong their survival,” says Dr. William Williams, CEO of BriaCell Therapeutics.

In the case of Bria-OTS, a simple saliva test can determine a patient’s cell type so they can receive personalized immunotherapy treatment. Dr. Williams notes that this technology is already being explored for other cancer treatment uses, including prostate cancer, lung cancer, and melanoma. To learn more about the future of cancer treatment, visit briacell.com/about-briacell.

Breast cancer is the second leading cause of cancer death in U.S. women. Thankfully, drugs on the near horizon may transform the way we think about treating the disease, particularly in its later stages, and provide new hope to patients.

PHOTO SOURCE: (c) KatarzynaBialasiewicz / iStock via Getty Images Plus

How to Practice Self-Care on Mother’s Day and All Days

(StatePoint)

While Mother’s Day is an annual opportunity to be pampered by your family, you shouldn’t actually wait for a special occasion to indulge in self-care.

Carving out some “me time” is not just good for your mental health, physical wellness and confidence, as many moms know, it can actually make you a better parent. According to a survey of moms conducted by Hutchinson and Cassidy, those who had higher self-esteem had higher levels of perceived parenting confidence.

Here are three ways to celebrate yourself with some self-care this Mother’s Day and beyond:

1. Get some rest: We live in a goal-oriented society where the value of rest and relaxation is not always emphasized. Whether it’s a spa day with your best friend or curling up with a good book at home, be sure your Mother’s Day -- and your overall schedule -- includes adequate time to recharge your batteries.

2. Take care of your smile: One of the best ways to foster self-confidence is with a clean, healthy smile. In fact, a 2020 Cigna Dental Report found that smile satisfaction is one of the top three drivers of self confidence among U.S. adults. Give yourself the gift of innovative brushing technology. The iO Series 5 Recharge-

able Electric Toothbrush from Oral-B, for example, allows you to personalize your brushing experience with its five smart modes: daily clean, intense, whitening, sensitive and super sensitive. No ordinary toothbrush, this one is designed to help you brush smarter and more safely. To help protect gums, a smart pressure sensor displays a red light when you’re brushing too hard and a green light when you’re brushing just right, and its dentist-inspired round brush head cleans with micro-vibrations and oscillating action. Plus, a connected app tracks brushing behavior to ensure you’re targeting all six zones of your mouth, and a vibrating timer lets you know when you’ve

brushed for the dentist-recommended 2 minutes.

3. Take care of your mind: So much of motherhood is ensuring everyone has what they need, and often, your own needs can fall by the wayside. There are many ways to take time to check in with yourself. You could buy yourself a beautiful journal and jot thoughts down for a few minutes each evening or check out apps like Headspace, which can help get you started on a meditation practice. Even a 10 or 15 minute walk at lunchtime can be a powerful mood-booster and an opportunity to reflect. You might also consider taking up a hobby that offers the chance for self-expression, such as painting,



poetry, music or crafting.

When it comes to parents and caretakers, the importance of self-care can’t be overstated. Let

this Mother’s Day serve as the kick-off of new routines that boost your self-confidence and your well-being.

CFES Alumnus, Google Executive Living Postsecondary Dreams

Tony Boyle had big dreams when he moved to New York City from Guyana in seventh grade. He wanted to become a highly successful businessman and knew exactly what it would look like when he achieved his dreams.

"I had a grandiose dream moving from a third-world country to America," said Boyle. "I saw success as working in a skyscraper on the highest floor possible, and I wanted my parents to have to go through security when they came to visit me."

More than 20 years later, Boyle, now an experienced executive having worked for the likes of Google and Facebook, is living his dream. His career has taken him from a college internship at Enterprise Rent-A-Car to recruiting high-end executives at Google. He also grew a team of 20 employees to over 300 at Facebook in response to the Cambridge Analytica data breach.

But it didn't come easy. When Boyle first moved to New York, he struggled to adjust to his new surroundings. "I had braces and a Caribbean accent and all of the worst



things you could have trying to assimilate," he said. A few years later, he was introduced to Delores Roberts, a CFES Brilliant Pathways liaison at Wadleigh Secondary School in Harlem, and was assigned a senior mentor. He learned about the college and career readiness process and became enamored with CFES' focus on leadership in the form of public speaking.

"I felt that public speaking was going to be really important since I wanted to be in business," said Boyle. "I saw it as an awesome opportunity to develop a skill that I knew was going to be essential. CFES gave me leadership, mentoring, and presentation skills. The six skills they teach are

super essential. They are the right combination for a great leader and for someone to be successful in general in life."

Boyle eventually became a mentor and spoke to younger students about SATs, took them on college tours, and helped them fill out college applications. In retrospect, being part of CFES and other programs kept him focused on his postsecondary goals and played a key part in helping him get into Marist College.

"The neighborhood around Wadleigh wasn't that great, and I was fortunate to not get into any serious trouble," said Boyle, who graduated from Wadleigh in 2008. Having CFES really allowed me to focus on schoolwork and not all the other bad stuff that you can get into in high school. If it weren't for CFES, I would have gone down a different path of life, so I am very happy I was part of them."

While at Marist, Boyle found himself revisiting Essential Skills like perseverance and networking when he found himself on academic probation. He started going to office hours, tutoring sessions, and the writing center. "It wasn't

easy, but once I tapped into the available resources, I did much better. It's a system that you need to navigate; once you develop a formula, you replicate it every time, just like when you start a job."

That formula worked well for Boyle at his next five jobs and at Regis College where he graduated with a Master's degree in marketing and a 3.97 GPA. Just as he envisioned back in middle school, he moved to a higher floor with each promotion. He almost passed on an offer to work as a technical recruiter for global giant TEKsystems because his office was on the second floor.

"I was like, 'this isn't high enough,'" said Boyle, who supported financial firms such as Bank of America and JP Morgan Chase as a recruiter and account manager. "But they paid me \$14,000 more than my previous salary, plus commission." It wasn't long before he was promoted, followed by another promotion three years later. "They moved me to the 12th floor, so I was like this high enough for now."

Yet, it never seemed quite high enough. After eight years of experience in agencies and

big tech, Boyle took a job with BigSpring, an AI-powered work readiness platform, followed by his current position at Google as an executive research recruiter. All the while, he managed to earn certificates in Digital Marketing from Cornell; Diversity, Recruiting, Inclusive Leadership, and Unconscious Bias from LinkedIn; and in Executive Coaching from NYU, among others.

As he looks back on his career and the support and mentorship he's received along the way, Boyle says he's ready to start paying it forward on a higher level. He plans to draw on his experiences at Wadleigh as a CFES Scholar and on his current job at Google to show young people how Essential Skills and mentorship are relevant for life.

"My first two months working at Google were the worst ever because I felt that I wasn't as good as the team I was working with," said Boyle. "I didn't know if I could actually do the job. I felt sick to my stomach every day for at least two months even though I had plenty of experience."

Boyle said he found a mentor at Google and sought

feedback every two weeks, which gave him ideas for how to improve. He also set smaller, attainable goals for himself that boosted his confidence. "Everyone starts at zero. Even the people at the top had mentors, coaches, advisors, people they relied on. You just need to build the right network around you with people who support you, and you will get to where you need to be."

Boyle says he's now focused on transitioning into positions that support diverse hires as a human resources business partner (HRBP) or as a Diversity, Equity & Inclusion (DEI) program manager.

"People in these positions are heavily focused on attracting, retaining, and promoting a diverse workforce, and that's something that I'm super passionate about," says Boyle. "I've been in rooms where I'm the only Black person in it. It can be especially daunting for someone starting a new job, and they are the only diverse person in the room. My goal is to ensure that the experience I felt – and sometimes still feel – isn't as crippling for them and that we are setting them up for success."

IT TAKES A CITY.

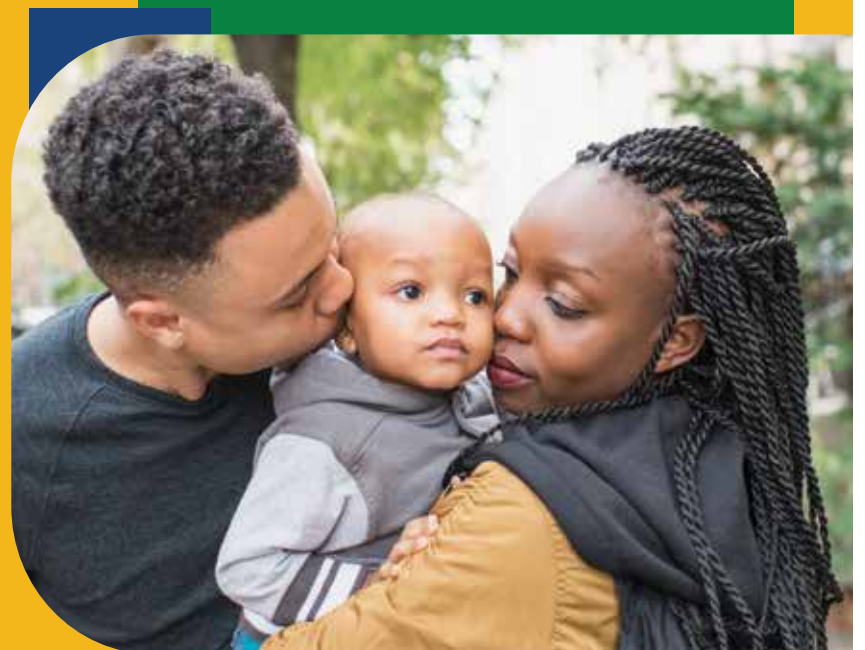
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Urbanology: The Black Mozart



By W.A. Rogers

Joseph Bologne, Chevalier de Saint-Georges has a unique story that has been hidden for centuries. He was a composer, violinist, and was one of the best fencers in France during the 18th century.

Bologne was born in Guadeloupe. His father, George Bologne

de Saint-Georges, was a wealthy plantation owner, and his mother was a slave from Senegal, Africa.

Bologne was taken to France at the age of seven by his father to receive an education. From the age of thirteen, he was trained in horse riding, fencing, and dancing. At the age of sixteen, he beat one of the strongest fencers in France and was appointed the title of Chevalier {Knight} by King Louis XVI.

Joseph Bologne's name was not often listed among the famous 18th-century composers, but his talents were often compared to Mozart's. He published numerous operas, concertos, and symphonies. He per-

formed all his violin concertos as a soloist with La Concert Olympique, an orchestra he also conducted.

Bologne was a general in Europe's first Black 1000-man regiment, often known as the Legion of saint-George Bologne. He was truly a remarkable individual, often considered one of France's best dressed, best dancers, and a musician/composer that rivaled Mozart. He was also very handsome.

Unsurprisingly, a Black man with all those skills and good looks was often challenged, but he never lost a duel. His exploits were often the talk of France. Marie-Antoinette was a big fan, and he was not only

her musical tutor, but many believed their relationship might have had romantic overtones.

Bologne's close relationship with Antoinette got him in trouble when Marie-Antoinette was executed, having been accused of being a traitor to the country. Even though Bologne was a decorated war hero during the French Revolution, he was arrested and sent to prison. After being released from prison, Bologne traveled to Saint-Domingue, now known as Haiti.

Saint Domingue was in full revolt. The enslaved Africans revolted against the slavers. Many historians believe that the Chevalier

de Saint-Georges supported the efforts of troops being commissioned to Saint-Domingue to help abolish slavery.

With all his skills and influential friends, Bologne experienced a great deal of racism in France and was an outspoken advocate of justice for people of African descent. This is a story I wish I could have learned about growing up. I still love a good sword-fighting movie. It would have been a thrill to know that one of the best fencers in France was a Black man. I am pleased that the big-screen movie, "Chevalier," is currently in theaters.

Perhaps a young person might be inspired by the

history of this remarkable man. I suggest learning more about the true history of the Chevalier de Saint-Georges. The movie is rated PG, but you might want to share this history with younger children. I find it to be more interesting than the fictional tales of "The Three Musketeers," which I loved.

I did not know that Alexandre Dumas, who also wrote "The Count of Monte Cristo," another favorite swashbuckling tale of mine, was Black until later in life. Knowledge is power. Perhaps that is why school curriculums are being attacked across the country.

Answers to Puzzle on page 17

B	A	S	I	S		R	P	M		L	A	S	S	
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T	E	S	T			N	A	Y		R	I	N	S	E



HERBS ARE NATURE'S MEDICINE

The Eyes

By Zakiyyah

The eyes are considered the Windows of the Soul, and it is the Liver that opens into the eyes. When the Liver is harmonized and receives blood properly and plentifully, the eyes can see; many eye and vision disorders are liver-related.

During physical activity, the Liver allows the blood to move freely outward when the body needs blood for nourishment. During rest or inactivity, the blood returns to and is stored in the Liver. When we have difficulty sleeping, restless sleep, or wake unrested, it may partially be due to our Liver being out of balance and unable

to do its job fully. Dandelion, milk thistle, licorice, fo ti, barberry, chaparral, yellow dock, gentian, Oregon grape root, and black cohosh are great herbs to treat the Liver.

The herb Eyebright aids in stimulating the Liver to clear the blood and relieve those conditions that affect the clarity of vision and thought. It should be taken liberally daily to treat all eye problems. For conjunctivitis, eye weakness, dry or tearing eyes, ophthalmia, and other eye diseases, the tea can be used as an eyewash and combined with (just a pinch of) goldenseal, rue, or fennel.

Join my FREE Zoom herb classes twice a month, and learn holistic modalities to heal yourself and your loved ones.

MAKE NATURE'S MEDICINE YOUR OWN

This information is to help you balance your natural healing energies and is not intended as a diagnosis or a cure. **ENERGETIC(NO-PAIN) PRANIC FACE LIFT:** <https://tinyurl.com/y3aldpzv>; phone: 347-407-4312, email: theherbalist1750@gmail.com; blog: www.herbsarenaturesmedicine.blogspot.com. To preview my upcoming book, go to: booklaunch.io/Zakiyyah/theenergeticsofherbs.

See answers on page 16 and 18

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12		
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				4				1
		3			5	8	9	

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THEME: AT THE AIRPORT

ACROSS

- 1. Foundation
- 6. Dashboard acronym
- 9. Bonny one
- 13. Pleasant smell
- 14. Metal-bearing mineral
- 15. Salk's nemesis
- 16. Kidney-related
- 17. Christopher Lloyd's _____ Brown
- 18. Investigative report
- 19. *Something to claim
- 21. *Declaration station
- 23. Argonaut's propeller
- 24. C in TLC
- 25. Scot's woolen cap
- 28. Sushi restaurant soup
- 30. *Exclusive accommodation
- 35. Was in the hole
- 37. Highest volcano in Europe
- 39. Angry growl

- 40. Dry riverbed
- 41. "____ go!"
- 43. Adored one
- 44. *Jong of "Fear of Flying" fame
- 46. Lowly laborer
- 47. Cone-shaped quarters
- 48. Time between classes
- 50. Dirty air
- 52. Hi-_____
- 53. Skiers' ride
- 55. Scheduled to arrive
- 57. *"____ for takeoff"
- 61. *Frost removal
- 65. Luxurious sheet fabric
- 66. It would
- 68. Synagogue scroll
- 69. Barely sufficient
- 70. General Services Administration
- 71. Movie "Home _____"
- 72. Reason to cram
- 73. Negative vote
- 74. Washer setting

DOWN

- 1. Prickle on a fence
- 2. Equal to pi times r squared
- 3. Cheap form of payment?
- 4. Insect in adult stage
- 5. Dar es _____, Tanzania
- 6. Traveled on a horse
- 7. Not amateur
- 8. Hajj destination
- 9. Like kittens' mittens
- 10. "The Sun _____ Rises" by Hemingway
- 11. Thailand, once
- 12. Tofu bean, pl.
- 15. Walkways
- 20. "Peer Gynt" composer Edvard _____
- 22. Dot-com address
- 24. Wrestling match, e.g.
- 25. *Air traffic control feature
- 26. Fully informed
- 27. Army doctor
- 29. Traffic sign
- 31. _____ of measurement
- 32. Rock bottom
- 33. Search blindly
- 34. Island off Manhattan
- 36. Vegas cube
- 38. H or O in H2O, e.g.
- 42. Opposite of cathode
- 45. Obliquely
- 49. Knightly title
- 51. Slash's instrument
- 54. Make believe
- 56. Cause for food recall
- 57. Attention-getting sound
- 58. Gym class test?
- 59. *Captain's announcement, plural acronym
- 60. Porter order
- 61. June 6, 1944
- 62. Type of #14 Across
- 63. Grannies, in UK
- 64. Clarified butter
- 67. *PreCheck org.

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“In the Company of Grace: A Veterinarian’s Memoir of Trauma and Healing” by Jody Lulich

REVIEW by Terri Schlichenmeyer, Harlem News contributor

You are a product of what your parents do.

They nurtured you, and you learned to nurture. They yelled, and you discovered that shouting was the way to communicate. From them, you got your sense of humor, your earliest political beliefs, and your initial ideas of right and wrong. You’re a product of what adults around you do – or, as in the new book “In the Company of Grace” by Jody Lulich, what they don’t.

The suicide attempt on New Year’s Eve of 1966 was not Jody Lulich’s mother’s first.

It was, however, the one that took her life, no matter how hard Lulich, who was nine years old at the time, tried to save her. He’d been taking care of her every day after school by then, trying to keep his parents from fighting, trying to keep the violence and vitriol between them at bay, but they were alcoholics with anger issues, and he was just a boy.

On the way to his mother’s funeral, his father accidentally hit a stray dog with his car and kept driving. It was a kind of metaphor for Lulich’s heartbreak, and he never forgot it.

Throughout his childhood, Lulich tried to find



In the Company of Grace author
CREDIT Joe Linn

the love his father denied him, but it was almost always absent. At age eleven, Lulich moved out of his father’s home, bouncing between a neighbor’s welcoming house and back; as soon as he was able, he escaped, enrolled in college, and decided on veterinary school as a post-grad at Tuskegee, an HBCU. There he excelled in his career, found support from a mother figure who loved him, and grew to accept that he was attracted to men.

But despite his success, the appreciation of his clients and patients, and the accolades that he gathered through the years, Lulich couldn’t seem to shake the feeling that something was wrong in his life. How could he finally accept the love and compassion he deserved?

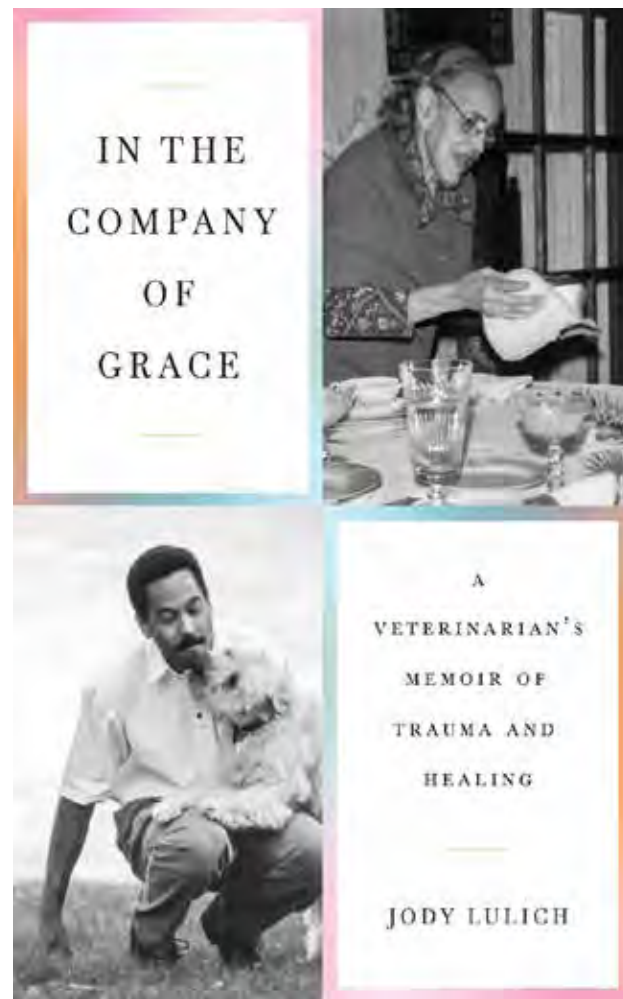
If you’re the kind of reader who sees the word “veterinarian” in the subtitle of this book and make a beeline for it, there’s one big thing you’ll want to know: “In the Company of Grace” is not filled with animal tales.

There are a few, but they take a big back seat to author Jody Lulich’s story and that of his family, which come in wave after wave of

sad memories and deep, lingering want. These are tales that, even when they’re meant to be the slightest bit upbeat, feel like a smack-down or a stomp on your soul. That makes this a challenging read for a good long time – melancholy and hard but compelling because the tales don’t ever become what you think they’ll be. Oddly enough, there’s triumph here, and exactly what readers will want in the end.

“In the Company of Grace: A Veterinarian’s Memoir of Trauma and Healing” by Jody Lulich

c.2023, University of Minnesota Press
\$19.95
232 pages



SUDOKU ANSWERS

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