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"GOOD NEWS YOU CAN USE"

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

COMMUNITY

HARLEM NEWS

"Good News You Can Use"

Vol. 29 No. 18

May 4, 2023 – May 10, 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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BROOKLYN COMMUNITY NEWS
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PAT STEVENSON

We mourn the passing of civil rights icon, singer, and actor Harry Belafonte Jr. last month. Because Mr. Belafonte was involved in so many “good works” in the community, he has filled the pages of Harlem News these past few decades. Condolences to the Belafonte family. He will be missed. (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 our organization.

Continue to pray for my son, who is still hospitalized after 8 weeks. Thankfully, he is improving.

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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29 years
Publishing**

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****Planned 15 countries (departure point):** Kenya, Zambia, Mozambique, Indonesia, South Korea, Vietnam, Bangladesh, Nepal, Argentina, Brazil, Panama, Colombia, Mexico, Saudi Arabia, and Bahrain.

PONDER THIS! DISRUPT is Not Always a Negative



By Hazel Rosetta Smith

STAND is a popular gospel song recorded by Donnie McClurkin with words that believers in God utilize as a stalwart affirmative of faith. “When you’ve done all, you can, just stand.” Those words are not an option in the medical field.

Cancer research is ongoing, with a variety of new medications and treatments at hand.

Hope is alive, and faith is in partnership, but in order for such medical advancements to continue, human participation is mandatory. Clinical trials are created for that purpose.

DISRUPT: Stand Up 2 Cancer was a recent session held at the Abyssinian Baptist Church, presented by Linda Thompson, leader of the Health Ministry. This is where attendees were hit with the stark reality that DISRUPT is not always a negative word. DISRUPT = Diversity and Inclusion in Scientific Research Underpinning Prevention and Therapy Trials.

In this case, it is the title of a new initiative that is helping to address the burden of cancer that affects about two million people living in the most diverse communities in the United States.

The goal of DISRUPT is to find the best ways to raise awareness of and address barriers to participation in cancer research. If clinical trials are as urgently necessary as stated for

cancer research, the reasons for the lack of participation in communities of color where cancer, particularly breast, liver, and prostate deaths are higher than others, those circumstances must be addressed.

The top reasons for concern by people of color include medical mistrust and suspicion of medical establishments, along with the belief that clinical trials are using people of color as guinea pigs, hence, they are not safe.

In addressing several of these valid opinions regarding clinical trials, three medical professionals onsite agreed that primary physicians do not openly discuss trials, because they are not aware of them, and too often the trials are not available in those communities, such as Washington Heights, East and Central Harlem and the Bronx.

Unfortunately, there is bias and stereotyping of patients that need to participate. However, clinical trials are recommended by the American

Cancer Society when effective treatments have been exhausted. Three local medical institutions, Columbia, Mt. Sinai, and Einstein, have joined in the effort to identify patients, identify trials, and match patients.

Special thanks for the depth of information provided by: Rev. Dr. Zorina Costello, the Director of Community Engagement for both the Center for Spirituality and Health (CSH) and the Center for Stress Resilience and Personal Growth at the Icahn School of Medicine. She facilitates the Multi-faith Initiative on Community and Health, working with faith and community-based organizations where her role is to help with the integration of faith and health in the community.

Dr. Nina Bickell is an Internal Medicine provider with Mount Sinai Health System and Dr. Ana Acuna-Villaorduna specializes in Internal Medicine, as an Oncologist/hematologist at Mt. Sinai. It was of particular interest to hear the



(L-r) Rev. Dr. Zorina Costello, Karen Allen, Linda Thompson, Dr. Nina Bickell, and Dr. Ana Acuna Villaorduna *Photo: June Broxton*

testimony of Karen Allen, a clinical trial cancer survivor, whose daughter participated in a clinical trial, which prolonged her life.

This health presentation aimed to provide accurate information about clinical trials from those knowledgeable without prejudgments or hearsay. Touché to Linda Thompson and the members of the Health Ministry as they continue to bring good health news to the church and the community.

To review DISRUPT plans, identify and raise concerns and provide suggestions, contact: StopCancernycsu2c@gmail.com and online www.stopcancerNYC.org.

[Hazel Rosetta Smith, journalist, playwright, and artistic director of Help Somebody Theatrical Ministries. Retired, former Managing Editor of the New York Beacon. Contact: misshazel@twc.com and online at www.hazelrosettasmith.com]

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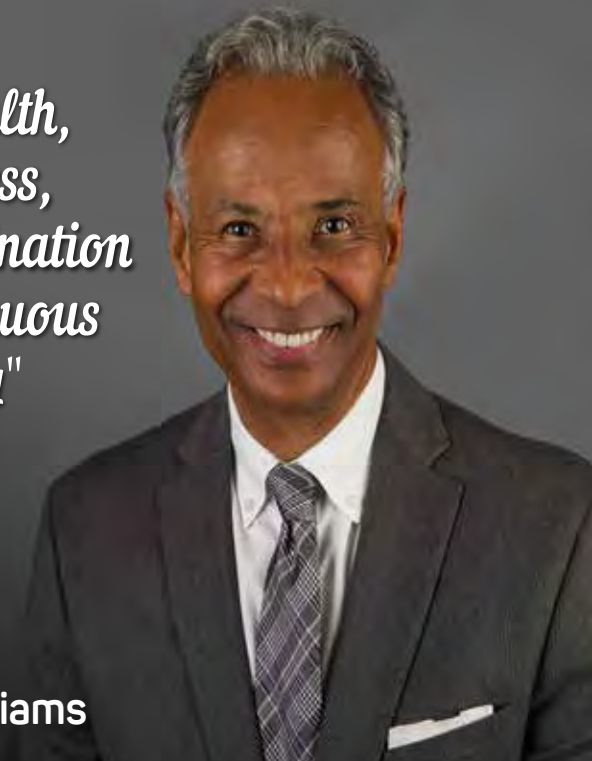
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Community Op-Ed: PlaNYC: Getting Sustainability Done



By Mayor Eric Adams

Last week, New York City celebrated Earth Week by powering up new rooftop solar panels in Brooklyn, cleaning up parks in Queens, and releasing PlaNYC: Getting Sustainability Done, our new plan to create a more climate-resilient city for all.

This strategic climate plan builds on our city's ongoing efforts to protect New Yorkers from extreme weather, improve quality of life, and support our new green economy. Most importantly, these new initiatives are not happening in some far-off future but right now, in your neighborhood.

The plan includes a new public solar program that will help everyday New Yorkers afford the cost of installing rooftop solar panels, heat

pumps, and other energy efficiency retrofits. The plan also includes provisions to advocate for Home Energy Assistance Program (HEAP) reform – reforms that will help people afford new air conditioners and assist with their utility costs to keep cool during increasingly hot weather.

Thanks to our robust public transit system, New Yorkers already have some of the lowest carbon emissions per capita in this country, but we can go further. We're going to help more New Yorkers join the clean energy revolution by expanding our electric vehicle charging network across the five boroughs, so every New Yorker who chooses to drive can drive electric – especially our for-hire vehicle drivers. We are already electrifying our schools and our entire school bus fleet and working to reduce our emissions from every major source — buildings, transportation, and food.

The city will install solar energy, electric building infrastructure, green roofs, and other renewable energy on as much city-owned property as possible, including our DOE schools and NYCHA

buildings.

We will also phase out capital spending on new fossil fuel equipment and infrastructure and update our zoning practices to facilitate building retrofits and eliminate barriers to electrification. This is good news for our environment and a path to more jobs and opportunities for New Yorkers working in the building trades.

Building a renewable energy future will bring down emissions and mitigate climate damage in the years to come, and it will also drive down pollution and improve air quality. We're going to amplify that effort by getting polluting trucks off our streets and creating new low-emissions zones in neighborhoods that have seen far too much traffic and congestion in the past.

And plans are already in motion to expand New York City's tree canopy by 30%, planting thousands of new trees and improving our green spaces, parks, and recreation areas as well.

We've already seen what climate-driven storms can do to our city. From Hurricane Sandy to Tropical Storm Ida, we know that lives are at stake,

and our homes and infrastructure are at risk. This plan expands our efforts to prevent flooding and sewage problems, from building new overflow tanks along the Gowanus Canal to improving drainage in flood-prone neighborhoods.

All of these efforts will protect and sustain our environment and lay the foundation for a new green economy. That's why a big part of this new plan is about providing education, training, and opportunity for New Yorkers to acquire the skills and training they need to succeed in this new job market, one that will protect our future and support a new generation of workers.

There is so much more to this plan, which New Yorkers can read at <https://climate.cityofnewyork.us/initiatives/planyc-getting-sustainability-done/>.

New York City has always been a leader when it comes to climate solutions and environmental justice. We have so much to be proud of and so much to protect. This new plan is a positive and practical roadmap to creating a cleaner, greener, and more just city for all.



HARLEM COMMUNITY NEWSPAPERS, INC.

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Home Buying In Harlem: Be Prepared to Buy Now



By Rev. Dr. Charles Butler

Can you believe we are now in the month of May? The year is nearly half over. Where did the time go?

If you were planning to purchase a home this year, then you must accelerate your home buying process. You must maintain your focus and continue moving, pushing even harder towards achieving your goal. Do not get discouraged just because the interest rates have increased. Don't quit, even though there is very little affordable housing stock in the area. Continue striving to reach your home buying target.

If you have been attending any open houses on the market, you probably realize the home buying process is more difficult than you expected. This is a seller's market. The demand for housing is far greater than the available

supply. This is the main reason why home values in Harlem are rapidly escalating. It is also why low to moderate-income first-time buyers are getting frustrated because they are effectively being priced out of the market.

The competition for purchasing an affordable home in the Harlem community is intense. As a matter of fact, even the prices of so-called affordable homes are now extremely high. The question must now be asked: affordable for who? Not for first-time low to moderate-income families.

A recent financial survey revealed the average family now needs an annual income of over \$120,000 just to meet their monthly living expenses! For most families, their income has not been able to keep pace with inflation. The cost of goods and services has increased, but annual salaries have remained low. This is the biggest challenge facing prospective home buyers today. You might consider taking a part-time job. But remember, the lender will need a two-year work history before including this extra income into your total annual income.

The best strategy is to remain positive throughout the

process. Trust yourself that you can make homeownership a reality. Remain patient and believe it will happen when the time is right for you. For most people buying a home is not an overnight process. Do you realize many first-time homeowners are now struck with less than attractive deals because they rushed into a contract thinking it was a bargain before considering all their options? Discuss your plan and each step of the process with your housing counselor. A counselor is your most reliable resource in this process.

Adjust your timetable for purchasing a home. Push your projected purchase date back, perhaps by 12-18 months. Continue to aggressively save as much as possible for the down payment and closing costs. Eliminate all unnecessary expenses except for the basics – food, clothing, and shelter. Be vigilant in your search. Be ready to move when the perfect home buying opportunity comes.

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



Steve Kroon

**May 4, 8:00pm
Quarter Rican**

Also, May 5, 6, & 7. A fast-talking new comedy about the ins and outs of new parenting, mixed heritage, and what makes or breaks your child's Latinx identity. Written by actor, and Pregones/PRTT ensemble member Gabriel Diego Hernández. Hilarious banter and park bench philosophizing. Puerto Rican Traveling Theatre, 304 W. 47 St, NY, NY. www.pregonesprtt.org. Tel. 718-585-1202. From \$27.

**May 4, 7:30-9:00 PM
Love Undercurrents**

Also May 5, & 6. Bessie and Herb Alpert Award-winning dancer, choreographer, and Harlem Stage WaterWorks Es-

tablished Artist, nia love, and her collaborators present UNDERcurrents. Harlem Stage Gatehouse. Harlemstage.org. At 150 Convent Ave, NY, NY. \$25.

**May 5, 7:00pm
Friday Laughs**

Friday Night Laughs is back with another great night of comedy lined up. On the show this week will be Justin Ramos, Linda Marcus Smith, Comedian Jay, Marshall Brandon and hosted by Jamie Roberts. www.comedy-inharlem.com. Tel. 347-3001. At 508 East 117 St, NY, NY. \$25.

**May 5, 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 5, 7:00pm
Stoop Sessions**

The Soapbox Presents an evening of your favorite Harlem musicians taking the famed Stoop 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 \$29.50.

**May 5, 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 6, 10:30-11:00am
Toddler Time**

Saturday morning is for stories! Join storyteller Rachael Harrington for Toddler Tales: a story circle that will have young story enthusiasts jumping into folktales. www.sugar-hillmuseum.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 8, 6:00-10:00pm
House of Blues**

Phil Young is reviving his House of Blues concept at Silvana with A-list

Maysles Documentary Center

Discussion with José Parla in-person!

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Screening on Friday, May 12 at 7PM
Tickets: \$15 General Admission/\$7 reduced

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.cm. Free entry.

**May 9, 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 10, 7:00-8:30pm
Jazzmobile**

Jazzmobile with Steve Kroon's band. Steve has Six CD's released in his name: "In My Path," "Senor Kroon," "El Mas Alla" (Beyond), "Without A Doubt" (Sin Duda), "On The #1", and "In Your Dreams." At Interchurch Center, 61 Claremont Ave, NY, NY. Tel. 212-870-2200. www.interchurch-center.org. 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 Parla and entitled

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

**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.



Apollo Stoop Sessions



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Audacy and New York Urban League host Inaugural Diversity Leadership Summit

The New York Urban League and Audacy hosted the inaugural Diversity Leadership Summit in the Audacy Live performance space at the Hard Rock Hotel in New York City on April 20, 2023.

The invite-only event featured panels including successful case studies demonstrating the positive impact of inclusive leadership and partnership on business performance. The fireside chat with leadership provided practical strategies for organizations to cultivate inclusive leadership practices for sustainable success in today's dynamic business environment. The Leadership Diversity Summit began with a networking lunch with breathtaking



views of Manhattan and was attended by over 60 CEOs, Global and Chief Diversity Officers, entrepreneurs, and community leaders.

The first panel, Business and Human Case For Inclusive Leadership, was moderated by Arva Rice, President and CEO of the New York Urban League. Rice was joined by pan-

elist Ben Mevorach, Vice President of New York News, Audacy, and Angie Espinal, Director of Diversity and Inclusion with the New York Power Authority's (NYPA) Office of Civil Rights and Inclusion. Both panelists shared how their companies value diversity and set, measure and constantly work to meet their

equity goals.

The second panel, Internal and External Benefits of Partnership, was moderated by Sandra Garcia, New York Urban League Diversity & Inclusion Lab Program Manager. Garcia facilitated the discussion with panelists Andre Yancey, Assistant Brand Manager of Audacy's 94.7 The Block (WXBK-FM), Ugochi Onyeukwu, Director, Diversity, Equity and Inclusion, New York Philharmonic, and Renee V. McClure, Director, NYC Community and Customer Management, National Grid. The panel discussed how inclusive partnerships have fostered innovation, leveraged diverse perspectives, and positively impacted both internal and external stakeholders.

Pat Robinson, host of "Conversations on The Block" on 94.7 The Block, conducted a fireside chat with the leadership of the New York Urban League and Audacy, including Chris Oliviero, Market President, Audacy New York, Arva Rice, NYUL President and CEO and Skip Dillard, Brand Manager 94.7 The Block. The conversation centered on what needs to be in place at the leadership level for diversity to grow and thrive.

Arva Rice shared, "Three years after the murder of George Floyd and the raised consciousness about racial disparity, some corporations are already beginning to roll back their DEI investments. As a result, making a busi-

ness case for diversity has become even more critical. We were pleased to partner with Audacy to create the Diversity Leadership Summit to highlight how some of our partners have created successful partnerships and programming that create more inclusive workplaces."

To close the Summit, Michael Garner, New York City's Chief Business Diversity Officer, did a meet and greet with event guests.

The Diversity Leadership Summit was created as a result of the Diversity & Inclusion Lab, where Audacy is a partner. For more information on upcoming NYUL events or to join the Diversity & Inclusion Lab, log onto www.nyul.org.

Harlem is . . . Healing Salutes More Harlem Heroes

A second, larger-than-life Harlem is . . . Healing Outdoor Exhibition will run from May 5 through August 1, 2023, at St Nicholas Ave. at 120th St.

The sidewalk display once again will highlight nine local heroes who reflect diversity from all walks of life; people who have continued to contribute to community health through medical and mental health services, with food and teaching about urban farming, through the arts, faith, and youth activities, or in direct support to neighbors.

The exhibit by Community Works NYC/New Heritage Theatre Group, in partnership with the NYC Department of Transportation's Art Program (DOT Art), features powerful images of nine of 52 honorees taken by noted Harlem photographer Tau Battice with bold design by Clara

Alonso.

As Barbara Horowitz, Founder and President of Community Works, stated, "We have been part of a collective trauma, and we are emerging from it through the enormous work of our honorees." Voza Rivers, Executive Producer of the New Heritage Theatre Group, said, "In this harrowing time, it becomes even more important to remind ourselves of how local heroes can make a difference."

Response to the exhibit of the first nine honorees was so strong that the city extended the display through May and invited a second round to remain on display through August.

On May 15, there will be a historic community celebration at the site to mark the opening, complete with a marching band that will take visitors four blocks to First Corinthian Baptist Church on 116th Street.

The opening will kick off a series of guided tours of the exhibit, along with short walking tours for teachers, students, community groups, and visitors.

The exhibit honorees highlight the contributions of well-known restaurateur Melba Wilson, who kept people working and was able to feed first responders, and Janet Rodriguez, whose SoHarlem Collective saw a chance for seamstress skills to produce protective masks and clothing. Tony Hillery seized the opportunity to teach urban farming skills, while Dr. Lena Green has been able to provide free mental health services. The complete list of honorees includes:

- Vy Higginsen, Executive Director, Mama Foundation for the Arts
- Janet Rodriguez, Founder and CEO, SoHarlem Collective
- Melba Wilson, restaurateur, President, NYC Hospitality Alliance
- Aurora Flores, Cultural Activist, Journalist, Band Leader
- Rhina Valentin, TV Host, Actor, Activist, Producer
- Dr. Lena Green, social worker and Executive Director, Hope Center
- Tony Hillery, Founder and CEO, Harlem Grown
- Phyllis and Dodji Gbedemah, owners, Kente Royal Art Gallery
- M. Scott Johnson, Sculptor, Artist, Arts Educator



ly, for Community Works NYC and New Heritage Theatre Group, who for 20 years have sought to connect neighborhoods through the arts and education. For more information, visit <https://www.harlemis.org/heroes>. Video dialogues can be watched at www.youtube.com/harlemis.

Healing Harlem is the continuing theme of this campaign, and more broad-

Celebrating the Life of Cultural Icon Harry Belafonte Jr.

By Nicole D. Batey,
Special to the AFRO

Civil rights leaders and organizations across the country are reflecting on the life of civil rights icon, singer and actor Harry Belafonte Jr.

The 96-year-old Belafonte died on April 25, 2023, of congestive heart failure. He is most remembered for using his talent and time in the spotlight to fight for social justice at the height of the Civil Rights Movement.

Reverend Al Sharpton, founder and president of the National Action Network (NAN), said of his passing, “Harry Belafonte was a true mentor and friend. I am heart-broken to hear of his death but inspired by the long, fruitful life he led. He realized his platform gave him the ability

to affect change. He used it to advance the civil rights movement and get others in his position off the sidelines,” said Sharpton. “I cherished the time he would give me and others to both guide and correct us. He was a culture-changing entertainer, a history-changing activist, and an unmatched intellectual. Rest in peace and power, Mr. B.”

“The passing of civil rights icon Harry Belafonte leaves a devastating void in the racial justice community. Before his rise, no entertainer had ever used the platform and resources his fame afforded him to accomplish so much,” stated Marc H. Morial, National Urban League President and CEO. “His personal and financial support was critical to every major event of the civil rights movement, from the Freedom Rides and the

Birmingham Campaign to the March on Washington and the Freedom Summer of voter registration. Every American who works for racial justice takes inspiration from his unwavering commitment.”

“He faced down threats to his career, having been black-listed during the McCarthy Era, and threats to his life, notably when he and Sydney Poitier were chased by Klansmen while delivering contributions to voting rights activists in Mississippi,” recalled Morial.

Belafonte’s death reverberated with the highest elected officials in the land, with even President Joe Biden speaking on the life and legacy of the civil rights and social justice warrior.

“Harry Belafonte was born to Caribbean parents in Harlem, NY, on March 1, 1927, when segregation was



Mr. Belafonte was the first Black man to win an Emmy award (left), he was very active in the Civil Right Movement. Belafonte was married three times and had two children with his first wife Marguerite Byrd, and two with second wife, Julie Robinson (right). He leaves behind four children and Pamela Frank, his third wife (not pictured). (AFRO File Photos)

the order of American society. To our nation’s benefit, Harry never accepted those false narratives and unjust boundaries. He dedicated his entire life to breaking barriers and bridging divides.

“As a young man motivated to find his purpose, he be-

came mesmerized by theater when he saw a performance of the American Negro Theater in Manhattan. As one of America’s original breakthrough singers and performers, he would go on to garner a storehouse of firsts—the first Black matinee idol, the first

recording artist to sell over a million records, the first Black male Broadway actor to win a Tony award, the first Black producer to win an Emmy award, and one of the highest paid entertainers of his time, among other accolades,” continued Biden.

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Urbanology: The Kybalion



By W.A. Rogers

I received several calls about my recent article “Cause and Effect” {visit www.harlemcommunitynews.com}. All things happen for a reason, so I wrote a 2023 overview of the Kybalion, the source. The seven principles of truth

found in the Kybalion, if studied well, will open the doors of the universe to the seeker.

In 389 A.D. The Great Library of Alexandria was burned to the ground by the order of Emperor Theodosius. Centuries of ancient Egyptian knowledge were destroyed or stolen. One of the most significant contributors of expertise to the Library of Alexandria was the Egyptian philosopher-teacher Tehuti, also known to the Greeks as Hermes. The elders teach

us that volumes of Hermetic Philosophy were rescued from the fire and buried in the desert by a few remaining initiates of the three ancient Egyptian secret societies.

To this day, only a few have been introduced to the basic philosophical foundation of Hermetic philosophy, yet parts of it can be found in every religion and spiritual philosophy known to mankind. Only initiates of secret societies were allowed to study and practice Hermetic Princi-

ples. In 1908, 3 initiates (to this day remain nameless) published a book entitled “The Kybalion,” which focused on the seven secret Hermetic Principles.

According to the Kybalion, “The Principles of Truth are Seven: he who knows these, understandingly, possesses the Magic Key, before whose touch all the Doors of the Temple fly open.” The Seven Principles are Mentalism, Correspondence, Vibration, Polarity, Rhythm, Cause and

Effect, and Gender. By studying and practicing the Seven Hermetic Principles found in the Kybalion, one can change the quality of their life and those around them.

Although the secret Hermetic Principles are now available to anyone interested in learning about them; still only a few are aware of them. The three initiates who published the Kybalion also wrote, “When the ears of the student are ready to hear, then com-

eth the lips to fill them with Wisdom.”

I first became aware of the Seven Hermetic Principles when I was introduced to Wayne B. Chandler’s “Ancient Future,” the first book I suggest you read if this subject interests you.

You can now read the Kybalion online, although reading and understanding are not always connected. Feel free to email me at onuwon@gmail.com if you would like to discuss how the Seven Hermetic Principles can help you.

Answers to Puzzle on page 21

C	H	A	P	S		V	I	I		T	H	A	W
W	E	L	S	H		A	D	D		A	I	O	L
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HERBS ARE NATURE'S MEDICINE

Grief

By Zakiyyah

We have been discussing the five emotions (fear, anger, joy, worry, and grief) and how when out of balance, they relate to our organ functions and may contribute to our susceptibility to disease. [An error was made in the last article, associating worry and sympathy with the Earth Element. It is only sympathy associated with the Earth Element.]

Grief and worry are the emotions associated with the lungs and colon, and the Metal Element. The balance in intake: through breathing and eating food; and output: through activity and elimination, is critical to staying healthy – and is governed by the Metal Element.

When the emotions are balanced, the metal element enables us to tap into new disciplines - productive work, consolidation, communication, study, clarity, care, quiet walks, and more rest.

When not in balance, the emotions of worry/grief manifests as indecision and confusion, leading to over-indulgence of coffee, smoking, obscurity, and fatigue.

A few of the herbs that best serve the lungs are coltsfoot, yerba santa, horehound, mullein, Irish Moss, and elecampane; and the colon: white oakbark, squaw vine, flax seeds, slippery elm, shepherd’s purse,

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

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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 12 and 14

CROSSWORD

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

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THEME: TV MOMS

ACROSS

1. Rodeo garb
6. Roman numeral 7
9. Spring occurrence
13. Like Corgi
14. Get a sum
15. Garlic mayo
16. Poet's concern
17. Mail-back request, acr.
18. Handrail post
19. *Lionel Jefferson's mom
21. *Keith and Laurie Partridge's mom
23. Watson's, Crick's and Franklin's concern, acr.
24. Big-ticket _____
25. #38 Down follower
28. Potter's oven
30. Get by
35. Wyatt Earp's card game
37. Wooden pegs
39. Measuring tool with a bubble
40. Copycat

41. All-season _____
43. Like certain people's glasses
44. The Great _____, Muppet
46. 1 year older than frosh
47. Treat without respect
48. *Samantha Stephens' mom
50. Four Corners state
52. Unidentified Jane
53. Summit location
55. Like tuna tartare
57. *Rory Gilmore's mom
61. *Hilary and Carlton Banks' mom
64. Motionless
65. Actress Thompson
67. Island off Manhattan
69. Skeleton, archaic
70. Lt.'s subordinate
71. Yemeni's neighbor
72. Marines' toy recipients
73. Banned insecticide, acr.
74. Nostrils

DOWN

1. Basin, without vowels
2. Last piece of a loaf
3. Lowest female singing voice
4. Elvis's blue shoes
5. Harrison Ford or Jason Segel in "Shrinking"
6. Bud holder
7. *Rhoda Morgenstern's mom
8. "That is" in Latin
9. Wedding cake layer
10. Famous Allen Ginsberg poem
11. Away from wind
12. Skilled in deception
15. G. Orwell's "_____ Farm"
20. Valentine, e.g.
22. Bottom line?
24. Inner circle
25. Old enough (2 words)
26. Neutered rooster
27. Influencer's creation
29. *Meg, Chris and Stewie Griffin's mom
31. Egghead
32. "_____ like the plague"
33. Canvas primer
34. *Alex and Mallory Keaton's mom
36. Pasta option
38. Virgo and Libra mo.
42. _____ Lewis, Lamb Chop puppeteer
45. By word of mouth
49. What catastrophe and ratatouille have in common
51. Wear (2 words)
54. Treated with EVOO
56. *Pebbles Flintstone's mom
57. Law school entry requirement, acr.
58. First name palindrome
59. Civil disorder
60. They're on Freddy's street
61. Widespread
62. Relating to armpit
63. 3 squared
66. Tight one in football
68. Bro's counterpart

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“Life and Other Love Songs” by Anissa Gray

REVIEW by Terri Schlichenmeyer, Harlem News contributor

If only you could wave a magic wand.

All your troubles would disappear, poof! One wave, and you’d have the money you need, the job you want, the family you’ve dreamed about, the life you deserve. Wave a magic wand and go on vacation or – as in the new book “Life and Other Love Songs” by Anissa Gray – you could wave it and just disappear.

Between the time she met him, and in 1989, Deborah held two funerals for her husband, Daniel Ozro Armstead Junior. He wasn’t at either one of them.

The first was held not long after his thirty-seventh birthday, after Oz had lunch with his brother, then left the restaurant and vanished. The second funeral, some years later, was held after Oz was declared dead so that Deborah and her daughter, Trinity, could finally have closure.

The first time Deborah saw him, Oz was standing all by himself at a rent party, and she walked right up to him, just like that, right after she and her girl group appeared on the little stage they’d set up in the corner

of the living room. Deborah promised him that one day, she’d appear on an actual stage, and he believed her.

Oz loved her instantly, but he was intimidated.

He’d never seen someone as beautiful as Deborah or as sure of herself, but he, too, had plans. He kept them in a notebook that he carried everywhere with him, and soon, his plans included finishing college, getting an office job, and taking care of Deborah and a family.

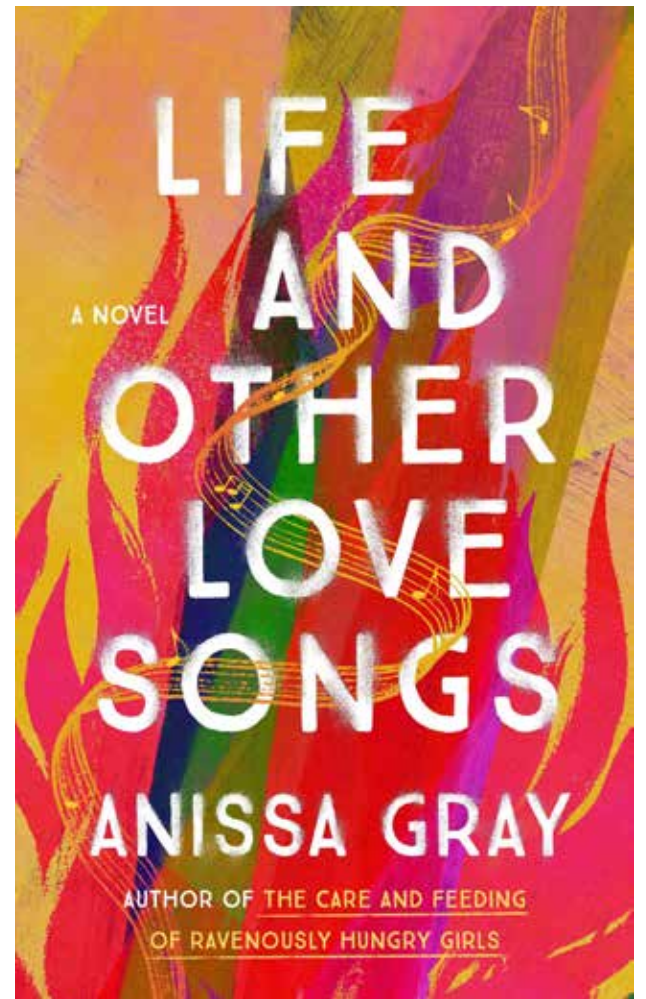
He’d keep applying for jobs that he’d never get. He’d refuse to discuss the trauma he shared with his brother or their Alabama growing up. He’d threaten a gay friend with public revelation and arrest to get his way. And Oz would lie to Deborah again and again, knowing that she could get over some things, but she could never know the truth.

Told with a fluid time frame in three distinct voices, this story of secrets, trust, and the lack of it takes readers back sixty years before pulling them forward through the Civil Rights movement, the Women’s Movement, the Gay Rights movement, and its characters’ lives. Despite this vast decades-wide backdrop, author Anissa Gray holds the story tight by keeping readers guessing on Oz’s background, the lies he’s told,

and the colossal betrayals of trust he committed. Whether or not you’ll be satisfied with how this unfolds and what happens to the characters in the end will depend on how you like novels of treachery.

This is a good choice for your book club, vacation, or any time you want a tale with a hint of history in the background. Start “Life and Other Love Songs” and wave goodbye to your weekend.

Life and Other Love Songs by Anissa Gray
c.2023, Berkley
\$27.00
324 pages



SUDOKU ANSWERS

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

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