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"GOOD NEWS YOU CAN USE"

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COMMUNITY

HARLEM NEWS

"Good News You Can Use"

Vol. 23 No. 25

June 21 - June 27, 2018

FREE



**Fidelis Care
Sponsors Senior
Unity Day in
Riverbank State
Park**

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**Summertime Fun @
Sugar Hill Children's
Museum**

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a magic cast
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Celebrates at 10th Annual TEER
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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
BRONX COMMUNITY NEWS
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Free copies distributed in your community weekly

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PAT STEVENSON

GOOD NEWS YOU CAN USE!

The National Black Theater celebrates and honors its founder Dr. Barbara A. Teer with an award gala each year for the past 10 years themed “The Teer Awards.” I had the pleasure of knowing Barbara and witnessing her passion for her craft and the theater community. I saw her fight hard to preserve the National Black Theater and Black theater in general. Those who embodied her spirit received awards recently.

(see page 11)

Fidelis sponsored a Senior’s Day at the Denny Farrel Riverbank Park last week. Participants received valuable information about healthcare, nutrition and more. Harlem News was there to cover the event.

(see page 14)

Summer is here and if you are looking for programs for youth you can consider the Sugar Hill Children’s museum. Marisol is offering a review of some of their upcoming programs. (see page 12)

You can see our past issues online at www.harlemcommunitynews.com.

www.harlemcommunitynews.com.

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Pat Stevenson
Celebrating
over 23 years
Publishing

The Metropolitan Black Bar Association 34th Anniversary Awards Gala



The Metropolitan Black Bar Association (MBBA) held its annual gala last month, “IMPACTING Our Profession, IMPACTING Our Community,” was the theme with Midwin Charles and Joey Jackson (both Attorneys at Law), serving as co-emcees for the evening.

As MBBA President, Paula T. Edgar, Esq. recounts, “This year’s gala was a celebration of the impact of black lawyers and the need for more intentional efforts to foster diversity in the legal profession. We made a deliberate decision to honor a slate of all women honorees to highlight the need for greater gender parity, equity and inclusion.”

The gala raised over \$350,000 for the organization. The funds raised are used to advance the MBBA’s membership and mission.

In her second term as President, Paula chose the theme of IMPACT: Innovation; Mentoring; Partnership, Advocacy, Community, and Training. As the largest Black Bar Association in the tristate area, the focus was on how the organization will IMPACT our attorneys, the pipeline, and our communities.

Each year, the MBBA recognizes individuals who have made an impact on

the community. The 2018 all-female honorees include:

•TRAILBLAZER OF THE YEAR: Anne Robinson; Managing Director, General Counsel and Corporate Secretary Vanguard

•CORPORATE COUNSEL OF THE YEAR: Deirdre Stanley; EVP & General Counsel Thomson Reuters

•JURIST OF THE YEAR: Hon. Fern A. Fisher; Special Assistant for Social Justice Initiatives to the Dean Maurice A. Deane School of Law at Hofstra University

•PRIVATE PRACTITIONER OF THE YEAR: Patrice P. Jean; Partner, Hughes Hubbard & Reed LLP

•PUBLIC SERVANT OF THE YEAR: Letitia James; Public Advocate, City of New York

•PRESIDENTIAL AWARD FOR IMPACT ON DIVERSITY IN THE LEGAL PROFESSION: Gabrielle Lyse Brown; Executive Director of Diversity and Inclusion, New York City Bar Association

Damien Atkins of Panasonic Corporation of North America, Michelle C. Ifill of Verizon

Corporate Services Group and Nate Saint-Victor of Morgan Stanley, served as gala chairs this



year.

The Metropolitan Black Bar Association (MBBA) is a unified, citywide association of African-American and other minority lawyers. Founded on July 5, 1984, MBBA is one of the largest organizations of Black attorneys in New York State. Providing a voice for Black legal professionals in the communities it serves, the purpose of MBBA is to advance equality and excellence in the pursuit of justice, aid the progress of Blacks and other minorities in the profession and address legal issues affecting the city-wide community. To learn more visit: <https://www.mbbanyc.org>

For more event information or images, or to schedule an interview with MBBA President

Paula Edgar, please contact Jenelle Hamilton: jh-beeseason@gmail.com

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La-Verna Fountain Retires from Columbia University

By David M. Greenberg,
Executive Vice President University Facilities and Operations Columbia University

After nearly 12 years of dedicated service, La-Verna Fountain has announced that she has stepped down as Vice President of Strategic Communications and Construction Business Initiatives at Columbia University Facilities and Operations. As many of you know, La-Verna began a leave of absence last September, and has decided to permanently return to her native Harrisburg, PA.

La-Verna joined Columbia in 2006 as a senior member of the Office of Communications and Public Affairs where she served as the public liaison for the University's campus expansion in Manhattanville. She



joined Facilities and Operations in 2008, where she led internal and external communications and managed the University's construction supplier diversity programs and University obligations and commitments to the community.

A trusted and universally respected presence, La-Verna's work ethic and vision has helped shape

Columbia's reputation as an industry leader in many areas, from construction communications and outreach to minority, women and local (MWL) hiring. She was instrumental in transforming the vision of a new Manhattanville campus into a reality, helping guide the campus plan through the public approvals process and managing the University's commitment to new investment in our local community. Her dedication to connecting campus and community also expanded opportunity to a diverse, local workforce, helping direct hundreds of millions of dollars in contract spending to MWL firms and design-

ing innovative award-winning mentorship and leadership development programs that collectively graduated over 100 MWL firms.

La-Verna's influence goes beyond communications and construction business initiatives. She also has a strong commitment to bettering communities, whether as an activist in the field of youth service, creating programs to break down barriers, serving as the Chairperson of New York City's Construction Mentorship Advisory Panel and more. Since joining Columbia, she has received numerous regional and national awards for her leadership and character, including the New York City Minority and Women-owned Business Enterprise Advocate of the Year Award and the Women Builders Council Icon Award. She has also inspired many through her writing as

a columnist and author, and is a graduate of Columbia's master's program in Negotiation and Conflict Resolution, in which she also taught as an adjunct professor.

When asked to reflect on her time at Columbia, La-Verna said, "I have been honored to work with the best people anywhere. When you work with the best, you are able to step aside and rest. My accomplishments were made possible because of the outstanding efforts of our team."

When La-Verna began her leave of absence, I put in place a structure that maintains the high-level of service in her areas. Assistant Vice President of Communications Dan Held will continue to oversee the Facilities and Operations communications portfolio and Assistant Vice President of University Supplier Diversity & Con-

struction Business Initiatives Tanya Pope will continue to oversee the university supplier diversity portfolio and management of obligations and commitments.

La-Verna's time at Columbia made a difference for our organization, our institution, and our local community that will continue to be felt long after she leaves. Please join me in expressing our profound gratitude to La-Verna for her leadership and service and wishing her the best of health and happiness always.

La-Verna said "Working with people in Harlem, Washington Heights and Inwood has been one of the greatest privileges of my life. There is no place like Upper Manhattan. The people who work and live there are a precious treasure."

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June 26th 6-8PM

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Presenter : Angie Hancock
Experience Harlem

This session will educate small biz owners and entrepreneurs on how to create an integrated digital marketing campaign including how to develop digital marketing materials, important marketing messages to include on your company's website, email marketing, and social media.

HBADigitalMarketing.eventbrite.com

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The Secret to Success for All Students Is Parental and Community Engagement

By Dr. Elizabeth V. Primas (Program Manager for NNPA ESSA Public Awareness Campaign)

The National Family Engagement Summit of 2018 was held in Richmond, Va. Throughout the summit, multiple opportunities were provided for attendees to interact with some of the nation's leading experts in parent and family engagement. Participants came from near and far. Over 300 teachers, parents, administrators, and community activists participated, presented, networked, taught and learned strategies to increase family engagement. One presenter described the difference between involvement and engagement as the level of commitment, stating, "It's like you've got a ring on it! You're not just passively attending a few parent-teacher meetings, but you're planning, making decisions, running for the school board and more."

The Every Student Succeeds Act (ESSA), speaks specifically to parent and family engagement. Data highlighted examples of the successful impact parents can have when they are present in their child's school. One presenter pointed out that, "Parents tend to be extremely involved with students in the early elementary grades. They bring them to school,



speak with the teacher frequently, and are more likely to volunteer for field trips, classroom activities, and attend parent-teacher meetings." However, around the third grade, parents start to reduce their involvement. They attend fewer meetings, volunteer for field-trips and other events less, and seldom spend time in the building. In some cases, they may have only met the teacher just once.

When students reach third grade and began to socialize more independently with friends, parent engagement often wanes. It's not surprising that after requiring almost, constant supervision that parents breathe a sigh of relief when their children gain newfound independence. However, these are the times when our children require increased attention, specifically our young Black males. There is significant data to show a correlation between K-12 completion, literacy, and adulthood incarceration. The

NAACP reported that African Americans are incarcerated at more than five times the rate of Whites and, nationwide, African American children represent 32 percent of children who are arrested. Blacks make up just 13 percent of the U.S. population. Patterns, such as, absenteeism, delinquent behavior, and academic apathy, correlate with high suspension rates and subsequent incarceration.

ESSA places increased priority on parental engagement and requires states to provide innovative strategies to incorporate parental and family engagement into a school's decision-making, and planning. ESSA stresses two-way communication. This requires teachers, and administrators to reach out to parents in clear, concise, relatable ways that encourage feedback and input at every level of implementation. Some non-traditional communication strategies include social media use, e-newsletters, and short surveys. Administrators and teachers are encouraged to schedule meetings that accommodate parents with different hours of availability.

ESSA does not dictate the ways in which schools are required to engage parents. However, educators should recognize the crucial role

parental partnerships play in preparing students for college and careers.

This summer, the National Newspaper Publishers Association will host its second National Black Parents' Town Hall Meeting on Educational Excellence. The conversation on parent engagement will continue at the Gethsemane Community Fellowship Church on Tuesday, June 26th, from 6pm – 9pm ETS. This event will be livestreamed and for the first time, NNPA ESSA will host two viewing rooms in California—one in Los Angeles, and the other in San Francisco. If you are not able to join us in Norfolk, Va., you should certainly make your way to the viewing rooms in California or join the livestream online.

Participants who pre-register and are present in either location are eligible to win grand prizes. Register today by visiting www.nnpa.org/essa/events.

Dr. Elizabeth Primas is an educator, who spent more than 40 years working towards improving education for children of diverse ethnicities and backgrounds. Dr. Primas is the program manager for the NNPA's Every Student Succeeds Act Public Awareness Campaign. Follow Dr. Primas on Twitter @elizabethprimas.



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Home Buying In Harlem

Be Prepared to Buy Now

by Rev. Charles Butler

I'm guessing by now you're saying what's the point of trying to buy a home? Home values are too high. The banks are too conservative with their lending practices. The whole home buying process seems to be just a big headache, why even bother?

That's a good question, but you need to understand there are some major advantages to owning a home that must be taken into consideration. Here are just a few advantages: (1) you are investing in your future. By becoming a homeowner, you are creating wealth, through the equity in your property. I recently heard from an elderly woman who had recently sold her coop unit for over ten times the purchase

amount. What a return on her investment! If she had been satisfied with renting an apartment for that same period, (more than 15 years) she would have spent over \$325,000 in monthly rents and would have received nothing in return except a place to live.

(2) As you pay down the loan amount, you will be increasing your investment portion of the property. The paid principle circles back to you as a homeowner through the form of equity, where in renting your money goes to your landlord and never returns. This is a huge benefit because you will find that owning a home in many instances will be less expensive than renting an apartment.

(3) The real estate taxes and the mortgage interest payments are tax deductible. Many individuals and families are earning a decent salary but are losing a great deal of their income through taxes. Homeownership will provide you with some needed tax shelters that are not available to renters.

When you consider the benefits of owning a home it is a definitely a worthwhile investment, but you must be willing to make the sacrifices to successfully complete the process.

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

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HARLEM CALENDAR OF COMMUNITY EVENTS

Saturday, June 30; 10am-5pm

Annual stroll 4 Cancer awareness: @ Morningside Park, Admission: \$12-\$25. There would be activities, games, and prizes. Light refreshments. This is the 8th annual stroll organized by the Women Organization, Shades of a Cure! Online Contact: <https://www.facebook.com/Shadesofacure>. Venue address: Morningside Park

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Now through October 11, 2018

Miles Series Program: Once a month, Open Track Nights will include a special Mile Series program with running coach John Honerkamp. Timed miles, relays, and group races will aim to improve your speed, all while having fun! This is a free training event. Every second Thursday of the month. Location:

Icahn Stadium. Admission: FREE.

Thursday, August 9, 2018 @ 6:00pm

Thursday, September 13, 2018 @ 6:00pm •

Thursday, October 11, 2018 @ 6:00pm

VENUE: @ Randall's Island Park

East River and Harlem River

New York, NY

212-830-7715

phone

Jun 23 12noon

TYRONE C.A.R.E.S.

3rd Annual Cancer Walk 4 All. A Walk/Run/Ride event To Stomp Out Childhood Cancer! ...Because Kids Get Cancer Too! Being held at Harlem's Marcus Garvey Park for Registration categories: 1. Adolescent/ Adults \$25. 2. Kids \$15. 3. Tot Trots \$5 "Tot Trots" 5 and younger will lead the walk. Strollers and pets welcome.. 4. Can't attend?! Be a SOLE Supporter- \$30 Walk/Run/Ride Anytime or Anywhere you choose. Just Snap and Share photos. Hashtag

#TYRONECARES #CANCERWALK4ALL. Event Shirt will be delivered. Create a TEAM! With family, friends or colleagues. Included with registration: Breakfast Bites, Afternoon refreshments, Event T-shirt, games, fun and photos for all to enjoy. Being held at Marcus Garvey Park (124th Madison) Walk begins at 12:00pm Registration Options: 1. Online Registration Eventbrite search "Tyrone Cares2. In-Person Registration: Milbank Center at 14-32 W. 118th Street Monday-Thursday 6pm-8pm. Contact: tyronecares@aol.com for inquiries

Jun 23 12:30pm-2pm

Tau Omega Chapter of Alpha Kappa Alpha Sorority, Inc. Technology/Social Media Workshop for Seniors. Guided lessons on how to utilize apps/internet on your cell phone. St. Nicholas Senior Center 210 West 131st St.

Jun 25 7:00pm The Upload Live

Presents: Silk Stockings And A Bible: "Silk Stockings and a Bible" is a spicy Swing Era drama about the trials and tribulations of a Harlem chorus girl. The show will have the audience be on a journey back to the 1940s with a live band in an evening of dining, drinking and dancing at this free staged reading. Contact Phone Number: 212-678-7030 to order.

Venue: The Dream Center, 205 West 119th Street, New York, NY 10026

Jun 27 6:00pm PHOTO EXHIBITION:

We live in Harlem 1982-1995, Photography Exhibit. photographer YASUO WAKAIKI; "We live in Harlem" exhibition committee members Coordinator: Hiroshi Kono. Admission: FREE. Venue: @ Dwyer Cultural Center, 258 St. Nicholas Avenue, at 123rd Street, entrance on 123rd St. New York, NY

10027. Contact Phone: 212-222-3060

June 28 7:30pm Before Summer

Ends: Before the Summer Ends is the bittersweet chronicle of a single summer in the life of three Iranian students living in France, an utterly unique, beguiling mixture of documentary and fiction in the perennial form of a road movie. When Hossein and Ashkan learn that their friend Arash has decided to return to Iran, they convince him to take a road trip to the south of France, secretly hoping he will meet a woman and decide not to leave. Tickets: \$20 Tickets : www.uptownflicks.com @ Maysles Cinema, New York: 343 Malcolm X Blvd/Lenox Avenue bet. 127th and 128th Streets, New York, NY 10027. Contact Phone: 212-582-6050

September 29 11:00am

Get Hooked Event! Get up close and

personal with the fish and wildlife that live along our shoreline. Try your hand at fishing while learning about amazing underwater habitats at this free event. • Catch-and-release fishing (equipment provided) • Instruction for all skill levels • Games exploring underwater life • Crafts that celebrate fish • Live nautical-themed music by Funkinships • Refreshments • Fun for the whole family (suitable for ages 5+). Admission: FREE. Contact Number: 212-830-7715. VENUE: Randall's Island Park, East River and Harlem River New York, NY

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.

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NYC Parks Arts, Culture & Fun Presents: THE PHIL YOUNG EXPERIENCE

The Phil Young Experience will perform on June 30, 2018 at the Marcus Garvey Park Amphitheater | 06:00pm - 08:00pm | The event is Free

Join NYC Parks, the Jazz Foundation of America and Council Member Bill Perkins for a live outdoor concert.

Phil Young is the drummer and leader of "the Harlem Hip"

- as recently seen in The New Yorker. A much-loved figure in the uptown community, Phil Young has played with legendary figures like Bobby "Blue" Bland, Jimi Hendrix, George Benson, Art Farmer and Dizzy Gillespie. This special event features the full lineup of his "Experience" band, with special guests.

The Phil Young

Experience includes:

- Phil Young** – Drums
- Mel Davis** – Keyboards & Vocals
- Marvin Horne** – Guitar
- Patience Higgins** – Saxophone
- James Zollar** – Trumpet
- Michael Rorby** – Trombone
- Gary Fritz** – Percussion

YOU CAN RUN BUT YOU CAN'T HIDE

(Gospel Musical Stage Play)

YOU CAN RUN BUT YOU CAN'T HIDE is a gospel stage play that you don't want to miss. The story line is breathtakingly fresh, the songs are creatively unique, the actors are phenomenal and the musicians are talented beyond measure.

Grandma Taylor is back and funnier than ever! Come and step into the private lives of Grandma Taylor, her daughter Bettie and her three children...Victoria, Kevin and Tiasha. What happens when a

mother raises her children in the church and as they grow up they struggle to find their own way? Will they remember right from wrong? Will a mother's prayer be enough to save her children? The message that God sees all and knows all rings loud and clear in this timeless production!

This play will take you on an emotional roller coaster...ups, downs, smiles, tears but the ride ends with a praise! All aboard!

CAST include Crys-

tal Jackson (Grandma Taylor); Linda Robinson (Bettie Thompson); Joseff McKenneth (Kevin); Leonora Williams (Victoria); Chryztina Graham (Tiasha); Keith Trent (Sean); Angelina Saggese (June); Carmen Jones (Amber); and Chaunce Baltitas (Angelique)

TICKETS: \$35 - \$40. Group discounts available. Contact - Lisa Evans-Graham - (646) 797-7227 rosebabyent@gmail.com www.rosebabyenterprises.com

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GROUP RATES & FUNDRAISERS AVAILABLE

Ruben Santiago-Hudson directs a magic cast in Dominique Morisseau's 'Paradise Blue' at Signature Theatre.



By Maria Grazia CAVENAGHI

Dominique Morisseau (Playwright - Obie Award, NAACP Image Award and NBT's TEER award winner) and Ruben Santiago Hudson (Tony Award, Obie and AUDELCO Award winner as actor and director) are obviously a winning combination. And when you add an experienced, engaged

cast and a magic original score by Kenny Rampton, the result is a great work of art. Paradise Blue is the first play of Morisseau's Signature Residency 5, which will include three productions over the course of five years.

It is 1949. The setting is 'Paradise' a Jazz club in a small Black

community formerly known as Blackbottom, now gentrifying, on the downtown strip in Detroit, Michigan.

'This is Paradise Valley... this is one of the original spots in Blackbottom. Called Paradise 'fore this lil' strip was even called Paradise Valley. Blue like to say- Paradise Valley took its name from him.' Says **Corn**, the piano-man, a thoughtful peace-maker interpreted by **Keith Randolph Smith** (Jitney, Malcolm X).

Blue (Alphonse Nicholson - he was amazing also in 'Freight', a one-man show produced by Woody King Jr at the Castillo Theatre) is the handsome, mysterious and aloof owner.

A gifted trumpeter he is torn between staying in Blackbottom, where he is battling interior demons, and selling the club. "Spirit of my Daddy. Lurkin'



'round this club. Hangin' in the walls. Hangin' in my music. Nigger won't leave me be. They my Daddy's demons comin' after me. I see myself turnin' into somethin' I don't like. Somethin' familiar, and it scares me. I got to run from 'em 'fore they kill me."

Pumpkin (Kristolyn Lloyd-Dear Evan Hansen) is the sweet waitress, cook and caretaker of Paradise Club. She feels home in Blackbottom, adores poetry..

and Blue, her man. "Got a gentle heart and a lion's soul. Got the will to give me everything he can. But what he really got is a gift. Sometimes he play, I think he's talkin' to God and together they answerin' my prayers"

P-Sam (Francois Batiste - Obie Award-winner, Head of Passes) is the frustrated percussionist, always hustling for his next gig. He's suspicious of Blue...worried he's plotting

something...maybe selling the club and leave them jobless?

SILVER (Simone Missick - Luke Cage) is the mysterious, sexy, strong minded lady with a past who moves like a spider weaving a web. She moves into the 'room for rent' at Paradise. But why? "Time to pick up somewhere new. I heard of this strip in Paradise Valley where folks got all they own business. If it's somewhere that Colored folks is doing more than share-croppin' and reapin' White folks harvest... I ought to be there. I'm here so I can get a taste of all that."

Blue does not like her because she perceives his demons "My Daddy had 'em in him. Husband too. Them feelins of bein' trapped by yo' skin... Turns you mad. Only place you got to escape is that horn, ain't it? But you ain't gonna get rid of 'em. They gon' get rid of you. Less you make amends".

How will this end? For you to discover when you see the play.

To purchase tickets for all Signature productions, call Ticket Services at 212-244-7529 (Tues. - Sun., 11am - 6pm) or visit www.SignatureTheatre.org.



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National Black Theatre Celebrates at 10th Annual TEER Spirit Awards Gala

By Lil Nickelson

June 13th, 2018 was Founder's Day for Dr. Barbara Ann Teer's National Black Theatre ("NBT") and it marked the historic theater's 49th anniversary as the largest and oldest continually operated theater in NYC and in the U.S. that is run by women of color. That evening was the perfect date and place to host NBT's 10th annual TEER Spirit Awards Gala in the NBT building located at 2031 5th Avenue in the village of Harlem.

It was a night to show appreciation, acknowledgement, praise and to show

transformed theater space where mistress of ceremony Rhonda Ross came to the podium to greet the assembled guests that paid \$200 per ticket. "This year's TEER Spirit Award six honorees are all game changers who showcase the power of risk taking to deliver the truth and are working tirelessly in their respective fields to redefine, renew and reignite social and cultural impact through the arts."

The six honorees were introduced one by one and received the following awards:

2018 Dr. Barbara Ann TEER Spirit Award recipi-



Sherry Bronfman (Philanthropist, Singer, Actress,)



Sade Lythcott (CEO NBT) and Rhonda Ross (Singer, Actress, Mistress of Ceremonies)



Ryan Swain. Photos by Terrence Jennings



Jonathan McCrory (Artistic Director NBT), Michelle Wilson (Actress, NBT Board member), Van Jones (Journalist and Honoree), Brandon Victor Dixon (Singer, actor, producer, Honoree)

love. "When Dr. Teer started the NBT nearly a century ago, she wanted to embolden her community by creating risk-taking work that could and would shift the national conversation around our cultural identity to more accurately reflect our humanity and promote a much-needed change and healing for our people and community," said Sade Lythcott, CEO of NBT and daughter of Dr. Barbara Ann Teer.

The cocktail hour started at 6 pm and the awards ceremony began at 7 pm when guests were led into the

ent – Van Jones is a Yale educated attorney, social entrepreneur, author of two New York Times best-selling books and the host of The



Alexandria Bradley (Broadway actress and presenter) and daughter. Photo by Terrence Jennings

Van Jones Show on CNN.

2018 TEER Pioneer Award recipient – Barbara Montgomery is a seasoned actor, writer and director with experience accumulated from the Off-Broadway, regional theater, Broadway, Europe and the Far East experiences.

2018 TEER Pioneer Award recipient – Abiodun Oyewole is a founding member of the American musical spoken word group, The Last Poets. The group's message has always been deeply rooted in black nationalism and recognized within the African American community that has

had a profound effect on the development of hip-hop music.

2018 Trailblazer Award recipient – Ebony Noelle Golden is an artist, scholar and cultural strategist that co-creates and powers holistic, results-oriented strategies for social impact with leading artists and institutions in the country including a new production residency at NBT.

2018 Frederica L. TEER Award recipient – Kenneth J. Knuckles, Esq is a prom-

inent business and civic leader and soon to be retired President and CEO of the Upper Manhattan Empowerment Zone ("UMEZ"), a position he has held since January 2003.

2018 Adetunde Samuel Award recipient – Brandon Victor Dixon is a Columbia University graduate that debuted professionally in the role of Adult Simba in The Lion King national tour. He's a Tony Award nominated actor with credits on Broadway (Hamilton,

The Color Purple and Eubie Blake) and Grammy nominated for his portrayal of mistress of ceremony Rhonda Ross' dad Berry Gordy in Motown The Musical.

Featured performers that displayed their crafts before as well as inter woven in between the awards presentations were Chelsea "Dee" Harrison, Tshidi, Audrey Hailes, Jaime Dzandu, Zonya Love, Tamara Jade Fingal and DJ Stormin' Norman.

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Summertime Fun @ Sugar Hill Children's Museum

By Marisol Rodríguez

On your list of summertime activities consider adding the Sugar Hill Children's Museum of Art and Storytelling, where you will find interactive art exhibits, weekly storytelling, monthly jazz and world music performances, as well as a summer camp for children where creativity will be stimulated through using light itself as a medium.

The Sugar Hill Museum, located on St. Nicholas Avenue at 155th Street, is housed in a tall charcoal grey building designed by David Adjaye, the architect of the National African American Museum of History and Culture in Washington, DC.

Jennifer Ifil-Ryan, the Deputy Director of Creative Engagement, has been working with her team to create programming at the museum that represents the diversity of the Harlem community it serves. In her role, Ryan identifies the reality of

working in a community experiencing gentrification and puts her focus on developing Sugar Hill as a place for families that "creates dialogue across social and ethnic boundaries."

One way this manifests is through storytelling hour at the museum where storytellers share tales from around the world. The storytelling team thoughtfully chooses stories that promote global citizenship and teach compassion, while celebrating all different cultures. "It is important to acknowledge the political climate we are currently in, we have to be proactive about teaching and celebrating as many cultures as we can," said Ryan.

If you have more of a taste for music, this summer the museum will have outdoor music nights from 6 to 8pm every third Thursday of the month till September. "We take the music outside to invite everyone," said Ryan. There

are food trucks, artmaking and more on these nights, with the music starting around 6:45pm. On June 21, Latin Brazilian Jazz group *Annette Aguilar and the String Beans* will perform. Among the genres of music featured will be Swing, Latin and Afro-Dominican.

In partnership with the Jazz Foundation of America esteemed Jazz artist Marjorie Eliot will also be at the museums every third Thursday of the month sharing her musical gifts and knowledge of Jazz with children from 11am-12pm. Eliot is well known in Harlem for her Sunday salons where she opens her home to the community to share music and conversation.

The museum will also be running a summer camp for children ages 3 to 8 years old from July 9-July 27. The day is from 8am to 3pm and while snacks are provided, parents are responsible for

lunch. Parents have the option of signing their child up for all three weeks or just one. There will be artists and educators working with the children on activities like shadow puppetry, lantern making, and flashlight prints, a special technique used by Spanish artist Pablo Picasso. The camp is designed to be both educational and fun, "All the academic stuff, like science, literacy and engineering, is interwoven with the magical things when playing with light," Ryan said.

There is also a monthly "Playdate" on the third Sunday of every month when the museum is open to the community for free and families can enjoy the exhibits as well as activities like artmaking and storytelling.

Currently the exhibits up are "Jewel Bright: Kaleidoscope of Neighborhood Gems" and "Ana Mendieta: Thinking About Children's Thinking." The Jewel Bright

exhibit "celebrates the community behind the museum" said Ryan, showcasing important community members of Harlem in photography. "It is a nod of gratitude to the people who came before us and the impact they had on people of the community," she said.

As you walk into the Ana Mendieta exhibit you will hear the voices of children responding to a question posed by the artist: What is a soul? Mendieta was radical in her engagement of young children in philosophical questions often reserved for adults. Ryan expressed her own appreciation of Mendieta's foresight to engage children with these topics as a way to help children self-actualize and reflect on their inner power. "We are radiating beings of energy and we don't always think about how powerful and abled we are," she said.

On June 28 Sugar Hill will introduce two new exhibits, "Re-

lational Undercurrents: Contemporary Art of the Caribbean Archipelago," with recent artwork by more than 80 artists representing more than 12 Caribbean countries and "Leslie Jiménez, Catch the Light!," a collection of 3-D line drawings by the artist honoring the strength of women and caregivers in her life.

Sugar Hill held their first benefit "[press] PLAY" to raise money for the museum on June 13, which featured music by DJ J. Period, producer of the Hamilton Mixtape and honored filmmaker and curator Shola Lynch.

For more information and museum hours visit www.sugarhill-museum.org or call 212-335-0004. achieved wasn't always their plan, mostly it was God's will and plan for their lives.



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cont'd... Summertime Fun @ Sugar Hill Children's Museum



on left:
Children at Bibliobandido exhibit. Photo by Michael Palma Mir



on left:
Children at Secret Garden exhibit. Photo by: Michael Palma Mir



below:
Children art-making. Photo by: Michael Palma Mir

below:
Storytelling Hour at the museum. Photo by: Michael Palma Mir



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Fidelis Care Sponsors Senior Unity Day in Riverbank State Park

By Lil Nickelson

Fidelis Care really cares about New Yorkers and on Friday, June 15th, 2018 from 11 am to 4 pm they sponsored a Senior Unity Day in Denny Farrell Riverbank State Park at 679 Riverside Drive at 145th Street. It was a special summer event to promote health and safety for seniors in our community that Fidelis Care partnered with NYPD 33rd Precinct.

Fidelis Care Marketing Director George Rodriguez stated that he came to the park

with 20 – 25 Fidelis staff members to roll out the first Unity Day in NYS geared to senior citizens which will become an annual event throughout the state. “The staff members wore bright white t-shirts with UNITY DAY in bold red letters that circulated to advise over 400 seniors from Harlem to the Inwood section of Manhattan about Medicare options available to them as well as information on managed long-term care. Health screenings were available on site by the Ryan Network, stated George



Fidelis Care Marketing Director surrounded by his Unity Day staff members

Rodriguez.

Lifestyle expert Evette Rios prepared a special senior-focused cooking demonstration on the stage and she fielded questions from the seniors trying to discuss recipes that are easy for 1 or 2 people

that are as healthy and nutritious as possible for those assembled in the park. “This is my 3rd years working with Fidelia Care and the first two were geared to children and their parents. This year’s focus is on seniors, stated

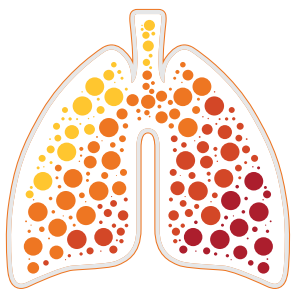
Evette.

Evette has first-hand experience with dealing with seniors, food and health issues that impact how they eat. “My 80-year old mother is a type 2 diabetic and I’m assisting her in revamping her eat-



Lifestyle expert Evette Rios

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SENIORS



Seniors at Unity Day

ing habits. In addition, we brought my 94-year old grandmother up from Puerto Rico and it's been a very interesting time getting her oriented to living with us in NY; she misses home and has specific concerns and set times that she like to eat," stated Evette.

Healthy snacks were distributed to the audience by the Fidelis staff members before the live band played so the seniors could "bust a move and shake their groove things" to exercise. There were Zumba dance instructors on hand to lead the seniors that could move

without the assistance or canes and walkers. A fabulous looking lunch meal was provided with additional snacks and refreshments throughout the day. Giveaway gifts were prepared loaded with important information for them to take home with them

HARLEM COMMUNITY NEWSPAPERS

as well.

Police officers from the 33rd Precinct spoke to the audience and had handouts for them to take home covering summer safety topics like staying hydrated with water, running air

conditioning or visiting cooling centers on really hot and humid days and year round things like not opening their door without seeing proper identification first, making sure they lock their doors behind them

when entering and exiting their apartments and what to do in case of an emergencies such as power outages and fire.

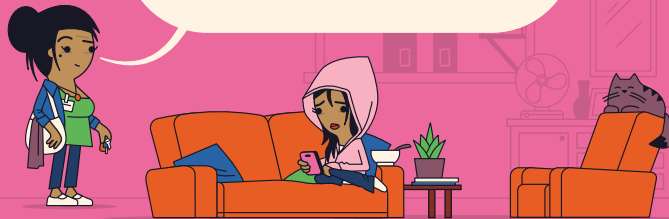
Photos by Nadezda Tavodova Tezgor



Seniors on line to get lunch

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Hearts of Fire by William A Rogers



Hearts of fire create love's desire", that's the way of the world according to Earth, Wind and Fire, one of my favorite groups. Hearts of fire had a different meaning to me in 1978 than it has now. We're moving into the summer season - the season of the element of Fire. The five elements, Earth, Wood, Fire, Water and Metal, are used in Taoist healing practic-

es in China and Korea. Each element is connected to a season, a Yin body organ, and a Yang body organ.

During the Fire element of summer, attention should be placed on bringing balance to the heart (yin) and the small intestine (yang) the fire organs of summer. The negative emotions that create an imbalance in the summer fire organs, such as over excitement of any kind, anger and anxiety, could create health problems. Male/female relationships heat up during the summer months which, if not moni-

tored, can lead to over excitement, anxiety and, in some cases, anger. Remember, you are not your thoughts. Your thoughts are a story in your head. When you start making your thoughts a reality for yourself and others, you're likely to create an imbalance in the heart.

We tend to eat out more often during the summer months, mainly a lot of junk food. We tend to drink more liquids but usually not enough water. This can create an imbalance in the small intestine. Emotional toxins can also accumulate in the small

intestine, usually caused or influenced by an imbalance in the heart organ. If you're interested in ways to help your small intestine eliminate toxins and detox, I'd suggest investing in a body cleanse format during the summer.

A great self-help book is Chi Nei Tsang: *Internal Organs Chi Massage*, by Mantak and Maneewan Chia. This book has an easy-to-follow small intestine massage that's very helpful during summer fire months. I also focus on internal organs when giving Chunsoo, a Taoist Ki Energy treatment.

Have fun during the summer season but try to maintain a balance in the heart and small intestine, the fire organs of summer. If you practice controlling the negative emotions that can affect the fire organs by clearing your head of unrealistic stories that create most negative emotions it will help you in maintaining that balance. A cool head can bring balance to the fire energy of summer.

Call the Ki Energy Center at 646 329-6727 or email onuwon@gmail.com to schedule an appointment to explore ways to reduce the stress that can development during the Fire season.

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Answers to Puzzle on page 20



Herbs Are Nature's Medicine... GOLDENSEAL

By Zakiyyah

One of the most proven herbs in traditional herbal medicine, is a diuretic, and disinfectant for the urinary tract: buchu leaves, mentioned in past articles help reduce high blood sugar. Male and female urinary tract health can be strengthened by the regular use of buchu leaves, as it treats inflammation of the prostate and urinary tract.

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Cape of South Africa. An exceptional herb for urinary tract infection, buchu helps resolve severe cases of cystitis (use with juniper berries and corn silk). Regular use can prevent persistent attacks of gout, urethritis and cystitis. This herb is also used to treat an irritable bladder and prostatitis (use with corn silk and uva ursi.)

The infusion or tincture prepared with buchu is effective in treating UTIs when these conditions are associated with a previously existing problem of Candida, or other yeast infections, and as a douche for treating leucorrhoea (a white vaginal discharge).

Cautions: buchu

should never be taken during pregnancy; and juniper berries should not be taken when kidney infection is present.

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THE ADAMS REPORT© Why Wait?



By Audrey Adams

Ah, life is funny. Every once in a while it gives you a wake-up call, and when it does the alarm seems to go off even louder than usual. Maybe it has happened to you lately or maybe it has been a while, but regardless; whenever it happens life manages to get

your attention immediately. How do you react? There are, of course, many ways to respond. Some of us ignore it and continue along our merry way. There are those of us who hear it and pull the covers back over our head and sleep through it. Or maybe you're the type to swat at it hoping to stop the ring. Could it be that you always decide instead to hit the snooze button? How about those noble few who jump up immediately and rush to make changes? No matter where you fall in the mix, one thing is for sure . . . you have to make a decision to do

one thing or another!

Now this is a bit abstract, so humor me . . . Doing nothing requires the tenacity to ignore the call completely, because if you heard it once, surely you will be destined to hear it again. Making a decision to respond later means that you have but a short while before you hear it again. If you respond immediately, before thinking about what life is trying to tell you then you risk making a mistake. The truth is that whatever you decide to do there is risk involved. You have no way of knowing until you do something. Confusing huh? Based

on your own perspective there are reasons to hesitate or not. So what to do?

Life is precious. We have a tendency to think that we have plenty of time to do what we want with our lives. As each day passes, there are things like work and family that tend to consume all of our time and it's easy to put things off. Tomorrow's another day, right? Wrong. You never know what tomorrow will bring, but wouldn't it be nice to "get a jump on" what you might want it to bring? I think that life's wake-up calls are subliminal messages to encourage us to shake

things up a bit. It is a signal to expand our possibilities in order to live a fuller life. There are obviously drawbacks and benefits to any response whether it is good, bad or indifferent; the choice is yours alone. As tempting as it is to say that anyone has the right answer, you hold the key to the adventure called life. Only the possibilities are endless, a lifetime isn't; why wait? Think about it. See you next week.

Audrey Adams is the host of TALK! with AUDREY, a weekly radio and television show about issues that empower women, featuring entertaining, in-

spiring and 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. Watch every Saturday at 2:00p.m. on Time Warner channel 186. For more information and on demand content visit TALKWITH-AUDREY.com ©The Adams Report.

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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)

It's here! Summer has officially arrived. Now to celebrate the new season – make a change in your life. His warmer weather affords us the opportunity of being outdoors. Use caution as you and your children are out and about. "...Let your Light shine so that others can see God in you!"

We celebrated Father's Day last Sunday. The day is difficult for many people. Regardless of the relationship, the rights and wrongs – he is still your father. Many fathers are in-

carcerated and the pain of being separated is a tremendous hurt to the entire family, especially the children. Just make a call. Send a text. Send an e-mail and wish him a Happy Father's Day. The Apostle Paul wrote "... Forgetting those things that are past...I press forward...to the high calling of Jesus.

Evangelist Marie Della Thomas made sure WHCR's 3G Experience received her two latest cd projects. Bob Thomas, her husband, brought them up personally!

Elder Nathaniel Pope and his wife were

guests on last Thursday's Edition of The 3G Experience on WHCR-90.3 FM. Elder Pope has a few exciting projects that he will discuss on Thursday morning.

Tabernacle of Deliverance celebrated the 42nd Pastoral Anniversary from Tuesday June 12 to Friday June 15th. Services began nightly at 7:30pm each night.

Franklin Avenue Baptist Church celebrated their 50th Anniversary last Sunday in the Bronx. The well attended service brought folks together who had not been in New York for ages. Church choirs from across the Bronx

and Manhattan joined in song to celebrate this momentous occasion. Rev. Idus A. Nunn, Jr., is the Pastor of Franklin Avenue Baptist Church and Rev. Helena Tyson is the Assistant Pastor. The church was founded by Rev. Idus Nunn, Sr., and his wife in their apartment. The vision and leadership has continued under Idus, Jr. Congratulations on a wonderful service and a great opportunity to move forward.

Soundview Avenue Baptist Church will present a Prayer Breakfast on Saturday, June 23rd at 10am. The church located at 629

Soundview Avenue, the Bronx, will have Rev. Brenda McGirt, Assistant Pastor of Carolinas Baptist Church.

Brother Troy Murray and the Friendly Six celebrated their 10th Anniversary in Concert last week at Glendale Baptist Church.

Feel free to contact me at PO Box 446, New York, NY 10039 or on Facebook. Listen/watch The 3G Experience, every Thursday morning from 6-10 am. We stream live on Facebook and our website, www.whcr.org. You may also listen on terrestrial radio on 90.3 FM.

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Note to Self collected and introduced by Gayle King

REVIEW by Terri Schlichenmeyer, Harlem News contributor

Listen up. Pay attention. Eyes forward, ears open. You've heard those things before in your life, and now you say them to yourself, your kids, and your employees. But do they hear what you say now... or, as in the new book **"Note to Self,"** collected and introduced by Gayle King, will your words ring back in the future?



When she was just nine years old, a classmate told Gayle King that she would be his slave, were it not for Lincoln.

Stunned, she ran home to tell her mother, who comforted her with words King still remembers – but it made

King wonder what she, as the woman she is today, would tell that "skinny little nine-year-old girl..." if she could send her young self a message. In her Emmy-nominated series for CBS This Morning, she gives opportunities for others to do the

similar.

Beginning with Oprah, King's best friend, there are words of comfort for a young woman who was dating the wrong man: "I use the word beautiful because... that's never a word you would call yourself."

Kermit the Frog admits that he's "green with envy" for the possibilities ahead for the frog he once was. Former Vice President Joe Biden advises his twelve-year-old self to look forward, because there's great adventure ahead. NFL player Ryan O'Callaghan advises his younger self to "Breathe." From Dr. Ruth, who was orphaned by the Nazis: "... your bravery will be reward-

ed."

Tyler Perry thanks his young self for thriving. Architect Frank Gehry says, "Once you find your passion... work your tail off..." John Lewis advises himself to always remember the words of Dr. King: "We must learn to live together as brothers or perish together as fools."

Surround yourself with those you love. Hug often. Examine your mistakes. Have fun. And remember that people can be "meaner or crueler or wetter or prettier... but they can't be more human than you."

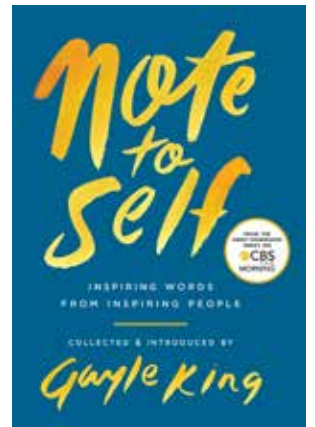
If you could, would you become 18 years old again?

For most people, the answer is "yes," but only if they can take their knowl-

edge back with them. It's a moot point, of course – you can't, and you can't – but "Note to Self" sets forth an intriguing exercise.

It also offers a chance for reflection on a sleepy summer afternoon, too. There's a good mix of inspiring, gracious and grateful tales inside this book, from those with stardom already in-pocket, to a few that may not be household names quite yet. Some of the tales are exactly what you'd expect, while others may surprise you with candor and reasoning. TV Host and story collector Gayle King explains how she received these stories and others like them; she then lays down a few rules, and leaves blank pages for readers' own Notes to Self.

This is not a difficult book to read. With its short,



quick chapters, it practically begs to be browsed in office or commute, and it'll make a great grad gift. Truly, "Note to Self" is a book you'll pay attention to.

"Note to Self," collected and introduced by Gayle King

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162 pages



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see answers on page 16

CROSSWORD

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STATEPOINT CROSSWORD
THEME:
THE 4TH OF JULY

- ACROSS**
- Battle ____, pl.
 - Baseball Giant and hall-of-famer
 - Strikebreaker
 - Give out
 - What's old is new again, prefix
 - Money carrier
 - Floridian predator
 - Sin's and cos' partner
 - Don't just stand there
 - *Salad ingredient at a barbecue
 - *One of thirteen in 1776
 - Knighthood designation
 - "__ your keep"
 - Aladdin, for short
 - "The Nutcracker" outfit
 - Soft-boiled egg holder
 - Mark for omission

- Torso
- Salpae, sing.
- Like a devoted fan
- Bear Down Under
- Mongolian desert
- Honey wine, pl.
- Russian monarch
- Shakespeare's "at another time"
- *__ Continental Congress
- Research facil.
- One of Bo Peep's flock
- Smidgen
- Three strikes
- *Celebratory events on the 4th
- *"The Star-Spangled Banner"
- *How you might find most drinks on the 4th
- Have a cold, e.g.
- Opposite of ecstacy
- Step
- __ de Janeiro
- Burnt __
- __ in captivity
- Canine command
- Like yellow polka dot bikini

DOWN

- Go low, as in jeans
- Show appreciation
- Choir voice
- "__": The Saga of an American Family"
- Gibraltar, e.g.
- On top of
- *Out-of-favor beverage?
- Polynesian kingdom
- Court petitioner
- Rugged rock
- Fungal spore sacs
- Between Phi and Kappa
- Fork tips
- Lorry in America
- Old-fashioned "before"
- Europe/Asia port-manteau
- *One of 3 Presidents to die on July 4th
- "Drove my chevy to the ___"
- Hipbone-related
- Thomas the Engine's warning
- Lady n̄e Stefani

- Joanne Angelina Germanotta
- Star Wars attacker
 - Violinist's stroke
 - *"Common Sense" author
 - Edible root of taro plant
 - Dashing style
 - Result of match play?
 - More than snide
 - Bambi's mom
 - Interjection for disapproval
 - Plural of #46 Across
 - Recurring melody
 - Fancy-schmancy
 - Initial stake
 - Iranian money
 - Opposite of base
 - A bunch
 - River in Bohemia
 - Demeanor
 - *Mad King George's number
 - "___, the Beloved Country"

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Can Black Lightning spark your interest?

-by L.A. Williams & Quintin Von Wizel

L.A. Williams: I love superheroes. And I love black folks. So, as a kid in the 70s, when the Black Lightning comic book series debuted, I could hardly contain myself. A black hero glowing with crackling energy? How cool! It could be even better than *Black Panther*!!

Turned out...not so much.

Please understand, it pained me NOT to like the *Black Lightning* comic.

But I didn't.

The series was quickly cancelled in the '70s. A '90s revival had terrific art, but not much else, and got canceled again. Then the character floated around the DC Comics universe. A guest appearance here. A mini-series there. A member of this team book...that got cancelled. A member of that team book...who exits when a new writer takes over the book. Such was his fate. And even worse, in the 90s, Milestone Comics introduced Static, showing how cool a black superhero with electric powers could be!

But nostalgia seems to ramp up in 20 year cycles, and superhero stories going from the page to the screen

are all the rage now, so a new Black Lightning TV series didn't come as a "shock" to me.

The shock is...it's pretty darn good.

Here's some comic backstory first (which may or may not jibe with the show.)

Quintin Von Wizel: Black Lightning, created by Tony Isabella and Trevor Von Eeden in 1977, is DC Comics first starring African-American superhero. Jefferson Pierce grew up on the South-Side of Metropolis (AKA "Suicide Slum"), persevered his way through the ghetto and became an Olympic athlete. Years later, he returns to Suicide Slum as a teacher at the local high school. When a gang called The 100 terrorizes the Slum and murders one of Jefferson's students, he decides to intervene and unleash his inner secret: he's a metahuman with the ability to generate and manipulate electricity. His friend, Peter Gambi, suggests Jefferson remain a teacher by day and become a crime-fighter by night to save the community he loves dearly.

The TV show takes place nine years later. Being a vigilante took a toll on Jef-



erson's marriage. Now divorced, Jefferson had given up superheroics to reconcile with his wife. But when The 100 threatens Jefferson's family...

LAW: ...Lightning strikes again! Jefferson originally didn't have a family in the *Black Lightning* comic. (His two daughters were introduced to his mythos 19 and 26 years after his debut.) But his family is the key to the TV show's success. Making Jefferson a family man gives him relatable conflicts that dimensionalize him in a way the comic usually failed to. Additionally, it lets the show appeal to different gen-

erations. Older viewers can relate to Jefferson's challenges, music tastes, slang, dress, etc. while younger viewers can relate to either one of his daughters or their friends.

It takes a lot to get audiences to overlook a garish costume, cliché villains, and occasional groan-inducing lines like "Only Black Lightning can save us now!" Luckily, *Black Lightning* has enough to compensate. There's a great looking and fun cast. A good soundtrack. Interesting dilemmas. The addressing of racism. Twists. And, due to outstanding producers and writers, a surrounding black community that rings authentic.

QVW: Overall, this show has an amazing storyline. The action is awesome. Its choreography was a little stiff at first, but they worked the kinks out as the season advanced. His movements give me the sense that he rolled with a guy from Gotham once or twice (hint hint). I like this character because he has abilities strong enough to go toe-to-toe with top tier villains but he choos-

es to defend his community, where he feels most needed. I understand he's a street level type hero, but I would like for him to face some meta-human threats at some point. Guess we'll just have to stay tuned to find out if that will happen. *Black Lightning* airs at 9pm Tuesdays on the CW.

LAW: And season one is available online, on demand,

and on Netflix. *Black Lightning* isn't a show for young children. Think of it as PG-13, or what you'd expect to see on a "Shondaland" show.

QVW: Thanks for reading.

- **L.A. Williams** is a former DC Comics editor. **Quintin Von Wizel** is a guy with dope comic knowledge. Together, they got the juice.



SUDOKU ANSWERS

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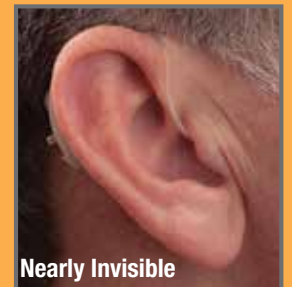
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