

Harlem News COMMUNITY

"Good News You Can Use"

Vol. 14 No. 29

July 24–July 30, 2014

FREE

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The Harlem News Group, 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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Free copies distributed in your community weekly

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PAT STEVENSON

Publisher Statement

Good News You Can Use!

HARLEM WEEK activities begin this week on Sunday, July 27th with “A Great Day in Harlem.” It will be a ‘great day’ filled with music, fashion and food. Thousands come out for this free event being held at Grants Tomb. (see full calendar on page 16)

In this issue we present Raschid and Kim Niang, owners of Jacobs Restaurants and “J” Restaurant in Harlem. This couple has demonstrated what can be accomplished if you work hard and have a vision. In addition they give back generously to the community. Every Thanksgiving day they open their doors and feed hundreds for four hours. We look forward to their planned expansion in to other boroughs in New York. (see page 12)

No matter what you’re going through, there’s a light at the end of the tunnel and it may seem hard to get to it but you can do it and just keep working towards it and you’ll find the positive side of things.

-Demi Lovato

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FOR ADULTS WITH TYPE 2 DIABETES

Januvia® works
when my
blood sugar
is HIGH...

...and works less
when my
blood sugar
is LOW.

Actor portrayal.

JANUVIA works by enhancing your body's own ability to lower blood sugar.

- JANUVIA is a prescription pill you take **once a day**.
- JANUVIA, along with diet and exercise, helps lower blood sugar in adults with type 2 diabetes.
- JANUVIA, by itself, is not likely to cause blood sugar going too low (hypoglycemia), because it works less when blood sugar is low.
- JANUVIA, by itself, is not likely to cause weight gain.

JANUVIA (jah-NEW-vee-ah) should not be used in patients with type 1 diabetes or with diabetic ketoacidosis (increased ketones in the blood or urine). If you have had pancreatitis (inflammation of the pancreas), it is not known if you have a higher chance of getting it while taking JANUVIA.

Selected Risk Information About JANUVIA

Serious side effects can happen in people who take JANUVIA, including pancreatitis, which may be severe and lead to death. Before you start taking JANUVIA, tell your doctor if you've ever had pancreatitis. Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may be felt going from your abdomen through to your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

Do not take JANUVIA if you are allergic to any of its ingredients, including sitagliptin. Symptoms of serious allergic reactions to JANUVIA, including rash, hives, and swelling of the face, lips, tongue, and throat that may cause difficulty breathing or swallowing, can occur. If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away.

Kidney problems, sometimes requiring dialysis, have been reported.

If you take JANUVIA with another medicine that can cause low blood sugar (hypoglycemia), such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you use JANUVIA. Signs and symptoms of low blood sugar may include headache, drowsiness, weakness, dizziness, confusion, irritability, hunger, fast heart beat, sweating, and feeling jittery.

Please read the Medication Guide on the adjacent page for more detailed information.

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Your doctor may do blood tests before and during treatment with JANUVIA to see how well your kidneys are working. Based on these results, your doctor may change your dose of JANUVIA. The most common side effects of JANUVIA are upper respiratory tract infection, stuffy or runny nose and sore throat, and headache.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

**Pay as little as \$5
per prescription.***

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*Maximum savings are limited. Not valid for patients with Medicare or other Government Program insurance. Other eligibility restrictions and Terms and Conditions apply.

Talk to your doctor about JANUVIA today.

Januvia®
(sitagliptin)
25 mg, 50 mg, 100 mg tablets

 **MERCK**

Medication Guide

JANUVIA® (jah-NEW-vee-ah) (sitagliptin) Tablets

Read this Medication Guide carefully before you start taking JANUVIA and each time you get a refill. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about JANUVIA, ask your doctor or pharmacist.

What is the most important information I should know about JANUVIA?

Serious side effects can happen in people taking JANUVIA, including inflammation of the pancreas (pancreatitis) which may be severe and lead to death.

Certain medical problems make you more likely to get pancreatitis.

Before you start taking JANUVIA:

Tell your doctor if you have ever had

- pancreatitis
- stones in your gallbladder (gallstones)
- a history of alcoholism
- high blood triglyceride levels
- kidney problems

Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may be felt going from your abdomen through to your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

What is JANUVIA?

- JANUVIA is a prescription medicine used along with diet and exercise to lower blood sugar in adults with type 2 diabetes.
- JANUVIA is not for people with type 1 diabetes.
- JANUVIA is not for people with diabetic ketoacidosis (increased ketones in your blood or urine).
- If you have had pancreatitis (inflammation of the pancreas) in the past, it is not known if you have a higher chance of getting pancreatitis while you take JANUVIA.
- It is not known if JANUVIA is safe and effective when used in children under 18 years of age.

Who should not take JANUVIA?

Do not take JANUVIA if:

- you are allergic to any of the ingredients in JANUVIA. See the end of this Medication Guide for a complete list of ingredients in JANUVIA.

Symptoms of a serious allergic reaction to JANUVIA may include:

- rash
- raised red patches on your skin (hives)
- swelling of the face, lips, tongue, and throat that may cause difficulty in breathing or swallowing

What should I tell my doctor before taking JANUVIA?

Before you take JANUVIA, tell your doctor if you:

- have or have had inflammation of your pancreas (pancreatitis).
- have kidney problems.
- have any other medical conditions.
- are pregnant or plan to become pregnant. It is not known if JANUVIA will harm your unborn baby. If you are pregnant, talk with your doctor about the best way to control your blood sugar while you are pregnant.

Pregnancy Registry: If you take JANUVIA at any time during your pregnancy, talk with your doctor about how you can join the JANUVIA pregnancy registry. The purpose of this registry is to collect information about the health of you and your baby. You can enroll in this registry by calling 1-800-986-8999.

- are breast-feeding or plan to breast-feed. It is not known if JANUVIA will pass into your breast milk. Talk with your doctor about the best way to feed your baby if you are taking JANUVIA.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of your medicines and show it to your doctor and pharmacist when you get a new medicine.

How should I take JANUVIA?

- Take JANUVIA 1 time each day exactly as your doctor tells you.
- You can take JANUVIA with or without food.
- Your doctor may do blood tests from time to time to see how well your kidneys are working. Your doctor may change your dose of JANUVIA based on the results of your blood tests.
- Your doctor may tell you to take JANUVIA along with other diabetes medicines. Low blood sugar can happen more often when JANUVIA is taken with certain other diabetes medicines. See **“What are the possible side effects of JANUVIA?”**.
- If you miss a dose, take it as soon as you remember. If you do not remember until it is time for your next dose, skip the missed dose and go back to your regular schedule. Do not take two doses of JANUVIA at the same time.
- If you take too much JANUVIA, call your doctor or local Poison Control Center right away.
- When your body is under some types of stress, such as fever, trauma (such as a car accident), infection or surgery, the amount of diabetes medicine that you need may change. Tell your doctor right away if you have any of these conditions and follow your doctor’s instructions.
- Check your blood sugar as your doctor tells you to.

- Stay on your prescribed diet and exercise program while taking JANUVIA.
- Talk to your doctor about how to prevent, recognize and manage low blood sugar (hypoglycemia), high blood sugar (hyperglycemia), and problems you have because of your diabetes.
- Your doctor will check your diabetes with regular blood tests, including your blood sugar levels and your hemoglobin A1C.

What are the possible side effects of JANUVIA?

Serious side effects have happened in people taking JANUVIA.

- See **“What is the most important information I should know about JANUVIA?”**.
- **Low blood sugar (hypoglycemia).** If you take JANUVIA with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you use JANUVIA. Signs and symptoms of low blood sugar may include:
 - headache
 - drowsiness
 - weakness
 - dizziness
 - confusion
 - irritability
 - hunger
 - fast heart beat
 - sweating
 - feeling jittery

- **Serious allergic reactions.** If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away. See **“Who should not take JANUVIA?”**. Your doctor may give you a medicine for your allergic reaction and prescribe a different medicine for your diabetes.

- **Kidney problems**, sometimes requiring dialysis

The most common side effects of JANUVIA include:

- upper respiratory infection
- stuffy or runny nose and sore throat
- headache

JANUVIA may have other side effects, including:

- stomach upset and diarrhea
- swelling of the hands or legs, when JANUVIA is used with rosiglitazone (Avandia®). Rosiglitazone is another type of diabetes medicine.

These are not all the possible side effects of JANUVIA. For more information, ask your doctor or pharmacist.

Tell your doctor if you have any side effect that bothers you, is unusual or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store JANUVIA?

Store JANUVIA at 68°F to 77°F (20°C to 25°C).

Keep JANUVIA and all medicines out of the reach of children.

General information about the use of JANUVIA

Medicines are sometimes prescribed for purposes that are not listed in Medication Guides. Do not use JANUVIA for a condition for which it was not prescribed. Do not give JANUVIA to other people, even if they have the same symptoms you have. It may harm them.

This Medication Guide summarizes the most important information about JANUVIA. If you would like to know more information, talk with your doctor. You can ask your doctor or pharmacist for additional information about JANUVIA that is written for health professionals. For more information, go to www.JANUVIA.com or call 1-800-622-4477.

What are the ingredients in JANUVIA?

Active ingredient: sitagliptin

Inactive ingredients: microcrystalline cellulose, anhydrous dibasic calcium phosphate, croscarmellose sodium, magnesium stearate, and sodium stearyl fumarate. The tablet film coating contains the following inactive ingredients: polyvinyl alcohol, polyethylene glycol, talc, titanium dioxide, red iron oxide, and yellow iron oxide.

What is type 2 diabetes?

Type 2 diabetes is a condition in which your body does not make enough insulin, and the insulin that your body produces does not work as well as it should. Your body can also make too much sugar. When this happens, sugar (glucose) builds up in the blood. This can lead to serious medical problems.

High blood sugar can be lowered by diet and exercise, and by certain medicines when necessary.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

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 (sitagliptin)
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OP ED: "Memories"

By William Spriggs

Memory is how individuals and societies recall past events. History, in contrast, seeks to collect the actual data of events. In society, memory is important because it forms the narrative upon which we build basic concepts that drive policy. Memory is a selection of facts, ignoring those that don't serve the agreed upon framework.

The Civil War is a key example. Gone from America's memory are the raids led by Confederate soldiers in advance of the Battle of Gettysburg to kidnap free African Americans of the Cumberland Valley into slavery. This removes the centrality of the maintenance of slavery from the Southern cause and dismisses the pain of slavery, as on a personal level we forget painful incidents with family members.

In assembling arguments for reparations for slavery and America's history of racial exclusions, journalist Ta-Nehisi Coates underplayed the convenient loss from America's memory that there were slave owners who received reparations. And, until the movie *Glory*, the role of African American troops in the war was not part of America's memory either.

Memory, in part, is the creation of a narrative that serves other concepts -- like the meaning of race or patriotism. It also can serve the purpose of class. We are still recovering from the Great Recession of 2008. So far, the narrative is that it was a financial collapse and that the quick actions of the Federal Reserve and the bailout through the Troubled Asset Relief Program saved the day. That means we can remember this as home loans gone bad. With health restored to Wall Street, we

don't need to do anything more, which serves the purposes of the one percent.

Memories also shape policies to prevent painful policy failures. Why isn't 2008 remembered like the Great Depression? Conservative economist Milton Friedman and monetarist Anna Schwartz went to great lengths to rewrite the Great Depression as a financial sector collapse followed by poor Federal Reserve policy, dismissing the need for President Roosevelt's aggressive government response. Adopting the financial system as central to how we remember 2008 is part of that same anti-government narrative.

Another narrative of 2008 could be this: Long-term imbalances between workers and managers generated huge inequality, resulting in workers' heavily indebted position and making sustained demand for goods and services to

maintain full employment impossible. Remembering 2008 as a financial collapse dismisses the pain of high unemployment in the real economy. That memory would force new policies to correct those imbalances and would heighten calls to strengthen policies that ensure workers' jobs and incomes.

A greater analysis is provided in the article "The Great Depression According to Milton Friedman" at this link: www.fee.org/the_freeman/detail/the-great-depression-according-to-milton-friedman.

William Spriggs serves as chief economist to the AFL-CIO and is a professor in, and former chair of, the Department of Economics at Howard University. In 2009, Spriggs served as assistant secretary for the Office of Policy at the United States Department of Labor. Follow him on Twitter: @WSpriggs.



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MAMA'S BOYZ

www.jerrycraft.net

JERRY CRAFT





HOME BUYING IN HARLEM: THE TIME IS NOW

By Rev. Dr. Charles Butler

Asking in the glow of the just completed celebration of America's independence, I think of that historical statement: "We hold these truths to be self-evident: that all men are created equal; that they are endowed by their Creator with certain unalienable rights; that among these are life, liberty, and the pursuit of happiness." As I ponder those words, it becomes apparent that economic inequality still exists when it comes to home ownership in New York City.

The question that must be asked is: What's being done about this problem? How is it that in America this economic gap continues to expand?

The answer is simple. If

the working poor and middle class families are to enjoy and to participate in the American dream of homeownership, some drastic changes must be made in many different areas.

The fact that individuals and families can no longer afford to live in their own beloved community is not only deplorable, but is a crime unto itself. The need for affordable housing is becoming so critical it is forcing many New Yorkers to seek housing in other regions of the country.

The obvious solution to this problem is making more affordable properties available for Harlem community residents through housing lottery programs. The Mayor has put forth an ambitious initiative calling for the creation of 2,500 new housing units

over a ten year period. Let's hope he can keep his promise and start this housing project sooner rather than later.

The other issue which greatly contributes to this burgeoning problem is the need for New Yorkers to earn a decent wage. For months now, religious leaders and community residents have pressed local politicians about passing a bill to create a living wage. Currently, wages are lagging close to seven years behind living expenses, which exacerbates the situation and makes home ownership more difficult than ever.

If you are interested in attending a workshop on home ownership or have questions regarding the home buying process, call Rev. Charles Butler at 212.281.4887 extension 231. Email: cbutler@hcci.org.



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Community Improvement, Inc
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www.hcci.org

Harlem Congregations for Community Improvement is a coalition of more than 99 interfaith congregations that are working together to make Harlem a better place to live, work, shop and visit. HCCI has leveraged support from city, state and federal agencies to develop more than 2,000 housing units and 50 commercial spaces.

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July 24-August 17th, 8pm
HARLEM SUMMER SHAKESPEARE PRESENTS ITS 10TH SEASON OF FREE SHAKESPEARE IN RIVERBANK STATE PARK WITH ROMEO AND JULIET. The company returns to the Riverside Amphitheatre in Riverbank State Park, Riverside Drive at 145th Street, overlooking the Hudson River. Performances are Wednesdays through Sundays at 8 PM.

July 26, 11am
4th HARLEM FATHERS & MEN PEACE PARADE "BROTHERS GOING TO WORK IT OUT"
 LINE UP 11am START 12pm
 Sharp!Lenox Terrace 133rd and Malcolm X Blvd. to 125th to 7th to 135th to St Nicholas Park Plaza. Presented by the Harlem Transformation Project, Harlem Mothers Day Parade Committee, AARP, Harlem Mothers Saves, Fire line Drummers, Guns Down Life Ups, Coalition of Parents with Murdered Children, Real People Saves Lives, King of Kings, F.A.I.T.H., Tawana (Chicken) Murphy Foundation, S.N.U.G., Street Corner Recourses, Students First, Harlem Youth Marine Corp, C.A.S.H., Warriors of a Dream, Black Souljahs, Unlimited Future the Peoples Company Inc, Harlem 4, Assoc. of Black Social Workers, N.A.A.C.P, Circle of Brothers, Hip Hop Against Violence and Substance Abuse, Harlem Hip Hop Peace Parade, Universal Committee, Hip Hop Parade Committee, Church of Scientology, 22 Point Team Youth Cipher, Play 4 Peace: Sidewalk Games and Sports, Ethiopian World Federation, NYPD Explores, Stop the Urban Youth Violence, Eye CU7, Life Support, New Breed Dojo, Real People Saves Lives, NAN and many more. Free

Community Feast, Health Fair & Concert
 3:00pm-4:00pm (Panel Discussion on Colon Cancer and Prostate Cancer)
 SUPPORTERS: Harlem Transformation Project, Citizens Committee of New York, Harlem Hospital, Griffin-Davis-Peters Funeral Home, and others...
 Info: Akil Rose 347-514-1004 / Cool Breeze 646-359-7295 / Youth: Donnell 646-

July 27
"A GREAT DAY IN HARLEM"
 With an expected attendance of 40,000+, "A Great Day in Harlem" is a day long family-oriented event. Participants can enjoy an Outdoor Festival, Picnic, Fashion Show and Concerts, saluting Gospel, Dance, Theater, Latin, Rhythm & Blues and Jazz. There will also be arts & crafts, food from around the world, vendors, exhibitions, corporate exhibits, career recruitment and much more! Being held at Grants Tomb.

July 30, August 6, August 13 6:00 PM - 9:00 PM,
UPTOWN BOUNCE: Summer Nights at 104th and Fifth Joint series between El Museo and the City Museum, featuring music, gallery talks, art-making workshops, breakdancing demos, DJs, festive summer drinks, local food vendors, and more.
July 30: ROOTS - We kick things off with a cultural rewind to where it all began! El Museo will feature folklorist Elena Martinez from City Lore discussing the connectivity between art and music, with DJ D'Marquesina on deck. Video projections and sidewalk art by the Murcielagos Fumando Collective will be featured. At the City Museum, check out DJ Tony Touch, congas player

Chico Cruz, and learn about the influence of graffiti on hip-hop.
August 6: THROWBACK - Join us as we go back in time to the 1980s in New York City! Perla de Leon will be discussing her work at El Museo, with DJ D'Marquesina spinning, as well as video projections and sidewalk art by the Murcielagos Fumando Collective. DJ Grand Master Caz will be spinning old school at the City Museum, and be sure to check out breakdancers, the NBS Crew.
August 13: REMIX - Old school meets new school in the series finale! El Museo celebrates the birth of its founder Raphael Montañez Ortiz, in conversation with UCLA's Chon Noriega, and the smashing of a piñata. DJ D'Marquesina will be back with video projections and sidewalk art by the Murcielagos Fumando Collective. At the City Museum DJ Grand Master Caz will spin classic and current beats, with a performance by Kelly Peters and his Generation X Hip Hop Dancers. FREE ADMISSION
 To RSVP and for more info, visit www.elmuseo.org or www.mcny.org.

August 2, 9am-7pm
The Wadleigh Schools' Annual Alumni Picnic at Central Park on 110th Street between 5th and Lenox Avenues, Harlem Meer near the Dana Discovery Lawn. Bring your picnic baskets, blankets, chairs, cameras, games, memorabilia, and pictures. Grill cooking is not permitted. Group photos at 3:00 pm. Provide contact information and changes to: ddavis334@aol.com. Include "Wadleigh" on the subject line. An unreserved rain date is Saturday, August 16th.

THE RIVERSIDE CHURCH ANNUAL SUMMER ORGAN SERIES

Concert Series Highlight to Include Live Organ Improvisation Accompaniment to 1926 Silent Film Comedy Classic, The General

Spotlighting one of the largest and most acclaimed organs in the world and continuing a decades old tradition of summer concerts featuring outstanding organists, The Riverside Church is presenting its Annual Summer Organ Series—featuring six concerts throughout the summer—every Tuesday, July 1 to August 5 from 7:00 p.m. – 8:00 p.m. in the Church's majestic Nave, 91 Claremont Ave. (bet. 120th & 122nd Sts.), Morningside Heights.

Pulling out all the stops, the concert series will feature performances by talented organists playing a mixed repertoire ranging from traditional music to orchestral transcriptions on the Church's 206-rank Aeolian-Skinner pipe organ, the second largest instrument in New York City, with over 12,000 pipes. A highlight of the series will be a live organ improvisation accompaniment to the 1926 silent film comedy classic, The General, starring Buster Keaton. The full schedule follows:

July 29 – Jelani Eddington, Concert Organist, Racine, WI. A special concert of live organ improvisation accompanying the 1926 silent film comedy classic, The General, starring Buster Keaton.

August 5 – Christopher Johnson, Director of Music, The Riverside Church, NYC. Works by Saint-Saëns, Whitlock, Borodin, Cocker. With "Terra Voce:" Elizabeth Brightbill (flute) and Andrew Caggert (cello).

Prior to each concert at 6:30 p.m., audiences will also have the chance to enjoy an incredible recital performed on one of the most famous carillons in the world—the Laura Spelman Rockefeller Memorial Carillon. The carillon's centerpiece, the Bourdon Bell—weighing 20 tons—is the world's largest and heaviest tuned bell ever cast. Its smallest bell weighs ten pounds. Featuring 74 bells in total, in terms of physical size and weight (over 100 tons), the Riverside carillon has never been surpassed.

Tickets are available at the door and are \$20 for adults and \$15 for senior citizens/students. For additional information the public can call 212-870-6722 or email music@theriversidechurchny.org.

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www.copehealth.org/

Harm Reduction Coalition

www.harmreduction.org

Sponsored by: Harlem Hospital Center, New York
State Department of Health AIDS Institute, NYC Faith
Based HIV/AIDS Initiative, Office of Minority Health



ROMEO & JULIET – Free at Riverbank Park

Harlem Summer Shakespeare begins its 10th season of free Shakespeare performances in Riverbank State Park with *Romeo and Juliet*. The official opening is July 24 at 8 pm and performances continue on Wednesdays through Sundays through August 17. The Riverside Amphitheatre in Riverbank State Park overlooks the Hudson River on Riverside Drive at 145th Street.

Artistic Director Alexa Kelly said: “The goal of Harlem Summer Shakespeare is to bring Shakespeare to new audiences. We use familiar, contemporary visuals, motifs and sounds, to bring the au-

dience closer to the story being told on stage. *Romeo and Juliet* will be presented like a crime story in the style of TV’s *Law and Order*. As an extra source of contemporary excitement for young people, the clan action will also include some “steppin’” (as in fraternity competitions).

Romeo and Juliet features Stella Heath as *Juliet*, (Orlando Shakespeare Festival, Lake Tahoe Shakespeare Festival, Beijing Shakespeare Festival) and Jordan Bellow as *Romeo* (South Coast Repertory Players).

Alexa Kelly, the creator of Harlem Summer Shakespeare, has directed all ten of their critically acclaimed

productions. “We love that we filled a void for free theatre in Harlem 10 years ago, when there was no free theatre in Harlem at all,” she said. “This is a very special anniversary year for Shakespeare and we are proud that it is a very special tenth anniversary year for us!”

The production is made possible with the help of Riverbank State Park, New York State Council on the Arts, NYC Department of Cultural Affairs, Councilman Robert Jackson and NYC Council District 7.

For additional information, visit pulseensembletheatre.org or call 212.695.1596.



Romeo and Juliet actors Stella Heath and Jordan Bellow.

Photo by Justyn Richardson

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SALUTES HARLEM WEEK

PAGNY is the largest physician group practice in New York State. PAGNY is an entrepreneurial physician organization with a strong public service mission. Our enterprising medical professionals are committed to community involvement through the delivery of high-quality, cost effective healthcare provided to the diverse multicultural and multilingual New York communities.

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PAGNY is proud to share in the rich cultural history of Harlem during this 40th Anniversary Celebration of Harlem Week.

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President, PAGNY Board of Directors

Luis R. Marcos, MD

Chief Executive Officer

Fun Facts

Did you know:

- 1887 Harlem Hospital opened its doors
- 1927 Black physicians regularly appointed to the Harlem Hospital Medical Staff
- 1936 Harlem Hospital Mural is Commissioned by U.S. Government
- Ella Fitzgerald started her singing career as a winner of the Apollo's Amateur Night
- 1917 Marcus Garvey founded the Universal Negro Improvement Association in Harlem
- 1924 James Baldwin author of Go Tell It On The Mountain was born in Harlem
- 1989 David N. Dinkins elected first black mayor for NYC



Harlem Hospital in 1887



Harlem Hospital Mural

Soul Food and African Cuisine Meet at Jacob Restaurant

By Madina Toure

For the past five years, Jacob Restaurant has been catering to the whims of Harlem residents by offering both soul food and African cuisine. Jacob #1 serves soul food at 129th and Lenox Avenue. Jacob #2, which also serves soul food, is at 143rd Street and 8th Avenue. Jacob #3 serves a mix of Senegalese and French cuisine at 133rd and 8th Avenue. The three restaurants employ more than 45 people and draw roughly 5,600 customers a week. Meal prices range from \$6 to \$8.

"I think people feel much better when they walk to a soul food place and know that the owner is of the same ethnic background," said Ja-

cob owner, Rachid Niang.

Niang, 39, immigrated to the United States from Senegal in 1988. He has been a Harlem resident for the last six years. He worked for Manna's Restaurant from 1999 to 2009 as a busboy, cashier and manager. His wife, Kim, 37, from Trinidad and Tobago, also worked at Manna's, as a cashier. The couple has a four-year-old daughter and a two-year-old son.

In 2009, Kim and Rachid opened Jacob #1, naming the restaurant after Rachid's father. In June 2010, they opened Jacob #2 due to overcrowding. Jacob #3 opened in February 2013 to accommodate Harlem's growing Senegalese community.

Popular dishes at the soul

food restaurants include fried chicken, macaroni and cheese, collard greens, beef short ribs, avocado salad and chicken gizzard. At the Senegalese restaurant, people enjoy the dibi (lamb), grilled tilapia, chicken yassa and thiebou djenn.

"We can have our own and make it better -- offer better services, better quality food, more affordable prices," said Kim, who is responsible for administrative tasks.

The couple plans to open new locations in Brooklyn, the Bronx, New Jersey and Washington, D.C. plus a sidewalk café extension to Jacob #1 on 129th Street in the fall. In November, they will start selling signature merchandise, including teeshirts, hats and mugs.



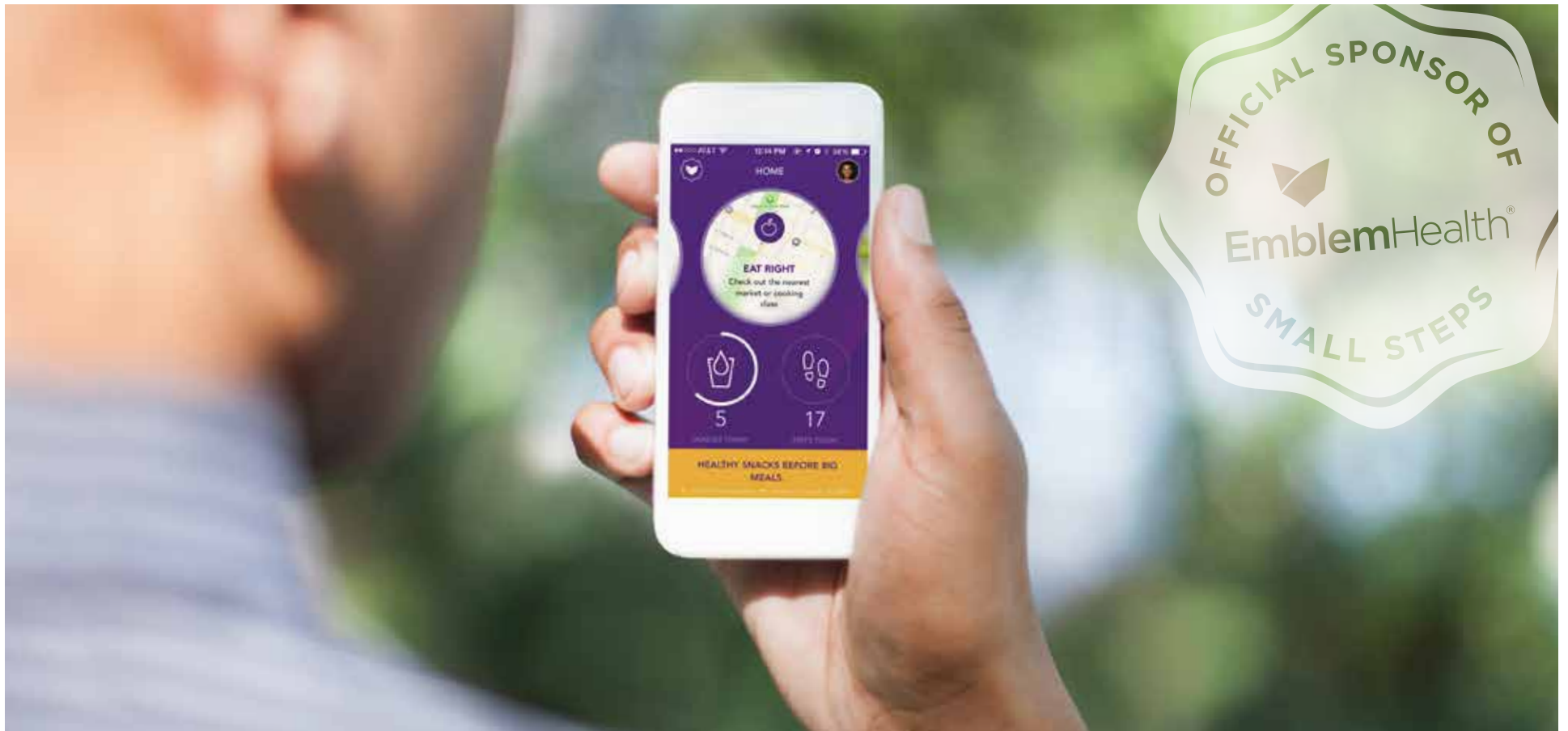
Jacob Restaurant Soul Food & Salad Bar

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Jacob Soul Food Restaurant and Salad Bar is Harlem's NYC premiere, popular, highly-rated, buffet-style dining restaurant. The variety of selections includes several soul-food classics, as well as healthy fresh vegetables, salads and fruits also appealing to vegans, at affordable prices.

(FROM TOP) Rachid Niang, owner of Jacob Restaurant and his wife, Kim Niang, who handles administrative and management tasks. J. Restaurant on on 133rd Street and 8th Avenue. Jacob Restaurant on Lenox at 126th Street. Jacob Restaurant on 143rd Street and 8th Avenue.



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HARLEM WEEK 2014



One of the most highly anticipated and heavily attended summer festivals in the Northeast will celebrate its 40th anniversary this year. **HARLEM WEEK** started as a one day event in 1974 and has grown to a month-long schedule of activities. The theme for **HARLEM WEEK 2014** is “Forever Harlem: Yesterday, Today & Tomorrow.”

HARLEM WEEK kicks off on Sunday, July 27 with “A Great Day in Harlem” at U.S. Grant National Park. The day’s “Celebration” musical theme will feature a “Gospel Extrava-

ganza” with Bishop Hezekiah Walker, a “Fashion Fusion” show and a “Concert Under The Stars” with performances by members of the cast of “Motown The Musical.”

The “Senior Citizens Day/Elders Jubilee” on August 5 will recognize seniors at an awards luncheon. The “Economic Development Day Awards Luncheon” on August 7 will feature local entrepreneurs and Fortune 200 companies, plus seminars on business and health and a jobs and career fair. “Summer In The City” on August 16 will occur all

along 135th Street with live radio broadcasts, vendors and exhibitors. There will be an entertainment stage on St. Nicholas Avenue and, as the sun sets, revelers will relax on the great lawn of St. Nicholas Park to enjoy the “**HARLEM WEEK/Imagination Outdoor Film Festival**.” On August 16-17, there will be the “**NYC Children’s Festival**” at 135th Street between Adam Clayton Powell Jr. and Malcolm X Boulevards. While smaller kids enjoy the children’s festival, college bound young adults can visit the “Historically Black Col-

lege Fair & Expo” featuring over 50 colleges that will provide information on scholarships, financial aid and more.

The final public event of **HARLEM WEEK** takes place on Saturday, August 23rd. It’s The Percy E. Sutton Harlem 5kRun & NYC Walk celebrating the 50th Anniversary of the 1964 Civil Rights Act. The run and walk will conclude with a special concert.

For detailed information on all **HARLEM WEEK** events and to register for selected events visit HarlemWeek.com or call 877.427.5364.



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visit www.neighbors.columbia.edu.



RECREATION



ARTS & CULTURE

HARLEM WEEK
40TH ANNIVERSARY

HARLEM WEEK

2014 CALENDAR OF EVENTS PART 1 Saturday, July 26th through Saturday, August 9th



JULY

SATURDAY • 26TH
11 AM - 9 PM

Festival Santiago Apostol de Loiza a El Barrio Afro Puerto Rican foods and musicians take to the streets in this cultural celebration.

East Harlem - E. 104th St. bet. Lexington and Park Aves. www.cccadi.org

SUNDAY • 27TH

12 NOON - 8:30 PM

"A Great Day In Harlem"

Saluting the "Sounds of Motown & Philly"
MUSIC THEME: "It's A Celebration"

- IN TRIBUTE TO Kool and the Gang
U.S. Grant National Memorial Park
W. 122nd St. and Riverside Drive

PART I

1 PM - 3 PM

"Arts, Rootz & Rhythm" Cultural Showcase
Featuring local & global dance, song and choral groups

PART II

3 PM - 4:15 PM

Our Gospel Caravan
Featuring Bishop Hezekiah Walker

PART III

4:30 PM - 5:30 PM

Fashion Fusion Showcase
Showcasing the best in urban fashions

PART IV

5:45 PM - 8:30 PM

"A Concert Under the Stars"
Featuring "Motown the Musical" & Harold Melvin's Blue Notes with

guest performances

PART V

11 AM - 8 PM

Arts & Crafts Village and Foods, Bev. & Clothing Exhibitors

THURSDAY • 31ST

5:30 PM

SUMMER STAGE in HARLEM
R&B Night featuring R&B greats & DJ's
On the Plaza • A. C. Powell, Jr. State Bldg. W. 125th St. & A. C. Powell Jr. Blvd.
www.harlemsummerstage.info

AUGUST

FRIDAY • 1ST

6 PM

FIRST FRIDAYS!
at Schomburg Center for Research in Black Culture

Start each new month with First Fridays at the Schomburg, a popular monthly social gathering that welcomes the community with music and dancing. Exhibition galleries will be open late. Free
www.nypl.org/locations/schomburg

SATURDAY • 2ND

12 NOON

Renaming of E. 128th St. Between 5th & Madison Avenues in honor of the great James Baldwin

TUESDAY • 5TH

9:30 AM - 3 PM

NYC Senior Citizens Day "Elder's Jubilee"
Indoor / Outdoor Expo & Farmers Market • Senior Expo and Awards Luncheon
Adam Clayton Powell, Jr. State Office Bldg. 125th Street & A. C. Powell, Jr. Blvd.

WEDNESDAY • 6TH

7:30 PM

Apollo Theater Amateur Night
Salutes HARLEM WEEK
253 W. 125th St. www.AmateurNight.org

THURSDAY • 7TH

10 AM - 5 PM

NY City Economic Development Day

9:30 AM - 11:30 AM

Business/Tourism & Health Conferences

10 AM - 3 PM

Indoor Business/Services Expo

12 NOON - 2 PM

NY City Business Award Luncheon

10 AM - 5 PM

Outdoor Farmer's Market
Columbia University - 116th- 114th & Broadway

THURSDAY • 7TH

10 AM

Celebrate the 52nd ANNIVERSARY SYLVIA'S Restaurant
Malcolm X Blvd. Bet. W. 126th & 127th Street

THURSDAY • 7TH

5:30 PM

SUMMER STAGE in HARLEM
AFRICA NIGHT featuring African Music & DJ's
On the Plaza • A. C. Powell, Jr. State Bldg. W. 125th St. & A. C. Powell Jr. Blvd.

www.harlemsummerstage.info

SATURDAY • 9TH

12 NOON - 7 PM

Dance Theatre of Harlem Street Festival
Outdoor festival featuring performance showcases, arts & crafts, vendors, food and entertainment.
W. 152nd St. from Amsterdam Ave. to St. Nicholas Ave.
www.dancetheatreofharlem.org

SATURDAY • 9TH

4 PM - 7 PM

Jazzmobile presents "Great Jazz on the Great Hill"
Outdoor Jazz concert on the Great Hill of Central Park presenting Wycliffe Gordon a celebration of Big Band Jazz and Swing Dancing.
Central Park West Side from 103rd to 107th Sts.
www.jazzmobile.org

For Activities details from August 13th through August 23rd go to www.HARLEMWEEK.com or call toll free at 1-877-427-5364. More activities will be listed in the July 31 issue.





&



PRESENT:

"A GREAT DAY IN HARLEM"

Saluting "The
Sounds of
Motown
& Philly"



SUNDAY • JULY, 27TH • 12 NOON - 8:30 PM

U.S. Grant National Memorial Park

W. 122nd St. and Riverside Drive

Sponsored by



FEATURING

Part I • 11 AM – 8 PM

Arts & Crafts Village
and Foods, Bev. & Clothing Exhibitors

Part II • 1PM – 3PM

"Artz, Rootz & Rhythm"

Cultural Showcase

Featuring
Impact Repertory Theatre, Millennium
Dance Company & Uptown Dance Academy

Part III • 3 PM – 4:15 PM

Our Gospel
Caravan

Featuring Bishop Hezekiah Walker
& Edwin Hawkins

Part IV • 4:30 PM – 5:30 PM

Fashion Fusion Showcase

Showcasing the best in urban fashions

Part V • 5:45PM – 8:30PM

"A Concert
Under the Stars"

Featuring

"Motown the Musical" &
Harold Melvin's Blue Notes

with guest performances by
Angela Johnson & others

For info on Partnering with or Co-sponsoring HARLEM WEEK events call Mr. Tate or Mr. Causey at our toll free number 1-877-427-5364
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HARLEM WEEK 2014

Harlem News Group, Inc is the official community newspaper co-sponsor of these HARLEM WEEK events:



NYC CHILDREN'S FESTIVAL

A Two (2) Day Festival on

Saturday, August 16th & Sunday, August 17th • 12noon - 7pm

On West 135th Street between Malcolm X Blvd. & A. C. Powell, Jr. Blvd.

NYC HEALTH FAIR AND EXPO

Sunday, August 17th • 12noon - 6pm

West 135th Street between 5th Avenue & A. C. Powell, Jr. Blvd.

THE HARLEM: 5K "HEALTH WALK-A-THON"

Saturday, August 23rd • 9am

A walk pass Harlem's Historic Parks (Morningside Park, St. Nicholas Park and Jackie Robinson Park)

CORPORATIONS: Advertise in the Harlem News Group Publications during our 4-week coverage of HARLEM WEEK events and a calendar of upcoming events in each issue: **July 24, July 31, August 7, August 14**
Also, become a co-sponsor of one of these HARLEM WEEK events:

July 27th
"A Great Day in Harlem"

Aug 5th
"NYC Senior Citizens Day - Elders Jubilee"

Aug 7th
"NYC Economic Development Seminar Luncheon and Expo"

Aug 16th
"Summer in the City"
Historic Black College Fair & Expo
NYC Health Fair & Expo
NYC "Children's Festival"

HARLEM DAY, Aug 17th
NYC Health Fair & Expo
NYC "Children's Festival"
HARLEM DAY
"The Upper Manhattan Auto Show"
Aug 23rd
Harlem: 5K "Health Walk-A-Thon"
Join the "Harlem News Group" team in the Percy Sutton Walk
Register by 8/11 at nyccr.com

Harlem Week Discount Rates:
Buy 3 weeks, get one free

HARLEM BUSINESS OWNERS:

Advertise your "HARLEM WEEK Specials" with the Harlem News Group, Inc. Publications: Harlem Community News, Bronx Community News, Brooklyn Community News and Queens Community News.
July 24, July 31, August 7, August 14

Newspapers are distributed on Thursday.
Deadline for advertising space is Friday Prior.

For more information and rates:

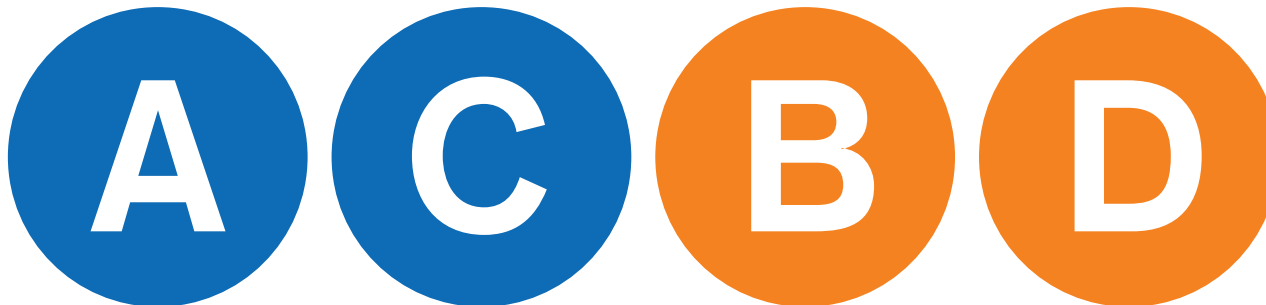
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or go to our website for rates at:

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July 28 – Aug 1
10 PM to 5 AM | Mon to Fri

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B and C services end early each night.

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- In **Harlem**, use nearby **1 2** stations or take free shuttle buses *to/from* the **110 St** or **157 St 1** stations. **Bx19** buses run along **145 St**.
- In **Washington Heights/Inwood**, use nearby **1** stations along **St Nicholas Av** instead.

Stay Informed

Call 511 and say “Current Service Status,” look for informational posters in stations, or visit mta.info – where you can access the latest Planned Service Changes information, use TripPlanner+, and sign up for free email and text alerts.

####FASTTRACK

New Champions for "I Design" HIV Awareness Campaign




It is estimated that there are more than 275,000 women living with HIV in the U.S., of which a disproportionate number are African American. Only four in ten have the virus under control. These shocking statistics led pharmaceutical giant, Merck, to create the "I Design" national HIV education program. It aims to empower people living with HIV to work with their healthcare team to take an active role in designing their treatment

plan, "vocalize" how their treatment is working and "tailor" their plan by approaching treatment "through their own lens." Merck has now enlisted Positive Women's Network (PWN) and HIV advocate, Maria Davis, to be part of their team. PWN is a national membership body of women living with HIV and their allies that exists to strengthen the strategic power of all women living with HIV in the United States. Maria Davis was diagnosed with HIV in 1995 after unknowingly contracting the virus from the man whom she was planning to mar-


ry. She always thought "it could never happen to me" and has since become a devoted advocate for HIV awareness and education. "As an African-American woman living with HIV, it is critical for me to make sure my voice is heard in discussions with my healthcare team and I want to encourage other women living with HIV to do the same," said Davis." To learn more about "I Design" visit ProjectIDesign.com where you can download a conversation checklist with tips on how to engage in an open and honest dialogue

with your doctor; design a digital textile illustrating your approach to managing HIV; take a quiz about women and HIV; and view videos and photos. To help track and manage your health, there are the "My Health Matters" and "My Positive Agenda" mobile and desktop apps. These easy-to-use tools help you track the symptoms of your HIV, set up reminders to take your medications on time, and keep a record of when you have taken them, which can Alert you to important discussion points when you are with your doctor.



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- If you see downed electrical wires, do not go near

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- Report all downed wires to Con Edison and your local police department immediately. If a power line falls on your car while you're in it, stay inside the

vehicle and wait for emergency personnel.

- If your power goes out, disconnect or turn off appliances that would otherwise turn on automatically when service is restored. If several appliances start up at once, the electric circuits may overload.

- Check to make sure your flashlights and any battery-operated radios are

in working order. Make sure you have a supply of extra batteries.

- Weather updates and news on restorations of electrical service can be heard on most local radio and television stations.

Customers can report downed power lines, outages and check service restoration status at coned.com or by calling 1.800.75.CONED

(1.800.752.6633). When reporting an outage, customers should have their Con Edison account number available, if possible, and report whether their neighbors have also lost power. Customers who report outages will be called by Con Edison with their estimated restoration times as they become available. Depending on the severity of storm damage, crews will give priority to restoring equipment that will provide

power to the most customers as quickly as possible, then restore smaller groups and individual customers who are without power.

For more tips on storm preparation, go to conEd.com. They are also on Twitter and Facebook. You can download Con Edison's new free [iPhone](#) and [Android](#) apps to check the status of a power problem and view the company's interactive online outage map.

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Solve Your Trip Planning Problems With Skyscanner

By Ron Stephenson

Summer is the time for vacation, relaxation and soaking up the sun. But sometimes, the necessary vacation planning can be taxing. With so many travel websites, hidden fees and high airline prices it's hard to wrap your head around the details of planning or even paying for a trip. Planning a vacation shouldn't be so stressful and Gareth Williams, CEO and founder of travel company Skyscanner, understands that.

After growing frustrated with the tedious process of

trying to find the best travel deals online, Williams and co-founders, Bonamy Grimes and Barry Smith, envisioned a single website that would compare thousands of travel websites within seconds to offer the very best deals. After some research, eventually Skyscanner was born.

Skyscanner is a user-friendly site that compares millions of flights to find the cheapest deals for you. In addition to flights, Skyscanner also compares hotels and rental cars in order to find the cheapest prices for your entire trip as well. Another great benefit

says Skyscanner, "When you find your flights and click to book, we link you through directly to the airline or travel agent. No hidden charges, no added fees. So you get the best deals every time!"

Finally, what really separates Skyscanner from similar sites such as Kayak.com is its ability for you to plan your trip up to a year ahead of time. The results returned are visually displayed in a useful bar graph making it easy to compare rates.

After growing frustrated with sky-high prices for a European vacation I was

planning, a friend suggested Skyscanner. While I couldn't take advantage of it for my upcoming trip, I appreciated its search functionality, especially how it turned out results for up to 12 months in the future. If you have a flexible travel schedule, that's very helpful when searching for reasonable airfares.

Like most websites, Skyscanner also has a free app available for both iPhone and Android users. So, either download it today or visit Skyscanner.com to start planning your next vacation.

Bon voyage!

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Doggie Beach Outing Tips

By Kim Salerno

With the weather heating up, it's time to start checking out some dog friendly beaches with your four-legged friend. Here are some tips to ensure that you and your dog have a fun and safe beach experience.

First Things First -- Check with your local beaches before you pack up

the dog, since not all beaches allow them. Call ahead or visit the beach's website for information. Follow ALL of the rules set by the beach.

Pro Swimmer or Doggie Swim Vest? -- Finding out if swimming is characteristic of the breed will be a good indicator of how enthusiastic (or timid) they might be. If you're nervous or unsure, purchasing a dog life vest to

bring with you would be a safe bet.

Be Wary of Temperature Extremes -- Summer at the beach can bring about two extremes: heat from the sun and a cold, cold ocean. Pay attention to how your dog is acting and responding while he's with you throughout the day, since there could be the potential of either heat stroke or hypothermia.

The Dos and Don'ts of

the Beach -- Follow these rules (in addition to the beach's rules), and you'll make sure that you can bring Fido back as many times as he likes.

DON'TS:

- Don't let your dog go into areas where they're not allowed.

- Don't let your dog out of your sight. Not even once.

- Don't forget to bring the leash, beach towels, umbrella, fresh water and doggie sunscreen.

- Don't leave a mess behind!

DOS:

- Do make sure your dog's vaccinations are current and that he's wearing the proper ID.

- Do check the ocean for jellyfish and stingrays.

- Do set a time limit for your trip. At the first sign of your dog tiring, pack it up and get back on the road.

- Do bring toys and balls to throw and find sticks to fetch.

This article was extracted from TripsWithPets.com, the #1 online resource for pet travel. Kim Salerno, an expert in the field of pet travel, is president and founder.

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Dr. Julie R. Butler



By William A. Rogers

HARLEM WEEK is 40 Years Old

In 1974, the Uptown Chamber of Commerce (UCC) produced an event in partnership with community, cultural, business, religious, educational, civic and political leaders. The name of the event was Harlem Day and its theme

was “The Beginning of the Second Harlem Renaissance.” I believe they were right as the second Harlem Renaissance did indeed begin on that hot, summer day in August, 1974.

It was not a good time to start anything new. New York City was on the verge of bankruptcy. President Gerald Ford told New York business and political leaders to drop dead when they

asked for assistance from the federal government.

The Honorable Percy E. Sutton, the borough president of Manhattan and a Harlem resident, believed the tourism industry would be an important tool for the realization of Manhattan and his beloved Harlem. Sutton forged ahead and selected the Uptown Chamber of Commerce (UCC), one of the oldest business/civic

organizations in New York City, to lead the way in Harlem’s revitalization strategy. Working with Hope R. Stevens, the first person of color to serve as president of UCC, Harlem Day was born and has grown remarkably ever since.

The success of the first Harlem Day received a tremendous amount of local, national and international media attention. I am sure

that no one at that time imagined that the event would grow into a month-long celebration and last for 40 years.

Some people seem to think that Harlem’s current revitalization happened overnight. The reality is that it has taken many years of sacrifice, commitment and hard work by a number of devoted individuals and organizations to bring Harlem to where it is now. It amazes

me that many of the same people continue to work to make this economic development/cultural festival one of the largest of its kind in the United States.

There is still a great deal of work to be done in the economic development phase of this second Harlem Renaissance. Mr. Sutton’s vision of tourism playing an important role in Harlem’s revitalization remains valid.

HEALTHCARE



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Herbs Are Nature’s Medicine . . .

By Zakiyyah

Crystals play an important role in keeping our organs and chakras balanced and healthy. Here are healing relationships between herbs and gemstones for the kidneys and bladder.

Herbs for the kidneys and bladder: marshmallow, uva ursi, hydrangea, fu ling and gravel root. Other herbs that strengthen the kidneys/bladder: pipsissewa, parsley and horsetail.

Crystals interact with the human energy field to heal, calm, stimulate or adjust the energies within it to bring the body back into balance and holistically heals various body organs as it draws the celestial energy into the physical plane. Some gemstones for the kidneys and bladder: aquamarine, bloodstone, hematite, orange calcite and amber.

These herbs and crystals will support blood flow,

circulation and detoxification. They cleanse the lower chakras and realign their energies.

Marshmallow is the best source of easily-digested vegetable mucilage, which aids the body’s mucus in lubricating the joints to protect against irritation and dryness. Used with other diuretic herbal teas, marshmallow root will relieve kidney/gravel stones (with gravel root to treat water retention and joint pains) and aid in their smooth expulsion. It is a powerful anti-inflammatory and anti-irritant for the joints and gastrointestinal tract.

Uva Ursi is a specific for kidney/bladder infections. Also used after birth to reduce hemorrhaging and help restore the womb to normal size (often used with buchu leaves).

Hydrangea is a powerful cleanser of the urinary tract and treats inflamed tissues of the urinary organs. It relieves backache from kidney trou-

ble and chronic rheumatism.

Fu ling, one of the finest diuretics, rids the body of excess moisture and treats kidney weakness. It is nutritive, tonifying and treats hyperactivity in children.

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This information is shared to help you balance your natural healing energies. It is not intended as diagnosis, treatment, or cure for disease, nor as a substitute for medical supervision. Inquire about our herbal workshops and classes. Watch for my soon-to-be released eBook: INTRO to Herbs are Nature’s Medicine. Sacred Healing 7 Herb Center carries a full line of herbal products, gemstone jewelry, chakra crystals and other healing accessories, and offers private consultations. Contact: 347.407.4312, Email: theherbalist1750@gmail.com. Blog: www.herbsarenaturesmedicine.blogspot.com. Website: www.sacredhealing7.com.



BEAUTY, FASHION, LIFESTYLE & STUFF:

"ALL TOGETHER NOW!"

By Audrey Adams

"All right, all together now . . . bend and stretch and bend and stretch!"

That was the mantra when my girlfriends and I decided to start exercising after the shocking realization that our sedentary habits had literally grown on us. A call to action was in order for us to change our ways.

Instead of hiring a trainer, we decided to put together our own exercise program. The plan was to develop toned muscles and lose the lumps. To achieve our fitness goals, we agreed to workout for one hour, three times a week. We also committed to improving our eating habits by including more fresh fruits and vegetables and to seriously cut-back on our intake of comfort foods, general junk, and sweets.

Our first self-training session was a combination of nervous chuckles and "time-outs" to

catch our collective breath. We clearly overestimated our fitness level. I was so sore after the first workout, I wanted a painkiller!

Lessons learned: (1) Heed the old warning: "Before beginning any exercise program, consult with your doctor." (2) Don't laugh while exercising; you'll need all the air you can get. (3) Before you can tighten those stomach muscles, you must first develop them. (4) Never underestimate the power of a three pound weight. (5) There is comfort in steamed broccoli.

If you have been thinking about working out but can't seem to get started, don't limit your options. One great way to get in shape (that costs nothing) is to walk -- through the park, up the block, anywhere. Just get moving. Check television listings for exercise programs that appeal to you. Everything is on offer, from simple stretching to aerobics and yoga. Need the support of a group? Seek out a convenient class at the Y or, if

you have a gym membership, use it. How about following our example and organizing a group of like-minded friends?

Choosing to live in healthier bodies, we consciously decided to make changes in diet and regular exercise an essential part of our lifestyle. We intend to continue supporting one another in this mission and look forward to feeling and looking so much better than we do today. We know it won't be easy, but we're worth it! What about you?

Visit my website, Talkwith-Audrey.com and checkout my online radio show, *Talk! with Audrey* to listen to interviews that will inform, motivate, and inspire you.

Audrey Adams, former director of corporate public relations and fashion merchandising for ESSENCE magazine continues to motivate and inspire women through her syndicated columns and motivational speaking engagements. THE ADAMS REPORT©

Answers for puzzle on page 28

S	U	M	A	C		S	I	D		P	H	E	W		
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			S	O	L		O	N	Y	X					
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CHURCH NEWS

By Bro. Bill
 Host of 3G
 Experience, WHCR-
 90.3 FM Gospel Radio

We worshipped with the Solomon Temple Baptist Church, in the Bronx, where Min. Helena Tyson brought the morning message. Rev. D'Eugene Rodgers is the Pastor of Solomon Temple.

We celebrated with Franklin Avenue Baptist Church as they celebrated Men's and Woman's Day. Rev. Idus Nunn, Jr. is the Pastor of Franklin Avenue. Our thought and prayers

go out to Professor James Reed's family and friends on his transition. Professor Reed, a fixture in our New York City liturgical music family, as well as a member of the NYC Board of Education. Professor Reed was most recently a Minister of Music at the Shiloh Baptist Church, in Harlem, until a sudden illness prevented him from continuing those duties. His wake and home-going service will be held at the Shiloh Baptist Church on Friday, July 25th and the home going service will be on Saturday, July 26th. Professor Reed was a great co-work-

er and friend during the time we worked together at the Shiloh Baptist Church.

Congratulations to Rev. Lisa D. Jenkins, Pastor of St. Matthew's Baptist Church on receiving the 2014 Woman's Resource Center Award at the NY Theological Seminary in New York. St. Matthews also will celebrate Men's and Woman's Day on July 27th.

The 11:00am preacher is the dynamic Rev. Mar-Querita Storey and the 3:30 pm preacher will be Rev. Reginald Madden.

Rev. Donald Ousley, Pastor of Spring Green

Baptist Church in the Bronx, brought the revival message at Traveler's Rest Baptist Church last week. Rev. Ronnie Faison is the Pastor.

A Pre-Woman's Day service was held at Tabernacle of Deliverance on Sunday, July 20th. The 3:30pm service was led by Rev. Denise Brown and Sister Denise Leverette. The afternoon preacher was Bishop Mary Freeman of Emmanuel Church for All People.

On Sunday July 27th, at 4:00pm, The Saints of Jesus Christ Church, located at 1094 Washington

Avenue the Bronx. The guest church will be Pastor Joseph T. Bright, Jr and the congregation of the Tabernacle of Deliverance. Apostle Antoinette Paige is the Pastor of Saints of Jesus Christ Church located at 1094 Washington Avenue.

On Saturday, July 26th at 4:00 pm the Missionary Ministry will present a worship service at Faith Memorial Baptist Church. Rev. Raymond M Mickens is the Pastor of Faith Memorial.

On Thursday, July 24th at 12 noon, Rev. Dr. William L. Watkins, Jr. will be

the preacher at First Grace Baptist Church, 2799 Frederick Douglass Blvd in Harlem. Rev. Harvey Kendricks is the Pastor.

Special thanks to Bro. Joseph Ellis, of the Bronx, for his contribution to this column.

Follow us on Face book (Bro. Bill) or e-mail us at mrbill903@gmail.com. Be a part of the 3G Experience on Thursday mornings at 6:00am-10:00am. www.whcr.org. The telephone line is 212-650-6903 for you to call in! If you want to send a letter or card send it to PO Box 446, New York, NY. 10039.



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MISDIAGNOSED: The Search for Dr. House

By Sharon Morgan

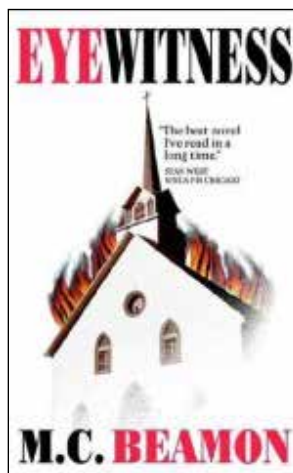
Nineteen years, 22 doctors, countless surgeries, and innumerable drugs later, Nika Beamon is finally breathing a sigh of relief. She tells a harrowing story of medical misadventure in her soon-to-be-released memoir *Misdiagnosed: The Search for Dr. House*.

Beamon, a TV news writer/producer in New York City, spent half of her life sick, wondering if death was imminent. Today, she has finally found the medical help she needs and is effectively managing a rare autoim-



Nika Beamon

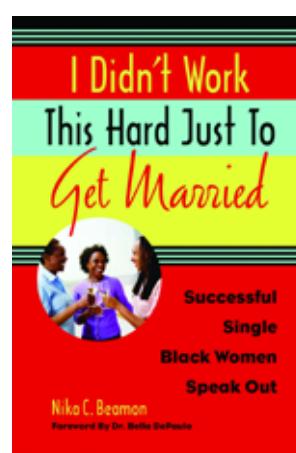
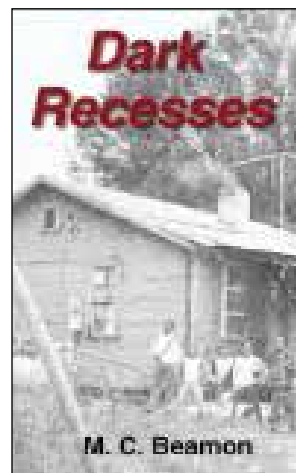
mune disorder named IgG4. In *Misdiagnosed*, she shares her story with the world, giving voice to 30 million Americans who struggle to find out what ails them. A recent study found that one in every 20 people (12 million per year) are mis-



diagnosed at outpatient clinics. A John Hopkins study found that hospital errors lead to as many as 40,500 patients dying annually.

This book gives people suffering chronic conditions, rare or not, tips on how to get the best medical care possible, how to care for someone who is chronically ill, and advice on what chronically ill people can do to make things easier for family and friends. There is also a section on how to plan for the unthinkable (death). Beamon's clarion call is that "Part of loving yourself is caring for yourself. You have to be proactive, seek out information on your own, and demand the best of care, no matter what your financial circumstances."

Advance readers are building hype for the anticipated book, calling it "a fascinating account of a brave journey through the labyrinth of American medicine," "a gripping medical detective story," and "a must read." Everyone with an invisible illness, wheth-



er named or not, will relate to Nika Beamon's story. Fellow author, Paul Kamen says: "Written with the intimacy and boldness of a conversation among best girlfriends, she fearlessly portrays the heartaches of living with a little understood and rare immune disorder, and how it affects every area of her life."

Misdiagnosed: The Search for Dr. House will be available everywhere books are sold on August 1.

Other titles written by Beamon include "Eyewitness," "Dark Recesses," and "I Didn't Work This Hard Just to Get Married."

"Risking Everything: A Freedom Summer Reader" edited by Michael Edmonds

Review by Terri Schlichenmeyer
Harlem News contributor

You stand on the shoulders of giants. You've probably heard that all your life and it's true. Read the new book *Risking Everything*, edited by Michael Edmonds (Wisconsin Historical Society Press, 2014) and you'll learn.

Fifty-four years ago, 42 percent of Mississippi's citizens were black, yet 90 percent of eligible African Americans could not vote. In the winter of 1963, the Student Nonviolent Coordinating Committee (SNCC) initiated plans for voter registration in the state – an effort that became known as *Freedom Summer*.

When opponents heard what was coming, they "swung into action." Laws were passed to make most forms of protest illegal. Local and state police "beefed up their arsenals;" the city of Jackson even bought a tank," says Edmonds. Black citizens endured harassment and threats; racist groups held "sessions" on how to murder and dispose of bodies without leaving evidence. And still, volunteers persevered by holding voter registration classes, running Freedom Schools, establishing libraries and holding meetings to spur "enthusiasm for the program in the Negro community."

But, just nine weeks after it started, the project ended. "Organizers," says Edmond, were "exhausted, disappointed, and angry" because they felt little had been done and white supremacy was "as deeply entrenched as

ever." What they didn't know, however, was that they "had actually accomplished more than... leaders could appreciate at the time." They had "awakened sleeping giants."

When I first started *Risking Everything*, I wasn't sure what to expect. The cover gives almost nothing away; in fact, it's a little bland. Not so, with what's inside.

Through eyewitness reports and information from more than 40 documents, editor Michael Edmonds brings readers an in-the-trenches look at *Freedom Summer* in a way you'll never get from any class.

And that's what makes this an excellent book: it's both a paean to those who did their jobs that summer, and as education to anyone too young to remember what happened fifty years ago. And, if that's you – in either case – then you'll like this book.

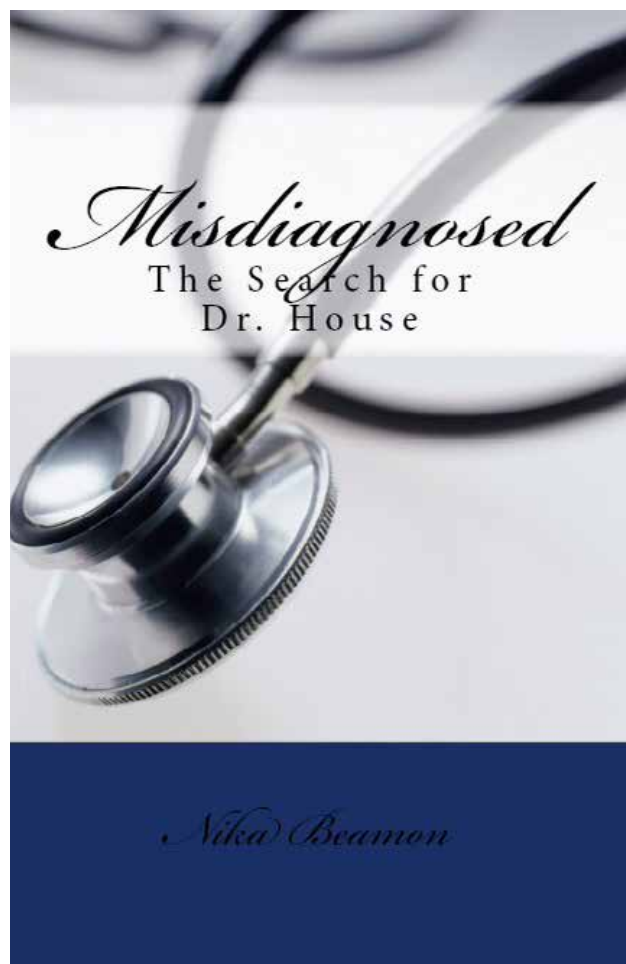


"Risking Everything: A Freedom Summer Reader" edited by Michael Edmonds

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244 pages





Stan's Lotto for July 25, 2014

By Stan "The RoseKnows Numbers Man"

Hi Players and welcome back to my lottery column!

For years I've espoused the *Take-5* games for playing because the odds for hitting this high odds game is much less than all the others by a wide margin. It behooves us to keep playing this game because we deserve to win something some of the time. With *Cash4Life*, *Lotto* and even *PowerBall*, most or all of us never win a dime! So we should focus on the smaller "big" game *Take-5*. Before I begin, let me tell all of you that I have a monthly *Palindrome Tips* sheet that gives out the best 3 and 4 digits in those games. Now, for just \$15.00 you get a yearly subscription to my best of the very best winning numbers. Please contact me at rose283@aol.com and I'll give you all the details about this winning *Palindrome Tips* sheet. Be sure to order you copy today and start

winning right away too!

Now, just recently we saw low-end balls draw like 3, 4, 5, 8 and 13 in *Take-5*. Even though you may hit a jackpot, this kind of drawing -- low balls -- reduces your prize payouts because everybody plays low numbers due to favoritism.

Historically, players enjoy the games while playing the pet numbers that are generally connected in their lives. Nothing wrong with that on the surface, but when you look at the stats on what happens in the high odds games, you'll notice that when a 5 set or 6 set of lottery balls fall within the parameters of 01 and 31 as in *Take-5* or 01 and 59, as in *Lotto/59*, your prize payouts will be smaller. That reasoning is simple due to the fact that many players use birthdates and we all have a birthday. Add the fact that many players have families, from grandpa and grandma down to grandchildren whose birthdates

get "added to the mix." There's a math problem that's been around for years which says that statistically, if you put 30 people into one room, at least two people will have the same month and day for their birthdays. As a former math teacher in the Bronx schools, I took my kids into the auditorium with another class full of students. Counting the heads, I got 31 kids in all. When I tallied all of their birthdays, I not only had duplicate birthdates, I counted three of them. That statistic beat the "norm" and proved the point that duplicate numbers can pop up a lot of the time. Well, the same thing goes for *Take-5*. There are thousands of *Take-5* players playing the same numbers and therefore lowering prize payouts in the process. So, the bottom line to all this number crunching is that, if you want higher payouts, it behooves you to play balls above ball 31 in the sample-space of high odds lottery games in general. Of course. It's always a

good idea to have a nice mix of numbers in *Take-5* ranging from 01 thru 39, but leaning towards using some balls from 32 thru 39 is a good play!

Furthermore, if you played my PULSE chart, you noticed I have only 16 balls. That amount of balls is a good example of an array that can provide you with winning tier-prizes, as it did that 2nd prize of \$280.00. The usage of an array enables you to connect many balls, trap multiple tier-prizes and give decent coverage over the grid of 39 balls in that game. When you work-up your array of 16 balls, you already are using about 40 percent of the sample-space of the balls in *Take-5*. That's a nice high number to gain prizes. Imagine if you worked up multiple 16-ball arrays with additional numbers and played simultaneously? That kind of play increases your chances exponentially because now you'll have 32 balls in the sample-space or about 80 percent of the balls in *Take-5*. Players doing this have a greater "run for the golden jackpot" because of the many tier-prizes

and chances to connect up your numbers.

And this is why I prefer *Take-5* over any game New York has on offer today. The smaller grid of balls and the decent odds enables me to take down prizes. And our ultimate

goal is certainly to win something in a high odds game!

With *Lotto*, *Cash4Life*, *Mega* and *Powerball* enticing us to go for the 'dream', always play *Take-5* and try to pick up cash at the lower, winnable odds.

LOTTERY SELECTIONS FOR THE WEEK:

Daily

Must Plays: 429, 652, 653, 853, 079
 Nomatches: 386, 153, 624, 952, 471
 Doublets: 117, 211, 199, 373, 844
 Triples: 444, 888, 222, 777
 Pairs: 21, 53, 66
 Consecutives: 123, 876, 645

Win-4

Must Plays: 7538, 4165, 9364, 1532, 4912
 Nomatches: 6205, 3184, 8426, 2687, 5098
 Singledrome: 1124, 6911, 5033, 6551, 8551
 Doubledrome: 2266, 8668, 1991, 5225, 4400
 Tripledrome: 6661, 6664, 2262, 1711, 0001
 Consecutives: 2413, 8769, 5463
 Quads: 0000, 2222, 7777, 1111

Take-5

Balls to wheel with trap-by-overlap (simultaneous play)
 02, 03, 05, 07, 11, 12, 15, 17, 20, 21, 24, 25, 32, 34, 35, 37, 39, 39

CROSSWORD														
1	2	3	4	5	6	7	8	9	10	11	12			
13					14				15					
16					17				18					
19					20		21	22						
		23			24									
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48					49			50		51		52		
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					57	58				59		60	61	62
63	64				65	66		67						
68					69			70						
71					72			73						

See answers on page 27

THEME: MOVIE VILLAINS

ACROSS

- Shrub or tree especially common in Africa
- "Toy Story" child antagonist
- "That was close!"
- ___-__-la
- *He confronted Jafar in Disney's "Alladin"
- This one should beware
- Asteraceae flower
- Presidential election month
- State indirectly
- *Cuckoo's nest guardian
- Open-mouthed
- Fa follower
- December stone
- Fitting
- Embarkation location
- *"The Exorcist" possessor
- Brooding
- Last word in radio transmission
- Flax plant fabric

- Calcium oxide
- *He's evil in "the Jungle Book"
- Penpoints
- Hipbone-related
- Like the White Rabbit
- ___ Crawley, The Countess of Grantham
- The enlightened one
- Post-deductions amount
- "Uh-uh"
- To a remarkable degree, in U.K.
- ___ or decaf
- Right-hand page
- *"Seven" sadist
- Floorboard sound
- ___ Beta Kappa
- Spacious
- Ancient
- Bro or sis
- Amnion, pl.
- "_'__ all work out"
- *All about her
- Egg holders

DOWN

- "The first ___ I see tonight"
- "Major" animal
- *He played a sociopath in "The Talented Mr. Ripley"
- Smart ____, pl.
- Drive-in employee
- Sometimes used for timing
- U.N. labor agency
- Parlor piece
- Shoe option
- Sensational promotion
- Moray ___
- Kind of humor
- With two axes
- Poet T.S.
- To swindle or cheat
- Kitchen herb
- Wing it
- WWI French soldier
- Abnormally distended, especially by fluids
- *Funny and a Dr.

- Dietary mineral
- "For better or worse"?
- Camouflaged equine
- Take back what one said
- Decode letters
- Network of nerves
- Old but in
- *No ordinary doll
- Aardvark's meal morsel
- Ali Khamenei's capital
- Bush thicket
- Lawn ornament
- Bona fide
- *Voice of Darth Vader, James ___ Jones
- Be compatible
- Cheadle and Rickles
- Bypass
- Unfledged or nestling hawk
- Fraternity letter
- Process of decay
- It destroys helper T cells

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Vol. 14 No. 29

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By Howard Giske

Seegerfest At Bronx Riverside Park

Seegerfest, held July 19 at Hunts Point's Riverside Park, had many attractions. It is named in memory of the late Pete and Toshi Seeger, who were both active with the Clearwater Festival and in cleaning up the Hudson River. An added attraction was the Rocking the Boat organization, based at Riverside Park, that led rowboat rides on the Bronx River.

Pete and Toshi Seeger's grandson, Kitama Jackson spoke about the Seegers' long-time connection to causes of social justice and the environment. After his remarks, bands played on stage, their genres ranging from reggae to American folk music to hip hop. Their laid-back performances were refreshing on the warm, pleasant, partly cloudy day. One of my favorites was Bob Reid, a musician who



(TOP) Boats on the water. (LEFT) Bob Reid plays. (MIDDLE) Building boats. (RIGHT) Kitama Jackson (Seeger's grandson) speaks.

sings and plays guitar mostly for children. He performed a light and amusing set, including songs like "Abra-ca-

dab" and "The Shirt song."

Another band consisted of Tom Chapin, the Chapin Sisters, and the Owen

brothers. Abigail and Lilly Chapin performed several duets, both singing and playing guitar and banjo,

including "If I can only Win Your Love." Later, hip hop performer, Akir (Viper Records) performed socially

conscious raps involving union organizing, stopping racism and opposing free trade.

Quite a bit of free refreshments were offered to the public, including chicken wings and salad. Inside a shed with an art display, there was wine and cheese. Nearby, photographs by Martine Fougeron were on display of Hunts Point industrial installations, including Midland Steel, and Colgate Scaffolding, connecting the arts to industrial activity in the area.

The shops of Rocking the Boat were open and it was amazing to watch experts help teenagers make rowboats and larger boats out of wood. A boat for sale was purchased by a donor, who paid \$10,000 for it.

Rocking the Boat will offer free summer boat rides on Saturdays from 12 noon to 5 pm until August. For more information, go to rockingtheboat.org.

Capital Funds for Bronx Projects

Bronx Borough President Ruben Diaz Jr. has \$9 million in capital funds to spend on 25 projects in the Bronx.

Five affordable housing developments will get half a million each; two NYCHA complexes will get funds for security enhancements. Plus, there is money allocated to playgrounds, libraries and schools.

"We are proud of what we've been able to do with

this," Diaz said of the allocations. "We think that we really got a good bang for the capital buck this year."

The New York city charter dictates allotments of five percent of the capital budget for discretionary spending by borough presidents. Allocations are based on a formula that weighs the population of the borough against the total geographic area. Last year, Diaz had a kitty of \$22 million. This year, the number is less than half at

\$9 million.

There are strict guidelines issued by the Office of Management and Budget for programs that want to receive funding from the borough president. Each year, requests exceed \$160 million. "Your program has to be ready to go," Diaz said. "We want to spread it out equally, geographically, throughout the borough so we don't want any one area to feel neglected."

In line with Mayor de Blasio's goal of improving

New York City housing stock for low to moderate income people, almost a third of the borough's capital budget (\$3.2 million) will be earmarked for developers and city-sponsored programs that are committed to building affordable housing.

Borough President Diaz cautions "If you want to do housing and you're not prepared to do some sort of green sustainable build, then we're not going to look at you favorably."



Bronx Borough President Ruben Diaz Jr.



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MAYOR DE BLASIO BRINGS THE BIZ TO BROOKLYN

Plans are underway to connect the Brooklyn waterfront, which was revitalized under former Mayor Michael Bloomberg, to downtown Brooklyn. Plans call for parks, retail space and a 21-acre greenway that stretches from Borough Hall to Brooklyn Bridge Park. In announcing the plan last week, de Blasio said “We have an incredible opportunity to take these stunning communities, parks and institutions and knit them together.”

To encourage commercial activity, several city-

owned buildings will be renovated to accommodate retail tenants at street level. A high priority will be to attract tech firms to the area. There will be three new mini-parks. “The investments we are making will help Downtown Brooklyn continue its rise, generate good jobs, and make this a more dynamic neighborhood to live and work,” said de Blasio.

The development plan is structured into several sections. Projects already underway from the Bloomberg administration will continue, such as the construction

of Fox Square at Flatbush Avenue and Fulton Street. New paving, landscaping and public seating will be installed. BAM Park will get a “major facelift and re-open to the public.”

Two new organizations will be launched to support the plan: a business improvement district (BID) that will promote Brooklyn’s cultural offerings and assist in redesigning streets so they are more attractive and people friendly. Community cultural groups will unite under the banner of the Brooklyn Cultural District BID. CUNY is launch-

ing an internship program and there will be a college consortium established for area schools.

It is unclear how much the entire plan will cost, but Brooklyn Borough President Eric Adams said in a statement, “I am excited to see Downtown Brooklyn’s full potential unlocked under this exciting plan, including its unique open space, which will soon connect Brooklyn Borough Hall to our one-of-a-kind waterfront, its outstanding arts community and its innovative institutions of higher education.”

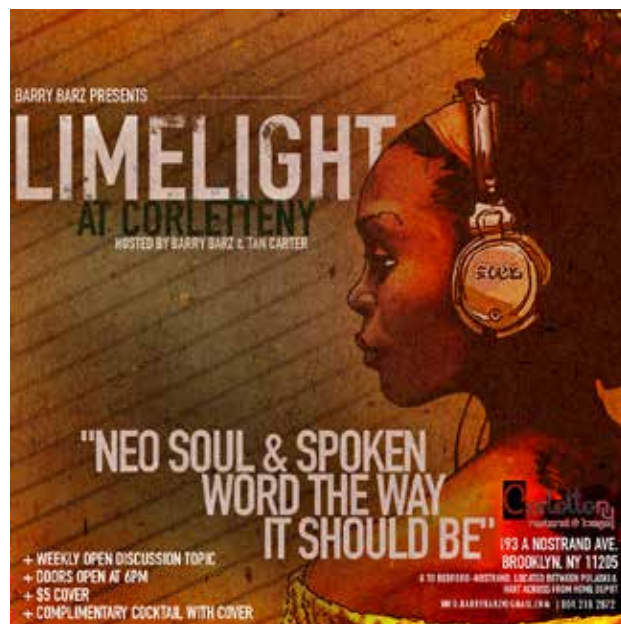


Artist rendering of the Brooklyn development plan.

OPEN MIC IN BED-STUY

It started on a cold night in February. Thirty people braved the cold to experience Limelight at CorletteNY restaurant and lounge. The weekly event now attracts up to 60 people each Wednesday to network and showcase their skills in music, poetry and comedy.

The organizer, “Barry Barz” Green, hails from Richmond, Virginia, where he hosts a similar event that has grown steadily in popularity. When he moved north to be with his girlfriend, he saw an opportunity to do the same thing in New York. He was inspired after visiting the Nuyorican Poets Café in the East Village. “I saw how people enjoyed the craft,” Barry said. “What would it be like if we did it here in Brooklyn, where people didn’t have to go into the city to get the same experience?”



The event goes from 6-9pm. The open mic portion offers four slots each week, plus a full set by a featured artist. There is also open discussion time when the audience is encouraged to participate.

The host venue, Corlet-

teNY, is a Caribbean restaurant and lounge that specializes in tacos and classic island cuisine. Located at 193 A Nostrand Avenue, it is convenient to the G train at Bedford-Nostrand. The \$5 admission fee includes a free cocktail.

Marcy Plaza Farmers Market Returns to Bedford-Stuyvesant

July 16 marked the official return of the Marcy Plaza Farmers Market to the Bedford-Stuyvesant community. This will be the market’s second year in the new Marcy Plaza, located at Fulton Street and Marcy Avenue, at the heart of the Bed-Stuy BID. Not only will the market provide an array of organic fruits and vegetables to the community, it will bring a host of black farmers and vendors to the neighborhood as well. Vendors include Bed-Stuy Farm, Afrikan Zion Organic Roots Farm, Trinity Farms, and Abu’s Bakery.

This year’s market, with funding support from EmblemHealth, advances several goals, from bringing in fresh food from regional farmers to activating a public plaza with public programming. It is a threefold collaboration between Bedford Stuyvesant Restoration Corporation, the nation’s first community development corporation; Brooklyn Rescue Mission, an organization dedicated to food justice, and the NYC Food and Fitness Partnership.

Expanding upon last year’s activities, the Farmers Market will include

live entertainment and health centered activities. Throughout the summer, visitors will be treated to music and dance performances from local organizations, as well as cooking demonstrations, health screenings, and information from EmblemHealth. Across the street at the West Plaza, visitors can join in on Restoration’s weekly exercise classes, which include kickboxing, conditioning, and Zumba sessions.

The market will operate each Wednesday from 10 am to 5 pm until October 29.

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Classic Films – Free in the Neighborhood

The community organization, A Better Jamaica (ABJ), is offering free, classic films to the community at Rufus King Park (Jamaica Avenue at 153rd Street) every Friday throughout the summer.

Beginning on July 11, the classic films have enthralled families seeking



old-fashioned together time using an inflatable screen with showings that begin at dusk.

Established in 2007, A Better Jamaica, Inc. is a tax-exempt non-profit community service organization that “engages in activities designed to strengthen the southeast Queens neighborhoods known collectively as Jamaica.” The organization offers eight programs: Classic Film Fridays; Family Movies in the Park; Jamaica Reads; Jamaica Solutions; Jamaica311; The Jamaica Ball; JAC’s Holiday Music and Cinema En Español.

According to ABJ: “Strong communities provide ample opportunity for children and families to gather collectively to share

experiences. These shared experiences are what knit the fabric of a community together. A Better Jamaica’s Family Movies in the Park addresses the shortage of these community building opportunities by exhibiting free Family Movies in Park. In doing so, it strengthens the community by providing an inexpensive opportunity for the renewal of community/family ties.”

Previous film showings included Frankenstein, the 1931 film starring Boris Karloff, and King Kong, the 1933 film starring Fay Wray.

The upcoming schedule includes the following:

Godzilla (Rated NR – 96 minutes – 1954)

Friday, July 25 – 8:19 pm

When the ocean’s surface begins to boil white-hot and a Japanese freighter vanishes into the Pacific, the superstitious villagers of Odo Island fear an ancient legend has come true — the legend of Godzilla! Awakened from an eons-long sleep by an H-bomb explosion, the behemoth seeks revenge on the civilized world, turning Tokyo into a wasteland of atomic fire and rubble.

Alien (Rated R – 124 minutes – 1979)

Friday, August 8 – 8:04 pm

When commercial towing vehicle Nostromo, heading back to Earth, intercepts an SOS signal from a nearby planet, the

crew are under obligation to investigate. They discover the hive of an unknown creature. When one of the eggs is disturbed, the crew do not realize the danger they are in until it is too late.

The Thing (Rated R – 108 minutes – 1982)

Friday, August 15 – 7:55 pm

In the winter of 1982, a twelve-man research team at a remote Antarctic research station discovers an alien buried in the snow for over 100,000 years. Soon unfrozen, the form-changing alien wreaks havoc, creates terror and becomes one of them.

For more information, go to the website abetterjamaica.org.



Jamaica Jerk Fest Bigger and Better Than Ever

The Grace Jamaican Jerk Festival returned again this year to Roy Wilkins Park in Jamaica, Queens. The event, which premiered in 2011, is billed as “a mecca of Jamaican food, music and culture” and never fails to draw the crowds. Grace Foods, the title sponsor, brags that it is “the biggest Caribbean food festival in the U.S.A”

More than 16,000 people turned up to experience the culture and enjoyment of this year’s festival. “It’s a great family-oriented event,” said festival co-founder Eddy Edwards.

“And it’s getting more and more popular.”

The event’s Caribbean cultural stage presented poetry, folk music and steel pan drummers. Main stage performances included internationally acclaimed reggae artist Maxi Priest and comedian Chris “Johnny” Daley.

The celebrity chef competition featured two finalists from the Food Network series *Chopped*— Max Hardy and Nelson Gason. Last year, mayoral candidate Bill de Blasio donned an apron and joined the fun. New York City Comptroller Scott Stringer did a

walk-around this year.

There was a “Kidz Zone” that offered story-telling about Jamaican history and culture along with face painting, rock climbing and magic shows. An exhibit exploring the history of reggae music was provided by Queens-based reggae label, VP Records, which co-produces the event.

Jerk is a signature dish of Jamaica (the island). Meat, poultry and/or fish are marinated in a combination of spices, the most notable of which is pimento (allspice). The dish evolved from the cooking



Local jerk master shows off his wares.

techniques of the Arawak Indians, who were the indigenous people of Jamaica. In the past, jerk was slow-cooked over slow burning embers of pimento branches in a pit dug into

the ground. Today, jerk stands, are a common sight throughout the island.

Grace Foods, the event sponsor, is a household name in Caribbean families. The company, based

in Kingston, Jamaica, makes a variety of products that are available in communities that are home to Caribbean immigrants in America, Canada and the United Kingdom.