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"Good news you can use"

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OUR MISSION STATEMENT
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.

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 but you can do it and just keep working towards it and you’ll find the positive side of things.

-Demi Lovato
FOR ADULTS WITH TYPE 2 DIABETES

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

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

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.

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.*

Visit Januvia.com/savings

*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.

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

Merck Helps® | Having trouble paying for your Merck medicine? Merck may be able to help. www.merck.com/merckhelps

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Before you take JANUVIA, tell your doctor if you:

- 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 had 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 1-800-886-8999.
- are breast-feeding or plan to breast-feed. It is not known if JANUVIA will pass into your breast milk.

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
  - irritability
  - hunger
  - weakness
  - fast heart beat
  - dizziness
  - sweating
  - confusion
  - 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 1-800-886-8999.

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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For patent information: www.merck.com/product/patent/home.html

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Revised: 02/2014

JANUVIA (sitagliptin)

25mg, 50mg, 100mg tablets
The Civil Rights Act of 1964:
Fifty years of progress.

Harlem Week:
Forty years of celebration.

Gale A. Brewer
Manhattan Borough President

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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.

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.
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 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.
SHAKESPEARE IN RIVERBANK STATE
PRESENTS ITS 10TH SEASON OF FREE
HARLEM SUMMER SHAKESPEARE
July 24-August 17th, 8pm
Lives, NAN and many more. Free
New Breed Dojo, Real People Saves
Violence, Eye CU7, Life Support,
Explores, Stop the Urban Youth
Ethiopian World Federation, NYPD
22 Point Team Youth Cipher, Play 4
Committee, Church of Scientology,
Peace Parade, Universal
Hop Against Violence and
N.A.A.C.P, Circle of Brothers, Hip
Black Souljahs, Unlimited Future the
Corp, C.A.S.H., Warriors of a Dream,
Students First, Harlem Youth Marine
S.N.U.G., Street Corner Resources,
(Chicken) Murphy Foundation,
Children, Real People Saves Lives,
Coalition of Parents with Murdered
line Drummers, Guns Down Life Ups,
AARP, Harlem Mothers Saves, Fire
Transformation Project, Harlem
Presented by the Harlem
Malcolm X Blvd. to 125th to 7th to
LINE UP 11am START 12pm
WORK IT OUT”

4th HARLEM FATHERS & MEN PEACE
July 26, 11am
PARADE “BROTHERS GOING TO
WORK IT OUT”
LINE UP 11am START 12pm
SharpLenox 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, Gun Down Life Ups,
Coalition of Parents with Murdered
Children, Real People Saves Lives,
King of Kings, F.A.I.T.H. Tawana (Charities),
Mural Foundation, S.N.U.G., Street Corner Recourses,
Students First, Harlem Youth Marine
Corp, C.A.S.H., Warriors of a Dream,
Black Soulsjahs, 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
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, N.A.A.C.P and many more.
Free
Community Feast, Health Fair &
Concert
3:00pm-4:00pm (Panel Discussion on
Colon Cancer and Prostate
Cancer).

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, ven-
dors, exhibitions, corporate exhibits,
career recruitment and much more.
Being held at Grants Tomb.

July 30, August 6 and 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
Bena Martinez from City Lore
discussing the connectivity between
art and music, with DJ D’Marquesina
on deck. Video projections and
sidewalk art by the Murielagos
Fumando Collective will be fea-
tured. At the City Museum, check
out Tony Touch, consangs 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 Murielagos Fumando Collective.
DJ Grand Master Caz will
be spinning old school at the City
Museum, and be sure to check out
breakdancers, the N.S.R.N.
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
pittata. DJ D’Marquesina will be
back with video projections and
sidewalk art by the Murielagos
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.mcnymuseum.org.

FREE ADMISSION
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 $10 donation to www.elmuseum.
com. Include “Wadleigh” on the
subject line. An unscheduled
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 con-
certs featuring outstanding organists. The Riverside Church is
presenting its Annual Summer Organ Series—featuring six con-
certs 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 perform-
ances 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 accom-
painment 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, Whittlock,
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@theriver-
sidechurchny.org.

The Riverside Church is located in New York City! Perla de
Leon will be in conversation with UCLA’s Chon Noriega, and
the smashing of a pittata. DJ D’Marquesina will be back with
video projections and sidewalk art by the Murielagos 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.

An unreserved rain
www.sidechurchny.org.

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Non-profit Agencies, email your community events
for free posting (50 words or less) to: harlemnewsinc@aol.com

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No matter how big or what shape, our freight
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Whether you’re shipping a piano or antique
furniture, we’ll help you take a load off.

Harlem News Group | July 24, 2014
HEPATITIS C
COMMUNITY HEALTH FAIR

Friday, July 25, 2014  11am – 4 pm
Adam Clayton Powell State Bldg Plaza
163 West 125th St. Corner of Adam Clayton Powell Blvd
(7th Avenue), Harlem, NY

FREE OPEN TO THE COMMUNITY

Free screenings, guidance and resources.
Entertainment: DJ, dance demonstrations, activities for children.

For more information:
NBLCA - www.nblca.org  212-614-0023 ext. 105

Funded by:

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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
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 audience 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.
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.

PAGNY’s 2,700 physicians and healthcare providers serve annually over a half a million patients and work primarily in the public hospitals: Coney Island Hospital, Harlem Hospital Center, Jacobi Medical Center, Lincoln Medical Center, Metropolitan Hospital Center, North Central Bronx Hospital, and the Renaissance, Morrisania and Segundo Ruiz Belvis Diagnostic and Treatment Centers.

Our corporate office is located in central Harlem
55 West 125th Street – Suite 1001
Tel: 646-672-3651
www.pagny.org

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

Bijan Safai, MD, Dsc
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
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 Jacob 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.
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EmblemHealth
WHAT CARE FEELS LIKE.
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 Extravaganza” 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/Imagenation 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 College 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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• Boat Rides
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• Weddings
• Black-Tie
• Family Reunions
• Dinner Dances
• Birthday Parties
Columbia University Salutes the Greater Harlem Chamber of Commerce on the 40th Anniversary of Harlem Week

The cultural richness of Harlem, Washington Heights and surrounding neighborhoods is an essential part of what makes Columbia a great place to work and study. The University works with many local organizations to help provide more than 100 programs and services that help improve the quality of life in our community. To learn more, email communityaffairs@columbia.edu or visit www.neighbors.columbia.edu.
HARLEM WEEK

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

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
“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.harlemsummer-
age.info

SATURDAY • 2ND
12 NOON
Renaming of E. 128th
St. Between 5th & Madi-
son 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
NYC City Economic
Development Day
9:30 AM - 11:30 AM
Business/Tourism &
Health Conferences

10 AM - 3 PM
Indoor Business/Services
Expo
www.nypl.org/locations/
schomburg

12 NOON - 2 PM
NYC City Business Award
Luncheon
www.harlemsummer-
age.info

SATURDAY • 9TH
12 NOON – 7 PM
Dance Theatre of Har-
lem Street Festival
Outdoor festival fea-
turing performance
showcases, arts & crafts, vendors,
food and entertainment.
W. 152nd St. from
Amsterdam Ave. to St.
Nicholas Ave.
www.dancetheatreofhar-
lem.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.
"A GREAT DAY IN HARLEM"

SUNDAY • JULY, 27TH • 12 NOON - 8:30 PM
U.S. Grant National Memorial Park
W. 122nd St. and Riverside Drive

Sponsored by

107.5 WBLS
Harlem Music Fest
National Park Service

FEATURING

Part I • 11 AM – 8 PM
Arts & Crafts Village and Foods, Bev. & Clothing Exhibitors

Part II • 1 PM – 3 PM
"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
Great Exhibitors & Vendors All Day Long • For Vendor Info please call RJ at (212) 862-8477 or e-mail ridlett@harlemdiscover.com

www.HARLEMWEEK.com
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)

HARLEM WEEK
ad special discount
Buy 3 weeks get
one free (Save 25%)

CORNORATIONS: 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”
Joint the “Harlem News Group”
team in the Percy Sutton Walk
Register by 8/11 at nyon.com

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

HARLEM BUSINESS OWNERS:
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:
Call 212-996-6006
or go to our website for rates at:
www.harlemnewsgroup.com
Planned Service Changes

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

No A trains between 59 St and 207 St.
No D trains between 59 St and 161 St-Yankee Stadium.
B and C services end early each night.
Take 1 2 4 trains, free shuttle buses, Bx12, and special service on the Bx19.

TRAVEL ALTERNATIVES

A Customers - take the 1 for service between Midtown and Washington Heights/Inwood.
D Customers - take the 2 and 4 for service between the Bronx and Midtown.
  • Along Central Park West, use nearby 1 2 stations along Broadway instead.
  • 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.
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 marry. 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 Projec-tiDesign.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.

“Dental health, Like Success, is not a destination but a continuous journey.”

“We recognize that our patients expect that their teeth will be healthy, free of pain, fully functional and that they also look great.”

“The Champions are Henrick’s dental care.”

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212-956-3303

CONDITIONS TREATED INCLUDE:
- SPRAINS/STRAINS/MUSCLE SPASMS
- FRACTURES
- CARPAL TUNNEL SYNDROME
- WHIPLASH
- BACK PAIN
- PLANTARFASCIITIS
- WEAKNESS AND INSTABILITY
- POST-OPERATIVE REHABILITATION FOR
  KNEES/SHOULDERS/ELBOWS/ANKLES AND FEET
- TENDINITIS/SPURS/BURSITIS
- TOTAL HIP/KNEE REPLACEMENT
- NEUROPATHY

1400 Fifth Avenue (Entrance on 116th St.)
*****NEW LARGER LOCATION*****
Be Prepared for Summer Storms

Summer storms have been particularly strong and damaging in New York this year. Con Edison wants you to be safe and its crews are prepared for the potential of storm-related outages that could occur.

Con Edison offers the following safety tips:

- If you see downed electrical wires, do not go near them. Treat all downed wires as if they are live. Never attempt to move them or touch them with your hands or any object. Be mindful that downed wires can be hidden from view by tree limbs, leaves, or water.
- 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 1.800.752.6633 (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.
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!
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 excerpted from TripsWithPets.com, the #1 online resource for pet travel. Kim Salerno, an expert in the field of pet travel, is president and founder.

**VISIT OUR WEBSITE:**
www.harlemnewsgroup.com
HARLEM WEEK is 40 Years Old

By William A. Rogers

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.

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, hydragenea, fu ling and gravel root. Other herbs that strengthen the kidneys/bladder: pipisisseta, 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 heal 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/gravels 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 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).

Hydragenea is a powerful cleanser of the urinary tract and treats inflamed tissues of the urinary organs. It relieves backache from kidney trouble 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.

. . . Make Nature’s Medicine Your Own

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.herb-sarenaturesmedicine.blogspot.com. Website: www.sacredhealing7.com.
“

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 work out 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 much better than we do today. We know it won’t be easy, but we’re worth it! What about you?

Visit my website, TalkwithAudrey.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©

By Audrey Adams
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.

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 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.
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 wondering if death was imminent. Today, she finally found the medical help she needs and is effectively managing a rare autoimmune 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 misdiagnosed 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, whether 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.
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
- Consecutive: 123, 876, 645

**Win-4**
- Must Plays: 7538, 4165, 9364, 1532, 4912
- Nomatches: 6205, 3184, 8426, 2687, 5098
- Single: 1124, 6911, 5033, 6551, 8551
- Doubledrome: 2266, 8668, 1991, 5225, 4400
- Triple: 6661, 6664, 2262, 1711, 0001
- Consecutive: 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

**GAMES**

**ACROSS**
1. Shrub or tree especially common in Africa
2. “Toy Story” child antagonist
3. “That was close!”
4. He confronted Jafar in Disney’s “Aladdin”
5. This one should beware of Asteraceae flower
6. Presidential election month
7. State indirectly
8. *Cuckoo’s nest guardian
9. Open-mouthed
10. *Fa follower
11. *December stone
12. *Fitting
13. *Embarkation location
14. “The Exorcist” possessesor
15. Brooding
16. Last word in radio transmission
17. Flax plant fabric
18. Calcium oxide
19. He’s evil in “the Jungle Book”
20. Penpoints
21. Hipbone-related
22. Like the White Rabbit
23. ___ Crawley, The Countess of Grantham
24. The enlightened one
25. Post-deductions amount
26. “Uh-uh”
27. A remarkable degree, in U.K.
28. ___ or decaf
29. Right-hand page
30. “Seven” sadist
31. Floorboard sound
32. Beta Kappa
33. Spacious
34. Ancient
35. Bro or sis
36. Ammon, pl.
37. “... all work out”
38. “... all work out”
39. Egg holders
40. Dietary mineral
41. “For better or worse”? Camouflaged equine
42. Take back what one said
43. Decode letters
44. Network of nerves
45. Old but in
46. “No ordinary doll
47. Aardvark’s meal morsel
48. Ali Khamenei’s capital
49. Aardvark’s meal morsel
50. Bus thicket
51. “Voice of Darth Vader, James...”
52. Be compatible
53. Cheadle and Rickles
54. Bypass
55. Unfed or nestling hawk
56. Fraternity letter
57. Process of decay
58. It destroys helper T cells
Gran Piatto d'Oro, a fine dining restaurant has been serving the neighborhood for almost 13 years, having been the first one to come to the Harlem community and open this fine dining, elegant restaurant, bringing the food of downtown to uptown.

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COMMUNITY CALENDAR OF EVENTS  page 8
Seegerfest At Bronx Riverside Park

By Howard Giske

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 sings and plays guitar mostly for children. He performed a light and amusing set, including songs like “Abra-cadabra” 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.”
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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 reopen 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 launching 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.”

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, CorletteNY, 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 programing. 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.
Jamaica Jerk Fest
Bigger and Better Than Ever  page 5

COMMUNITY CALENDAR OF EVENTS  page 8
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; Jamaica 311; 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 1 – 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 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.