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

COMMUNITY HARLEM NEWS

"Good News You Can Use"

Vol. 21 No. 4

January 28 - February 3, 2016

FREE



**CELEBRATED
ACAPPELLA ENSEMBLE
SWEET HONEY IN
THE ROCK RETURNS
TO CARNEGIE HALL
FEBRUARY 11**

see page 12



**Abraham and
Martin United
in Opposition to
Injustice**

see page 11

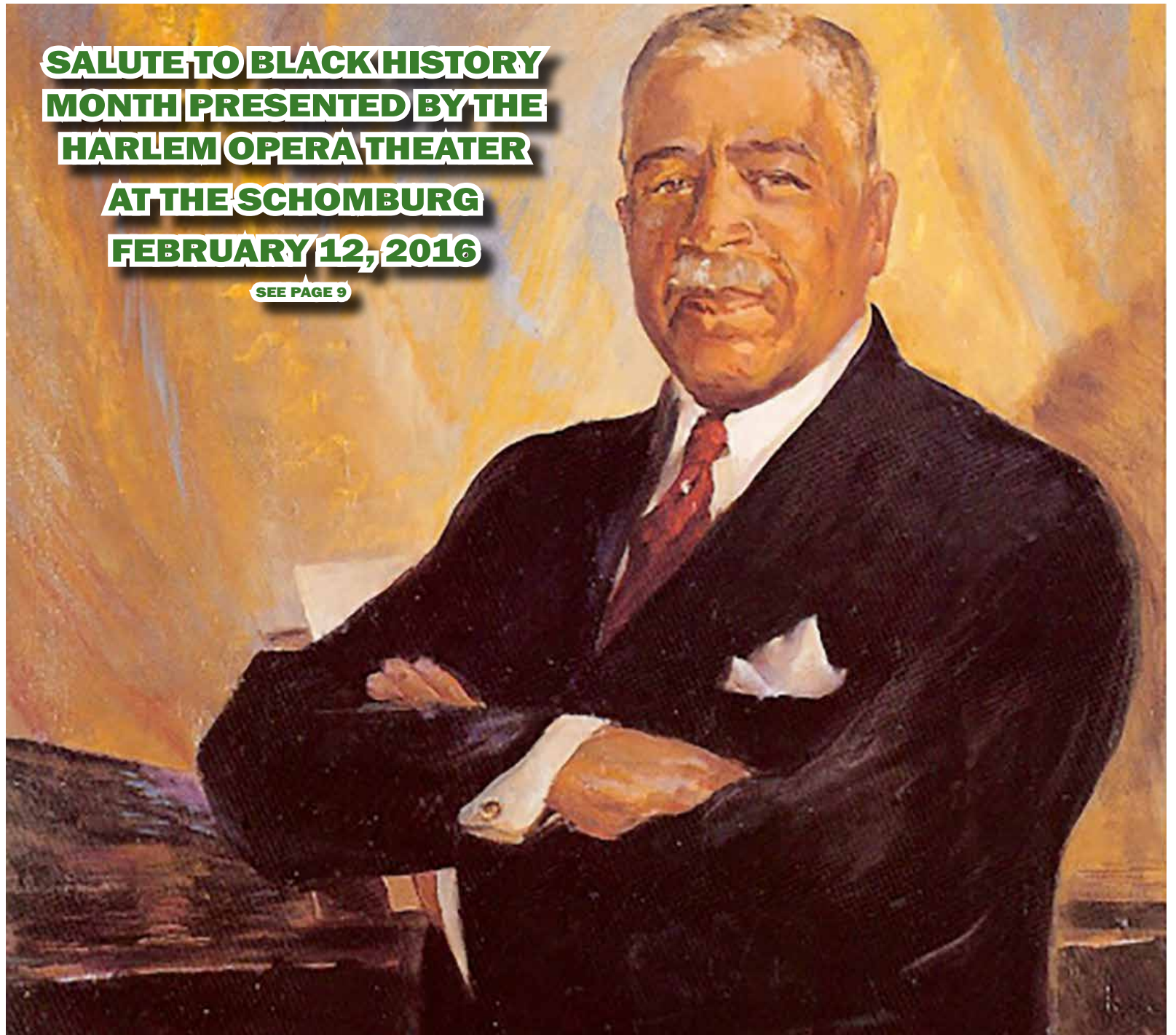


**A Celebration of
Atlantic City's
Historic Club Harlem
Returns to Aaron
Davis Hall**

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**SALUTE TO BLACK HISTORY
MONTH PRESENTED BY THE
HARLEM OPERA THEATER
AT THE SCHOMBURG
FEBRUARY 12, 2016**

SEE PAGE 9



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OUR MISSION STATEMENT

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

HARLEM COMMUNITY NEWS
BROOKLYN COMMUNITY NEWS
BRONX COMMUNITY NEWS
QUEENS COMMUNITY NEWS

Free copies distributed in your community weekly

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PAT STEVENSON

GOOD NEWS
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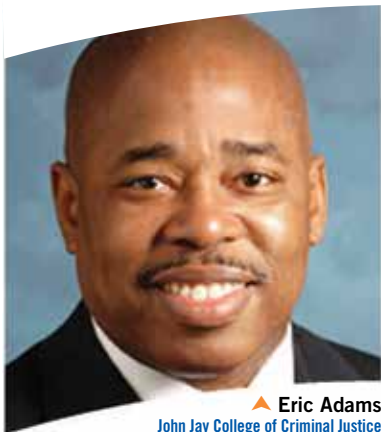
February is “Black History Month.” There are many events honoring Black people who are have made a difference in the world. The Harlem Opera Theater will present a salute to the life of Harry T. Burleigh, Father of Concert Spiritual Arrangements.
(see page 9).

Sweet Honey in the Rock will return to Carnegie Hall on February 11th. If you have not seen them before, trust me, you will love their show. If you have seen them before, I know you can’t miss this performance and I will see you there.
(see page 12)

Be sure to check out our events calendar for events uptown. You can add your event to our calendar on our website at www.harlemcommunitynews.com.

Pat Stevenson
Celebrating
20 Years
Publishing
in 2015.

Pride of New York



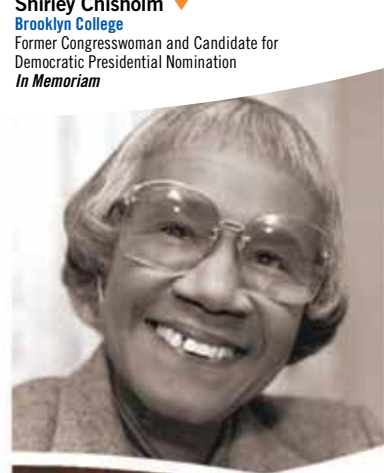
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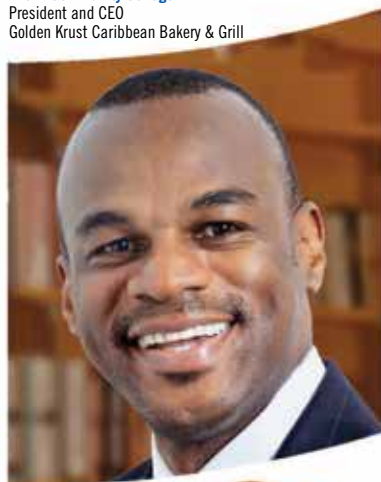
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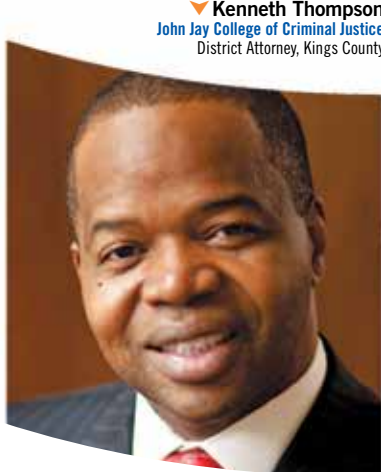
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Business Owners - Separate Business & Personal, Build a Professional Team

By Derrick Howard, Accountant, Sr. Tax Associate, The Koger Group

are used to do everything on your own.

The last thing you need is to fall prey to the most common mistakes that businesses owners make.

5. Commingling business and personal funds. Commingling personal and business funds is a recipe for disaster in a business. Although a sole proprietorship files both,

personal and the business income tax together, they should both be treated as two distinct entities. Separate bank accounts is the best way to do this, keeping business and personal finances completely separate, that means separate checking accounts, separate billing for expenses, separate everything. When business expenses are paid

with personal funds and it will happen, then an expense reimbursement should be submitted to the business. Vice-versa, business income should not be deposited into a personal account. Yes, it may seem like duplication, as this helps organize your funds, as well as the auditing process.

6. No professional assistance. Business

owner's should develop a professional team of advisors, the right consultant can be a cost-effective way for a business to leverage specialized knowledge, whether in the form of business consulting, finances, lawyer, accountant. These guys are like personal trainers for your business. A great consultant brings knowledge,

skills, experience, and processes to improve the business position. You the business owner should concentrate on what you know how to do best and leave the rest to knowledgeable pros, as always consult with your business professionals.

DerrickHoward

Accountant • Sr. Tax Associate

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Finally, making a success of any business requires a multitude of different skills, some are more challenging than others. Especially when it involves financial management and seeking out professional advice particularly when you

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Beyond the Rhetoric: Back to Basics – Vote Intelligently

By Harry C. Alford NNPA News Wire Columnist



We have been going through my archives. Some of my writings from the past still apply today. Some are more relevant today than they were back then (in the 1980's). The following is one of those articles that I'm compelled to republish.

The emergence of Ronald Reagan and the Republican Party in the 1980's put the majority of Black advocates in a precarious position. So strong and lopsided was Black support for the Democratic Party that the arrogant Reagan regime figured they owed us nothing.

Almost immediately, affirmative action, the SBA, minority business programs came under attack. Many of the gains made in the '60's and '70's were diluted, as we had no "markers" to pull.

We have learned a very strong lesson. Never put all of your eggs in one political basket. Advocacy groups should remain nonpartisan. Effective groups will be undamaged by any election outcome. Regardless of who is Mayor, Senator, Governor or anything else the group should be prepared to deal with the elected official. The agenda should

be for the good of the Black economy – our people. An effective group should keep its "eyes on the prize" and not be left out of the sphere of influence.

An elected official has only one thing in mind and that is to get re-elected. Don't be naïve to think that elected officials do things because they think it is right. They do it because they believe it will be the winning edge at the voting polls.

It would be silly for us to think that all democrats have the same fine views of the late John F. Kennedy or that all republicans are as reticent to our needs as Ronald Reagan. There are good and bad in both parties. They all can be converted into different directions based on the make – up of the sphere of influence. The fact of the matter is that there is very little difference in either party.

Blacks have got to recognize the need for us to have influence in both parties. We need high-ranking, key decision makers in every administration. I predict a more sensitive approach to minority participation with the Department of Defense with General Collin Powell as Chairman of the Joint Chiefs of Staff. I predict little progress with the Indiana Department of Commerce until we have a talented, policymaking Black assigned to a top level position. There simply will not be enough sensitivity coming down from the boardroom.

I predict a whole new and better approach to minority participation at Indianapolis Public Schools now that Dr. Shirl Gilbert is the superintendent. We have four Black board members to thank and they are composed of both republicans and democrats.

No political party has an exclusive on economic parity. Let's be non-partisan in the pursuit of that. Let's have both sides appealing for our support, proving their commitment and providing opportunity. By all means, vote but never vote blind. Vote for the person who exemplifies what we need. Never let them assume our vote. Keep them working for it.

The above piece was prophetic. Indianapolis Public Schools within a year had fourteen schools to be rebuilt by three Black construction firms and four Black architects/engineering firms. The pension fund was turned over to a Black financial manager. Black graduates of the school system received numerous jobs from these contractors. Mayor Stephen Goldsmith, a republican, proudly displayed his joy about this. Gaining a big piece of the Black vote encouraged him to perform a Disparity Study, which would guide the city procurement office to significant diversity. For the first time in history, a democratic governor felt the pressure and started to break ground via a statewide Disparity Study and the Legislative Black

Caucus started pushing for more Black involvement via contracting and leadership roles within the state government. This is a "Best Practices Model" for all major cities within our great nation.

Before we got our city together, Indianapolis Black entrepreneurs were doing about \$30 million in business per year. Today, they approach \$1 billion annually. It doesn't matter which political party is in control any more. Black jobs and businesses are going to prosper as our vote is precious and unpredictable.

It would behoove Black cities like Chicago, Detroit, Philadelphia, Baltimore and the rest of those housing enormous ghettos and lack any real Black power to pay attention to what happened in Indianapolis. Black economic development is not guaranteed by any political party. It happens when it is necessary to continue political success because the Black vote becomes a wise vote demanding positive results and progress. Those who have wasted their vote simply because a candidate was Black or belonged to a particular party may continue to suffer. The last seven years attest to that.

Mr. Alford is the co-founder, President/CEO of the National Black Chamber of Commerce ®. Website: www.nationalbcc.org Email: halford@nationalbcc.org.



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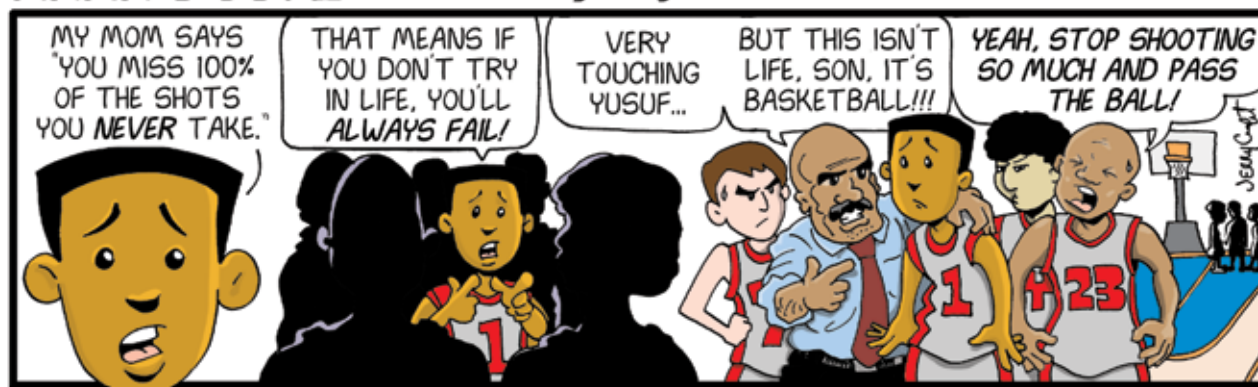
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Home Buying In Harlem

Be Prepared to Buy Now

by Rev. Charles Butler

Can anyone afford to buy a home in Harlem? This is a serious question and it must be addressed. When observing the current housing market situation in the Harlem community it appears that the trend is now one of 'reverse integration.' Meaning most of the new Harlem home buyers are coming in from outside the community. Apparently these buyers are the only ones having an income high enough to qualify for a mortgage.

This is exactly what the phrase being 'priced out of the market' means. Low to moderate community residents cannot afford to purchase property in their own neighborhoods. But the more affluent individuals are

able to buy most of the housing inventory at or above market prices. What is even more incredible is these buyers are still eligible for first time mortgage products including grant incentives from lenders for purchasing in a low to moderate income community.

With rising home values, and annual incomes below 80% of the area median income (AMI), unfortunately there are very few options for the low to moderate prospective first time buyers. But not all is lost. There are still some home buying opportunities available through programs such as the Urban Homestead Assistance Board (UHAB). They have just about the most affordable cooperative units in Harlem. You can go to their website for more information: www.UHAB.org.

Another affordable unit is the Housing Development Fund Corporation (HDFC) cooperative. There is no one place listing all of the available HDFC units. You will need to do a great deal of research and work with a real estate agent specializing in these units. It is important to review the financial records of the building because not all HDFC's are reporting a profit. Also most lenders are hesitant about writing a mortgage on an HDFC which makes it difficult to use the down payment grant programs.

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

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HARLEM CALENDAR OF COMMUNITY EVENTS



Feb 12
Harlem
Opera at the
Schoburg

Lincoln Center Songbook

February 6-March 31

Feb 6 – March 31
Songbook at Lin-
coln Center. Pre-
sented by Vanessa
Williams, Terri Lyne
Carrington with Val-
erie Simpson and
Oleta Adams: The
Coope Clan and Ima-
ni Uzuri to perform
in Lincoln Center's
American Songbook
2016 Season. As part
of its 17th season,
Lincoln Center's ac-
claimed series Amer-
ican Songbook will
feature top perform-
ers and rising stars of
musical theater, pop,
jazz, folk, soul, and
R&B in The Appel
Room and the Stan-
ley H. Kaplan Pent-
house this January
through March. The
Appel Room series
opened with the ver-
satile Vanessa Wil-

liams on January 20,
singing everything
from show tunes to
her chart-topping
hits. Broadway's Jer-
ry Dixon takes the
stage on February
6 with his husband
Mario Cantone. On
February 24, Rhian-
non Giddens is joined
by Leyla McCalla and
Bhi Bhiman for
Swimming in Dark
Waters—Other Voic-
es of the American
Experience, an ex-
ploration of music
of protest, subver-
sion, and cultural
resistance; and, on
February 27, Terri
Lyne Carrington's
The Mosaic Project:
Love & Soul feature
the legendary Val-
erie Simpson and
pianist Oleta Adams
in an expansive,



all-female collabo-
ration that illumi-
nates the cross-pol-
lination of American
music. Tickets may
be purchased on-
line at American-
Songbook.org, via
CenterCharge at
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Alice Tully Hall and
David Geffen Hall
Box Offices, or at the
Frederick P. Rose
Hall Box Office. Pre-
mium packages—in-
cluding wine, dinner,
and the best seats in
the house—are
available.

Feb 4-7

The Harlem Fine
Arts Show will re-
turn to the historic
Riverside Church .
The four-day trav-
eling exhibition and
sale of contemporary



paintings, sculpture,
and photography is
the largest of its kind
featuring art from
the African Diaspo-
ra. The exhibition
is open to collectors,
art enthusiasts, ed-
ucators, and profes-
sionals. Show sales
at Harlem Fine Arts
Shows have totaled
more than \$7 million
since its inception.
The HFAS will host
an "Harlem Nights,"
an opening night
preview event, at
6:00 p.m. on Febru-
ary 4 with a 'salute
to NYC arts' organi-
zations. A portion
of the proceeds from
the opening night
event will benefit the
Riverside Commu-
nity Services Corpo-
ration. This year's
event will showcase



over 80 national and
international artists
and galleries. "As
we continue to grow
the Harlem Fine
Arts Show and take
it across the country
we never lose sight
that the New York
show is our flagship
event," explains
Dion Clarke, found-
er of the HFAS. We
continually look for
ways to grow the
show, bring our visi-
tors new and exciting
options and continue
our wonderful part-
nership with River-
side Church. Friday,
February 5 is "Youth
Empowerment Day."
Beginning at 8:00
a.m. nearly 1,000
students from the
Tri-State area will
attend the exhibition
to see the show and



interact with the art-
ists. There will also
be a special walk
through of the show
for area interior de-
signers. The Show
opens to the public at
6:00 p.m. Saturday
the show will open
at 10:00 a.m. 1:00
p.m. - 6:00 p.m. For
additional informa-
tion visit www.hfas.org/newyork. Gen-
eral admission is \$25
with varying prices
for special events

Feb 12 7:30pm

Salute to Black
History Month,
150th Anniversary
of the Life of Harry
T. Burleigh - Father
of Concert Spiritual
Arrangements at the
Schomburg,

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SALUTE to BLACK HISTORY MONTH
Friday, February 12, 2016 ~ 7:30PM
 The Schomburg Center for Research in Black Culture
 515 Malcolm X Boulevard @ 135th St., NYC
 6:00PM Reception and Concert \$40.
 7:30PM Concert \$25. | Seniors and Students \$20.

150th Anniversary of the Life of Harry T. Burleigh (1866-1949) baritone, educator, composer and Father of Concert Spiritual Arrangements. Composer Antonin Dvořák called Go Down, Moses as great a melody as any Beethoven wrote and encouraged Burleigh to write out and sing these songs. Paul Robeson listed Harry T. Burleigh as one of his singing mentors.

Hear fine classical voices bring Harry T. Burleigh's outstanding art songs and spirituals to life.
 Tickets: www.harlemoperatheater.org | Voice Messages: 212-592-0780

Salute to Black History Month Presented by the Harlem Opera Theater at the Schomburg Friday, February 12, 2016

*150th Anniversary of the Life
 of Harry T. Burleigh (1866-1949) Father
 of Concert Spiritual Arrangements*

Harlem Opera Theater will celebrate the life and works of Harry T. Burleigh, baritone, arranger and composer of over two hundred art songs. While a student at the National Conservatory of Music in New York, he became a friend of director/composer Antonín Dvořák and influenced his work, Symphony No. 9, "From the New World" (New World Symphony) in 1894. Dvořák called Go Down, Moses as great a melody as any Beethoven wrote and encouraged Burleigh to write out and sing these songs. H.T. Burleigh became a soloist for over 50 years at the St. George's Episcopal Church in New York City. From 1900 to 1925 Burleigh was also a member of the synagogue choir at the Temple Ema-

nu-El in New York, the only African-American to sing there. Paul Robeson listed Burleigh as one of his singing mentors. Through his performances, original compositions and arrangements of spirituals, Burleigh helped establish American folk music in the concert hall and became the first black American composer to gain international prominence. He was also the first to have his music recorded. In 1914, he was a founding member of the American Society of Composers, Authors and Publishers (ASCAP), and received a seat on its board of directors in 1941.

Hear fine classical voices bring Harry T. Burleigh's outstanding art songs and spirituals to life. 6:00PM Reception and Concert \$40. | Seniors and Students \$35.

| Groups of 10 or more \$30.
 7:30PM Concert \$25. | Seniors and Students \$20. | Groups of 10 or more \$15.

Event being held at The Schomburg Center for Research in Black Culture

515 Malcolm X Boulevard @ 135th St., NYC

Tickets available online www.harlemoperatheater.org

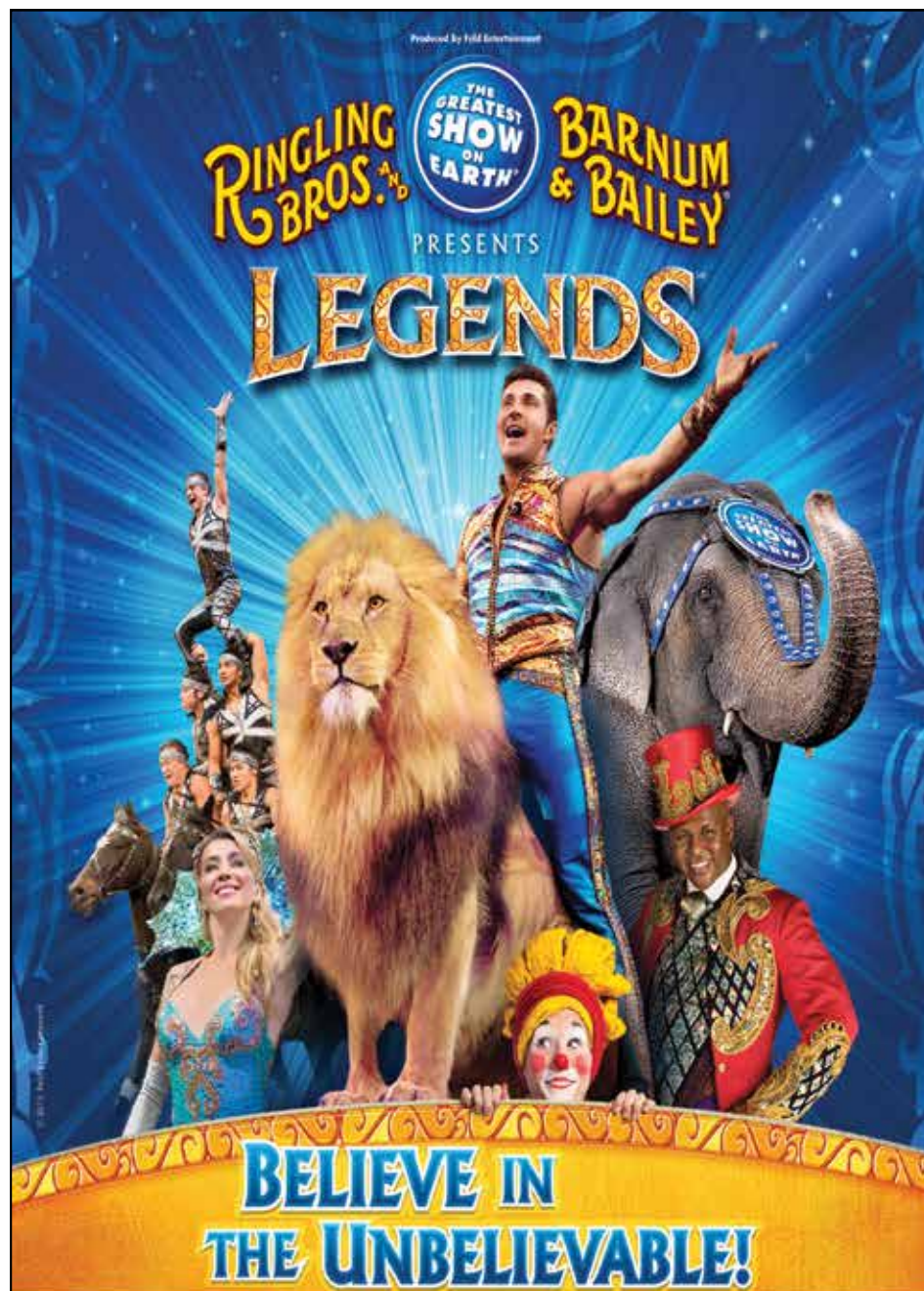
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Tickets on sale in Harlem began Saturday, January 23, 2016

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70th ANNIVERSARY of the UNITED NATIONS: A REVIEW of ACCOMPLISHMENTS AND CHALLENGES IN 2015

By Maria Grazia Cavenaghi

2015 was a year of great achievements but marked by terrible humanitarian tragedies as well.

The haunting image of that little boy, washed up on the shores of Turkey, brought vividly and abruptly to the attention of the whole world the plight of 60 million refugees and will forever remain in our collective memory as the symbol of a tragedy that can no longer be ignored.

Innocent people in Paris, Beirut, Nairobi, - and the list goes on- killed, injured and kidnapped in terror attacks as well as countries brought to ruins by never-ending battles have reinforced the understand-

ing, in all people of good will, that these murderous acts cannot be stopped by more guns, violence or wars but only through reinforced intelligence and diplomacy fostering a deep and much needed change in cultural understanding and behavior!

The "UN Year in Review 2015" recalls these daunting challenges the United Nations faced in its 70th anniversary year - but also shows what can be achieved, when countries decide to set aside their short term, short sighted interests and all work together.

Paris and the entire world community respond-

ed strongly and united, just a couple of weeks after the terror attacks, by reaching a **historic Agreement on climate change** that commits countries to keeping global temperature rises to below two degrees Celsius, bringing about positive economic, political and humanitarian developments!

The global collaborative effort to curb **Ebola**, is finally giving its results.

A record number of refugees have been assisted in their long journey to escape from wars and famine.

More **Women's and LGBT Rights** have been protected and guaranteed by affirmative actions and sustainable projects.



UN Photo/Evan Schneider

"Pope Francis at the UN"



The unity of all member states to invest in the future of our planet has brought to the Adoption of the new global **Sustainable Development Agenda** to end extreme poverty and promises a sustainable future for all people, without which, not only the affected countries, but the economies of all the countries will succumb.

"War is the negation of all rights and a dramatic assault on the environment," **Pope Francis** said in his deeply impacting speech at the UN making it clear for world leaders that doing more for the world's most disadvantaged people in times of peace and war is not only a humanitarian urgent need but an economic imperative as well!

These are just a few of the most pressing challenges that, from its peacekeepers on the ground, to the halls of the Security Council, the UN faced in 2015 to ensure human rights, international peace and security for all.

For more info: <http://webtv.un.org/watch/united-nations-year-in-review-2015/4671606008001>



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Abraham and Martin United in Opposition to Injustice

The stark facts, stated simply and carefully, make for large emotion. Two men of different races, living in different centuries, are shown to be akin, united in opposition to injustice. And the music of this poem has us feel both men are alive, warm, near.

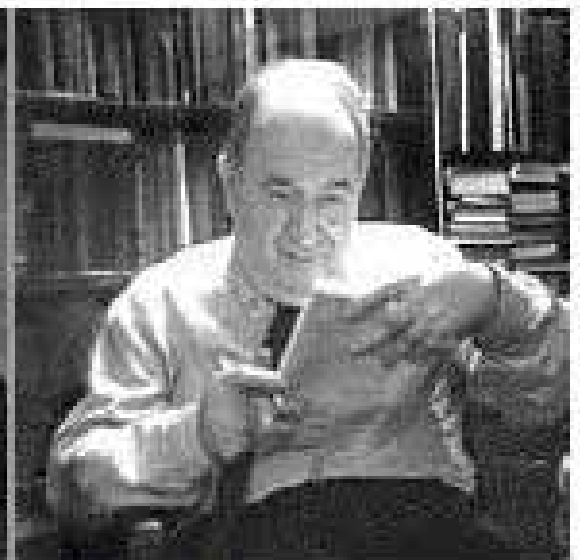
Abraham Lincoln, as Dr. King himself recognized, wanted the murderous injustice of slavery to end. He considered The Emancipation Proclamation, written in his own hand-writing, "the central act of my administration and the great event of the 19th century."

Martin Luther King is loved for his bravery, sincerity, and enormous energy in fighting for the social and economic rights of people of all races, and against America's vicious, unjust war in Vietnam, saying:

"This business of burning human beings with napalm, of filling our nation's homes with orphans and widows...cannot be reconciled with wisdom, justice, and love. A nation that continues...to spend more money on military defense than on programs of social uplift is approaching spiritual death."

He led the Poor People's Campaign to end poverty, and was killed in Memphis after speaking on behalf of the livelihood and dignity of striking sanitation workers.

What would it mean for injustice to die? I think it would mean every person-world leaders and private



Abraham Lincoln, Martin Luther King, Eli Siegel

In April 1865 Abraham Lincoln died.

In April 1968 Martin Luther King died.

Their purpose was to have us say, some day: Injustice died.

citizens--honestly answering this question Mr. Siegel asked, "What does a person deserve by being a person?"--and wanting to be a means of every person getting what he or she deserves. Along with good food, a home, education, and a job that is useful and pays fairly, I believe every person deserves to be seen fairly, ethically, as having feelings as deep and as real as our own

Eli Siegel's poem

*Something Else
Should Die: A Poem
with Rhymes 1968*

The purpose of art and of politics, in the long run, can be described as the same: the defeat of ugliness. Ugliness is the failure of a good general meaning or possibility of the world to be the same as the attitude, the motion, the intent, the doing of

an individual or individuals. John Wilkes Booth seemed to override the intent of America with his intent: the killing of Lincoln made for a while an ugly individual attitude supreme. It was so with the killing of Martin Luther King. Is it not felt by the contemporaries of John Wilkes Booth and by the contemporaries of the unascertained killer of Martin Luther King that these killers are ugly? Ugliness is interference with beauty as large by the narrow which, for the while, is stronger. Injustice will die only when an individual no longer can feel that individuality is more served by injustice than by justice; by ugliness rather than non-ugliness. Certainly the lessening of injustice looks good-as a tree

does or a paragraph may.

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CELEBRATED ENSEMBLE

SWEET HONEY IN THE ROCK RETURNS TO CARNEGIE HALL ON THURSDAY, FEBRUARY 11 AT 8:00 PM

Special Guest Artists Terence Blanchard and Regina Carter Just Announced



Grammy Award-nominated a cappella ensemble **Sweet Honey In The Rock**—internationally renowned for seamlessly traversing musical genres through vibrant song, dance, and storytelling—returns to Carnegie Hall on Thursday, February 11 at 8:00pm, for a performance in Stern Auditorium/Perelman Stage. The evening features special guest performances by award-winning jazz artists trumpeter and composer Terence Blanchard and violinist Regina Carter. This performance marks the ensemble's 32nd appearance at Carnegie Hall.

On the heels of celebrating their 40th anniversary as an ensemble, Sweet Honey In The Rock will release their 24th album, *#LoveInEvolution* on January 22 on SHE-ROCKS 5, Inc. / Appleseed

Recordings / Entertainment One. Staying true to their signature style of soul, jazz, blues, spirituals, gospel, and African chants, the album is the group's first studio release in nine years.

The current lineup of vocalists features its core members Louise Robinson, Carol Maillard (both founding members) Nitanju Bolade Casel, Aisha Kahlil, and Shirley Childress Saxton (American Sign Language Interpreter who has been performing live with the group since 1981). The ensemble will also feature guest musician Romeir Mendez on acoustic upright and electric bass, who has become a regular guest for many of their performances.

About The Artists

Founded in 1973 at the DC Black Repertory Theater Company by Dr. Bernice Johnson Reagon with Mie

Fredericks, Carol Maillard, and Louise Robinson, **Sweet Honey In The Rock** has been a vital and innovative presence in the music culture of Washington DC and in communities of conscience around the world. The metaphor of sweet honey in the rock (taken from the biblical passage Psalm 81:16 in which King David promises his people that if they are obedient to God they will be fed with "honey out of the rock") captures completely these African American women whose repertoire is steeped in the sacred music of the Black church, the clarion calls of the civil rights movement, and songs of the struggle for justice everywhere.

With a new album *#LoveInEvolution* due out this month, Sweet Honey In The Rock endlessly continues to evolve and cultivate

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On Kentucky Avenue A Celebration of Atlantic City's Historic Club Harlem Returns to Aaron Davis Hall

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Back by popular demand, On Kentucky Avenue: A Celebration of Atlantic City's Historic Club Harlem returns to City College's arts center Aaron Davis Hall for a three-day encore engagement.

Called "one of New York's most magical and electric shows" by Broadway After Dark, this musi-

cal is fictional but inspired by real people in a real place: Kentucky Avenue, the center of black night life in Atlantic City, New Jersey. Summers were hot, not only because of the balmy beach weather but also by virtue of the sizzling music and dance emanating from the clubs on the block. The most famous spot of all was Club Harlem, named in honor of the genre of Black live entertainment that was fast-paced, jazzy and pulsating, with dancers, singers, elegant showgirls, comedians and specialty acts. Performers at

the "Black Copacabana" included Ella Fitzgerald, Richard Pryor, Sammy Davis Jr., Nancy Wilson, Tito Puente, Moms Mabley, Duke Ellington, Slappy White, Sarah Vaughan and the Temptations, but headliners from neighboring clubs would often stop by for Club Harlem's 5 a.m. show—renowned entertainers like Frank Sinatra, Milton Berle, Dean Martin and Jerry Lewis.

For more information about On Kentucky Avenue please visit our website at www.citycollegecenterforthearts.org.

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Have Recurring Gastrointestinal Symptoms? Don't Wait to Tell Your Doctor

Many people find it difficult to discuss gastrointestinal problems with their doctors, yet such issues are far more common than you might realize. For example, irritable bowel syndrome (IBS), which is characterized by recurring abdominal pain with either constipation or diarrhea, impacts nearly 35 million Americans -- and its effects go beyond physical discomfort, according to a new survey.

Three-quarters of IBS sufferers surveyed reported feeling frustrated and/or depressed according to a new survey from the American Gastroenterological Association (AGA). And over half (52 percent) of all respondents

said their symptoms were extremely or very bothersome -- so much so that they reported they would give up caffeine (55 percent), their cell phone or Internet connection (47 percent), or even sex (40 percent) for one month for the chance to feel one month of relief.

The "IBS in America" survey, commissioned by the AGA and conducted with the financial support of Ironwood Pharmaceuticals, Inc. and Allergan plc, reveals many insights that could prove useful to both patients and doctors. For example, a majority of sufferers said they wait more than a year before even talking with a doctor about their symptoms.



"Talking about bowel function habits is never easy, but it is concerning to see how long the respondents in this survey often waited to talk to a doctor. There may not be a cure for IBS, but there are treatments. Patients need to see a doctor, and doc-

tors need to be proactive in bringing up this topic in conversation with patients," says Dr. Michael Camilleri, president of the AGA.

The AGA recommends three steps that can improve doctor-patient communication:

- **Speak Up Early:** The study revealed that many sufferers take the advice of friends or family without speaking to a doctor or attempt to self-medicate with over-the-counter products, without success. Instead of suffering in silence or taking advice from people who aren't health-care professionals, talk to your physician about recurring abdominal pain and bowel symptoms.

- **Speak Up Completely:** Instead of just saying "I have constipation" or "I have diarrhea," tell a doctor about the full extent of symptoms, how they impact your life, and what approaches you have already been tried to manage them.

- **Speak Up Often:** Tell a doctor if symptoms return despite treatment efforts. Your doctor can then assess alternatives.

Full survey results and more information about IBS can be found at ibsinamerica.gastro.org.

If you suffer from chronic abdominal pain and bowel symptoms, remember, you're not alone.

"IBS is the seventh most common diagnosis made by all physicians and the most common diagnosis made by gastroenterologists," points out Camilleri.

The sooner you seek professional help, the sooner you and your doctor can discuss all of your options for managing your symptoms.

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Three Ways Retirees May Benefit Financially From Embracing Technology



Tech Trend Also Can Improve Quality Of Life, Family Focused Planner Says By Edward Sota

ment Advisory Group, LLC, (www.safeguardinvestment.com). Six out of 10 people who are 65 and older are active online, according to Pew Research Center.

“Online technology is so ubiquitous today, and gadgets are increasingly user-friendly, that it’s no surprise more retirees are active online,” Sota says. “There are multiple benefits to technology that positively affect finances during retirement.”

Sota reviews the ways in which retirees financially benefit from today’s technology.

- **Telecommuting in retirement.** Just as the line for working hours and home life has blurred for most professionals today, so too has the line for pre- and post-retirement. About 40 percent of

baby boomers are planning to work during retirement, according to AARP. Technology has made telecommuting easier for everyone, especially retirees, who often prefer to be in retirement surroundings – the beach, their home and with their family – than under fluorescent lights in a suit. And, the web allows ambitious seniors ways to update their skills, such as learning a new program.

“Depending on your unique circumstances, it may be advisable for you to work, at least part-time during retirement,” Sota says. “Many retirees *prefer* to work, too. It keeps them active while yielding some extra cash.”

- **Tech seems to keep seniors younger.** Tablets, smartphones and computers are

keeping seniors four to eight years younger, suggests a new study from the journal *Intelligence*. The cognitive ability of individuals age 50 and older from a decade ago compared to those of the same age today shows that an upward drift in mean cognitive abilities is similar across educational levels. The common differentiating factor is the increased use of technology.

“Of course, this can have potentially multiple beneficial results for someone near or past retirement age,” Sota says. “It may cause folks to put off retirement, extending those earning years while gaining more annual contributions from Social Security.”

- **A better relationship with finances.** Most of us have a different relationship with

our learning and our personal statuses with technology. If we don’t know something, we can look it up. Online resources are virtually infinite, and retirees can easily learn more about finances – especially with increased free time. And, there are many tools enabling retirees to track how their portfolio is performing, and why it’s performing that way.

“Education in one’s own finances is so crucial for anyone, especially retirees,” Sota says. “Online resources enable learning to be more self-directed, which better involves the individual.”

About Edward Sota

Edward Sota (www.safeguardinvestment.com) is a partner at Safeguard Investment Advisory Group, LLC. For 20 years he has helped

families with financial planning, wealth management, life insurance and long-term care insurance, as well as advanced estate planning. Sota’s process is comprehensive and includes extensive client input, the creation of a realistic financial plan and ensuring client understanding. Sota attributes a great deal of his success to his family, which includes his wife, Kathy, and his three children: Hailey, Alyssa and Christopher. He’s also an active member in his church and assistant scoutmaster for Boy Scout Troop 454 in El Dorado Hills. He holds California Life-Only and Accident and Health licenses (#OC16747), and holds a Series 65 license, and is registered through the Financial Industry Regulatory Authority (FINRA).

Why Health Care Costs Could Be Your Retirement’s Achilles’ Heel

Taking Potential Medical Expenses Into Account Is Important When Preparing For Retirement, Says Financial Planner

By Travis Chance

A majority of affluent older Americans who are nearing retirement share the same concern – that health care costs could strike a blow to their retirement plans.

In fact, 63 percent of them choose the word “terrified” to describe how they feel about the subject, according to an annual Nationwide Retirement Institute survey.

But while health costs are a legitimate concern, rather than fretting, people need to start planning so they can feel confident that their retirement savings and income are up to the task, says Travis Chance, president and founder of CFG Wealth Management, LLC (www.chancefinancialgroup.com), and

CFG Insurance Planning.

“There’s no doubt that medical expenses can add up for retirees,” Chance says. “That’s why everyone needs to keep those costs in mind when they are investing and saving for retirement.”

Just how expensive can health costs become?

A healthy 65-year-old married couple can expect annual health-care expenses of \$6,999, according to a 2015 study by HealthView Services. That would grow to \$14,530 annually by the time the couple reaches 85, the study says.

That could represent a huge chunk of savings for many retirees, especially when fewer people have pensions that give them a steady stream of income

in retirement, Chance says.

Here are a few steps worth taking as you contemplate how health care costs may throw a wrench in your retirement plans:

- **Acknowledge the concern.** Even though so many people are worried about health costs in retirement, the majority of them (53 percent) don’t discuss those worries with their spouses or significant others, the Nationwide survey showed. One in 10 of those surveyed say they just don’t want to think about it. “Anything that could end up affecting your retirement nest egg is worth talking about with your spouse,” Chance says. “This is especially important because one thing I have seen is that people often

underestimate just how long they might live in retirement. Life expectancies are getting longer, so you could be retired for 20 or 30 years or more and your health expenses could be growing with each year.”

- **Talk to a financial advisor.** The Nationwide survey revealed that a disconnect exists between people’s thoughts and their actions when it comes to discussing with their financial advisors how medical expenses fit into their retirement plans. While 53 percent of older adults who have talked to a financial advisor say it’s important to include health-care expenses in those discussions, just 10 percent actually had done so. “That’s a topic that really needs to come up when you

and your financial planner are mapping out your retirement needs,” Chance says. “You will have much more confidence in your plan if you are able to at least estimate what your health costs likely will be, and plan for those expenses, rather than leaving it all up to luck.”

- **Take care of yourself.** One way to reduce health costs is to avoid the need for medical treatment to begin with. If you exercise regularly, eat nutritious meals and get annual checkups, you will be in better physical shape when you reach retirement age. While there are no guarantees when it comes to good health, you can certainly improve your odds of a healthier retirement.

Travis Chance is a CER-

TIFIED FINANCIAL PLANNERTM, and has been awarded the Retirement Income Certified Professional designation through the American College. He also holds the Certified in Long-Term Care designation. His financial planning practice, CFG Wealth Management, LLC, has become a leading resource for south Georgia, and South Carolina low country residents over age 50. Chance specializes in the Retirement Income Planning area, and speaks regularly to groups on this topic. He holds a Bachelor’s of Business Administration degree from Georgia Southern University, and a Financial Planning degree from Kaplan University. (www.chancefinancialgroup.com)



Earth's Invisible Force Field

By William A. Rogers

There is a buzz on the internet about the discovery of an invisible force field that is about 7,200 miles above the earth. This newly discovered energy field seems to be blocking dangerous electrons before they can get to earth. It is not clear how the field developed and what other effects it will have on earth. I first learned about this newly discovered energy field during an interview with noted author Wayne B. Chandler on my WHCR 90.3FM (www.whcr.

org) Urbanology radio show last Tuesday. Wayne believes there may be other factors about this newly discovered energy field that might be related to the earth's energy shift brought on by the Age of Aquarius (see www.theartofwarogers). Many astrologers believed that this new Aquarian age will begin replacing the external material mental energy of the outgoing Age of Pisces with internal spiritual mental energy. It takes about 280 years for the cycle to complete we are just at the beginning but

many agree mental enlightenment will be experienced by more and more people now. While many will be able to see things clear by looking within, others will become more self-destructive by holding on to negative mental energy of the past. A great more turmoil is predicted at this early stage of energy cycle shifts on earth. Nature has always been selective. Perhaps just as the newly discovered energy field is protecting earth from the negative energy from harmful electrons above, the new energy shift on earth will begin

protecting us from the negative energy forces here on earth "As above So Below". Only time will tell but being aware of concepts such as this when we try to understand many of the things that we are experiencing in the world today might be helpful. Another event that will take place above the earth for the next few weeks is a visual sighting of an alinement of five planets. Mercury, Venus, Mars, Jupiter, and Saturn will be aligned and visible just before dawn from now until around the 26th of February. This might be a good time to seek out

a good astrologer to see how this might affect you. I will call Gale Armstead, my favored astrologer to see what she has to say about this planet alinement. You might want to do the same. Gale can be reached at 212 410-6755. The most important thing is to be aware of the energy shift going on. You do not want to be on the negative side of that shift. To learn more send me an email at theway-2wellness1947@gmail.com or call 646 329-6727 to schedule an appointment at the Ki Wellness Center.

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Herbs Are Nature's Medicine...

By Zakiyyah

Marigold, (aka Calendula), is used to reduce inflammation and promote wound healing. It is used to treat a variety of skin diseases and has been effective in treatment of skin ulcerations, eczema, and juvenile acne, where improvement was seen in as little as three-to-four days of treatment. Compresses of calendula blossoms are helpful for varicose veins. Calendula is one of several herbs used traditionally to treat conjunctivitis and other eye inflammations as it helps to reduce the swelling of eye infections. Years ago my cat had developed an ulcer-like

formation on his eyeball. I initially took him to the Vet, whose only response was surgery. I treated him myself with an herbal eyewash three times a day, containing marigold, and when I took him to a different Vet months later, his eye organs were completely intact and he had his full vision. An infusion is good for digestion and relieves colitis and symptoms of menopause. As an anti-fungal agent, marigold can be used to treat athlete's foot, ringworm, and candida. Calendula also possesses anti-septic and anti-inflammatory effects due to its flavonoid content. In mouthwashes and gargles,

calendula soothes sore throat or mouth tissue; in solutions, it has been used to treat hemorrhoids. It is also used as an anti-spasmodic to relieve menstrual cramps. MAKE NATURE'S MEDICINE YOUR OWN This information is to help you balance your natural healing energies and is not intended as diagnosis or cure, nor as a substitute for medical supervision. Website: www.sacredhealing7.com, Blog: www.herbsarenaturesmedicine.blogspot.com. Contact info: phone: 347-407-4312, send an email to request my FREE "online" Newsletter: theherbalist1750@gmail.com.



Time . . . To Take Charge!

by Audrey Adams

Time, there is so much of it if you use it properly and so little of it if it's wasted. You can't seem to catch up if you somehow manage to get behind and yet it keeps on marching on . . . There is a time for everything, waking sleeping, working, playing, eating, the list goes on. How you spend your time is up to you. As a commodity, time can't be sold or bartered for more time; that would require you be (mean that you would be) on someone else's time. . . or worse yet. . . borrowed time! It is also important to give time, even

if you don't have any to offer people or efforts. Giving time requires relinquishing even more valuable . . . you guessed it . . . time!

How do you make more time for yourself if you don't have time? Truthfully, you don't and can't because your time isn't yours! Right? Is it really possible to give something that doesn't belong to you? When it comes to time, the answer is yes because if you fail to find time then you end up missing the time to do it later because you will see that you are running out of time . . . again!

Then there are those we count on to always be on time, especially if we need them to help us monitor our time, they normally provide services and operate

on time schedules, trains, busses, subways and the like. We are sometimes amused (or not) if they run late, but their errors seem to really mess up our time! They make us realize that we should have given ourselves more time in the first place!

There are those who could really care less about our time, even though you are paying for their time, doctors, hairdressers, manicurists etc. They tend to ignore your request (pleadings) to be on time; but we tolerate it because to rush the service would mean that you won't get your money's worth and walk out undiagnosed, misdiagnosed, looking bad with jagged cuticles to boot! You see, they have to appear to

give more time to each person, but in reality they are taking up our time. Somehow we manage to forgive and forget even though they have taken up more of our time than we intended. Go figure.

How about time and time again...when we intend to do something and continuously forget? Or over planning to the extent that there is no opportunity for spontaneity? Is there ever a time to just be in the moment as life coaches are encouraging us to do? How many moments equal too much time? What ever happened to taking your time? It is said that time waits for no man or woman for that matter. Be thankful for the time you have and make the most of it before

today becomes yesterday's tomorrow. Think about it. See you next week. Visit my website, TalkwithAudrey.com and checkout my online radio show, *Talk! with Audrey* for a series of interviews that will inform, motivate and inspire you.

Audrey Adams is the host of TALK! with AUDREY a weekly radio show about issues that empower women, featuring entertaining, inspiring and interviews with experts and authors from the health, fitness, financial, and travel industries. TALK! with AUDREY provides insightful, intelligent, information to encourage viewers to improve the quality of their life and pay it forward. THE ADAMS REPORT©

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Spiritually Speaking

Bro. Bill De Fossett – host of The 3G Experience radio program,
WHCR-90.3 FM (www.whcr.org)

The largest snowfall in history brought out the best of us here in Harlem. WHCR-90.3FM The True International Voice of Harlem from Harlem was on automation this week end. With the hi-tech computer genius of our engineering staff along with the support encouragement of our General Manager Angela Harden, we were able to broadcast live from remote locations. Our cameras gave us “good looks” at the Harlem community and surrounding. It was fascinating. I was so proud to be a part of broadcasting history.

This moment allows me to remind you that we are still in our fund raising mode for our 30th Anniversary celebration this year. I have asked that you contribute to WHCR-FM either by mail or on our secure website (www.whcr.org). I will list those who have contributed in next week’s publi-

cation.

The inclement weather should have given you an opportunity to get to know your family and neighbors. Everybody in the house. Turn off those devices. Have fun in the house with those that live there. Cooking was one way to pass the time. Now I’ve got to eat all this stuff I cooked!

The majority of our churches were closed for the inclement weather, but many of those who were open report they had a great time “in the Lord”. Many other pastors went into the hi-tech/mass media world to reach their congregations. Rev. Lisa Jenkins, Rev. Frederick Crawford, Bishop Michel White-Haynes and Rev. Roger Hambrick used multi-media applications to reach their con-

gregations!

The 10th Annual Martin Luther King Celebration was held at the World Famous Apollo Theater. The presentation explored MLK’s 2 Americas concept. January 17th. The line was around the block to see this presentation. I believe that many folks who were too young to understand Dr. King, are older now. They understand the “2 Americas” concept.

The discussion around racism in America rises and falls depending where you go, live or travel. Look at the Flint, Michigan situation. Filthy water given to the Black and poor areas of the city. When Cher attempted to get “White American” water companies to donate water to the folks in Flint. That’s right - they re-

fused. Consider that the next time you buy bottled water. Cher had to get water from Europe sent to Flint.

In my opinion, the uproar about the Oscars is showing you another side of America’s 2 city situation. Boycotting the Oscar ceremonies will not accomplish anything. Being selective about WHAT movies you spend money on is quite effective.

Follow Bro. Bill on WHCR-90.3 – www.whcr.org – Thursday morning 6am-10am. We are also on Facebook and you can send comments or story ideas to me at PO Box 446, NY, NY 10039.

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“Year of Yes”

by Shonda Rhimes

REVIEW by Terri Schlichenmeyer, Harlem News contributor

For far too long, you’ve been holding back.

Opportunities have presented themselves, and you’ve passed on them. Chances have leaped in front of you and you skipped them, but you’re not sure why. Some days, you feel like you’re in a t10-foot-deep rut; in the book “Year of Yes” by Shonda Rhimes, you’ll see how to get out.

With two babies and a “tween” at home, several mega-hit productions, and hundreds of employees on her payroll, writer-creator-producer Shonda Rhimes had ample reason for turning down requests. She was busy – and she was also terrified.

Rhimes is a private person, an introvert’s introvert. She hated publicity, interviews, and foofaraw, all of which scared her to the

point of panic. “NO” was a much safer word until, on Thanksgiving Day a few years ago, her sister said six words that set Rhimes back on her heels: “You never say yes to anything.”

A few days later, after those words sunk in, Rhimes realized how wrong it was that her sister was right. Rhimes was “miserable” and knew that she shouldn’t be, so before she was tempted to let the idea go forever, she texted a friend and vowed to say “YES” to everything scary for one year’s time.

Almost immediately, the “Universe” sent her the first challenge: an invitation to speak at her alma mater’s graduation. Next came an invitation to interview with Jimmy Kimmel and, said Rhimes when it was done, “I didn’t die.”

She said yes to letting go of outdated ideas about motherhood. She became “a big social butterfly” before learning to say yes to play. As an F.O.D. (a “First. Only. Different.”), she’d already said yes to “literally changing the face of television,” but she had to learn to watch the yeses she stuffed in her face... and she said yes to weight loss.

She said yes to those who inspired her.

She said yes to compliments. She said yes to learning how to appropriately say “no.”

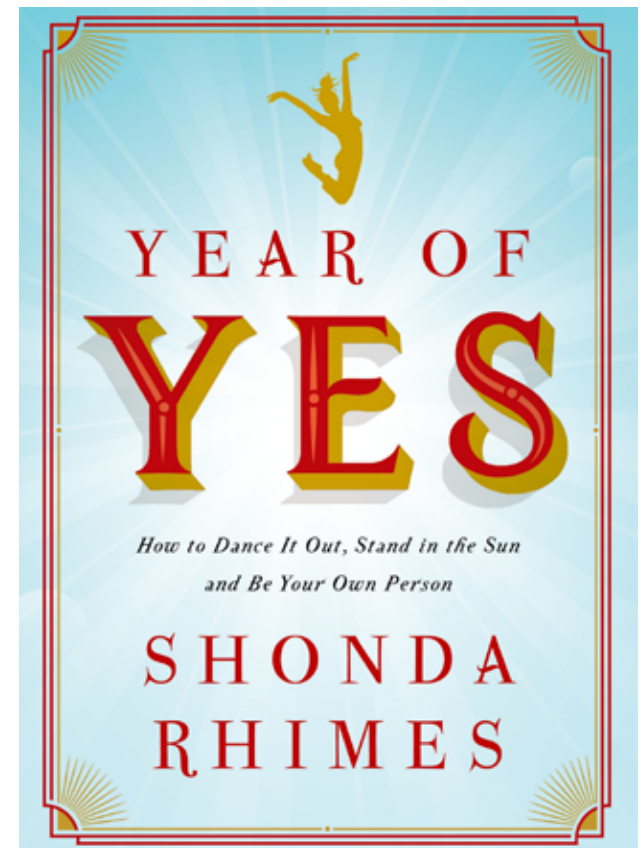
She said yes to singlehood because everybody’s “happy ending” is different. And she said yes because “Saying yes... is courage.”

With all she has on her plate – one high-profile company, three kids, four hit TV shows -

you should wonder where author Shonda Rhimes found time to write a book. And you should be glad she did.

With wisdom, wit sharper than a Ginsu knife, and the warmth of a BFF, Rhimes takes readers on her year-plus-long journey, from “It’s NEVER going to get better” to a life of joy, on a road filled with potholes of self-doubt, hairpin curves, and the realization that inviting fears into her life wasn’t going to kill her. Yes, I loved it.

Inspirational? YES, and because her TV creations are dramas, you’ll be surprised and delighted to find that Rhimes is a funny writer, too. She’s also thoughtful, and her experiences will make you think: maybe you do need play. Maybe you do need to learn when “no” is appropriate. Maybe you do need “Year of Yes,” no holding back.



“Year of Yes” by Shonda Rhimes, c.2015, Simon & Schuster, \$24.99 / \$32.99 Canada, 311 pages

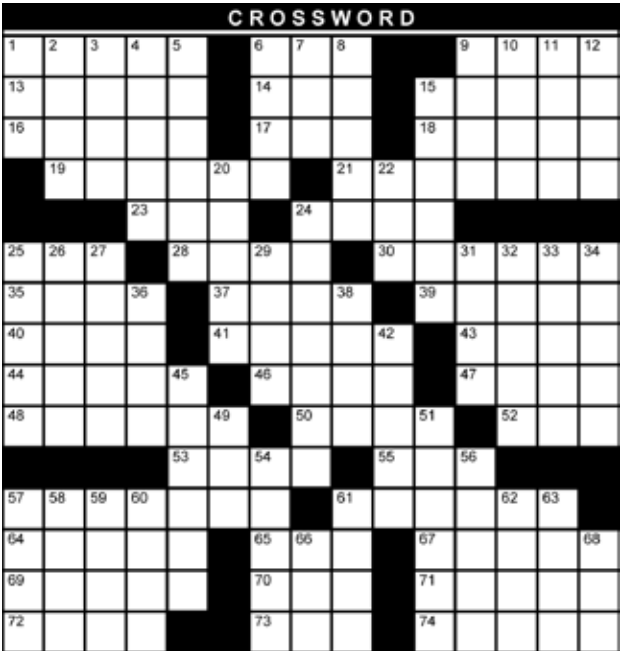


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THEME:

VALENTINE'S DAY

ACROSS

- 1. Often follows "taken"
- 6. Common inquiries
- 9. Tibetan monk
- 13. Shakira's soccer-playing partner Gerard
- 14. Down Under bird
- 15. Female fox
- 16. Greyish brown
- 17. *Romantic destination
- 18. Unable to move
- 19. *Valentine and the like
- 21. *a.k.a ____ Awareness Day to some
- 23. Found on grass some mornings
- 24. *Lover of Aeneas
- 25. *Special celebratory drink
- 28. Preakness, e.g.
- 30. Release of gas
- 35. Baker's baker

- 37. "In the ____" by Village People
- 39. Sound of battle
- 40. "Nana" novelist
- 41. West African storyteller
- 43. ____-do-well
- 44. *Keep nuptials a secret
- 46. Alternative to truth
- 47. German mister
- 48. Nine voices, pl.
- 50. Seaside bird
- 52. Chester White's home
- 53. Lack of clarity
- 55. Workout unit
- 57. *Woo
- 61. *Popular Valentine shapes
- 64. Defendant's excuse
- 65. Cook's leaf
- 67. Torn down
- 69. Imitate
- 70. Grave acronym
- 71. Treeless plain
- 72. *Chaucer or Poe
- 73. Sierra Nevada, e.g.
- 74. An end zone is 10 of these

DOWN

- 1. Address abbreviation
- 2. Objectivity preventer
- 3. Greenish blue
- 4. *Expert archer?
- 5. More keen
- 6. Come clean, with "up"
- 7. Unit of electric current
- 8. To some degree
- 9. End of "traveling"
- 10. Figure skating jump
- 11. Mother in Provence
- 12. "Hardworking" insects
- 15. Relating to wine
- 20. Nasality in speech
- 22. *Words of commitment
- 24. Stray from the accepted
- 25. *Rose amount
- 26. Convex molding
- 27. Cantaloupe, e.g.
- 29. *Form of greeting

- 31. Hyperbolic tangent in math
- 32. Songs sung by three or more voices
- 33. Deflect
- 34. *"Love means never having to say you're ____"
- 36. Back of neck
- 38. Bygone era
- 42. To the point
- 45. Like Thai cuisine, e.g.
- 49. Cul de ____
- 51. Just about
- 54. Monochromatic equid
- 56. ____-____-la
- 57. Freeway exit
- 58. Hodgepodge
- 59. Play charades
- 60. Slightly
- 61. Hoopla
- 62. Russian autocrat
- 63. *Seal with a kiss and do this
- 66. Be ill or unwell
- 68. "____ and don'ts"

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CAN DO TIP Week #12 There's no place like home...for a great workout! Pt. 2

By Monifa Maat "The Healthy Motivator"
(www.TheHealthyMotivator.com)



cises you can do in your bed that can help improve strength, flexibility, endurance, balance and even aid in weight loss.

What is Bed Aerobics Fitness Flow™?

Bed Aerobics Fitness Flow™ (aka "BAFF") is a Bed exercise system that combines movement with powerful faith-based affirmations, and meditation that is as easy to fit into your lifestyle as it is easy on the joints. Fitness expert Herman Smalls notes BAFF "eliminates two of the biggest excuses as to why most people avoid exercise; time and space." Meaning, if you are blessed to sleep in a bed, you are blessed to practice Bed Aerobics Fitness Flow, named for the way in which the exercises easily "flow" from one step to the next. It can be practiced unassisted and/or with assistance at home or in a therapeutic, health care setting such as a skilled nursing facility or even a visiting doctor's program.

52 CAN DO'S: Healthy Lifestyle Solutions for each week of the year

She said to the paralyzed man..."I tell you, get up, take your bed and go home." Immediately he stood up in front of them, took what he had been lying on and went home praising God --Luke 5:24-25

Last week I discussed "Commercial Exercise" (exercising during television commercials) as a strategy for building healthy fitness habits at home that minimize the "pain" and maximize the payoff.

This week I highlight exer-



I include BAFF as a regular part of my day for increased energy and spiritual balance. A couple years ago I thought she was kidding when one of my clients shared with me her nine-year old daughter decided to present BAFF as a fitness exercise to her class for Show and Tell! There are 18 steps in total.

Outlined below is Step #2 – Yawn Stretch.

Lie down on your left side in bed and bend your left knee forward. Rest your head on your left upper arm.

Slightly raise both your arm

and leg from the bed, stretching them in opposite directions; your arm toward the headboard and your leg, down toward the foot of the bed. Extend in both directions until you feel tension in your waist and torso.

Next, from the headboard raise your arm to vertical position. Your palm faces up as if to give the ceiling a "high-five".

Turn on your stomach and repeat on the other side. The Yawn Stretch is a full-body stretch that targets arms, shoulder joint, hips and waistline. Be sure to keep the leg stretched and elevated from the bed throughout the en-



tire routine.

While performing this stretch, REPEAT the affirmation: "I STRETCH MY SELF BEYOND LIMITS"

Emerging scientific research on neuroplasticity shows affirmations and prayer can actually change the brain on a cellular level creating a kind of "psychological immune system" (Psychologytoday.com), where your thoughts directly influence your health. In the case of Bed Aerobics Fitness Flow, the beauty of this exercise is how people of all ages, genders and fitness levels can

incorporate mind, body & spirit into their daily lives with relative ease in bed.

For more information about BAFF you can log on to www.TheHealthyMotivator.com.

Monifa Maat is a certified fitness expert, nutrition activist and author of Bed Aerobics Fitness Flow™. Her mission is to inspire people to adopt simple, sustainable healthy habits that reduce chronic lifestyle diseases associated with obesity, heart disease, diabetes and stroke.

Contact: 347-903-0637

Or Email: Monifa@TheHealthyMotivator.com.

6 Basic Tips to Keep Your Lips Healthy this Winter

During the winter, your lips may bear the brunt of the elements, both indoors and out. Centrally heated homes and offices can be particularly drying, and whipping winter winds can take a toll. Even ultraviolet rays from the sun still do damage in the cold of winter.

The function of your lips, like the rest of the surface tissues on your body, is to offer protection from the outside environment. When lips are chapped, they can be painful and uncomfortable.

These six basic winter tips can help your lips weather the season:

1. Refrain from licking your lips. Every time you do so, it

removes natural oils that keep moisture in your skin. In turn, that moisture evaporates, leaving them feeling dry and cracked with nothing to protect them.

2. Dehydration can happen when you spend too much time in dry environments (heating systems are the main culprit here), if you breathe through your mouth at night, or if you're not drinking an adequate amount of water every day. To combat winter dehydration, drink plenty of fluids -- especially water and apply lip balm often throughout the day and night.

3. As the most delicate part of the face, lips have few oil glands of their own, so to help keep them soft and healthy they

often need external moisture, like that available in a medicated lip balm. Use a product with broad spectrum SPF 15 or higher -- not just on sunny days, but every day. To seal in moisture, use a time tested formula, such as Carmex Lip Balm, which has a medicated formula, and is available in a jar, tube or click stick.

4. UV rays are present even in the winter months. Try a triple layer approach to provide added protection for your lips: apply a lip balm with SPF, followed by a colored lipstick, and then finish it off with some shine.

5. Cover your face, especially on windy days. Make sure you have a scarf or hat with a mask

that covers your lips.

6. Use a humidifier in dry environments to help moisturize

your skin and lips.

More seasonal lip tips can be found at www.MyCarmex.com.

For a more comfortable winter season, don't neglect to protect your lips.



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Jurnee Smollett-Bell

Best known for her award-winning performance in *The Great Debaters*, and for her role on the critically acclaimed series, *Friday Night Lights*. Jurnee has appeared in numerous films and television shows, and her newest project, *Underground*, debuts on WGN this spring!



Monica

This Grammy award-winner has sold over 25 million albums worldwide, and her new album *Code Red* debuted at the top of Billboard's R&B Charts!



Terrence J

Actor, philanthropist and author Terrence "J" Jenkins is known for his hosting work on BET's *106 & Park*, and his newest film *The Perfect Match* premieres this spring!



Event subject to change or cancellation.

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January 28 - February 3, 2016

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**CELEBRATED
ACAPPELLA ENSEMBLE
SWEET HONEY IN
THE ROCK RETURNS
TO CARNEGIE HALL
FEBRUARY 11**

see page 12



**Abraham and
Martin United
in Opposition to
Injustice**

see page 11

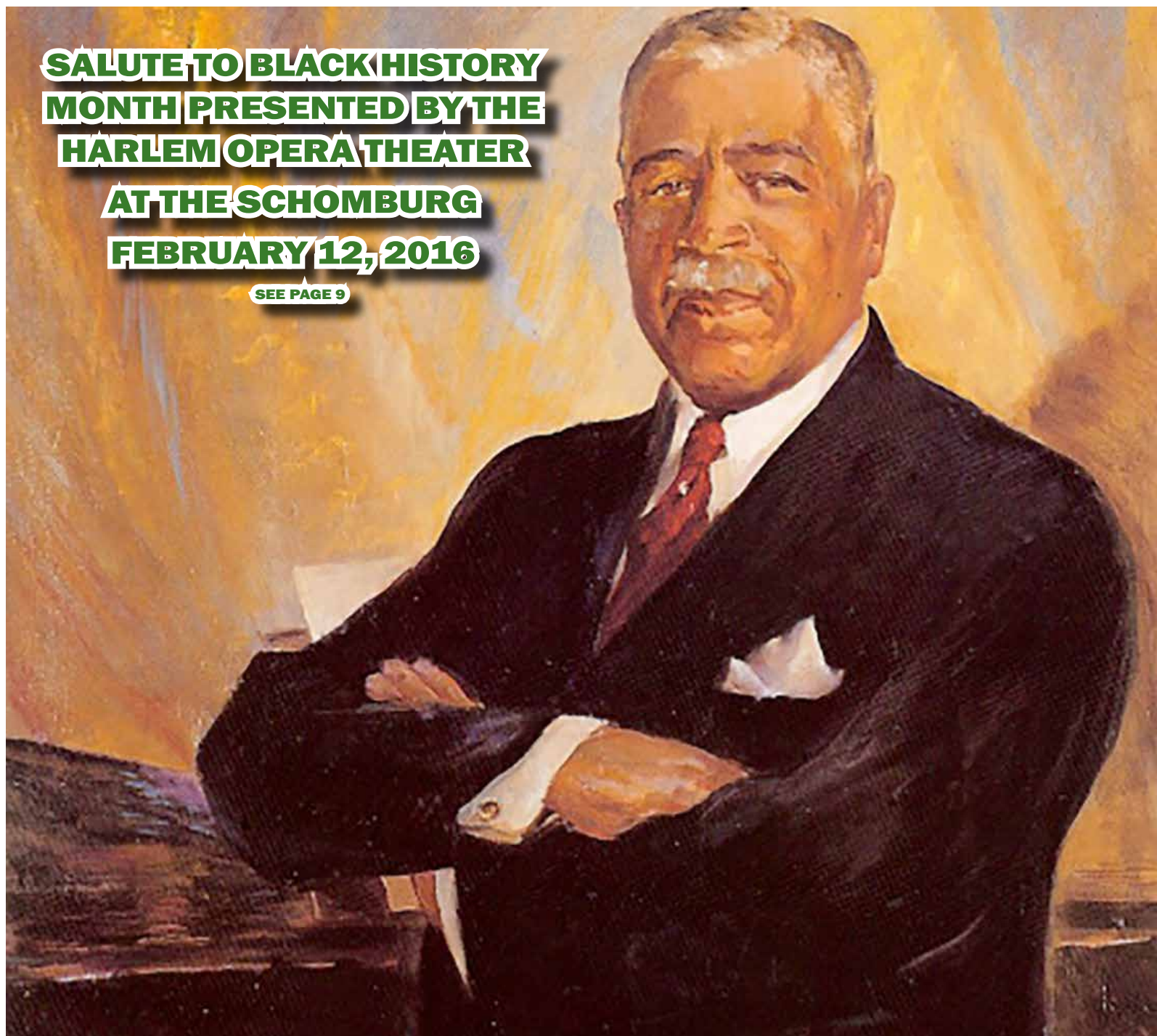


**A Celebration of
Atlantic City's
Historic Club Harlem
Returns to Aaron
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See page 13

**SALUTE TO BLACK HISTORY
MONTH PRESENTED BY THE
HARLEM OPERA THEATER
AT THE SCHOMBURG
FEBRUARY 12, 2016**

SEE PAGE 9



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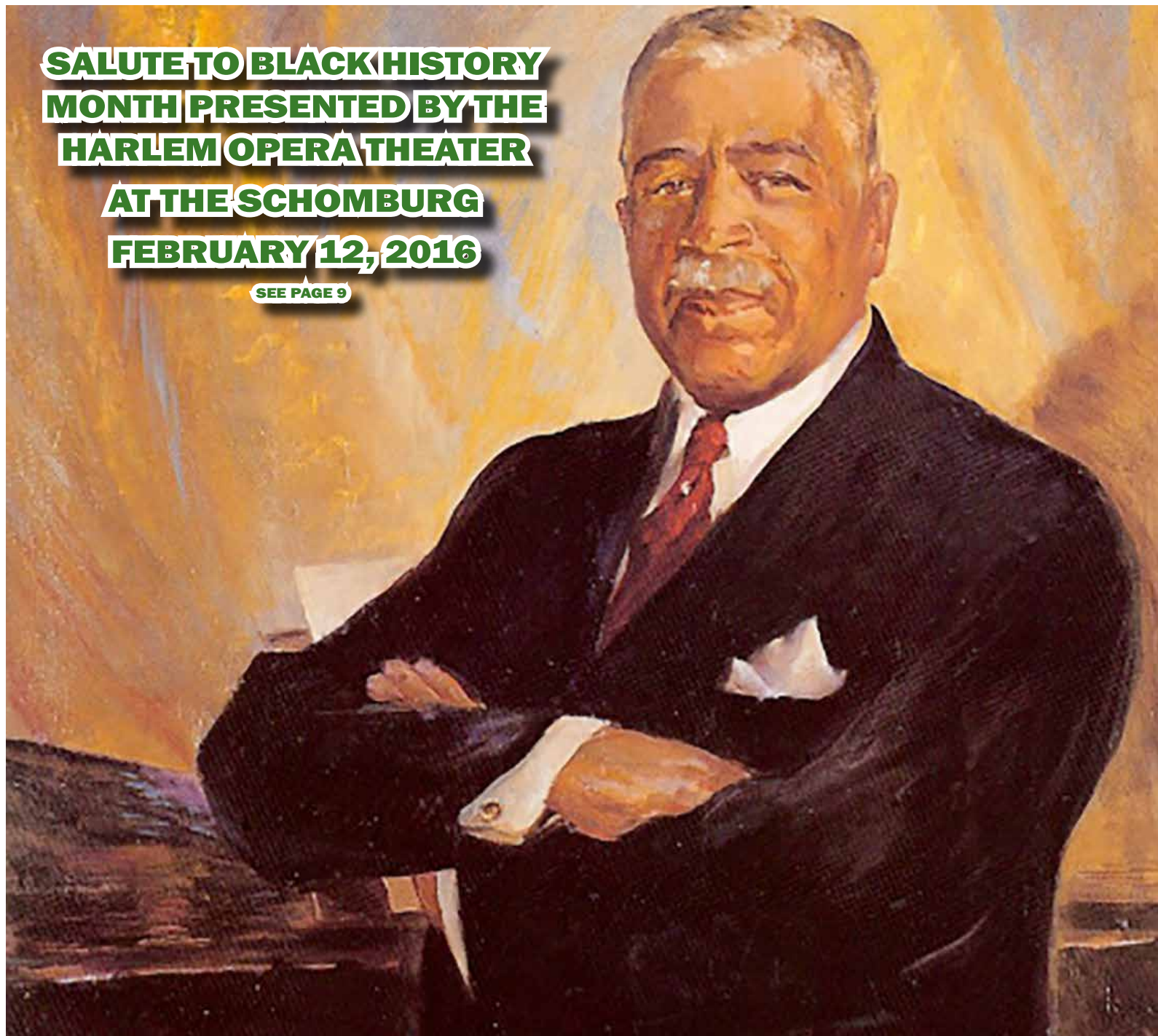


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King presents check to Hutardo for Bronx Aerospace High School

New York City Council Member Andy King presented a check for \$100,000 to Principal Erika Hutardo of Bronx Aerospace High School (X545), located on the Evander Childs Educational Complex, 800 East Gun Hill Road, Bronx.

The check presentation by Council Member King will be for the purchase of a flight simulator for the high school. The money is being allocated from Council Member King's FY 16 Capital Budget.

"It's very important for youngsters who have an interest in a career in flight to have all the tools they need to learn



Photos Courtesy of Office of Council Member Andy King, 4-sec digital video available upon request.

and practice the craft at school," said Council Member Andy King, an Evander High School alumni.

The Bronx Aerospace High School offers experience with Aviation Ground School, Flight Training

and Basic Air Traffic Control Training. However, the high school does not have a flight simulator.

"It's unfortunate but over the years the school has lost some of its prestige. I hope the funding for a new age flight

simulator will elevate the school's status and encourage the students to pursue their dreams of flying aircrafts worldwide. Get ready for take-off!" said Council Member King.



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Klein Takes Local Children to the NY Aquarium

State Senator Jeff Klein (D-Bronx/Westchester) sponsored a trip to The New York Aquarium on Saturday for the children of Throggs Neck Houses. The educational tour included a special classroom lesson on marine mammals, a sea lion aquatheater show, and a look at the coral reef, freshwater fish, sea otters, penguins, sharks, and rays.

"I'm happy to work with the Throggs Neck Houses to keep our children learning



(left to right): Senator Jeff Klein provided the children of Throggs Neck Houses with a memorable experience to The New York Aquarium.

outside of classroom hours. Maybe this field trip inspired one of our youngsters to become a marine biologist and hopefully inspired the group to be more passionate about science in the classroom," said Senator Klein. "I am proud to sponsor activities like this that engage and excite our students."

Participants enjoyed additional marine science-themed activities and snacks upon their return to The Throggs Neck Houses.



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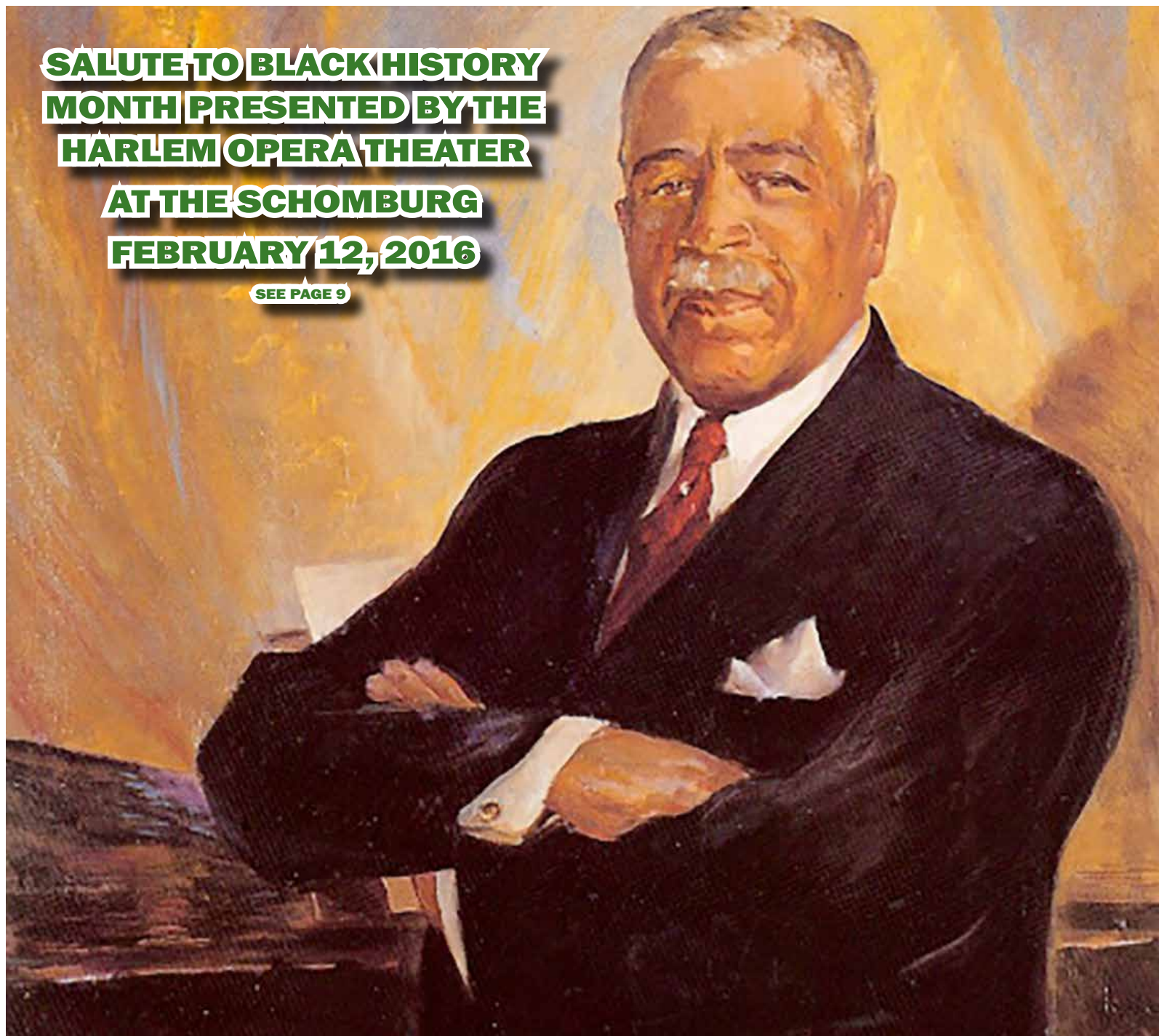


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BP ADAMS UNVEILS IBO ANALYSIS OF PROPOSAL FOR FREE TUITION AT CITY COMMUNITY COLLEGES BOROUGH PRESIDENT URGES EXPANSION OF ASAP PROGRAM, INCREASED STATE FUNDING TO CUNY, TO MEET PRESIDENT OBAMA'S GOAL FROM 2015 STATE OF THE UNION

Brooklyn Borough President Eric L. Adams announced that a cost analysis of reinstating free tuition for two-year community colleges in the City University of New York (CUNY) system highlights the potential to improve graduation rates, which could lead to increased earnings potential and taxpayer contribution, as well as expand access to higher education. The report, completed by the Independent Budget Office of New York City (IBO) at his request following President Barack Obama's call during last year's State of the Union address, found that eliminating tuition for CUNY community colleges would cost the City \$3,456 per student per year. Based on this study, including

its attention to the impact of Accelerated Study in Associate Programs (ASAP), which offer free tuition with support services such as tutoring, career services, and assistance with transportation and the cost of textbooks, Borough Adams urged the CUNY Board of Trustees to examine the feasibility of free tuition for community college students and expansion of ASAP. In addition, while applauding the State's reported efforts to work with the White House on tuition-free community college, he called on this year's budget to provide short-term assistance, increasing its contribution to the CUNY community college operating budget to equal one-third of total funding — with the other thirds com-

ing from the City and student tuitions — which he estimated would reduce overall student burden by over \$10 million.

"The IBO's analysis reinforces my belief that tuition-free community college is the future for New York City, and it is time to take steps toward achieving it," said Borough President Adams. "Our community colleges offer students an opportunity to develop their skills and to prepare for success in their careers. For many students, the cost of tuition prevents them from completing an associate's degree or substantially delays their completion. As a result, thousands of people each year are denied the benefits of graduation, which would allow them to achieve the American

Dream and robustly contribute to our economy. By reducing the tuition burden for city residents who attend our community colleges and providing the critical services that support our students, we will start to build success upon success, expanding opportunity for graduating classes of today and tomorrow. One year ago, President Obama challenged states and cities to work with the federal government to offer free tuition for community college. New York City now has the ability to become a leader in higher education by accepting that mission."

The cost analysis found that an estimated annual expenditure between \$138 million to \$232 million would provide for free tuition for

every CUNY community college student, both full time and part time, for as many years as are required to graduate. Potential restrictions on the free tuition program, such as limiting participation to a specified number of years or eliminating tuition only for full-time students, would substantially reduce the cost of the program. Included in the IBO's investigation were findings that the ASAP program nearly doubled graduation rates in a three-year period, as well as an apparent imbalance in CUNY funding support from City and State sources, leading to a heavy reliance upon tuition to support CUNY's operating budget; according to the report, the annual budget of CUNY community colleges in Fiscal Year 2015

(FY15) totaled \$973 million, with 27 percent of this funding coming from the State, 31.5 percent from the City, and 36 percent from students' pockets.

In addition to asking CUNY's Board of Trustees to consider the benefits of free tuition for community college students, Borough President Adams also encouraged elected officials to work with each other in support of CUNY students by enacting the New York State Development, Relief, and Education for Alien Minors (DREAM) Act, which would provide financial aid from the state for students who are undocumented immigrants, as well as reaching a fair conclusion to contract negotiations with CUNY faculty and staff members.

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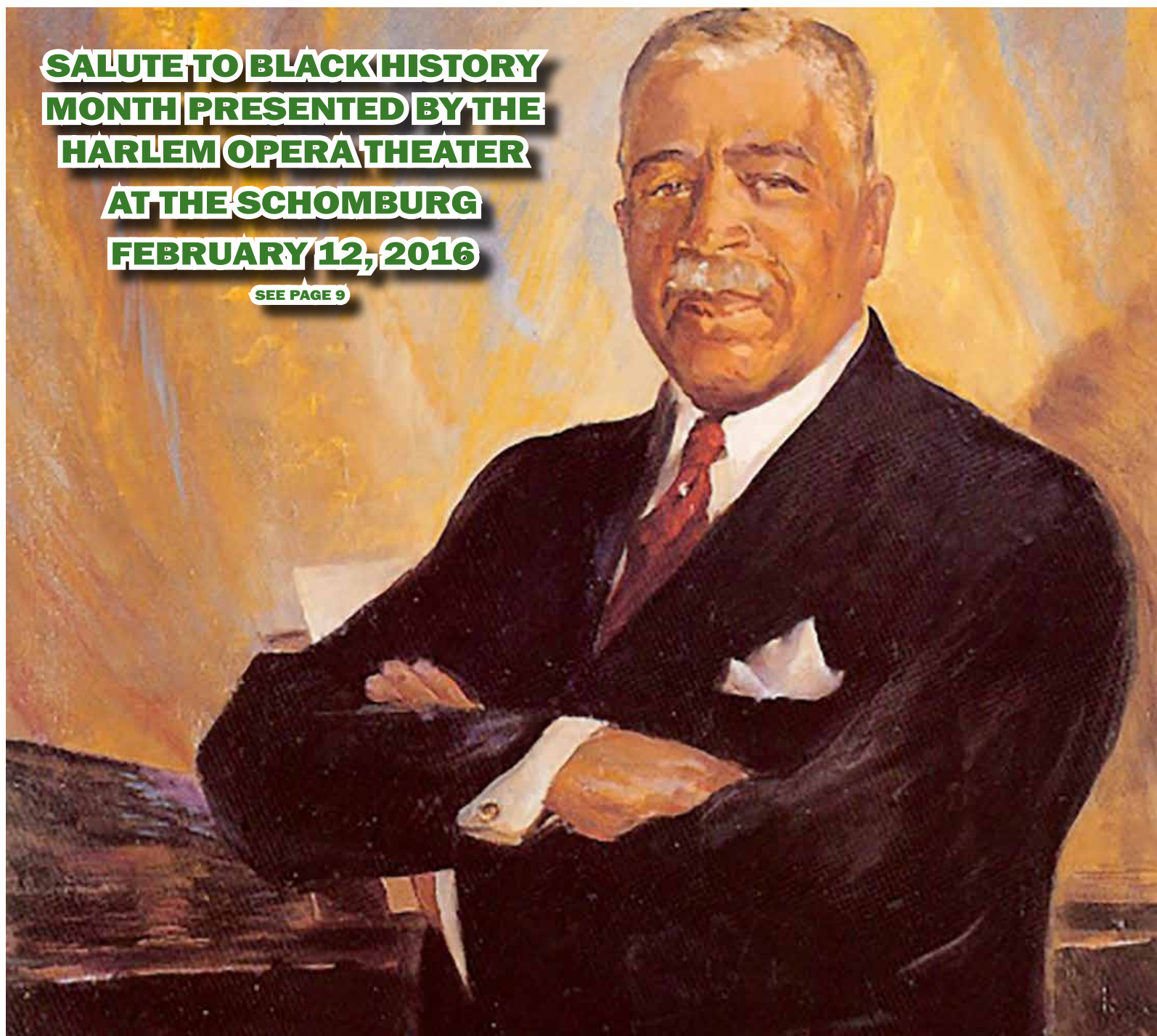


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Black History Month Celebration at Jamaica Center for Arts and Learning - WEUSI Exhibit February 5th through March 24th

The WEUSI exhibit will be on view at the Jamaica Performing Arts Center from February 5th through March 24th. The Opening reception will be held on February 19th, 6-8pm. The Artist Talk/Workshop will be held Saturday, February 20th, 4-6pm. The exhibit will be held at JCAL, Robert Miller Gallery, located at 161-04 Jamaica Avenue.

The exhibit will showcase work by

WEUSI Artist Collective members. Reminiscent of the Black Arts Movement, the selected work will highlight the continuing relevance of African American imagery in a more contemporary



context. The Collective is known by their distinctive use of African Ionic imagery and symbols.

Artists exhibiting includes: Che Baraka, Stanwyck Cromwell, taiwo DuVal, Gaylord Hassan, Rod Ivery MLJ Johnson, Dinga McCannon, Karl McIntosh, Otto Neals, Ademola Olugebefola, Okoe Pyatt, Ed Sherman and Emmet Wigglesworth

Winter PRAISE FEST
SUNDAY, JAN. 31ST 6PM

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WORSHIP AND ARTS DEPT.,
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