

COMMUNITY  
**HARLEM NEWS**

"Good News You Can Use"

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FREE

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

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**PAT STEVENSON**

*A Note From the Publisher*  
**Good News You Can Use!**

This past Monday I attended the New Heritage Theater 50th Anniversary Celebration. As I sat in the audience, I observed the sincere appreciation showed to Voza Rivers for his past leadership, as well as the tribute to the founder of Harlem's oldest active theater company, the late Roger Furman. These were men who had choices and chose to uplift, motivate, inspire and work with black actors. Jamal Joseph's faith that they invest in the youth, has paid off as they have trained more than 2,000 youth and the Impact Repertory Theatre was nominated for a Grammy. They had the choice to take their talents and brilliance downtown. However they chose Harlem. They had the choice to probably make more money working for someone else, however, they chose to believe the investment in Black theater and Black actors would pay off. They chose to make a difference. They chose to invest in the future of the Black community and the community is better off because of them. The change in theater is evident today. At the Harlem News we do a special annual issue - "Blacks On Broadway." We started more than 15 years ago when we could identify just 30 Black actors working on Broadway. In our latest issue, earlier this year, we were not able to show all the faces because there were more than 200 actors working on Broadway. Congratulations New Heritage as you celebrate your 50th Anniversary and thank you for your sacrifice, commitment and belief in Black actors and in the community. (see page 4)

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# New Heritage Theater 50th Anniversary

Earlier this week, October 27th, New Heritage Theater Celebrated its 50th Anniversary.

The night honored the legacy of Roger Furman, the founder and director of Harlem's oldest active theater company, now known as the New Heritage Theatre

group in 1964.

In 1983 following the passing of Roger Furman, Voza Rivers assumed the role of executive producer. Later Jamal Joseph, joined Voza as Executive Artistic Director and founder of the Grammy Nominated Impact Repertory Theatre.



Far Left: Congress Charles B. Rangel and Councilwoman Inez Dickens with Impact Repertory Theatre

Photo by Seitu Oronde



(From left) NY 1 Anchorwoman Cheryl Wills, Congressman Charles B. Rangel, Councilwoman Inez Dickens, Lloyd Williams, President, Greater Harlem Chamber of Commerce; Honoree Jeanne Parnell; Mr. and Mrs. Jamal Joseph; Voza Rivers.



Left to right: Back row: Phyllis Stickney, Woodie King, Jr., Michael Green, Voza Rivers with Actors; Front row: Chuch Jacson, Phil Young and Mr. and Mrs. Randy Westson.

**PERFORMERS:** 1. Meli'sa Morgan; 2. Debra Ann Byrd; 3. Lainie Cooke; 4. Ntomb' Khona Dlamini; 5. Sandra Reaves Phillips; 6. Chuck Jackson.

# Salsa Lives in Harlem

By Cedric McClester

If a recent Friday night in early October was any indication, Salsa music is alive and well in Harlem. The perennial “Harlem Salsa” dance soirée moved its uptown operation further downtown, to the well-appointed MIST, a multi-purpose space located in the eco-friendly Kalahari building on Harlem’s reborn West 116th Street.

Salsa, an infectious hybrid of Latin musical influences primarily from Cuba, Puerto Rico, and Columbia, was first made popular in America in the early 1960s. It is a fusion of Spanish canción and guitar and Afro-Cuban percussion, merged with North American music styles such as jazz. Salsa also occasionally incorporates elements of rock, R&B, and funk.

Salsa icons include Tito Puente, Machito (Frank Grillo), Tito Rodriguez, Eddie Palmieri, Johnny Pa-

checo, Bobby Valentin, Celia Cruz, and Héctor Lavoe. They enthralled dancers at venues from downtown to the Bronx, including the legendary Palladium Ballroom, the Diplomat Hotel, Corso, Hunts Point Palace, and Colgate Gardens. Sadly, the advent of disco music caused salsa’s popularity to wane.

In his controversial article, “The Death of Salsa,” writer Abel Delgado argues, “Salsa music has certain aesthetics established over the years that are its lifeblood, its essence. Now those aesthetics are being lost, as the commercialization of the music transforms its character to make it more mainstream.”

One needn’t worry about any of that at “Harlem Salsa,” where Salsa warrior, DJ Jose, takes it back to its roots, which is much appreciated by the crowded dance floors he maintains. DJ Jose, assisted by DJ Brian, proved the point at the recent “Harlem Salsa” at MIST. More

than 300 senior pioneers, along with young aficionados, took to the dance floor with enthusiasm. Salsa royalty was in the house in the person of percussionist, Luis Mangual, who has played with everyone from Ray Barretto and Gato Barbieri to Celia Cruz. His father was the legendary percussionist, Jose Mangual, who played with Tito Puente, Dizzy Gillespie, and jazz icon Charlie Parker.

A. Raheem Sami, who started “Harlem Salsa” in 2007 and continues to grow its fan base, attributes consistency as the main factor in the success of his velada de salsa.

“Harlem Salsa” will reconvene at MIST in November on the 1st and 3rd Wednesdays of the month with a live band and on the 2nd and 4th Fridays with DJ Jose and the occasional guest DJ. For updates, Google “Harlem Salsa” and consult their Facebook page.



“The New Palladium”





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Wed. Nov. 05 “La Tipica ‘73”

with John “Dandy” Rodriguez Sonny Bravo

---

Fri. Nov. 14, “DJ Jose” Salsa Warrior

---

Wed. Nov. 19, ChanranSalsa

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# Don't Sleep the Nov. 4 Elections

By Bill Fletcher, Jr.  
NNPA Columnist

The November 4 election is only a moment away. Believe it or not, as of about two weeks ago, two thirds of the people in the U.S.A did not know that there is to be an election on November 4, 2014. As far as some segments of our society are concerned, that is just fine. They would rather that we remain asleep.

The political Right is mobilizing forcefully. They are trying to make this election about Obama. With Obama hovering around 40% in the polls, the right-wing expects to use this to their advantage, both discouraging Democrats and mobilizing conservatives. The right-wing may be in for a surprise, but it is too tough to call.

This election is not about Obama. It really

comes down to two things. First, YOUR right to vote, and, second, what sort of future you really want. For the right-wing the election is clearly about holding back the future and focusing on fear and anger. Unless you are interested in trying to turn the clock back to about 1950, you will need to be at the polls on November 4th.

Beginning after the 2008 elections, sections of the Republican Party went about moving legislation in various states to address allegations of voter fraud. The potential for voter fraud is less than the potential of being hit by lightning. Nevertheless, playing to racist fears on the parts of many whites (of African Americans and immigrants), the right-wing was able to invent a problem where none existed. They convinced many people that there needed

to be more stringent requirements to vote, steps that tend to disenfranchise people of color, youth and senior citizens. In the 2012 elections African Americans and Latinos revolted against this effort and turned out in force. But showing up in one election is not enough. The aim of the political Right is to beat us down.

The future is also at stake. The political Right fears the demographic changes in this country. But they also fear real discussions about economic inequality, the environmental crisis, the rights of women, and, actually, the role of government. Their most articulate spokespeople openly talk about shrinking government which will mean that many things that you and I take for granted will disappear, such as social security, food safety inspections,

fair tax systems, and a reasonable discussion about what to do about climate change. The right-wing ends up reminding me of the child bully who seeks to intimidate others and will only stop when we stand up to them. At that moment we come to realize that they are nothing more than pathetic cowards.

So, there you have it. We can sit home and pretend that the November 4th elections don't mean anything, or we can get to the polls and make it clear that we have no interest in giving up on the future or giving up on our right to make a statement. The choice really is ours.

*Bill Fletcher, Jr. is the host of The Global African on Telesur-English. He is a racial justice, labor and global justice writer and activist. Follow him on Facebook and at www.billfletcherjr.com.*



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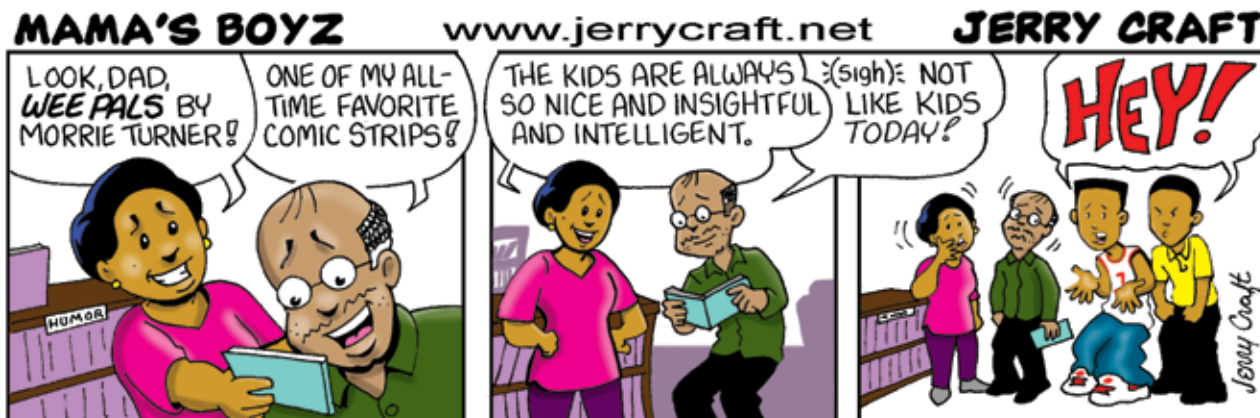
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# Home Buying In Harlem

By Rev. Dr. Charles Butler

As we move closer to the end of the year, home buying opportunities are becoming more available. Current homeowners who are selling their homes are looking to close deals, which means you may be able to get a home slightly below the market price. But beware: this is still a seller's market and there are many prospective buyers who are also seeking an incredible offer. You must be mortgage ready, just in case an opportunity presents itself to you.

Here are a few things to do if your goal is to purchase a home before the year ends:

1. Have an updated pre-approval from your authorized lender. Most pre-approvals are only good

for 90-120 days. If yours has expired, you will need to get another one, especially if your financial situation has changed, i.e. you paid off some credit debt, received a salary bonus or increase, etc.

2. Work closely with your real estate agent and let them know that you are ready to buy if the right deal comes along. Continue searching for homes listed on the various property websites. Use all available resources in your search as you push to make a purchase before the end of the year.

3. Know how much money you can comfortably afford to spend on your home. You must know your price range. Have a bottom number and also know the

maximum amount that you are willing to spend. Stay within your limits when negotiating a price.

4. Do your research on comparable properties in the area. This will provide you with valuable information when making an offer.

5. Continue to save. Have as many months of reserve payments as possible.

There are still several risk factors when buying a home, especially since the economy has not fully recovered. But now is still a great time to buy.

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



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**Nov 1, 10:00am-5:00pm**

**"A Shopping Extravaganza" being held at The Greater Allen A.M.E. Cathedral** of New York Club. Attendees will enjoy pre-holiday shopping for Children, Ladies, and Men. For your dining enjoyment, food can be purchased from the New York Club Cuisine in the "Soul Cafe". This FREE ADMISSIONS event will be held at the Greater Allen A.M.E. Cathedral of New York, 110-31 Merrick Boulevard, Jamaica, New York 11433. For additional information, please contact Sister Sandra Cauley (718) 468-2736 or Sister April Upshur (718) 527-0057.

**Nov 1, 8pm**

**Bobby McFerrin being presented at Brooklyn Center for the Performing Arts** Walt Whitman Theatre at Brooklyn College/ Flatbush Avenue. Tickets: \$36-\$60

**Nov 2, 2pm**

**HotPea'NButter. Recommended for ages four and up Being presented at Brooklyn Center** for the Performing Arts Walt Whitman Theatre at Brooklyn College /Flatbush Avenue. Even if your kids don't like vegetables, they won't be able to resist Hot Peas 'N Butter! Best known for their appearances on Nickelodeon's Nick Jr., these four-time Parents' Choice Award winners blend jazz, R&B, folk, Latin, and Afro-Caribbean tunes into a fun world-pop sound that will have your kids dancing in the aisles. Tickets: \$9

**Nov 6, 5pm**

**42nd Annual Gala to benefit Older Adults in Southeast Queens** Being presented by the Jamaica Service Program for Older. Being held at Russo's On The Bay.Reception and Awards Presentation Tickets \$140. To purchase tickets contact brivera@jspoa.org or (718) 657-6692

**Nov 7, 8pm**

**An Evening with Gladys Knight** being held at Kupferberg Center for the Arts, 65-30 Kissena Blvd, Flushing NY. Tickets \$35-\$100.

**Nov 7-8**

**Kr3Ts Anniversary.** The nonprofit, "Keep Rising To The Top" (Kr3Ts) is directed by Violeta Galagarza, a Grammy-awarded choreographer, who has helped thousands of children take that first step in turning their dreams of becoming dancers into reality. Kr3Ts is holding its 25th anniversary performance fundraiser at "El Museo del Barrio," at 1230 Fifth Avenue, East Harlem NY, on Friday November 7th, and a

dinner and performance on Saturday November 8th. For more information about Kr3Ts and their events on November 7 & 8, see [www.kr3ts.com](http://www.kr3ts.com), call Violeta at 646-302-1817 or e-mail her at [kr3ts@aol.com](mailto:kr3ts@aol.com).

**Nov 8, 2-6pm**

**A Food, Fitness & Fun Fair.** Health Awareness & You, an initiative of the Prince Hall Medical Foundation to be held at the Prince Hall Masonic Temple, located at 454 Prince Hall Plaza (155th Street), New York, NY 10032 This event will provide the Harlem community with valuable information on healthy food preparation using nutritious ingredients, a variety of exercise option for various fitness levels and fun family activities focused on improving overall health and wellness. Participants will receive insight from professionals in the healthcare, nutrition and fitness industries as well as a chance to win great prizes.

**Nov 8, 8:00am-2:00pm**

**The annual Education Conference of the Association of Black Educators of New York** will take place at Frederick Douglass Academy. The school is located at 149th Street and Adam Clayton Powell Boulevard. The theme is "Parents, Educators, Students and Community-based Organizations - Aiming High, Achieving More, for All Students." Keynote speaker is Dr. Rudolph Crew, President of Medgar Evers College, CUNY. A host of vendors have been invited and workshops will be presented by educators and parent advocates. For more information call 917-412-9099 or email me at [sbobo@schools.nyc.gov](mailto:sbobo@schools.nyc.gov).

**Nov 9, 3:00-5:00pm**

**"Civil Rights in America: The March Continues,"** an African American Experience Forum of Convent Avenue Baptist Church being held in the Sanctuary, 420 West 145th Street. They will focus on many of the songs that were sung during this period. For more information contact Madge Allen 212-368-6218.

**Nov 9, 10:15am**

**MEN'S DAY SERVICE.** Guest Speaker Radio and Television Personality, DOMINIC CARTER. Being held at **Brooks Memorial United Methodist Church,** 143-22 109th Avenue, Jamaica, NY 11435. (718) 658-8822 Senior Pastor: Reverend John T Simmons, Jr.

**Nov. 14, 1pm**

**SAFE in Harlem**(Substance Abuse Free Environment) monthly meeting at Harlem Hospital, 506 Lenox Ave.NYC to address teen and youth substance abuse. Our mission is to create a network dedicated to supporting and empowering the youth of our community to achieve and maintain a substance free lifestyle. SAFE partners include Harlem Hospital, Mt. Sinai, Children's Aid Society, First Corinthian Baptist Church, Phoenix House et al. Please join us in our efforts.

**Nov 22, 8:00pm**

**BALLET HISPANICO** Presents the New York Premiere of its First Evening-Length Narrative Ballet CARMEN.maquia. Choreographed by Gustavo Ramirez Sansano. Being held at **The Apollo Theater.** For more information, visit [www.apollotheater.org](http://www.apollotheater.org).

**Nov 22, 2pm**

**Black Violin being presented at Brooklyn Center for the Performing Arts** at Brooklyn College . Three-time winners of Amateur Night at the Apollo, this classically trained violin duo inspires young people to get fired up about classical music with their unique fusion of classical, hip-hop, jazz, blues, and R&B. Recommended for ages eight and up. Tickets are \$15 and can be purchased at [BrooklynCenter.org](http://BrooklynCenter.org) or by calling the box office at 718-951-4500 (Tues-Sat, 1pm-6pm).

**Nov 22, 8pm**

**Ballet Hispanico,** recognized as the nation's leading Latino dance organization since 1970, makes its annual return to the Apollo stage to present the New York Premiere of its first evening-length narrative work, "CARMEN.maquia," choreographed by Gustavo Ramirez Sansano, in a one-night-only . Tickets for the Apollo performance, priced at \$28-\$58, are available online at [Ticketmaster.com](http://Ticketmaster.com); by phone at 800.745.3000; or in person at the Apollo Theater Box Office at 253 West 125th Street, NYC. For more information, visit [ballethispanico.org](http://ballethispanico.org).

**Dec 13, 8pm**

**Sweet Honey in the Rock, being presented at Brooklyn Center for the Performing Arts** Walt Whitman Theatre at Brooklyn College/ Flatbush Avenue. Tickets: \$30-\$40

\* \* \* \* \*

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AARP Research Shows NYC Residents of Color Represent Half of Registered Voters Over Age 50

By Jennifer H. Cunningham

Black New Yorkers contribute nearly \$15 billion to the local economy every year and New York City residents of color represent half of registered voters over age 50. In spite of that economic and voting power, they're stressed about the overall climate for older people in the state and fear they may not be able to afford spending their golden years in the city that never sleeps. These observations are from a new report from the American Association of Retired Persons (AARP).

"We're really concerned about the vitality and stability of baby boomers, especially African Americans,"

said Beth Finkel, AARP's New York State director. "It's time we work with lawmakers and policymakers, and it's time to come up with some solutions."

AARP apparently has the voter support to affect change: The report found that African Americans, Latinos, and Asian Americans make up half of the registered voters aged 50 and over in New York City. Overall, New Yorkers aged 50 and older make up just 38 percent of the city's population but accounted for 54 percent -- or 1.1 million -- of voters who went to the polls in the November, 2013 elections. Of that number, more than 200,000 voters -- nearly 20 percent -- were African American. "We know that AARP members vote at a

much higher rate than other age groups," Finkel said.

Edna Kane-Williams, AARP's vice president of multicultural markets, said the report was a starting point. "This research will lay out a charge for us," Kane-Williams said. "It's not just research, it's how to create solutions."

For the report, AARP researchers interviewed 1,300 older New Yorkers in 2013, nearly a third of whom identified as African American. Released late last month, the report, "Issues Facing NYC," cited age discrimination at work, identity theft, and a lack of support for family caregivers among the top concerns for black baby boomers.

It also found 55 percent of the older black New York-

ers surveyed said were worried about so-called "baby boomer flight" -- having to leave the state because they can't afford to retire. "When you lose the fabric of the community, the middle class fleeing, that's not good," Finkel said. "We don't need that class polarization."

Follow Jennifer H. Cunningham on Twitter @jhcunningham.

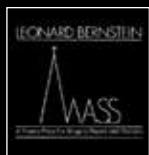


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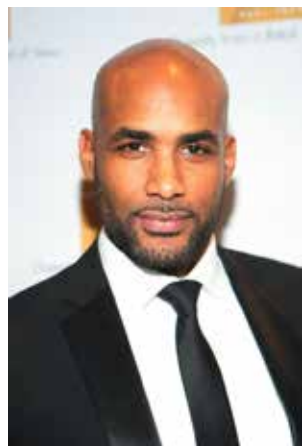
# Boris Kodjoe Helps BRAG Raise Funds

By Jennifer H. Cunningham

**B**oris Kodjoe was willing to do whatever it took to raise money for the Black Retail Action Group (BRAG) gala last week. BRAG is a non-profit that educates students and professionals for executive leadership positions in the fashion and retail industries.

“I’m going to come to your house,” Kodjoe said as attendees bid on packages from Alfa, his custom tailoring venture. “You’d better make sure there’s somebody I can measure when I get to your household,” Kodjoe joked. “I’m going to measure and your husband is going to get a custom suit. No funny business! I will call the police.” Kodjoe’s offer sent several women in the audience into a frenzy. Five of the \$1,000 Alfa tailoring packages sold quickly

That was just one of the special moments at the 44th annual BRAG Scholarship and Awards Gala at the New



Actor and entrepreneur Boris Kodjoe at the BRAG gala.

Terrence Jennings



(TOP): (Left to right) Boris Kodjoe; Gail Monroe-Perry, BRAG president; James G. Brown; and Patrick Kodjoe on the red carpet at the BRAG gala. (BOTTOM): TV personality Lloyd Boston was the emcee of the BRAG gala. Terrence Jennings

York Hilton. The event, which raised \$26,500, honored Kodjoe, his brother, Patrick, and their business partner, James G. Brown, Jr.

“They have dared, defied, and definitely disrupted the way of doing business,” BRAG president, Gail Monroe-Perry, said. “They’re all innovative thinkers of unparalleled talent.”

The October 20 gala drew a mix of retail executives, media, models, and major players in fashion. W Magazine style director, Edward Enninful, and Tommy Hilfiger North America executive, Shawuan Johnson, were in the audience.

More than 1,100 interns have graduated the BRAG program since 1976, with some becoming judges and retail executives, according to the evening’s host, TV personality, Lloyd Boston.

Former BRAG intern, Kyle Burnett, now an executive at Macy’s, called his BRAG internship “one of the most defining moments of my life. BRAG taught me a lot about the industry,” Burnett said. “However, I was not expecting to learn life lessons, like you dress for the job that you want, not the job that you have.”

Follow Jennifer H. Cunningham on Twitter @jhcunningham.



Artists, programs, and dates subject to change. © 2014 CHC.

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### Festivals

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11/5

Grammy Award-winning vocalist **Angélique Kidjo** celebrates the life and music of iconic South African singer and political activist Miriam Makeba, known popularly as “Mama Africa.” Kidjo returns to Carnegie Hall with special guests **Ezra Koenig**, **Vusi Mahlasela**, and **Laura Mvula**; Makeba’s supporting singers **Faith Kekana**, **Stella Khumalo**, and **Zamo Mbutho**; and introductory remarks by **Whoopi Goldberg** in this tribute to a remarkable woman.

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Additional support is provided by the Mai Family Foundation, South African Tourism, and South African Airways.

*UBUNTU* is held in collaboration with the Department of Arts and Culture of the Republic of South Africa and the South African Consulate General in New York in celebration of 20 years of freedom and democracy.



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# National Black Theatre Opens with Carnival

By Theresa Racine

The National Black Theatre has dedicated its 46th season to black women playwrights and opened with a powerful

production of *Carnaval*.

We've all heard the stories about "free and legal love" in Rio de Janeiro, Brazil. In this moving production, *Carnaval* lays it all out, raw and in your face. It tells the sto-

ry of three young black men who are commemorating the anniversary of the death of a childhood friend. They embark on a journey to "tropical sin city" that will change their lives forever. Exposing secrets, envy, love, and friendship, *Carnaval* is a must-see.

The cast is as equally impressive as the story. Bjorn DuPaty, Tre' Davis, and Gabriel Lawrence keep you sitting on the edge of your seat as the story unfolds. You never see the next scene coming until it hits you in the face.

There are no women in the hard-hitting production, so it is extremely surprising that it

was written by a female. Obie Award winner, Nikkole Salter, transformed herself into the body and mind of a man to create a powerful play that grapples with issues of prostitution, sex, and lust. This is not a play for anyone under the age of 16 -- it is real and strong. Each production ends with a Q&A with the writer and cast.

The play's run ends on November 16, so don't wait to go see it. See it now and join the celebration of women playwrights at this fabled Harlem institution.

*The National Black Theatre is located at 2031 Fifth Avenue at 126th Street. Call 212.722.3800 for tickets to this production as well as information on a 46th season pass.*



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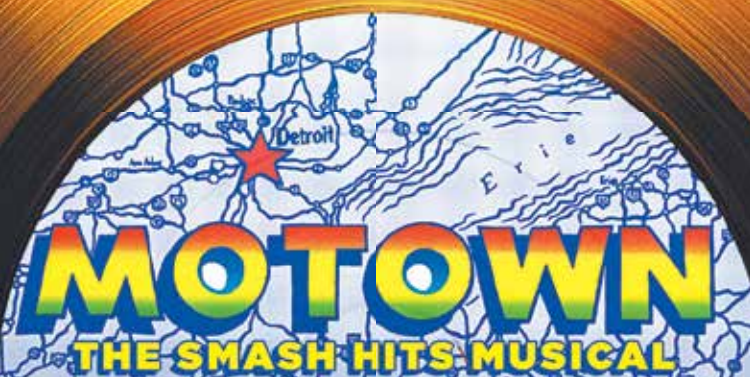
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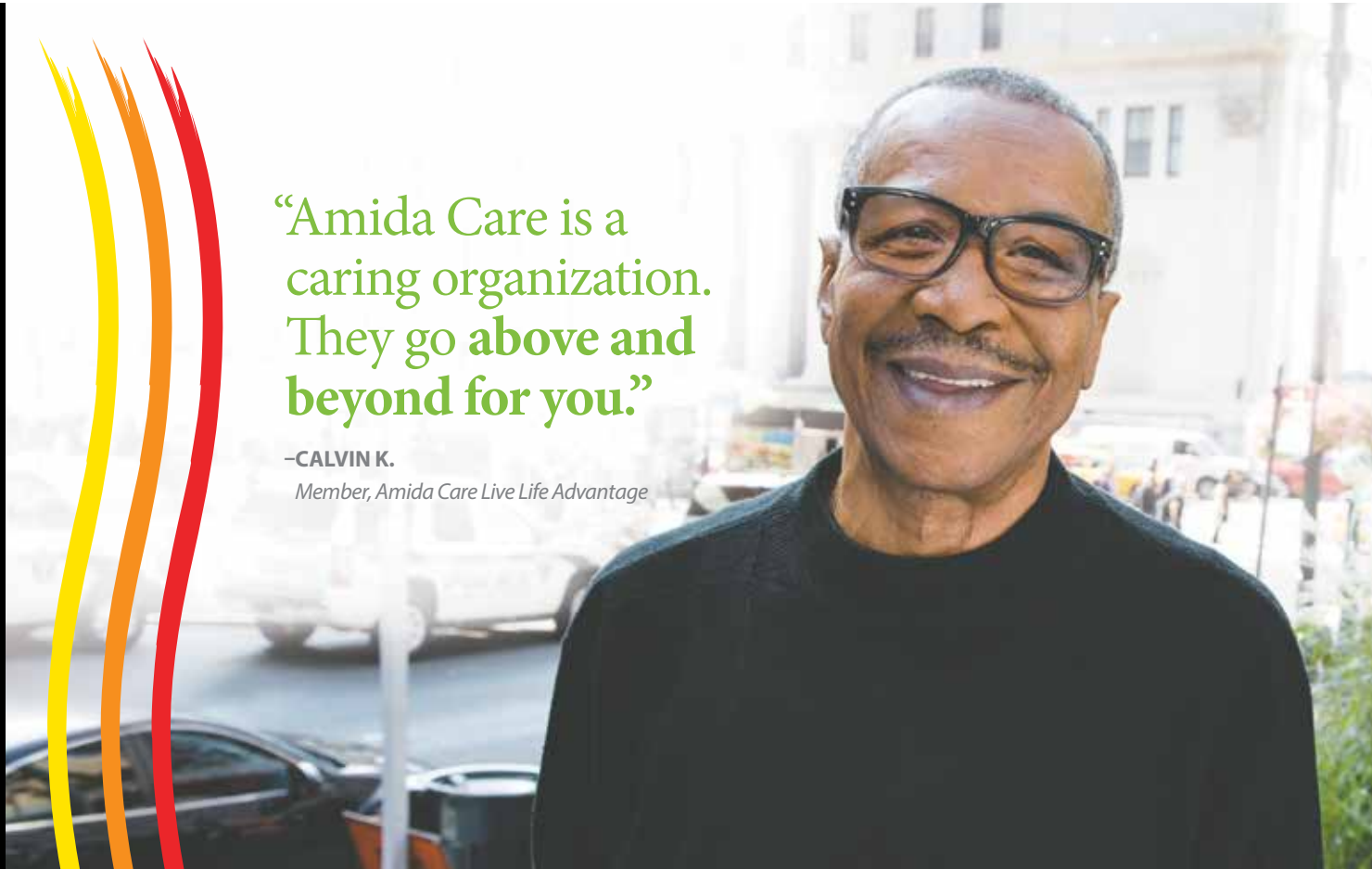
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# Lincoln Hospital Auxiliary Honors Nurses

The 2014 Lincoln Hospital Auxiliary gala, held at Marina Del Rey in the Bronx, celebrated the hospital's 175th anniversary by honoring nurses. The event brought together the largest number

of Lincoln Medical Center staff and community organizations ever to pay tribute to its 823 Nurses. They were heralded as "compassionate and dedicated professionals whose courage and determination serve as

role models in the nursing industry."

New York City Health and Hospitals Corporation president, Ram Raju, M.D., welcomed and inspired those attending by pro- voking "Lincoln's storied

past," including its dedi- cation to taking care of the most vulnerable since its founding in 1839. He also spoke about the importance of health care volunteerism as it impacts the health, sta- bility, and productivity of a community, and commended the Auxiliary for its suc- cessful event.

Lincoln's executive di- rector, Milton Nunez, ap- plauded all Lincoln nurses, acknowledging that "Nurs- ing has played a large role in Lincoln's 175 year jour- ney and helps us fulfill our mission from 1839 to aid the ailing with dignity and compassion."

The mistress of cere- mony was Mary Murphy, who has enjoyed a 30-year career as a WPIX investiga-



Lincoln Medical Center nurses.

tive journalist and 21-time Emmy winner.

The two honorees were Elaine Stewart-Hylton, R.N., B.C., deputy director of nursing, and at Lincoln for 42 years, and Evelyn Montecer, R.N., M.S., B.C., associate director of nursing education and research, and at Lincoln since 1980.

"We are proud to ac- knowledge our honorees

for their untiring advocacy in the quest to save lives," said Mirian L. Moses, R.N., chair of the Lincoln Hospi- tal Auxiliary, Inc. "They have made, and continue to make, significant contribu- tions to society and to the healthcare industry."

Proceeds from the event will benefit the Lincoln Medical Center's pediatric play rooms.



Honorees Evelyn Montecer, R.N., auxiliary chair, Mirian Moses, R.N., and Elaine Stewart-Hylton, R.N. pose with the 175th anniversary cake.



Mistress of ceremony, Mary Murphy, WPIX investigative reporter, and Milton Nunez, executive direc- tor, Lincoln Medical Center.



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# Eagle Academy Scholars Nurtured by Soldiers

By Tina M. Beller  
Army Public Affairs  
Specialist

Because the U.S. Army and the 100 Black Men of America share similar values, it makes sense that the pair have forged a relationship since 2007 to educate modern day Eagle scholars enrolled at the Bronx based Eagle Academy for Young Men.

Lt. Col. Richard B. Gussenhoven, an Army professor of military science at CUNY ROTC, provided a solid lecture on core leadership competencies while 1st Sgt. Gregory Ellis, an Arkan- san with 24 years of Army infantryman experience,

challenged students with a modern-day leadership exercise. "If you are invited to a party tonight and you have to work tomorrow," Ellis began with a smile, "should you be back at midnight to get some sleep, or should you stay out until 4 am and get only an hour or two of sleep before you stumble into work?"

After some laughter among the teenage boys, Ellis explained how a leader is a responsible individual, one who has to make good decisions because those decisions affect other people's lives as well as their own. "Decision making is a valuable skill required not only in today's military workforce,

but the civilian sector as well -- not to mention life in general," said Gussenhoven. "At CUNY ROTC, our cadets not only learn goal setting, but more importantly, they learn time management because, when they have finished their Army career, they need to transition healthfully into the civilian workforce and managing time and competing priorities is a skill admired by most employers." Because of the advanced training and wide array of leadership opportunities they receive, soldiers in the U.S. Army have an edge over non-military personnel.

"It's important that they (the students) see all these organizations -- whether



Socializing after class, 1st Sgt. Gregory Ellis discusses college options with two scholars from the Eagle Academy for Young Men during the annual 100 Black Men of America leadership workshop.

it's the Army or the 100 Black Men of America -- coming together for the betterment of kids and that they understand leadership

isn't something you just get from the military," said Ellis. "Anybody can be a leader, no matter what ad- versity one goes through

or what predicament someone is in, no matter where you work or who you work for ... everyone can be a leader."



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Amida Care members



Linda

couldn't agree more.

"I tell my friends they should look into Amida Care," said George G., an Amida Care True Life Plus member. "Rarely do you

get a plan that provides so much service. My wife and I are both members of the plan and we are very happy."

The team at Amida Care

has one goal: provide every member the support they need to maintain or improve their health.

"They stand on their word that they are here to help me," says Linda.

Amida Care is available every day from 8 am to 8 pm at 888-963-7093 (TTY 711) to help you understand which plan is right for you.

"They always live up to what they say and are like family," said Calvin K. Both are members of Amida care Live Life Advantage.

Learn more at [AmidaCareNY.org](http://AmidaCareNY.org) or call 888.963.7093 every day from 8 am to 8 pm to learn which plan is right for you. Service is available in several languages.

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# East Harlem NYPL Branch Re-opens

By Derrel Jazz Johnson

New York City Council speaker, Melissa Mark-Viverito, and New York Public Library (NYPL) president, Anthony Marx, were on hand for the re-opening of the NYPL branch, located at 224 East 125th street

on October 24, 2014.

The branch, which was closed for a year due to boiler problems, officially re-opened at the beginning of the week, but Councilwoman Mark-Viverito, who represents District 8, added the ribbon-cutting ceremony to her popular “Follow Me Friday” program, which allows resi-

dents to speak to her about community issues.

Mark-Viverito said, “I was happy to do my event here this week to again let the community know that the library is open. Libraries become community centers. It encourages literacy and it encourages education.”

Anthony Marks said, “Harlem is one of the great

neighborhoods of New York. It’s a center of civic life, of learning and of teaching, and the library is foundational to that. It’s great to have it open again and we couldn’t be more excited. Now that the library has re-opened, residents can expect the type of programing they have always expected and



New York Public Library president, Anthony Marx.



New York City Council speaker, Melissa Mark-Viverito.

more,” he said. “We are filling our branches, as much as we can, with after school programs, with English language programs and citizenship classes. We’re filling them with computer skills classes; we are teaching coding in Harlem and the South Bronx for the first time.”

What can we expect from the New York Public Library in the near future? President Marx responded, “We expect we’ll be launching a major project

to help get people internet access at home. There are two and a half million New Yorkers, particularly in the poorer neighborhoods, who don’t have WiFi, who don’t have (internet) access at home. In the 21st century, you can’t do your research, you can’t email, you can’t even apply for a job if you’re not online. It’s great that people can come to the library and do those things but we want people to be able to do it at home as well.”



(Left to right) NYPL president, Anthony Marx; New York City Council speaker, Melissa Mark-Viverito, and East Harlem branch library staff.



New York City Council speaker, Melissa Mark-Viverito, chats with New York Public Library president, Anthony Marx

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<b>Woodhull Hospital</b> <b>760 Broadway</b> <b>Brooklyn</b> 3 <sup>rd</sup> Floor, Auditorium Friday, October 31 8:00 A.M. – 12:00 P.M.	<b>Washington-Lexington Senior Center</b> <b>1773 3<sup>rd</sup> Avenue</b> <b>Manhattan</b> Wednesday, November 5 10:30 A.M. – 11:30 A.M.	<b>Bellevue Hospital</b> <b>462 First Avenue</b> <b>Manhattan</b> Saul Farber Auditorium Wednesday, November 5 9:00 A.M. – 12:00 P.M.	<b>Elmhurst Hospital</b> <b>79-01 Broadway</b> <b>Queens</b> 1 <sup>st</sup> Floor, Auditorium A122 Monday, November 10 9:00 A.M. – 11:30 A.M.

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## The Eight Gates Theory and Practice

By William A. Rogers

The “Principle of Polarity” is the foundation of Taoist philosophical thought. Everything is dual; everything has poles; everything has its pair of opposites; and there is a yin and yang in all things. In Taoism, the yin is seen as a broken line (—) the yang is seen as a straight line (—). The yin and yang represent the negative and positive dualism existing within all things, from the protons and electrons of atoms to the conscience and subconscious of the human psyche.

The Taoist I Ching, also known as “The Book of Change,” is the most ancient and profound of the Chinese classics. For over 4,000 years, it has been used as an oracle of fortune; a guide to success; and a dispensary of wisdom. The combination of yin and

yang lines, which form eight trigrams (“The Eight Gates”), can be arranged into 64 hexagrams, which are used to consult the I Ching.

The 64 hexagrams of the I Ching correspond to the 64 combinations found within the genetic code. In fact, the I Ching influenced James Watson and Francis Crick’s discovery of the genetic code. “The Eight Gates”: Heaven, Earth, Fire, Water, Thunder, Mountain, Lake, and Wind also serve as the foundation of the Taoist art of Taijiquan (tai chi). The circular movement of “The Eight Gates” can be used for health and self-defense.

While doing my Taoist master training in the mountains of South Korea, I learned an energy balancing technique that makes use of two of “The

Eight Gates” -- the electromagnetic field of heaven and the biopsychic field of earth. The exercise is called “Heaven and Earth.”

I will partner with my friend and tai chi instructor, Grand Master Abdul Musawwir, to teach an eight week, two-part workshop titled “The Eight Gates Theory and Practice” in the spring semester at the City College Continuing and Professional Services Program. In part one, I will teach the yin and yang theory of polarity and how to consult and interpret the I Ching. Grand Master Musawwir will teach the Taoist practice of moving in “The Eight Gates” for health and self-defense.

For additional information on the spring workshop, call 212.650.6605 or 646.329.6727.

### Answers to puzzle on page 24

G	R	A	S	S		A	T	M			M	A	L	T	
R	E	M	I	T		L	A	O		P	E	R	O	N	
A	N	E	L	E		O	P	T		A	S	C	O	T	
F	O	X	T	R	O	T		H	I	P	H	O	P		
		S	E	W		H	Y	D	E						
S	H	E		O	N	T	O		O	R	I	N	G	S	
W	O	R	K		E	A	T	S		S	T	I	L	L	
I	N	O	N		D	I	S	C	O		E	T	U	I	
N	O	S	E	D		L	E	A	P		M	E	E	D	
G	R	E	W	U	P		A	B	E	T		R	Y	E	
			L	E	S	T		R	O	E					
		C	A	N	C	A	N		M	A	Y	P	O	L	E
V	A	L	U	E		I	C	E		O	R	L	O	P	
A	G	E	N	T		F	O	G		T	O	I	L	E	
N	E	S	S			F	D	A		A	M	O	L	E	

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## Herbs Are Nature's Medicine...

By Zakiyyah

A very potent herb that is not very well known and seldom used is vervain. Because it has an affinity for the liver, spleen, and nervous system, it relieves conditions of liver disorders, irregular and painful menses. , as an emmenagogue (herbs which stimulate blood flow in the pelvic area and uterus), it increases milk in nursing moms and relieves mastitis as well.

It also has very strong healing properties as an anticancer herb: antiscrofulous (TB of neck lymph nodes), antispasmodic, astringent, bitter, emetic, em-

menagogue, febrifuge (reduces fever), nervine, and stomachic.

Other medicinal uses include congestion, depression, migraines, nerve/back pain, rheumatoid arthritis, jaundice and gout; and the infusion is used to help pass kidney stones and for infections of the bladder.

The above ground part of vervain is used in a tea for acute symptoms of colds, flu, and fevers. For nervousness caused by liver congestion, anger, shock (all symptoms resulting from an unbalanced wood element comprising the liver and gall bladder), a powerful tea can be made by combining equal parts

vervain, skullcap, chamomile, valerian, Oregon grape root, and ginger. Use a natural sweetener only and drink three cups daily.

To relieve symptoms of PMS, add chaste berries to the above formula.

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*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. Send an email to request a FREE newsletter. Email: theherbalist1750@gmail.com. Website: sacredhealing7.com. Blog: herbsare-naturesmedicine.blogspot.com. 347.407.4312.*



## BEAUTY, FASHION, LIFESTYLE & STUFF: "Spring Forward or Fall Back?"

By Audrey Adams

I can't resist the temptation to say what's really on my mind this week. But you see I really feel that I must step out of my comfort zone and go for it; I'm not supposed to talk about it because I cover fashion, beauty, lifestyle and stuff! So how can I possibly justify what it is that I am about to say? Trust me, I will. Here goes ... politics! There I said it. It seems that everybody has or is jumping into the political fray, so why not me? I want to be heard too! In a few days, it won't matter anyway, this election season will end and the moment will have passed. In my opinion, all elections are important. The people we choose will be in

a position to determine how our country is perceived by the rest of the world, the direction that we take, interpret the beliefs that we hold dear and other things important to the quality of our life (style), things like: healthcare, the economy, taxes, social security, the environment, education, etc. And by the way, on Sunday, November 2, we'll set our clocks back an hour, the old "Spring Forward, Fall Back" routine.

Now there's a political comment for you, "Spring Forward, Fall Back!" I wonder if it really is pure coincidence that the election is just a few days later; or is my mind playing tricks on me? You know by now how my mind works ... and I started thinking ... is there a correla-

tion? Maybe, and yes, this is all about lifestyle. Whenever you set the clocks back it's pitch dark when you wake up, and dark before you get home from work. The days are shorter and generally speaking, there isn't a whole lot going on. Folks start to prepare for winter by cocooning instead of getting out and having big time fun in the sun. And let's not forget about eating all those comfort foods that make us bulk up during the winter and slow us down. Then there is dieting in the spring to get ready for summer. That's lifestyle related!

Now back to politics and me wanting to be heard. I have no intention of coming out for one candidate or trying to encourage you to vote a particular way. Nope, there

will be none of that. I would just encourage you not to "Fall Back" into bad habits on Election Day. Be prepared instead to "Spring Forward" when the time comes by casting your vote for whomever you support on November 5. Make an informed decision by researching and understanding the issues at hand. Think about the future and how important it is for us to lay the proper foundation for the sake of our children. Whether or not you believe that the process works, you owe it to all the brave men and women who sacrificed their lives for the right to vote. Those who died for the cause never even had an opportunity to cast a vote, but protested because they knew how important that right to vote would be to future generations. Don't allow the heaviness of the occasion (like

comfort food) to make you lethargic. Your opinion counts. Salute their memory ... not by "Falling Back" into the long dark shadows of winter, but by "Springing Forward" instead. It doesn't have to be politics as usual. If you want to ensure that you'll be heard too ... cast your vote! I ask you, will you "Spring Forward or Fall Back" on November 4? Think about it. See you next week.

Visit TALKWITHAUDREY.com and checkout my online radio show, Talk! with Audrey for a series of interviews that will inform, motivate and inspire you.

This week on TALK! with AUDREY: Former NFL player Ray Rice's brutal attack on his then-fiancée, now wife, Janay Rice is front and center for all to see. I speak with AMY LEWIS BEAR, a psychotherapist based in

Atlanta who is passionate about helping people who are in hurtful relationships. She understands emotional abuse in all its forms and guises from a personal and professional perspective. She is also the author of From Charm to Harm: The Guide to Spotting, Naming, and Stopping Emotional Abuse in Intimate Relationships. To listen anytime go to TalkWithAudrey.com.

Audrey Adams is the host of TALK! with AUDREY is 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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# CHURCH NEWS

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

The Ebola virus is here in Harlem. While not ostracizing our brothers and sisters from Africa, we must keep in mind the suggestions made by the Centers for Disease Control. We must avoid ALL body fluids from people who have travelled to

West Africa in the last three weeks. Listen to WHCR for the latest updates on this very serious and fluid crisis.

Halloween is upon us and if you allow your children to participate in Halloween activities you should supervise them

closely. If your children are out and about, make sure you examine all candies and food products they collect. There are many sick people who would use this festive occasion to carry out their personal vendettas against children or the community.

The terrorist attacks on the two New York City police officers in Queens brings to our attention the reach that ISIL has on radical Islamics in our community. New York is vulnerable and care should be taken as we travel out and about the city. But remember -- all Muslims are not terrorists.

Tabernacle of Deliverance celebrated its 38th anniversary from October 21-24. Bishop Joe Ross and Prayer Temple Church were the guests on the opening night of the celebration. Rev. Frank Blackshear and Greater Zion Hill Baptist Church were the Wednesday night celebrants. Rev. Ola Graham and Prince of Peace Church joined the congregation on Thursday night. The closing service was conducted by Bishop Carl Holley and Mt. Moriah

Baptist Church. A lavish meal was presented after the service.

Pastor Frank Baylor of the Serenity Church celebrated Men's Day at Bethlehem Church of Christ, located at West 151st Street and Bradhurst Avenue, on October 25. Members of Tabernacle of Deliverance were guests.

Rev. Helen Wingate, pastor of Greater Faith Baptist Church, 845 East 167th Street, the Bronx, has begun a soup kitchen every Thursday from 12

noon to 2 pm.

Mt. Olivet Baptist Church, located at 201 Malcolm X Boulevard, celebrated Men's Day on Sunday, October 26. On Friday, October 25 there was a gospel/comedy night presented by the Men of Mt. Olivet, where Rev. Charles Curtis is the pastor.

Be part of "The 3G Experience" on Thursday mornings from 6-10 am: whcr.org. Call-in: 212.650.6903. Follow "Bro. Bill" on Facebook. Email: mrbill903@gmail.com.




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## Justice While Black by Robbin Shipp, Esq. and Nick Chiles

By Terri Schlichenmeyer  
Harlem News contributor

You have the right to remain silent, but you also have the right to speak up – which is precisely one of the things you *don't* want to do if you're arrested. In *Justice While Black* by Robbin Shipp, Esq. and Nick Chiles, you'll learn why, among other things.

It is a sobering story: The number of imprisoned African Americans is disproportionate to the number of jailed whites in this country; one in three young black men can expect to be jailed in his lifetime.

The fact is that, if you're

black – particularly if you're a black male, attorney Shipp says, you are vulnerable to being a potential suspect in a crime. It doesn't matter who you are, who your father is, or even if you're innocent: as soon as you're put in the back of a police car, you're probably going to jail.

If that happens, the first thing to remember is to go against human nature and *shut up*. Be polite, answer questions succinctly, but don't try to talk yourself out of anything. It won't work; it could make things worse. Know your constitutional rights, laws of search &

seizure, and other rules, and teach them to your children. Know how to proceed when stopped while driving or walking. Learn to keep impulses in control when faced with arrest. Remember that the prison system is driven by economics. Don't think that you can't afford a private lawyer; talent doesn't necessarily cost much. Ask questions and accept advice, but think hard before accepting a plea deal. Above all: never stop hoping.

A basic history of African Americans, police, and prison is part of what you'll find inside *Justice While Black*. Like a gavel on a judge's bench, the authors hammer home point after important

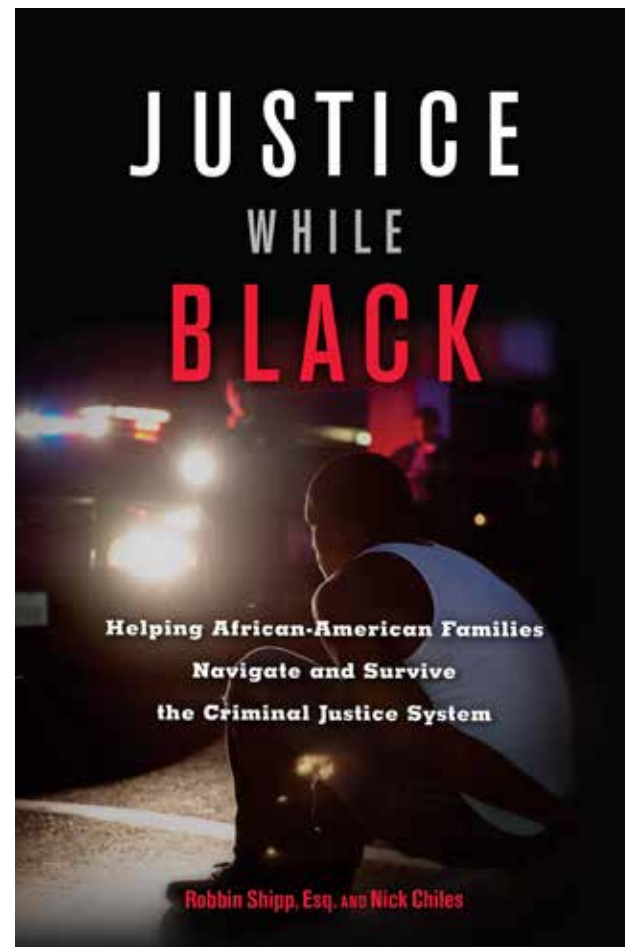
point with information that will make you want to take notes. Her advice covers adults and children, males and females, and includes tips on minimizing trouble and finding the right attorney. While Shipp adamantly states that this book doesn't replace face-to-face counsel, I absolutely believe its \$14 price tag is an invaluable beginning for your family's protection.

Justice While Black by Robbin Shipp, Esq. and Nick Chiles

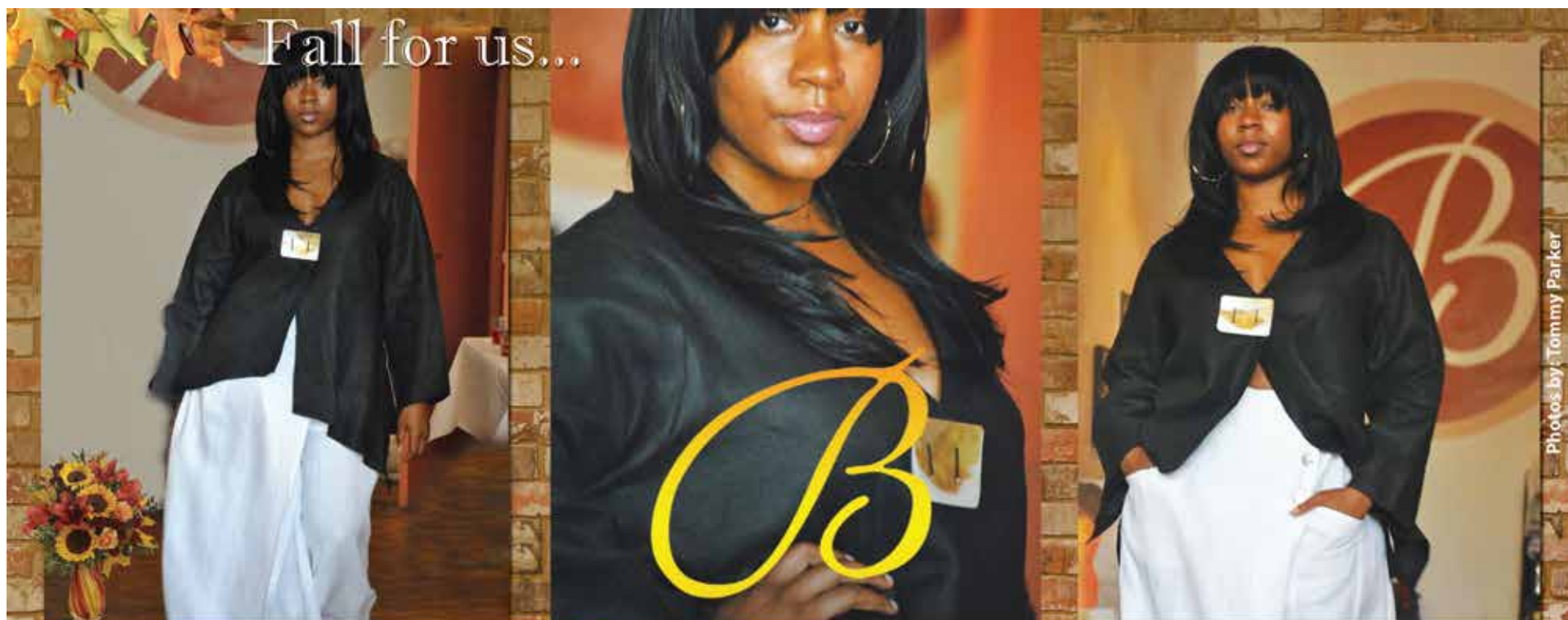
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# Stan's Lotto for Oct. 30–Nov. 5, 2014

By Stan "The RoseKnows Numbers Man"

It's "Halloween" time folks, so be careful out there with your young'uns while you pick up the straight daily numbers, winning loot that you won with my 085 and 465. Yes, two straight hits last week and congrats to all of you on playing my predictions. We're starting to pick up some cash for the upcoming holidays, so let's keep going.

Below is another TREE system to help you hit the picks straight/boxed again. We set up another 3x3x3 TREE system playing 27 combos. There are three (3) digits per position in this TREE and the odds for hitting straight are about

37-1. In position ONE, we'll play digits (8, 4, 6); position TWO we'll play digits (9, 5, 6) and in position THREE we'll play digits (3, 4, 6). When we 'spin' the digits from each row, we get the following 27 combinations to play:

- 843, 844, 846, 853,
- 854, 856, 863, 864, 866
- 943, 944, 946, 953,
- 954, 956, 963, 964, 966
- 643, 644, 646, 653,
- 654, 656, 663, 664, 666

While you're playing my system, please add the Triples again. They are still dormant and should appear very soon. Statistically they are beating the

odds and us, by not showing up. But that will end soon. With just about 60 days left to this year, we're going to see another Triple, so keep them in your system.

This 27-combo system has good coverage and has many double or palindrome combos too like 656, 944, and 844. They pay out more when you box. And remember, our daily numbers game has 1,000 straight ways and 220 boxed ways. In order to lower the odds, situate your selections in a systematic way as I've done for you above.

My TREE systems are very good at doing that

for you. Above you see my 3x3x3 type TREE. But you can also create a larger 4x3x3 Tree or a 4x4x4 TREE if you so desire. And, if you want to power down, make a smaller TREE, you can work-up a 2x2x3 TREE type that may fit your budgets. You have the total control of manipulating the TREES any way you want and at what costs you want as well. As a side bar note, you can work-up a TREE without the Triples and play them separately so that you have more room in the TREE for different digits to make more consecutives since they are 6-way configurations like the 456 above. I

## STAN'S WEEKLY LOTTERY PREDICTIONS:

### Daily #

- Must Plays: 479, 918, 243, 158, 256
- No Matches: 674, 317, 083, 912, 356
- Doublets: 455, 101, 255, 677, 868
- Triples: 777, 222, 444
- Pairs: 04, 29, 32
- Consecutives: 123, 765, 687

### Win-4

- Must Plays: 4539, 5293, 9503, 5149, 6151
- No Matches: 8043, 5126, 6541, 7541, 8032
- Singledrome: 0717, 2238, 5659, 6778, 8789
- Doubledrome: 9393, 5885, 6556, 2112, 4114
- Tripledrome: 1115, 2022, 7727
- Consecutives: 9870, 7689, 4253
- Quads: 4444, 6666, 8888

### Take-5:

- Array of 16 balls to WHEEL using Gail Howard systems
- 02, 3, 07, 09, 11, 13, 14, 16, 22, 25, 28, 29, 31, 33, 35, 37

mention this because Triple digits are used in every position of a TREE, like the 444 and 666 above.

This week, let's play

my 3x3x3 TREE and try to cash the next Triple and/or Consecutive.

Please contact [srose283@aol.com](mailto:srose283@aol.com) for any queries.

See answers on page 20

CROSSWORD														
1	2	3	4	5		6	7	8		9	10	11	12	
13						14				15				
16						17				18				
19						20			21	22				
			23				24							
25	26	27		28		29			30		31	32	33	34
35			36		37			38		39				
40					41			42		43				
44				45		46				47				
48					49			50		51		52		
					53			54		55		56		
	57	58	59					60				61	62	63
64						65	66			67				
68						69				70				
71						72				73				

# THEME: DANCE DANCE DANCE

### ACROSS

1. \*Hula dancers wear skirts made of this
6. Automated teller
9. Grain in "The House That Jack Built"
13. Send in payment
14. Indochinese language
15. Juan or his wife Evita
16. Administer oil to, often in religious ceremony
17. Make a choice
18. Fancy tie
19. \*Big band music dance
21. \*Distinctly urban dance
23. Do needlework
24. His alter ego was a doctor
25. Ship pronoun
28. "I'm \_\_\_ you"
30. Rubber gaskets
35. \*Dance to a ballerina
37. Chows down
39. Motionless
40. Aware of
41. \*Tony Manero's dance

43. Purse to go with evening gown
44. Searched, often used with "around"
46. \*Ballet move
47. Well-deserved reward
48. Matured
50. Lend a hand
52. "The Catcher in the \_\_\_"
53. "\_\_\_ we forget"
55. Beluga yield
57. \*Montparnasse dance
60. \*May Day dance prop
64. Fair market \_\_\_
65. \*Meryl Davis' and Charlie White's turf
67. Lowest deck on a ship
68. Real estate broker, e.g.
69. Driving hazard
70. Upholstery choice
71. Nessie's Loch
72. Drug approver
73. \_\_\_ or a spy

### DOWN

1. Tennis great Steffi \_\_\_

2. She is a former U.S. Attorney General
3. Used for charging
4. River clay deposits
5. Three-dimensional sound
6. A bunch
7. \*Soft-shoe
8. Like an eaten blanket?
9. Mosquito net fabric
10. a.k.a. Atlantic Richfield Company
11. \*Ice dancer's jump
12. Dynamite
15. School assignments
20. Had title to
22. Altar avowal
24. Uncomfortable position
25. \*East Coast or West Coast dance
26. Kind of roll
27. Having an irregular edge
29. Peacock's pride
31. Bookkeeping entry
32. Fertilizer ingredient

33. Sticky
34. \*Electric \_\_\_
36. Was aware of
38. Healing sign
42. Performed at Teatro alla Scala
45. Pleasing to the ear
49. Cause of fairytale princess' downfall
51. "Let's Go Places" vehicle
54. Use nose as detector
56. Erasable programmable read only memory
57. \*Where dancer performed in Whisky a Go Go
58. Guinness and such
59. Women in habits
60. Large, prefix
61. Assortment
62. Take it easy
63. "All for one, one for all" sword
64. \*MGM song-and-dance star, \_\_\_ Johnson
66. Atlantic catch

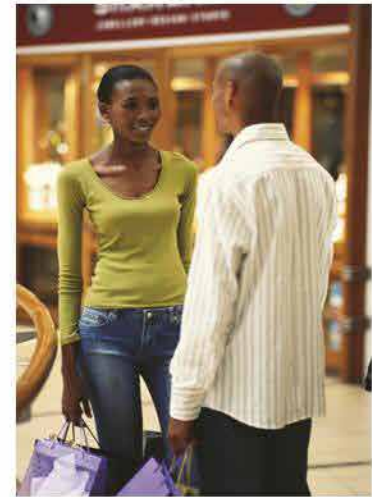
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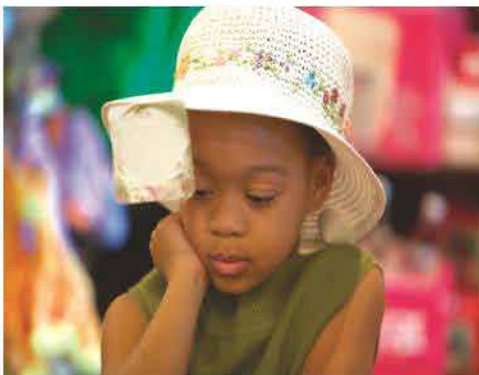
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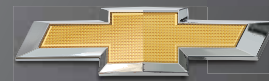
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## Halloween Party at El Batey Garden

By Howard Giske

On Sunday October 26, a fun time was had by all at a Halloween party at the El Batey de Dona Provi Garden, located at East 178th St between Bathgate Ave and Third Ave, in the Bronx. The El Batey Garden is laid out as a traditional Puerto Rican-style garden, with a little “Casita,” a small house, to help in preparing celebrations and also harvesting crops. There was music in the background, and plenty of helium-filled balloons to pass around.

Children were wearing costumes from Batman and Wonder Woman, to princes and princesses. The local Wendy’s sponsored a booth at the event with a young woman wearing a red wig as “Wendy,” and handing out Wendy frisbees. Emblem Health care distributed packets with school notebooks and pens and pencils. Another sponsor was Slammer organic snacks that distributed free samples. Children got popcorn, chips, and rice crisps, and were each given little goodie bags with chocolates. A collective large paper painting stretched out on a table where children painted witches, goblins and pumpkins and wished all a Happy Halloween.

Community residents founded the El Batey community garden over 25 years ago. It has survived because of the continued support,



and commitment of neighborhood volunteers in the Tremont - Third Avenue section. Melissa, one of the community coordinators, told me about activities at the garden, including an Easter egg hunt, and summer cook-outs. There are “Green Day” events in the spring and summer, to promote healthy living and eating

habits. Sometimes there are also flea markets there. Kids get involved in planting seedlings in the springtime and later harvesting the crops. Crops grown at the garden range from pumpkins and tomatoes, to spices and turnips. A bunch of sunken benches are set up that Melissa hopes can be used as a theater for outdoor performances.

*El Batey de Dona Provi Garden is a registered Green Thumb Community Garden. It is part of a program of the Department of Parks and Recreation of the City of New York. For more information on membership, events and programs please call 212-788-8070.*



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## Live Light, Live Right Helping Youth to Keep Fit in Brownsville

On Saturday, October 25, 2014, youth from *Live Light, Live Right* visited the Brownsville Recreation Center to participate in the 'KO Program,' a local boxing initiative aimed at combating the obesity epidemic. The obesity epidemic is a crisis in poor communities like Brownsville, Brooklyn, where two-thirds of children ages 5 to 11 are overweight.

Brooklyn based charity, *Knockout Obesity*, developed the 'KO Program' to help community centers with after school programs, like the Brownsville Recreation Center, to keep their kids moving. Charity founder and Brooklyn restaurateur, Dimitrios Ver-teouris, spearheaded the class of 32 youth alongside professional boxer, Gary Stark, Jr. For 50 minutes, the participants were run through a rigorous combination of calisthenics and boxing drills, followed by a 10 minute cool down period and nutrition lesson. The children smiled and laughed, which showed how much fun they had during the program.

During the nutrition lesson, Ver-teouris explained

to the youth the perilous effects of excess sugar on the body, and counted sugar packets to emphasize just how much sugar was in popular beverages. Mountain Dew, a crowd favorite, left many of the kids stunned when they learned it contained 19 ½ packets of sugar.

A former cast member on Food Network's reality show, *Fat Chef*, Ver-teouris lost 82 pounds in three months using boxing and his own good eats at Nature's Grill. With two open heart surgeries at ages 2 and 11, and a temporary pacemaker at age 15, doctors warned Ver-teouris he would not live past the age of 35 if he did not shed the weight. He founded *Knockout Obesity*, to award others the second chance he had been given.

Currently, *Knockout Obesity* is hosting its first eight-week pilot program at Bushwick-Hylan Cornerstone located in the Bushwick-Hylan NYCHA Houses. *Knockout Obesity* provides a course blueprint and professional boxer to teach classes twice a week, for eight weeks. Boxing equipment is donated to participating community



centers, and existing staff members are trained to sustain the program year round. During the demonstration at Brownsville Recreation Center, two *Live Light Live Right* staff trainers participated in the workout while encouraging the kids to keep momentum.

"The Knockout Obesity program's demo was a huge success, said Dr. Dhuper, Founder and Executive Director, Live Light Live Right. We are looking forward to building an ongoing partnership with KO that brings new energy and talent to our exercise program at the Brownsville Recreation Center."

*Live Light Live Right* is a Brookdale Hospital and community-based partnership, non-profit 501 (c) (3), serving overweight and

obese children ages 2-19. Nearly half of the children in the program are those who live below the poverty line; and suffer from a BMI >95th percentile or are at high risk of developing diabetes or other serious chronic diseases. By pro-

viding free or highly subsidized services, Live Light has already helped over 2,500 children improve their diet, exercise habits, and their health.

Saturday's demonstration was move towards a partnership between

*Knockout Obesity* and *Live Light Live Right*, as both organizations focus on youth living in low-income neighborhoods that are hit hardest by the obesity epidemic.

[www.KOobesity.com](http://www.KOobesity.com)  
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# Resorts World Casino New York City To Host Four-Time Grammy Award-Winning R&B Group Boyz II Men

Best-Selling R&B Group Boyz II Men Brings Chart-Topping Hits To Queens

Mark your calendars, Resorts World Casino New York City will host legendary R&B group Boyz II Men this **Saturday, Nov. 1 at 9 p.m.**

Boyz II Men, who released their brand new album *Collide* earlier this month, will perform this new material in addition to their roster of timeless hits. *Collide*, true to its title, features a collision of sounds and styles, fusing rock, pop and funk with the soulful R&B that first catapulted the four-time Grammy Award winners to superstardom.

The legendary group,

best known for chart-topping hits like “I’ll Make Love To You,” “End of the Road” and “On Bended Knee,” was recently named the Musical Artist of the Year at the Casino Entertainment Awards in Las Vegas, Nevada for their residency at the Mirage Resort and Casino (which was recently extended through 2015).

Resorts World Casino New York City is thrilled to welcome this iconic trio to Queens. Tickets can be purchased at Resorts World Casino New York City on the lower level or at [rwnewyork.com](http://rwnewyork.com). Tickets will run \$20-\$150.

**WHAT: Boyz II Men in Concert**

**WHERE:** Resorts World Casino New York City  
110-00 Rockaway Blvd  
Jamaica, New York  
11420

**WHEN: Saturday, Nov. 1, 2014**

**Event begins at 9 p.m. (doors open at 8 p.m.)**

Resorts World Casino is easily accessible by a wide variety of public transportation options; the A train from Brooklyn, Manhattan or Queens, the Q37 Bus Line, or the Resorts World Casino shuttle which operates every

20 minutes from various points in the city. The casino is also easy to reach by car from one of the five boroughs, Long Island, Northern New Jersey and Connecticut.

**About Resorts World Casino New York City**

Resorts World Casino New York City (Resorts World Casino) is the first entertainment destination of its kind in the five boroughs of New York City. Resorts World Casino is operated by the Genting Group, a global company founded in 1965, and the world’s largest Destination Resorts opera-

tor. Genting has Resorts World-branded properties in Asia, Europe, North America and on all four oceans through the 50% ownership of Norwegian Cruise Line and Star Cruises brands. Genting’s international strategic partners include Universal Studios and Simon Property. The company has a combined market capitalization of \$45 billion and employs more than 50,000 people worldwide.

About Boyz II Men

For over two decades Boyz II Men have given fans a rich catalogue of hits and number one albums that have withstood

the test of time. Boyz II Men holds the distinction of being the best-selling R&B group of all time, with over 60 million albums sold. Although the four-time Grammy Award-winning group consisting of Shawn Stockman, Wanya Morris, and Nate Morris continues to tour around the world, they currently have a residency at the Mirage Resort and Casino in Las Vegas. Signed to BMG, they have recently released an all-new album on October 21, 2014. For information on tour dates and everything Boyz II Men, head to: [www.BoyzIIMen.com](http://www.BoyzIIMen.com)

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