Hailing Hartman

Canto de Hartman

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These walls do speak.

The Graffiti Hall of Fame (GHOF) started in the El Barrio section of East Harlem, at a playground on the corner of 106th Street and Park Avenue. It was a local meet up for graffiti writers from around the city as a place to hang out and exchange tales of subway bombing runs (painting expeditions). The walls of the playground served as a safe haven to practice and test new skills and forge relationships.

Looking to formally establish this place where graffiti artists could hone their craft in a safe space, Harlem community leader Ray “Sting Ray” Rodríguez dubbed the concrete walls of the now Jackie Robinson Educational Complex’s schoolyard the “GHOF,” and it has been attracting some of the best street artists in the world for more than 30 years.

Much of the contemporary street art origins began within the GHOF’s four walls, and the pieces there reflect the vision of many pioneers who laid the foundation to mural art. As the face of the city changes, GHOF supporters have continued to host an annual event at which fans gather to celebrate the art form, its history and its artists. The community event also offers an opportunity for artists around the globe to come and paint.

Among those expected this weekend on August 24th and 25th to participate are TATS CRU, BG183, BIO, NICER, BLEN167, COPE 2, MERES, DEZ, DUSTER UA, KING BEE, VASE, SPHERE, NOVER, PHETUS, CHRISRWK, HEK TAD, SHIRO, MODUS, DONTAY TC5, AND OTHERS.

For more information and tickets, please visit bit.ly/2ZhrOCA.
Fall Apollo Auditions
The Apollo is opening Amateur Night auditions to singers, dancers, comedians, rappers, spoken word artists and musicians on Sat., Sept. 21st from 10:00 a.m. to 6:00 p.m. All amateur performers, ages 5 and older, are welcome. Those chosen from the audition will then have the opportunity to perform and compete on the legendary stage at the world-famous Apollo Theater in New York. The Apollo Theater is located at 53 West 125th Street.

For more information, please visit www.apollotheater.org/amateur-night/auditions.

Summertime Space Slime
Join the Inwood Public Library on Thurs., Aug. 22nd from 3:00 p.m. to 4:00 p.m. for a space-based story and a hands-on slime-making activity. This free event is planned to provide fun for the fingers and the imagination. Explore different textures, make patterns and more. The event is intended for participants aged 3 and older. All participants under 5 years must be accompanied by a caregiver. The Inwood Public Library is located at 4790 Broadway (between Dyckman and Academy Street).

For more information, please visit www.nypl.org/locations/inwood or call 212.942.2445.

Harlem Havana
Come to Harlem Havana Night on Thur., Aug. 22nd from 5:00 p.m. to 8:00 p.m. at the at the Adam Clayton Powell, Jr. State Office Building. The concert will feature performances by The Feeling Messengers, Afrikan Kartel, Krish Tosh and Memphis Jaambo. The concert is sponsored in part by PC Richard & Son, Harlem Community Development Corporation, The Greater Harlem Chamber of Commerce, Harlem Arts Alliance, Harlem Presents, WBLS and Touro College. The Adam Clayton Powell, Jr. State Office Building is located on 163 West 125th Street.

For more information, please visit on.ny.gov/2THASjc.

Harlem Havana
Venga a la Noche Harlem Havana el jueves 22 de agosto de 5:00 p.m. a 8:00 p.m. en el edificio de oficinas estatales Adam Clayton Powell, Jr. El concierto contará con actuaciones de The Feeling Messenger, Afrikan Kartel, Krish Tosh y Memphis Jaambo. El concierto está patrocinado en parte por PC Richard & Son, la Corporación para el Desarrollo.

See COMMUNITY p17
MetroPlus appoints new Chief Medical Officer

There’s a new man at Metro.

MetroPlus Health Plan has announced the appointment of Sanjiv S. Shah, M.D. as its new Chief Medical Officer.

“Dr. Shah has more than 20 years of experience as a physician leader, managed care executive, and an infectious disease specialist. He joins MetroPlus from the Mount Sinai Health System where he served as Medical Director. He also served as Chief Medical Officer at Fidelis Care and Deputy Chief Medical Officer and Associate Medical Director of HIV Services at MetroPlus.

“It is an honor to assume this role and, in close collaboration with NYC Health + Hospitals, be able to offer care to so many New Yorkers,” said Shah. “MetroPlus has been providing affordable, high quality health coverage to New Yorkers, regardless of their situation, since 1985. I am proud to support the plan’s mission of inclusive, person-centered, quality-driven care, and look forward to providing excellent access to medical care to our more than 500,000 members.”

Shah assumed his new role on August 12.

He has earned medical degrees from the University of Nottingham School of Medicine in the UK and a Master of Public Health in Epidemiology from the Mailman School of Public Health at Columbia University.

MetroPlus Health Plan offers a variety of health insurance options, including Medicaid, Medicare, Child Health Plus, MetroPlus Gold for city employees and SHOP for small businesses. The health plan offers access to primary, specialty, pharmacy and other health care services, and provides members with special perks including up to $1,000 in gym reimbursement, a rewards points program to redeem for gifts, and services to address social determinants of health like housing and food insecurity.

For more information, go to www.metroplus.org.

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Hailing Hartman

New street plaza unveiled in Hamilton Heights

By Gregg McQueen

His first solo album was Songs from the Heart in 1955.

And now there will also be songs from the plaza in his name.

Renowned jazz singer Johnny Hartman, who had a lengthy recording career as a solo artist and also worked with John Coltrane and Dizzy Gillespie, will now also be remembered with a new public space in Hamilton Heights.

The city has completed work on Johnny Hartman Plaza, which features over 5,000 square feet of open space with moveable furniture and seasonal plantings.

Located on Hamilton Place between Amsterdam Avenue and West 143rd Street, the space will be used to host cultural events and performances, as well as a place for local residents to relax.

“This will build community, celebrate art, and give people a space where they can reflect,” said Ed Pincar, Manhattan Borough Commissioner for the Department of Transportation (DOT), which designed the plaza.

The plaza was debuted with a ribbon-cutting on Wed, Aug. 14. It was designed in collaboration with The Brotherhood/Sister Sol (Bro/Sis), which provides educational programming and support services for young people ages 8 to 25.

“We envision this having cutting-edge, intergenerational programming connecting elders and children by utilizing the arts — both visual arts in terms of art installations and musical performances — health and wellness, and community events,” explained Khary Lazarre-White, Bro/Sis’ Co-Founder and Executive Director.

Hartman’s daughter, Rev. Lori Hartman, said her father moved to Harlem from Chicago while touring with Gillespie’s band.

“He said, ‘This is going to my home, this is where I’m going to raise my family,’” she said. “He walked these streets, you’d see him walking with a shopping cart and singing. We loved that he would connect us to the community.”

The traffic triangle has been named for Hartman since 1984 and previously featured a small amount of green space run by NYC Parks prior to becoming a public plaza.

The ribbon cutting was attended by several elected officials, including Congressman Adriano Espaillat, State Senator Robert Jackson, State Assemblymember Al Taylor, and City Councilmember Mark Levine, all of whom praised Bro/Sis for its work on the project and touted the plaza for brightening the neighborhood.

“These are places where communities come together to meet and share ideas,” said Taylor, who recognized local youth who advocated for the plaza.

See HARTMAN p18

Canto de Hartman

Nueva plaza presentada en Hamilton Heights

Por Gregg McQueen

Su primer álbum solista fue Songs from the Heart en 1955.

Y ahora también habrá canciones de la plaza en su nombre.

El famoso cantante de jazz Johnny Hartman, quien tuvo una larga carrera discográfica como solista y también trabajó con John Coltrane y Dizzy Gillespie, ahora será recordado adicionalmente con un nuevo espacio público en Hamilton Heights.

La ciudad ha completado las obras en la Plaza Johnny Hartman, que cuenta con más de 5,000 pies cuadrados de espacio abierto, muebles móviles y plantaciones de temporada.

Ubicado en Hamilton Place -entre la avenida Amsterdam y la calle 143 oeste- el espacio se utilizará para albergar eventos culturales y presentaciones, así como un lugar para que los residentes locales se relajen.

“Esto construirá comunidad, celebrará el arte y dará a las personas un espacio donde puedan reflexionar”, dijo Ed Pincar, comisionado del condado de Manhattan del Departamento de Transporte (DOT, por sus siglas en inglés), que diseñó la plaza.

La plaza se estrenó con un corte de cinta el miércoles 14 de agosto.

“Fue diseñado en colaboración con The Brotherhood/Sister Sol (Bro/Sis, contracción en inglés), que ofrece programación educativa y servicios de apoyo para jóvenes de 8 a 25 años. “Imaginamos esto con una programación intergeneracional de vanguardia que conecte a los adultos mayores con los niños a través de las artes, tanto visuales -en términos de instalaciones- como con actuaciones musicales, salud y bienestar, y eventos comunitarios”, explicó Khary Lazarre-White, cofundadora y directora ejecutiva de Bro/Sis.

La hija de Hartman, la reverenda Lori Hartman, dijo que su padre se mudó a Harlem de Chicago mientras estaba de gira con la banda de Gillespie.

“El dijo: ‘este será mi hogar, aquí es donde voy a criar a mi familia’, explicó. “Caminaba por estas calles, lo veía caminando con un carrito de compras y cantando. Nos encantó que nos conectara con la comunidad”.

El triángulo de transporte lleva el nombre de Hartman desde 1984 y anteriormente presentaba una pequeña cantidad de espacio verde administrado por NYC Parks antes de convertirse en una plaza pública.

Al corte de cinta asistieron varios funcionarios, incluyendo el congresista Adriano Espaillat, el senador estatal Robert Jackson, el asambleísta estatal Al Taylor y el concejal Mark Levine, quienes elogiaron a Bro/Sis por su trabajo en el proyecto y promocionaron la plaza por alegar el vecindario.

“Estos son lugares en los que las comunidades se unen para conocerse y compartir ideas”, dijo Taylor, quien reconoció a los jóvenes locales quienes abogaron por la plaza.

“Esta plaza debe sostenerse como un ejemplo para otros proyectos en la ciudad”, dijo Levine.

Pincar comentó que la plaza también aporta características de seguridad al vecindario, ya que el DOT pintó extensiones de aceras y cambió la sincronización de los semáforos.

Vea HARTMAN p18
The Benefits of Boredom

By Kathleen M. Pike

We have been told that we are failing as parents if our kids are bored.

The result is that summer vacation and family holidays are now filled with camp, extra tutoring, sports programs, and music lessons.

And even the smaller breaks throughout the day – time between appointments, on the school bus, waiting for a friend to arrive at the playground or restaurant, etc.—are now filled with checking email, news updates, Facebook, YouTube, Instagram, really anything to keep us from being unoccupied.

But the truth is that feeling bored can be a good thing. Maybe even essential.

1. The biological basis of boredom. When we are not stimulated, our brains do not produce dopamine – the neurochemical that makes us feel excited, motivated, and concentrated. Children, especially adolescents, are sensitive to dopamine. This leads us to feel what we describe as being bored. Boredom also includes a psychological state. We are not bored until we are dissatisfied, frustrated, or disinterested by our lack of stimulation. We don’t want to stay in this state indefinitely, but getting to a state of boredom is a great catalyst to change our current situation.

2. Boredom nurtures imagination and creativity. When my first two kids were little and I was heading back to work, I was worried about keeping them stimulated. I filled a closet with arts and crafts, games, and puzzles. Everything recommended by “best parents ever” kinds of authorities. I instructed our babysitter, Sonia, to selectively pull them out of hiding when they got bored. But it was the strangest thing. After many months, I noticed the cello wrap was still on all the boxes. Perturbed, I asked Sonia what was going on. “Kathy,” she said, “the kids need time to just be with themselves to really discover what they think and like and feel. They don’t need more from outside.” She was right. Countless studies have shown that people are more creative when they allow themselves to know boredom. It’s how our minds work: when we are bored, we daydream, and when we daydream, we are more creative. This creativity helps us remain flexible, adapt to new situations, and be happier.

3. Boredom motivates children to pursue new goals. How many of us have decided to develop a new hobby because we were bored, even just for a few minutes? No one likes the feeling of being bored, but it is a signal with great positive potential. When children are bored, they are motivated to try new things and pursue new goals. Without boredom, children may not have that “push” that motivates them to change what they are doing and develop projects that interest them. These skills are critical for development. And the best part, without being over-scheduled, kids can actually choose which things they want to try and what ambitions they want to pursue.

4. Boredom helps us find meaning in our lives. Like the old adage, we don’t know what we have until it is gone. Boredom not only encourages us to try new things, but it creates the context that allows us space to find pleasure and satisfaction. We each find excitement and boredom from different activities. Used effectively, boredom can spur us to find joy and purpose in our lives.

In the article “Let Children Get Bored Again,” New York Times columnist Pamela Paul argues that boredom has the potential to stimulate self-sufficiency amongst children, contributing to a life of meaning and discovery.

5. Boredom encourages kids to be independent. Parents need to be ready for this! When we spend all of our time

See BENEFITS p19
The New York Landmarks Conservancy has awarded a Sacred Sites Grant of $5,000 to the Old Broadway Synagogue in Harlem.

The organization announced 23 Sacred Sites Grants totaling $256,000 awarded to historic religious properties throughout New York State, including the Old Broadway Synagogue.

The grant will help fund structural repairs to reinforce floor joists and beams.

The Old Broadway Synagogue was built in 1923 by the Chevra Talmud Torah Anshei Marovi, an Eastern European orthodox congregation established in West Harlem in 1911. The synagogue was designed by the architectural firm of Meisner and Uffner and is deemed an excellent example of a “vernacular” or “tenement” style synagogue. It is the only purpose-built, active synagogue in the Morningside Heights/Manhattanville/Harlem sections of Northern Manhattan. Old Broadway Synagogue has cultivated ties to the nearby Jewish Theological Seminary and Columbia University. It sponsors twice-weekly classes and lectures, interfaith events and a weekly luncheon. These non-worship activities bring about 1,000 people to the building.

“We feel it is very important to help maintain religious structures that provide a sense of history and place to communities,” said Peg Breen, President of the New York Landmarks Conservancy. “Many also provide social service and cultural programs that benefit people beyond their congregations.”

The Sacred Sites Program provides congregations with matching grants for planning and implementing exterior restoration projects, technical assistance, and workshops. Since 1986, the program has pledged over 1,493 grants totaling more than $11.1 million to almost 805 religious institutions statewide.
Domestic terrorism law proposed

By Gregg McQueen

Seeking to take tough action to prevent hate-fueled mass shootings, Governor Andrew Cuomo is urging state legislation that would penalize such crimes as domestic terrorism.

Driven by recent incidents where gunmen targeted individuals based on race or religion, Cuomo proposed a law that would make mass shootings against people based on race, color, gender identity, religion, or sexual orientation punishable by up to life in prison without parole. He said that shooters who select their victims in this manner should be punished the same as perpetrators of international terrorism.

“White supremacists, anti-Semites, anti-LGBTQ white nationalists, these are Americans committing mass hate crimes against other Americans and it should be recognized for what it is — domestic terrorism,” said Cuomo. “American citizens who are radicalized not by a foreign ideology but rather radicalized by hate for other Americans are still terrorists.”

The bill would mimic the Federal Bureau of Investigation’s definition of mass casualty as three or more deaths. It would also create a domestic terrorism task force to study mass shootings and recommend security practices in locations likely to be targeted by mass shooters.

Cuomo announced his proposal while speaking before the National Bar Association on Thurs., Aug. 15th, and also called for stricter gun laws including universal background checks and a ban on military-style assault weapons and high-capacity magazines.

He touted the domestic terrorism legislation as the first of its kind in the nation and an example of New York State leading “by example.” He called the state’s gun laws the best in the nation, referencing the passage in 2013 of the SAFE Act, which keeps guns away from convicted felons and individuals with a mental illness, bans assault weapons, and ensures background checks for private gun sales.

Rep. Hakeem Jeffries said the nation is reeling from a growing surge in domestic terrorism fueled by white supremacy.

“Rome is burning right now,” he remarked. In February, the House of Representative passed legislation that would require background checks for all firearms sales and extend the waiting period for gun purchases, but Jeffries slammed Senate Majority Leader Mitch McConnell for refusing to allow a vote on it.

“We sent it over to the Senate where it has landed in Moscow Mitch’s legislative graveyard,” he said.

City Council Speaker Corey Johnson applauded Cuomo for attempting to advance the domestic terrorism legislation.

“As elected officials we have an obligation to step up and try to prevent tragedies from happening,” he said.

Cuomo urged Democrats in Washington, D.C. to stand tall in attempt to bring change to federal gun laws.

“They must expose this President and the Republican Senators as the political cowards they are and lackeys for the gun industry that they serve,” he said. “This is no time for Democratic division or for legislative baby steps.”

He placed blame squarely on President Donald Trump for sowing divisiveness in the nation.

“Mr. President, stop dividing, start unifying, save American lives and New York State will lead the way,” he said.

*As elected officials we have an obligation to step up,* said Gov. Andrew Cuomo.
Getting ready to send the kids back to school is about more than just new notebooks, pencils and backpacks.

You can also plan healthy new recipes in advance to get a jump start on the new school year.

Farmers’ markets around the city offer all of the fresh produce you’ll need to feed your family well.

This is the perfect time to try root vegetables like carrots, their lesser known cousin parsnips, and leeks. Carrots are full of beta-carotene, which can help improve eyesight — important for kids returning to school. Unlike many vegetables, the nutritional value of carrots goes up when you cook them.

Parsnips, which look like carrots but are white in color and sweeter, are a good source of potassium, a mineral that can help stave off leg and foot cramps. Parsnips also contain antioxidants that help fight cancer and inflammation.

Leeks are another root vegetable that will serve as a perfect complement in a healthy meal. They are related to onions but have a milder taste. They’re crunchy and firm, and the white base and light green parts are edible. Leeks are also a good source of vitamins K and B6, as well as folate, which helps with hair and nail growth. It is important for expectant moms to get enough folate to help promote fetal development.

Pick up carrots, parsnips and leeks at your local farmers’ market, as well as some onions, garlic, a habañero pepper and fresh thyme and parsley, and you can whip up this easy side dish in no time.

**Sautéed Vegetable Medley**

**Ingredients**

- 4 leeks, cleaned well and chopped
- 2 carrots, grated
- 2 parsnips, grated
- 1 onion, sliced
- 3 cloves garlic, finely chopped
- 2 tablespoons parsley, finely chopped
- 1 teaspoon fresh thyme (or 1/2 teaspoon dried), finely chopped
- 1/2 habanero pepper, chopped
- 2 teaspoons olive oil

**Preparation**

Heat oil and add pepper, onion and garlic. Sauté until vegetables soften. Add leeks and sauté for about five minutes until leeks soften. Add carrots and parsnips and cook for another two to three minutes. Add fresh herbs to taste.

This recipe using fresh, local produce can become a staple in your home, providing you and your family with the nutrients you need for a great school year.

The recipe is provided by Harvest Home Farmer’s Markets, an EmblemHealth initiative which seeks to provide access to locally grown fruits and vegetables and cooking demonstrations.

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**Food for Thought**

**Parsnips provide potassium.**
Try one of these eateries for your next meal or party.

**Saggio**
Italian
529 W. 181st St. near Pinehurst Ave.
212-756-3080
Authentic Italian cuisine featuring daily handmade pastas, slow-cooked ragus, fresh seafood, and a great selection of Italian wine and beer in a warm atmosphere. Half-price happy hour Monday through Friday from 4-7pm. Weekend brunch from 10am to 3:30pm. Private party or catering event.

**El Conde Restaurant**
Dominican Steakhouse
4139 Broadway at W. 175th St.
212-781-3231
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Prepararse para enviar a sus hijos a la escuela es algo más que nuevos cuadernos, lápices y mochilas. También puede planificar nuevas recetas saludables para tener un buen inicio en el nuevo año escolar. ¿Y qué mejor momento para hacerlo que ahora?

Los mercados de agricultores por toda la ciudad le ofrecen los productos frescos que necesita para alimentar bien a su familia. El inicio de otoño es el momento perfecto para probar los vegetales de raíz como las zanahorias, sus primas menos conocidas, las chirivías, y los puertos. Las zanahorias están llenas de beta-caroteno, que pueden ayudar a mejorar la vista, algo importante para los niños que regresan a la escuela. A diferencia de muchas verduras, el valor nutricional de las zanahorias aumenta cuando se cocinan. Las chirivías, que parecen zanahorias pero son de color blanco y más dulces, son una buena fuente de potasio, un mineral que puede ayudar a evitar calambres en las piernas y los pies. Las chirivías también contienen antioxidantes que ayudan a combatir el cáncer, las infecciones por hongos y la inflamación. Los puertos son otro tubérculo perfecto para su plato. Están relacionados con las cebollas, pero tienen un sabor más suave. Son crujientes y firmes, y la base blanca y las partes de color verde claro son comestibles.

Los puertos son también una buena fuente de vitaminas K, B6 y ácido fólico, que ayuda al crecimiento del cabello y las uñas. Es importante para las futuras mamás obtener suficiente ácido fólico para ayudar a promover el desarrollo del feto.

Compre zanahorias, chirivías y puertos en el mercado local de agricultores, también algunas cebollas, ajo, un pimiento habanero y tomillo fresco y perejil, y podrá improvisar este plato sencillo en muy poco tiempo.

**Salteado de Vegetales Medley**

**Ingredientes**
- 4 puertos bien limpios y picados
- 2 zanahorias ralladas
- 2 chirivías ralladas
- 1 cebolla en rodajas
- 3 dientes de ajo finamente picados
- 2 cucharadas de perejil finamente picado
- 1 cucharadita de tomillo fresco finamente picado (o 1/2 cucharadita seco)
- ½ pimiento habanero, picado
- 2 cucharaditas de aceite de oliva

**Preparación**

Caliente el aceite y agregue la pimienta, la cebolla y el ajo. Saltee hasta que los vegetales se ablanden. Añada los puertos y saltee durante unos cinco minutos hasta que los puertos se ablanden. Añada las zanahorias y las chirivías y cocine por otros dos o tres minutos. Agregue las hierbas frescas al gusto. Esta receta elaborada con productos frescos de la zona puede convertirse en un elemento básico en su hogar, proporcionando a usted y a su familia los nutrientes necesarios para un gran año escolar.

Esta receta es sometida por los mercados de agricultores de Harvest Home, una iniciativa de EmblemHealth que brindan acceso a frutas y verduras cultivadas localmente y a demostraciones de cocina.

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**NeON Arts Grants**

NeON Arts es un proyecto del Neighborhood Opportunity Network que ofrece a jóvenes en New York City la oportunidad de explorar las artes a través de proyectos en una variedad de disciplinas, incluyendo danza, música, teatro, artes visuales, poesía, y digital media.

NeON Arts está buscando artistas y organizaciones de arte para implementar proyectos en siete barrios de New York City. El programa está disponible en siete comunidades que conectan a los residentes locales a oportunidades, recursos, y servicios proporcionados por empresas, organizaciones, y agencias gubernamentales en sus respectivos barrios. NeON Arts financia y respalda a los artistas de Nueva York y organizaciones que trabajan con NeON para llevar a cabo proyectos de arte que ayuden a los jóvenes a desarrollar habilidades creativas, sociales, y emocionales, y construir relaciones positivas.

Todas las artes y organizaciones de arte son seleccionadas por grupos de stakeholders de NeON, que incluyen personas en probación, personal del DOP, miembros clave de la comunidad, y empresarios locales.


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**CARNEGIE HALL**
Built on Beauty

Acacia hosts annual seniors’ conference

Photos by Adeet Deshmukh

There were manicures – and movement.

The Acacia Network recently hosted its annual Seniors Conference, which brings older residents from throughout the city to the New York Hilton. “The Beauty in Aging” was the theme this year.

The event offered individual workshops from organizations such as the Hispanic Federation and American Association of Retired Persons (AARP) as well as from the Department for the Aging (DFTA), the Mayor’s Office of Immigrant Affairs, and the Department of Consumer Affairs.

Panels on crime prevention and Social Security were also featured, and beauty stations were organized for hairstyling and manicure sessions.

Additionally, the day-long event on August 16 capped off with Tai chi and Zumba.

“We make them feel comfortable,” said Angel Santini, Acacia’s Director of Special Projects. “This gives the seniors access to a lot of information all in one place.”

For more information, please visit acacianetwork.org.

Más belleza

Acacia organiza conferencia anual sobre adultos mayores

Fotos por Adeet Deshmukh

Hubo manicuras y movimiento.

La Red Acacia recientemente organizó su Conferencia Anual de Adultos Mayores, que lleva a los residentes mayores de toda la ciudad al Hilton de Nueva York.

“La belleza del envejecimiento” fue el tema de este año.

El evento ofreció talleres individuales de organizaciones como la Federación Hispana y la Asociación Estadounidense de Personas Jubiladas (AARP, por sus siglas en inglés), así como del Departamento para el Envejecimiento (DFTA, por sus siglas en inglés), la Oficina de Asuntos de Inmigrantes del alcalde y el Departamento de Asuntos del Consumidor.

También se presentaron mesas redondas sobre prevención del delito y Seguridad Social, y se organizaron estaciones de belleza para sesiones de peluquería y manicura.

Además, el evento de un día el 16 de agosto culminó con Tai chi y Zumba.

“Los hacemos sentir cómodos”, dijo Ángel Santini, director de Proyectos Especiales de Acacia. “Esto les da a los adultos mayores acceso a mucha información en un solo lugar”.

Para obtener más información, por favor visite acacianetwork.org.
Hay un hombre nuevo en Metro.

MetroPlus Health Plan ha anunciado el nombramiento de Sanjiv S. Shah, M.D., como su nuevo director médico. Propiedad de NYC Health + Hospitals, MetroPlus sirve como la opción de salud pública de la ciudad y tiene más de 500,000 miembros en los cinco condados.

“Estoy encantada de anunciar el nombramiento del Dr. Shah como director médico”, dijo la presidenta de la Junta de MetroPlus, Sally Hernández-Piñero, en un comunicado. “Confiamos en que el Dr. Shah es el líder visionario que necesitamos para continuar garantizando que nuestros miembros reciban los excelentes servicios de salud que merecen y continué ubicándonos entre los mejores en calidad y satisfacción del paciente”.

Shah tiene más de 20 años de experiencia como líder médico, ejecutivo de atención administrada y especialista en enfermedades infecciosas. Se une a MetroPlus desde el Sistema de Salud Mount Sinai, donde se desempeñó como director médico. También se desempeñó como director médico en Fidelis Care y subdirector médico y director médico asociado de servicios para el VIH en MetroPlus.

“Es un honor asumir este papel y, en estrecha colaboración con NYC Health + Hospitals, poder servir a tantos neoyorquinos”, dijo Shah. “MetroPlus ha estado brindando cobertura de salud asequible y de alta calidad a los neoyorquinos, independientemente de su situación, desde 1985. Me enorgullece apoyar la misión del plan de atención inclusiva, centrada en la persona e impulsada por la calidad, y espero brindar un excelente acceso a la atención médica de nuestros más de 500,000 miembros”.

Shah asumió su nuevo cargo el 12 de agosto.

Obtuvo títulos médicos de la Facultad de Medicina de la Universidad Nottingham, en el Reino Unido, y una maestría en Salud Pública en Epidemiología de la Facultad de Salud Pública Mailman de la Universidad Columbia.

MetroPlus Health Plan ofrece una variedad de opciones de seguro de salud, incluyendo Medicaid, Medicare, Child Health Plus, MetroPlus Gold para empleados de la ciudad y SHOP para pequeños negocios. El plan de salud ofrece acceso a servicios primarios, especializados, de farmacia y otros servicios de atención médica, y brinda a los miembros beneficios especiales que incluyen hasta $1,000 dólares en reembolso de gimnasio, un programa de puntos de recompensas para canjear por regalos y servicios para enfrentar los determinantes sociales de la salud como la vivienda e inseguridad alimentaria.

Para más información, vaya a www.metroplus.org.
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Subvención para sitio sagrado

New York Landmarks Conservancy ha otorgado una Subvención de Sitios Sagrados de $5,000 dólares a la sinagoga Old Broadway en Harlem.

La organización anunció 23 subvenciones para sitios sagrados por un total de $256,000 dólares, otorgados a propiedades religiosas históricas en todo el estado de Nueva York, incluida la sinagoga Old Broadway.

La subvención ayudará a financiar reparaciones estructurales para reforzar vigas y travesaños.

La sinagoga Old Broadway fue construida en 1923 por Chevra Talmud Torah Anshei Marovi, una congregación ortodoxa de Europa del Este establecida en West Harlem en 1911. La sinagoga fue diseñada por el estudio de arquitectura de Meisner y Uffner y se considera un excelente ejemplo de estilo “vernáculo” o de “vivienda” de sinagoga. Es la única sinagoga activa de estilo “vernáculo” o de “vivienda” de Uffner y se considera un excelente ejemplo para el estudio de arquitectura de Meisner y Harlem en 1911. La sinagoga fue diseñada.

Para obtener más información, por favor visite www.elmuseo.org/event/coqui-club-sept-i o llame al 212.831.7272.

Ley DREAM Senador José Peralta del Estado de Nueva York

Al comienzo del año académico 2019-2020, otros miles de estudiantes que quieran obtener un título universitario pueden ser elegibles para la ayuda financiera del Estado de Nueva York, a fin de afrontar los gastos de su educación superior, mediante la Ley DREAM del Estado de Nueva York.

Para saber si eres elegible para ayuda financiera para estudiantes del Estado de Nueva York, visité hesc.ny.gov/dream.
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“Hicimos algunas mejoras de seguridad para los peatones y modificamos el tiempo de la señal”, dijo.

El proyecto fue diseñado bajo el Programa Plaza del DOT, que se asocia con organizaciones comunitarias seleccionadas para crear plazas en los vecindarios.

Bro/Sis presentó su solicitud al Programa Plaza en junio de 2017. Lazarre-White dijo que la organización realizó ocho eventos separados de un día en la plaza para mostrar la viabilidad del proyecto.

“Las posibilidades son infinitas para la programación que podemos tener aquí”, dijo. “Realmente queremos que sea una representación de la diversidad de la comunidad”.

Los jóvenes participantes de la organización han estado administrando un mercado de agricultores una vez por semana en el sitio. Lazarre-White planea expandir el mercado a varios días la semana en el sitio. Lazarre-White planea expandir el mercado a varios días el próximo año, cuando Bro/Sis se mude a su nueva sede alrededor del año que viene. El edificio de 6,000 pies cuadrados está actualmente en construcción.

A pastor en Mt. Calvary/St. Marks’ Levine dijo que la plaza también trae seguridad.

“A pastor en Mt. Calvary/St. Marks’ Levine dijo que la plaza también trae seguridad.

As she purchased items at the green market, a local resident named Mercedes said she was impressed with the new plaza.

“I think it’s nice. It’s great for the neighborhood,” she said. “I’ll come here for live music events.”

Ferron McCalla, who has lived in the neighborhood for 45 years, remarked that he planned to visit the plaza “every day.”

“It’s beautiful,” he said, adding that he would ensure his neighbors keep the space clean. “I’ll be making sure people pick up their garbage, you can bet on that.”

Johnny Hartman Plaza is located on Hamilton Place between Amsterdam Avenue and West 143rd Street. For more information on Bro/Sis, please visit brotherhood-sistersol.org.

Johnny Hartman Plaza se encuentra en Hamilton Place, entre la avenida Amsterdam y la calle 143 oeste. Para obtener más información sobre Bro/Sis, por favor visite brotherhood-sistersol.org.
entertaining our children, they never learn how to entertain themselves. Yes, we need to be attentive to our kids, but sometimes that means actually leaving time and space for them to get bored. This means not filling our kids’ time to the brim with activities and not jumping in to tend to every need. Instead, allowing children to feel bored and giving them space to develop skills in response is critical to growing up and finding joy and purpose in their lives.

My kids are young adults now. They are in charge of their own calendars. Two are at university. But when I still occasionally hear, “Mom, I’m bored,” I now smile and know that good things are happening.

Kathleen M. Pike, PhD is Professor of Psychiatry and Epidemiology and Director of the Global Mental Health WHO Collaborating Center at Columbia University. For more information, please visit cugmhp.org or call 646.774.5308.
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