Springtime Harmony ImaginATIONS

Community

Armonía Primaveral Imaginaciones
Shuttered Venue Operators Grant

Accepting applications starting on April 8
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Sound Waves and Brain Waves

Live on ZOOM
Monday, April 19 7:30 pm

The Social Brain and Music

Miguel Zenón
artist in residence

Jennifer Scribner
neuroscientist & percussionist

COLUMBIA | Zuckerman Institute
Zoom link at nomaanyc.org

Northern Manhattan Arts Alliance
It's the suite summer.

A new free program will offer all public school students their choice of engagement opportunities during the summer months. Dubbed "Summer Rising," the initiative will combine typical remedial summer education classes with summer camp activities, available to all students once the school year ends.

"This ends summer school as we knew it," Mayor Bill de Blasio said at a media briefing on April 13, where he announced the program along with Schools Chancellor Meisha Porter and DYCD Commissioner Bill Chong.

Dubbed "Summer Rising," the program is open to all students who want it, both for remedial work and fun activities, de Blasio said.

"This is a free program for all New York City students, combining academics and cultural enrichment for the best summer yet," he said, noting that the initiative can be used as a model for future years.

Kindergarten and elementary school students will participate in a five-day-a-week program for seven weeks, providing critical childcare services for families as they return to the workplace. Students with 12-month IEPs will participate in a five-day-a-week program for six weeks. Middle school students will participate in a four-day-a-week program for six weeks, and high school students will participate in a five-week program with tailored scheduling to meet their needs.

High school students will still have the opportunity to engage in the Summer Youth Employment Program (SYEP) and participate in the Public Schools Athletic League (PSAL).

Summer locations will be available in every borough, with nearly half of all Department of Education (DOE) school buildings put in use to host programming. City officials said the program would help prepare students for a return to classroom learning in the fall while also providing essential childcare services for working parents.

"Summer Rising is truly the best of both worlds: bringing together for the first time the strengths of DYCD-funded summer enrichment initiatives and DOE's academic programs into a singular experience for young people, particularly those from communities hardest hit by the Covid-19 pandemic," said Chong. "DYCD and our network of community providers are excited to join DOE in keeping classrooms open this summer for safe learning, childcare, connection, and fun."

Porter said the initiative represented a "holistic experience" that combines strong academic support, social emotional learning and enrichment programming.

"Through this innovative partnership with DYCD and our trusted community partners, and thanks to our heroic principals, teachers and staff, we’ll be able to serve any New York City student who wants to attend in-person so they can receive the comprehensive support they need during this critical time," she said.

All programs will follow rigorous health and safety protocols and have access to testing, nursing support and a telehealth call center, the DOE said. In addition, Situation Room policies and protocols will be followed.
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Preventing the spread of COVID-19 starts with knowing if we have it. TESTING IS AVAILABLE AT NO COST TO YOU.

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Following recommendations by the federal government, New York State has paused the use of the Johnson & Johnson Covid-19 vaccine.

The move comes after the Centers for Disease Control and Prevention (CDC) and Food and Drug Administration (FDA) jointly recommended on Tues., Apr. 13 that use of the single-dose vaccine should be paused to investigate cases of a rare blood clotting disorder that developed in six people who received the shot.

All six cases occurred in women between the ages of 18 and 48, about one to two weeks after vaccination. One of the women died and one is hospitalized in critical condition.

The CDC convened a meeting on Wednesday to further review these cases and assess their potential significance, the agency said.

“As until that process is complete, we are recommending a pause in the use of this vaccine out of an abundance of caution,” said Dr. Anne Schuchat, Principal Deputy Director of the CDC, and Dr. Peter Marks, director of the FDA’s Center for Biologics Evaluation and Research, in a joint statement.

New York State Health Commissioner Dr. Howard Zucker said use of the Johnson & Johnson vaccine would be paused immediately statewide, and all appointments for the single-dose shot at state-run vaccination sites would be replaced with the Pfizer vaccine, which requires two doses.

“As the CDC and FDA have said, any adverse events related to the Johnson & Johnson vaccine ‘appear to be extremely rare,’” Zucker said in a statement.

“I am in constant contact with the federal government, and we will update New Yorkers as more information becomes available,” he added.

As of April 12, more than 6.8 million doses of the Johnson & Johnson had been administered in the United States.

In New York City, Health Commissioner Dr. Dave Chokshi said about 4,000 COVID-19 vaccine appointments were rescheduled due to the Johnson & Johnson pause, but stressed that the vast majority of New Yorkers who booked appointments for the single-dose vaccine will keep the same appointment and receive a Pfizer or Moderna shot instead.

Chokshi said the city’s homebound vaccination program would also be paused, as the city works to reschedule appointments or help to arrange transport for seniors to a nearby vaccine site.

“For New Yorkers like me and like the Mayor who received the Johnson & Johnson vaccine, I do want to assure you that it is extremely unlikely you will experience anything like the adverse events that have been reported,” Chokshi said at a media briefing. “If you experience symptoms like severe headache, abdominal pain, leg pain, or shortness of breath within three weeks of having received the Johnson & Johnson vaccination, please do call your doctor.”

### Testing at the Cathedral

Over the course of the pandemic, the Cathedral of St. John the Divine has been committed to serving our community in whatever capacity possible. We are now proud to partner with NYC Health + Hospitals to offer free, safe, and confidential COVID-19 testing on the following dates:

- Monday 4/12
- Tuesday 4/13
- Wednesday 4/14
- Thursday 4/15
- Friday 4/16
- Saturday 4/17
- Sunday 4/18
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- Sat/Sun 9:30 am - 5 pm
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The Cathedral of St. John the Divine
1047 Amsterdam Ave (at 112th St.)
New York, NY 10025

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- Martes 4/13
- Miércoles 4/14
- Jueves 4/15
- Viernes 4/16
- Sábado 4/17
- Domingo 4/18
- Lunes 4/19
- Martes 4/20
- Miércoles 4/21
- Jueves 4/22
- Viernes 4/23
- Sábado 4/24
- Domingo 4/25

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TOGETHER, OUR COMMUNITY CAN BEAT COVID-19.

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If you live in Northern Manhattan, Harlem, or South Bronx and are eligible for the vaccine call 646-838-0319 or go to VaccineTogetherNY.org.

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2021 National Congressional Art Competition

National Art Competition Open to High School Students Around the Nation

Representatives Adriano Espaillat (NY-13) and Don Bacon (NE-02) have announced details of this year’s Congressional Art Competition, a national contest open to high school students from around the nation to showcase their artistic talents with an opportunity to display their winning art in the United States Capitol for up to one year.

Reps. Espaillat and Bacon will serve as this year’s national co-hosts to provide guidance for House Member offices, art organizations and students interested in participating. This year’s competition will be open to high school students who may submit digital renderings of their artwork to their respective congressional district offices.

“New York is home to some of the world’s most celebrated artists and that artistic talent starts early. I am proud to serve as a co-host of the 2021 Congressional Art Competition and encourage high school students from my district and from around the nation to submit their artwork for a chance to showcase their creativity and artist talents as part of this outstanding program,” said Rep. Espaillat.

“The Congressional Art Competition is a great way for our youth to showcase their talents to the world and I am thankful to co-chair it with Rep. Espaillat,” said Rep. Bacon. “Our youth have endured much during this pandemic, including isolation, and hopefully this will provide them an outlet to connect with their communities and spread some joy. The students who compete in this should be highly commended for their dedication and perseverance.”

There is no required theme, however artwork that highlights the rich tapestry and expression of communities around the nation are encouraged. The original artwork may include digital submissions of paintings, drawings, collages, and photography. Due to the ongoing COVID-19 pandemic, artwork may be submitted from the 2019 school year, the 2020 virtual school year and the current 2021 hybrid year – as many communities continue to navigate the reopening process for students and families.

Please visit bit.ly/2OPaAgt to read the complete rules and regulations for the 2021 competition for students and teachers.
Filling a vaccine void

Columbia debuts pop-up vaccination center

By Gregg McQueen

Harlem residents now have easier access to Covid-19 vaccines, thanks to a pop-up vaccination site led by Columbia University’s Community Wellness Center and ColumbiaDoctors.

Debuting on April 10 at The Forum, a community space on Columbia’s Manhattanville campus, the effort vaccinated 500 people over the course of the weekend.

The pop-up center will be reopened on April 17 and 18.

Dr. Olajide Williams, co-director of the Community Wellness Center, together with Dr. Rafael Lantigua, Professor of Medicine at the Columbia University Medical Center and Dean’s Special Advisor for Community Health Affairs, spearheaded the launch of the vaccination center after witnessing a lack of Covid-19 shots for neighborhood residents.

“We recognize the vacuum that existed in that West Harlem area,” Williams said.

While Washington Heights has the Armería as a vaccination hub and many locals head downtown to Javits, Williams noted a lack of vaccine sites in the area immediately surrounding the Columbia campus.

“We see it as part of our community service to provide equitable access to these vaccines to the residents in our backyard,” he remarked.

Williams noted that Black and Latino New Yorkers are getting vaccinated at much lower rates than Whites and Asians.

“Not only were Covid hospitalization rates and death rates higher in Black and Latino communities, but access to vaccines has also proven to be a challenge,” he said.

The Community Wellness Center, opened in 2018 on the Manhattanville campus, offers free blood pressure, diabetes and cholesterol screening for local residents, as well as health insurance enrollment. To help connect community members with the vaccine, the center enlisted the help of 130 community health workers, trained by the center, to perform outreach at 52 local churches. All services are free.

The goal is to use the pop-up vaccine site to administer 500 doses of the Pfizer vaccine each weekend until the end of May.

For April 17 and 18, vaccines will be earmarked for residents of a nearby New York City Housing Authority (NYCHA) complex, as well as homeless individuals.

“We have teams right now on the ground at Grant Houses trying to register people to be vaccinated,” Williams said. “We’re also partnering with Uptown Wagon to connect with their homeless clients.”

“We’re providing MetroCards to residents who need transportation to get there,” he added. “We want to make sure we’re removing every barrier to getting vaccinated.”

Columbia will host vaccination efforts at the Manhattanville site on several weekends until the end of May. On other weekends during that period, the pop-up effort will be moved to New York-Presbyterian’s Allen Hospital.

Williams cited New York-Presbyterian as a key partner. “They’ve been incredibly supportive. They are the source of the vaccines we’re giving and have provided a lot of logistical support,” he said.

The vaccination effort has also received support from local elected officials, including City Council Health Committee Chair Mark Levine, State Assemblymember Danny O’Donnell and Manhattan Borough President Danny O’Donnell.

The goal is to use the pop-up vaccine site to administer doses each weekend until the end of May.

See VOID p15
The Confess Project

By Kathleen M. Pike

Hair. It’s a major strand in the braid of our pandemic stories. Women have gone gray. Men have gone from crew cut to ponytail. People are cutting and coloring their own hair (at their own peril).

Some have feverishly tracked daily public health notices, jumping at the first available appointment the day their hair salon or barber shop reopened - even if they were not socializing elsewhere.

From the moment we don those iconic nylon capes and surrender ourselves to the shampoo sink, what’s going on when we do our hair amounts to a lot more than wash, cut, color and blow dry. Tapping into the potential of this protected time and space away from the hurriedness of the rest of the day is at the heart of The Confess Project.

1. What is The Confess Project? It happens at the barbershop, but it is about a lot more than hair. The Confess Project has trained over 200 barbers around the country to serve as mental health advocates and allies for men and boys of color.

It is a community-based initiative focused on meeting men and boys of color where they are and connecting those who are struggling with mental health and substance use issues to the resources and help that they need.

2. How did it get started? The Confess Project was launched in 2016 by Lorenzo Lewis, an entrepreneur, author, and master storyteller committed to helping men of color thrive. He is someone with personal experience of incarceration, substance use and mental health struggles. Born in jail to an incarcerated mother, Lorenzo lost his father at age 10 and struggled with depression and mental health issues throughout his childhood and adolescence. He says that as a young man of color, he narrowly escaped the “school-to-prison pipeline”.

3. What prompted Lewis to found The Confess Project? As Lewis has recounted in interviews, life could have gone south for him, but he got lucky. As a young man, while struggling to find his footing in the world, he happened upon a local barbershop. It became a refuge for him, and he became a regular after-school visitor. The barber helped to empower him to want to make a difference in his community. That experience planted a seed. Lorenzo went on to attain a college degree, pursue a career in mental health, and envision what ultimately became The Confess Project. You can hear him recount more of his personal journey and path to founding The Confess Project at theconfessproject.com.

4. What are some of the key mental health issues for Black American men? Black Americans are about as likely to have mental health struggles as White Americans. However, they are much less likely to get treatment, and this is especially true for Black and African American men. Why? Healthcare providers are less likely to refer Black men to professional mental health services. Black and African American men report elevated levels of mistrust of the medical healthcare system, so...
A relief fund is providing cash assistance for restaurant and food service workers who have lost employment as a result of the Covid-19 pandemic.

Robin Hood, in partnership with ROAR (Relief Opportunities for All Restaurants), recently launched another round of financial assistance that provides $500 cash grants to workers in need.

Grants are available for qualified applicants on a first come, first serve basis, until program funds are exhausted. The payments are being dispensed through the Family Independence Initiative’s (FII) UpTogether platform.

Robin Hood and ROAR first partnered on a relief fund in March 2020, which raised more than $3 million to provide grants to over 5,200 unemployed restaurant workers last year. The latest installment will issue 1,200 additional cash grants of $500 apiece.

Undocumented and unbanked individuals are eligible to apply for the grants.

To apply for the grant, please visit fund.uptogether.org/ROAR.

New Yorkers:

DOUBLE MASKING OFFERS EVEN MORE PROTECTION AGAINST COVID-19

nyc.gov/health/coronavirus
Iftar on the Go
Free halal meal program announced for Ramadan
By Gregg McQueen

Free halal meals will be distributed to the Muslim community during Ramadan.

The five-borough initiative, dubbed “Iftar on the Go,” is a partnership between New York City Comptroller Stringer’s office, Islamic Relief USA and hunger relief organizations. It will distribute over 4,000 halal meals throughout Ramadan, which will be celebrated this year until May 12, as well as conduct outreach for food stamp benefits at partner sites in each borough. Stringer’s office, Islamic Relief USA and New York City Comptroller Gale Brewer and local Muslim leaders.

At the press conference, Stringer was joined by Manhattan Borough President Gale Brewer and local Muslim leaders. He also renewed his call for the city to provide emergency food assistance to undocumented New Yorkers who are unable to access federally funded safety net programs like SNAP.

“Every New Yorker, regardless of their zip code, language or faith, should have food to put on the table to feed their families,” he remarked. Stringer also asked that the city provide halal emergency food boxes during food insecurity and ramp up vaccine outreach for the Muslim community.

Stringer noted the lack of halal options in the city’s emergency food programs and said SNAP benefits were often difficult to connect with. “The city’s efforts are not meeting Muslims where they are,” he remarked.

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“Iftar on the Go,” is a partnership between New York City Comptroller Stringer’s office, Islamic Relief USA and hunger relief organizations. It will distribute over 4,000 halal meals throughout Ramadan, which will be celebrated this year until May 12, as well as conduct outreach for food stamp benefits at partner sites in each borough. Stringer’s office, Islamic Relief USA and New York City Comptroller Gale Brewer and local Muslim leaders.

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“The intention of the [Ramadan] fast is devotion to God. But when you feel your body weak and undernourished and the great relief in breaking your fast, you cannot help but think of the New Yorkers who...experience this food insecurity not knowing where their next meal is coming from,” said Sultana Ocasio, Director of Food Bank for New York City’s Community Kitchen and Food Pantry.

The food bank provides halal meat at food pantry upon request year-round, founded by Malcolm X, expressed gratitude to Stringer and encouraged Muslim congregations to “look for every opportunity” to partner with city leaders to fight food insecurity.

“Just as the pandemic cuts across racial and religious lines, cuts across ethnic lines, cuts across neighborhoods, the same thing goes for food insecurity,” he said.

Food Bank for New York City will be distributing halal meals on Thursdays during Ramadan. Other partner sites include APNA Brooklyn Community Center, Islamic Leadership Council of NY in Queens, Bait-ul Jammat in Staten Island and SAPNA NYC in the Bronx.

Ramadan is a holy month for Muslims that focuses on prayer, reflection and testing between sunrise and sunset.

“After fasting today, no one should face an empty refrigerator after sundown,” said Brewer, who pointed out that an estimated 2.3 million people suffer from food insecurity in New York City.

“The city’s efforts are not meeting Muslims where they are,” he remarked. Stringer also asked that the city provide halal emergency food boxes during food insecurity and ramp up vaccine outreach for the Muslim community.

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Over 4,000 halal meals throughout Ramadan will be distributed.

Iftar en movimiento
Programa de comida halal gratis anunciado para Ramadan
Por Gregg McQueen

Se distribuirán comidas halal gratuitas a la comunidad musulmana durante el Ramadán.

La iniciativa de cinco condados, denominada “Iftar on the Go”, es una asociación entre la oficina del contralor Stringer de la ciudad de Nueva York, Islamic Relief USA y organizaciones de alivio del hambre. Distribuirán más de 4,000 comidas halal durante el Ramadán, que se celebrará este año hasta el 12 de mayo, y realizará actividades de divulgación para los beneficios de cupones de alimentos en los sitios asociados de cada distrito.

Stringer anunció “Iftar on the Go” en una conferencia de prensa el martes 13 de abril afuera del Banco de Alimentos de la Ciudad de Nueva York en Harlem, el sitio asociado del programa en Manhattan.

“No hay excusa para que ninguna persona pase hambre en una de las ciudades más ricas del mundo”, dijo Stringer. “Todos los neoyorquinos, inde­pendientemente de su código postal, idioma o religión, deben tener comida para poner en la mesa y alimentar a sus familias.”

Stringer señaló la falta de opciones halal en los programas de alimentos de emergencia de la ciudad y dijo que a menudo era difícil conectar con los beneficios de SNAP.

“Los esfuerzos de la ciudad no están coincidiendo con los musulmanes donde están”, comentó. Stringer también pidió que la ciudad proporcione cajas de alimentos de emergencia.

See IFTAR p22
Vea IFTAR p22
Spring Thyme

Recipe: Seared Steak with Thyme Butter

Williams Sonoma Test Kitchen

A change in season prompts a desire for new flavors.

Springtime offers vibrant bursts of savory green herbs to sample. In this steak recipe, a quick compound butter made with fresh thyme elevates this dish to a restaurant-quality meal. As the steaks cook, baste them with the butter, which melts deliciously into the hot meat. Then give tomatoes on the vine a quick sear in the same pan and serve everything with a salad of Little Gem lettuce and avocado. It makes a simple but satisfying dinner, any night of the week.

Ingredients

For the steaks and tomatoes:
- 3 garlic cloves, thinly sliced
- 8 onzas (250 g) tomates cherry, Campari o plum
- 2 cucharaditas de aceite de canola
- 2 cucharaditas de hojas frescas de tomillo,
- 3 cucharadas mantequilla sin sal, a

For the salad:
- 3 garlic cloves, thinly sliced
- 1/2 cup (4 fl oz./125 ml) extra-virgin olive oil
- 1/4 cup (2 fl oz./60 ml) red wine vinegar
- Pinch of sugar or drop of honey
- Kosher salt and freshly ground pepper
- 1 head Little Gem lettuce, leaves separated
- 1 avocado, pitted, peeled and thinly sliced
- Flaky sea salt

Directions:
- To make the steaks and tomatoes, let the steaks stand at room temperature for 30 minutes.
- Meanwhile, in a small bowl, stir together the butter, minced thyme and 1 tsp. kosher salt. Refrigerate until ready to use.
- Season the steaks generously with kosher salt and pepper.
- Heat a large nonstick fry pan over medium-high heat. Pour in the canola oil and heat until just smoking.
- Add the steaks and cook without moving them until a nicely browned crust forms, about 4 minutes.
- Turn the steaks over and cook until an instant-read thermometer inserted into the thickest part of the meat registers 128°F (53°C), 3 to 5 minutes.
- During the last minute of cooking, add the thyme butter and baste the steaks. Transfer the steaks to a cutting board and let rest for 5 to 10 minutes.
- Meanwhile, add the tomatoes, garlic and thyme sprigs to the pan, season lightly with kosher salt and stir to coat with the remaining butter.
- Cover and cook over medium-high heat until the tomatoes are wilted and the garlic is tender and starting to brown, about 6 minutes.
- To make the salad, in a bowl, whisk together the olive oil, vinegar and sugar, and season to taste with kosher salt and pepper. Add the lettuce and toss to coat. Top with the avocado.
- Thinly slice the steaks against the grain, then arrange on individual plates with the tomatoes and salad.
- Sprinkle with flaky sea salt and serve immediately.
- Serves 2.

Tomillo de primavera

Receta: bistec a la plancha con mantequilla de tomillo

Williams Sonoma Test Kitchen

Un cambio de temporada provoca el deseo de nuevos sabores.

La primavera ofrece vibrantes ráfagas de sabrosas hierbas verdes para degustar. En esta receta de bistec, una mantequilla compuesta rápida hecha con tomillo fresco eleva este plato a una comida con calidad de restaurante. Mientras se cocinan los filetes, rocíelos con la mantequilla, que se derrite deliciosamente en la carne caliente. Luego, dore rápidamente los tomates en rama en la misma sartén y sirva todo con una ensalada de lechuga Little Gem y aguacate. Es una cena sencilla pero satisfactoria, cualquier noche de la semana.

Ingredientes

- Para los filetes y tomates:
  - 2 filetes de hierro plano o de tres puntos, cada uno de aproximadamente 2 pulgadas de grosor
  - 3 cucharaditas de mantequilla sin sal, a temperatura ambiente
  - 2 cucharaditas de hojas frescas de tomillo, picadas, más 3 ramitas de tomillo
  - Sal kosher y pimienta recién molida
  - 6 onzas (250 g) tomates cherry, Campari o ciruela en rama
  - 3 garbanzos, finamente picados

Para la ensalada:
- 1/2 taza (4 fl oz./125 ml) de aceite de oliva extra virgen
- 1/4 taza (2 fl oz./60 ml) de vinagre de vino tinto
- Pizca de azúcar o gota de miel
- Durante el último minuto de cocción, agregue la mantequilla de tomillo y rocíe los filetes. Transfiera los filetes a una tabla de cortar y déjelos reposar de 5 a 10 minutos. Mientras tanto, agregue los tomates, el ajo y las ramitas de tomillo a la sartén, sazone ligeramente con sal kosher y revuelva para cubrir con la mantequilla restante.
- Tape y cocine a fuego medio-alto hasta que los tomates se ablanden y el ajo esté tierno y comience a dorarse, aproximadamente 6 minutos. Para hacer la ensalada, en un bol, mezcle el aceite de oliva, el vinagre y el azúcar, y sazone al gusto con sal kosher y pimienta. Agregue la lechuga y revuelva para cubrir. Cubra con el aguacate. Corte los filetes en rodajas finas a contrapelo y colóquelas en platos individuales con los tomates y la ensalada.
- Sprinkle with flaky sea salt and serve immediately.
- Serves 2.

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for consideration.
Email editor@manhattantimesnews.com
for more information.
Columbia's vaccination efforts also serve as an opportunity to engage community members with other essential services. “When people come in for a vaccine, we have staff right there that can sign people up for health insurance. We’re going to be screening folks for food insecurity, legal services, mental health. It’s a comprehensive approach we’re taking,” Williams said. “Our goal is not just to vaccinate our residents but to provide a positive experience, make them feel cared for and make them feel that we’re providing wraparound services that they need and have asked for.”

For more information on the Columbia pop-up vaccine center or to schedule an appointment, please call 212.853.1146 or send an e-mail to wellnesscenter@cumc.columbia.edu. The Wellness Center is located on the ground floor of the Jerome L. Greene Science Center at 610 West 130th Street, New York, NY 10027.
Applications for in-person K through 8 programs will open on Monday, April 26.

These programs will provide a bridge to next school year and allow students to reconnect with one another and with their schools, city officials said.

Consistent with years prior, schools will notify families by June if their student is required to participate in summer learning and will share additional details with families about how they can enroll.

“It is crucial that we connect every child from every zip code with summer enrichment programming that not only addresses COVID-19 academic setbacks, but that supports the whole child,” said City Council Education Committee Chair Mark Treyger. “Our children deserve programs that meet the needs of all students and that are centered on providing children and their families with wraparound support services including social and emotional supports and childcare, coupled with fun, active learning instruction emphasizing the arts, music, recreation and field trips. Summer Rising will remove barriers to learning to enable meaningful connections, and an ability to meet the holistic needs of children and their families.”

Applications for Summer Rising will open on April 26. Families can sign up at discoverdycd.dycdconnect.nyc.
Muchos espacios para comer al aire libre carecen de accesibilidad total

Por Jessica Mundie,
Columbia News Service

A ntes de la pandemia, Daphne Frías y su madre pasaban los veranos comiendo en tantos tipos diferentes de restaurantes como les era posible, pero su favorito es el italiano.

La pareja clasificaba sus comidas favoritas (la pasta cremosa con champiñones y la bruschetta desmembrable) en un mapa de la ciudad de Nueva York girado hacia las comidas al aire libre en respuesta a las restricciones COVID-19. Frías, que usa silla de ruedas, pidió que se mantuviera a la izquierda de la acera cuando puede, y no le gustó mucho el proceso para dar a los peatones suficiente espacio para asientos de la calle y el comedor en la acera.

"Vamos a las terrazas del restaurante para dar a los peatones suficiente espacio para asientos de la calle y el comedor en la acera, pero no hay manera de que puedas mantener esa distancia", dijo Frías.

Los propietarios de restaurantes también están tratando de adaptarse a la mayor cantidad posible de personas para aumentar los ingresos durante la pandemia, dijo Frías. Desde el 1 de julio de 2020, el Departamento de Transporte ha recibido 70 quejas de rampas faltantes en cumplimiento con la ADA, dijo un portavoz del departamento. Además, se ha recibido 1,812 quejas de aceras bloqueadas debido a las comidas al aire libre, según la base de datos de solicitudes de servicio NYC311.

El Departamento de Transporte ha sido condenado a pagar varias multas por incumplir la ADA. "No hay policía de la ADA", dijo Dooha. "No es auto impuesto".

"El Departamento de Transporte no ha cumplido con la ADA durante el verano, y los demás no cumplen con la ADA en este nivel", dijo Dooha.

"Vamos a las terrazas del restaurante para dar a los peatones suficiente espacio para asientos de la calle y el comedor en la acera, pero no hay manera de que puedas mantener esa distancia", dijo Frías.

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Alto a la vacuna

Pausa en la vacuna J&J después de recomendaciones de los CDC

Pongan pausa.

Siguiendo las recomendaciones del gobierno federal, el estado de Nueva York ha detenido el uso de la vacuna de Covid-19 de Johnson & Johnson.

La medida se produce después de que los Centros para el Control y la Prevención de Enfermedades (CDC, por sus siglas en inglés) y la Administración de Alimentos y Medicamentos (FDA, por sus siglas en inglés) recomendaran conjuntamente el martes 13 de abril que el uso de la vacuna de dosis única debe detenerse para investigar casos poco comunes de coágulos sanguíneos, trastorno que se desarrolló en seis personas que recibieron la inyección.

Los seis casos ocurrieron en mujeres de entre 18 y 48 años, aproximadamente una o dos semanas después de la vacunación. Una de las mujeres falleció y otra está hospitalizada en estado crítico.

Los CDC convocaron una reunión el miércoles para revisar más a fondo estos casos y evaluar su potencial importancia, dijo la agencia.

“Hasta que se complete ese proceso, recomendamos una pausa en el uso de esta vacuna por precaución”, dijo la Dra. Anne Schuchat, directora adjunta principal de los CDC, y el Dr. Peter Marks, director del Centro de la FDA para la Evaluación e Investigación Biológica, en una declaración conjunta.

El Dr. Howard Zucker, comisionado de Salud del estado de Nueva York, dijo que el uso de la vacuna Johnson & Johnson se detendría inmediatamente en todo el estado y que todas las citas para vacunación de dosis única en los sitios administrados por el estado se reemplazarían con la vacuna Pfizer, que requiere dos dosis.

“Como han dicho los CDC y la FDA, cualquier evento adverso relacionado con la vacuna Johnson & Johnson parece ser extremadamente raro”, dijo Zucker en un comunicado.

“Estoy en contacto constante con el gobierno federal y actualizaremos a los neoyorquinos a medida que haya más información disponible”, agregó.

Hasta el 12 de abril, se habían administrado más de 6.8 millones de dosis de Johnson & Johnson en los Estados Unidos.

En la ciudad de Nueva York, el comisionado de Salud, Dr. Dave Chokshi, dijo que alrededor de 4,000 citas para la vacuna de Covid-19 fueron reprogramadas debido a la pausa de la aplicación de la vacuna Johnson & Johnson, pero enfatizó que la gran mayoría de los neoyorquinos que programaron citas para la vacuna de dosis única mantendrán la misma cita y recibirán una de Pfizer o Moderna en su lugar.

Chokshi dijo que el programa de vacunación en el hogar de la ciudad también se detendría, pues la ciudad trabaja para reprogramar las citas o ayudar a organizar el transporte de las personas mayores a un sitio cercano de vacunación.

“Para los neoyorquinos como yo y como el alcalde que recibimos la vacuna Johnson & Johnson, quiero asegurarles que es extremadamente improbable que experimenten algo como los eventos adversos que se han informado”, dijo Chokshi en una conferencia de prensa. “Si usted experimenta síntomas como dolor de cabeza intenso, dolor abdominal, dolor en las piernas o dificultad para respirar dentro de las tres semanas posteriores a haber recibido la vacuna Johnson & Johnson, llame a su médico”.

El alcalde Bill de Blasio.
they are less likely to seek help, and we have a scarcity of Black American men represented among mental health providers. Less than 2% of American psychiatrists are Black or African American, and most of them are female. All these factors make accessing effective mental health services challenging for Black American men.

4. How does The Confess Project work? The Confess Project jumps all these hurdles by meeting people where they are and leveraging the high levels of trust within the communities of men who know each other from years of frequenting the barber. It builds local capacity and knowledge by training individuals from the community. Its year-long certification program equips volunteer barbers to serve as active listeners and mental health advocates across the country. They are from the communities they serve, which enables them to make authentic use of the training they receive. It is an inspiring exemplar of best practices for community mental health.

Personally, I call my visits to the salon “hair therapy” because I always feel better after a good shampoo and blow dry. The Confess Project takes this experience to a whole new level. As “America’s first mental health barbershop movement,” The Confess Project is truly transforming what a trip to the barber means.
IFTAR de p12

halal durante la inseguridad alimentaria y aumente el alcance de las vacunas para la comunidad musulmana. También renovó su llamado para que la ciudad use $25 millones de dólares en reembolso de FEMA para brindar asistencia alimentaria de emergencia a los neoyorquinos indocumentados que no pueden tener acceso a programas de red de seguridad financiados por el gobierno federal, como SNAP.

En la conferencia de prensa, Stringer estuvo acompañado por la presidenta del condado de Manhattan, Gale Brewer, y líderes musulmanes locales. El imán Al-hajj Abdul-Rashid de la Mezquita de la Hermandad Islámica, un grupo religioso de Harlem que descende de una mezquita fundada por Malcolm X, expresó su gratitud a Stringer y alentó a las congregaciones musulmanas a "buscar todas las oportunidades" para asociarse con los líderes de la ciudad para luchar contra la inseguridad alimentaria.

"Así como la pandemia atraviesa líneas racionales y religiosas, líneas étnicas y vecindarios, lo mismo ocurre con la inseguridad alimentaria", dijo Ocasio.

El banco de alimentos de la ciudad de Nueva York distribuirá comidas halal los jueves durante el Ramadán. Otros sitios asociados incluyen el Centro Comunitario APNA Brooklyn, el Consejo de Liderazgo Islámico de NY en Queens, Bait-ul Jammat en Staten Island y SAPNA NYC en el Bronx.

"El Ramadán es un mes sagrado para los musulmanes que se centra en la oración, la reflexión y la prueba entre el amanecer y el atardecer.

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