

The **Harlem Times**

SPECIAL EDITION

NEWS FOR HARLEM AND THE HARLEMS OF THE WORLD

Dr. Naa-Solo Tettey

HEALTH, HOPE & HEALING

**A THREE-PART SERIES ON CANCER
IN THE BLACK COMMUNITY**

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LETTER FROM **THE EDITOR**

At The Harlem Times, our tagline is “News for Harlem and the Harlems of the World.” Like Harlem itself, our news is fresh in its approach, unique in its content, and global in its worldview.

In this special edition, The Harlem Times recognizes the great work of Dr. Naa-Solo Tettey to address health and cancer disparities through a variety of programs. We are also thrilled to launch our new series, focusing on historic jazz clubs throughout America, starting off with the legendary Chatterbox in Indy!



We hope you enjoy this edition as we look forward to more new series to come!

Sincerely,
Paul Anthony Jackson
Co-Founder and Publisher

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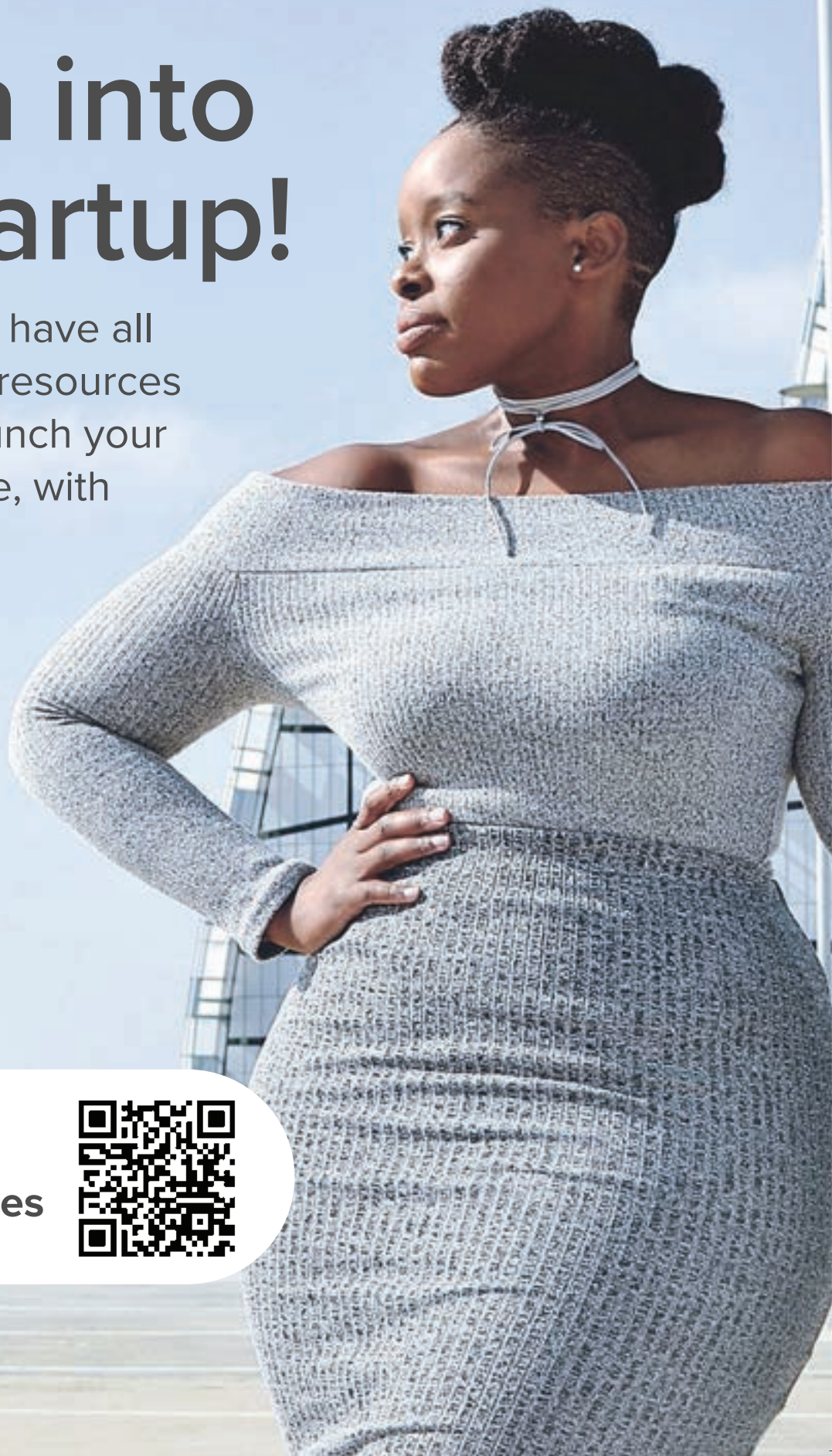
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Health, Hope & Healing

Addressing Cancer Disparities By Sebastian Castro

The Black community is overwhelmingly affected by cancer in what researchers and scientists deem is an “avoidable” consequence of structural racism.

According to the American Cancer Society, African Americans “experience more illness, worse outcomes, and premature death,” having the “highest death rate and shortest survival of any racial/ethnic group for most cancers.”

According to the CDC, Black men are not only more likely to get prostate cancer than men of other races/ethnicities, but twice as likely to die from it. Despite Black women being less likely to get breast cancer than white women, they are still more likely to die from it.

Dr. Naa-Solo Tettey holds a Doctorate in Health Education from Columbia University, is a Professor of Public Health at William Paterson University, and the Director of the HeartSmarts Research Program, sponsored by NewYork-Presbyterian Hospital. She was able to outline specific contributing factors.

According to her, in terms of personal lifestyle choices, over-consumption of certain everyday carcinogens plays a big

role. Red meat, alcohol, processed foods, refined sugar, and salt all lead to increases in the likelihood of developing certain cancers.

In 2011, Dr. Tettey created HeartSmarts, a community-based health education program that aims to teach participants how and why certain diseases develop, encouraging them to take steps towards prevention, aiming to “empower” members of the community.

However, alongside her advocacy of individual lifestyle changes, Dr. Tettey emphasized the role played by underlying systemic causes, called “social determinants,” that influence cancer rates. Dr. Tettey explains why it may be difficult for people to engage in healthier dietary habits.

“Access to healthy foods is a major social determinant, and we often take for granted that everyone has access to the same things,” Dr. Tettey said. “But in some communities, people are getting their food from the corner store or bodega, where there may only be packaged, processed foods, and they may not have access to a supermarket.”

Dr. Tettey said that “food deserts” are a common issue in communities of color, where access to “cancer fighting” foods, such as fruits, vegetables, whole grains, nuts, and seeds, are restricted or nonexistent.

Dr. Tettey also stressed the general lack of access the Black community is afforded, especially when it comes to health-care.

“In communities of color, especially those that are of a lower socioeconomic status, access to quality healthcare is a major issue,” Dr. Tettey said. “Research has shown that when patients are of African American background, doctors tend to listen to them less, tend to encourage them to have testing less, tend to spend less time with them during the visit, and tend to prescribe less pain medication for them.”

Latoya Hill is a senior policy manager with the Kaiser Family Foundation’s Racial Equity and Health Policy Program. She holds a Master of Public Health degree from the University of South Florida. Hill agrees that a lack of access to healthcare is a major factor in the disparity in cancer rates.

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Dr. Tettey encourages members of the community, especially those in positions of leadership like church leaders or business owners, to advocate for change. “We must advocate for more funding for underserved communities, to provide more programs for them, to increase access to jobs, increase access and availability of quality health care.

- Dr. Naa-Solo Tettey

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“Social determinants of health really play a substantial role in driving health outcomes,” Hill said. “We know that Black people are more likely to receive lower quality patient provider communication, which can lead to later stages of diagnosis, lower rates of follow up and a lack of awareness of treatment options.”

Hill called for more “culturally competent” care in the healthcare industry.

“Increasing culturally competent care means healthcare providers can not only identify with the cultural backgrounds of the patients but have also been trained in understanding some of the unique needs of people of different cultures and backgrounds,” Hill said. “Provider and institutional bias and discrimination contribute to racial differences in cancer diagnosis, prognosis and in some of the treatment decisions, as well as in experiences obtaining healthcare.”

Hill spoke to historical discrimination being the primary underlying reason for the difference in cancer diagnosis and mortality rates.

“We know racism and discrimination have systemically limited health access and opportunities, and this in turn allows health inequities to persist, and in some cases, widen across generations,” Hill said.

Dr. Stefan Ambs is a senior investigator in the Center for Cancer Research’s Laboratory of Human Carcinogenesis. He agreed that socioeconomic factors are the root cause of many of these disparities, particularly when it comes to social determinants such as access to quality healthcare.

“Structural racism contributes to segregated living areas and communities,” Dr. Ambs said. “They certainly do not have the same access to healthcare.”

Historical segregation has forced people of color into neighborhoods that restrict them in specific ways that can contribute to higher cancer rates. While Dr. Tetley cited “closer proximity to environmental toxins and limited access to spaces to exercise safely outdoors,” Dr. Ambs pointed out how segregated neighborhoods complicate healthcare even in a pure transportation sense.

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We know racism and discrimination have systemically limited health access and opportunities, and this in turn allows health inequities to persist, and in some cases, widen across generations

- Latoya Hill

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“In these underserved communities, it’s tough to seek healthcare when you don’t have the time. It’s inconvenient when the healthcare provider isn’t located in the community,” Dr. Ambs said. “You have to drive out into another community in order to get it, so it makes it difficult for you.”

Dr. Tetley echoed this sentiment, mentioning the combination of poverty, a lack of health insurance, and high medical costs.

“Poverty is the underlying issue,” Dr. Tetley said. “Unless we address socioeconomic status and issues of poverty, these disparities will continue, because wealth is a leading social determinant.”

Dr. Tettey encouraged members of the community, especially those in positions of leadership like church leaders or business owners, to advocate for change.

“We must advocate for more funding for underserved communities, to provide more programs for them, to increase access to jobs, increase access and availability of quality health care,” Dr. Tettey said. “When there are communities that have poor education systems, lack of jobs and opportunities for the people who live there, the cycle of poverty just continues.”

Hill promoted specific changes in the healthcare system, one of her main points being cancer screening.

“Screening is important in order to be able to ensure that cancer is diagnosed early and to improve survival rates,” Hill said. “We also know that Black people tend to face increased barriers to accessing timely and quality care, and this translates as well into accessing screening.”

Dr. Ambs noted that Black patients often receive their diagnosis in the later stages as a result of this delayed screening. In that vein, he also advocated for increased healthcare insurance coverage, specifically naming the Affordable Care Act as a step in the right direction.

“It makes a difference in minority populations,” Dr. Ambs said.

However, Dr. Ambs emphasized that closing these disparities helps the health of people of all demographics.

“Health disparities? It’s true, they exist, and they are avoidable,” Dr. Ambs said. “Actually fighting health disparities, or trying to reduce health disparities, is one of the best tools we have to reduce overall cancer mortality in the society.”



Even if the work isn’t over, Dr. Ambs reiterated that the medical community’s work has had an effect.

“Those gaps that you have where you really had these very high rates in the Black community versus other communities, this is actually closing; so we are really making progress,” Dr. Ambs said. “It’s still excessive, and we can still do more, but we have succeeded in so many ways; it’s not a lost fight, it’s just that they have to continue it, and they have not given up.”

Chatterbox Jazz Club

Where Legends
and Dreamers Meet

By Jade Coley



By Jade Coley for Harlem Times

How did a New Orleans-style jazz bar end up in the middle of a cornfield? Nestled in the heart of Indianapolis, the Chatterbox Jazz Club is a venue where music, history, and community converge. What began as an architectural investment for David Andrichik in 1982 has since blossomed into one of the city's most cherished cultural spaces. Over the past four decades, the Chatterbox has grown into a vital hub for jazz musicians and a haven for inclusivity—drawing in artists, writers, and patrons of every background.

A Love for Buildings, A Passion for Music

David Andrichik didn't set out to open a jazz club. His initial focus was on historic preservation. As an architect, he wanted to invest in a building on Massachusetts Avenue—a street rich with history but, at the time, in desperate need of revitalization, once infamously referred to as The Little Hell Hole. The building he bought came with a small bar and a liquor license, and with it, Andrichik saw an opportunity to blend his interests.

“The plan wasn't to own a bar. I just wanted a building,” Andrichik reflects. “But the bar came with it.” At the time, Massachusetts Avenue was mostly industrial, and The Chatterbox (opened in 1939) in its original form, was a “living room” for third and first-shift workers looking for a drink or two and a game of chess before heading home. Bookies were also well acquainted with the rotary phone that hung behind the bar, but in those days, the “Box” closed before 9 p.m., leaving little room for nightlife.



By Jade Coley for Harlem Times



By Jade Coley for Harlem Times

“When I finished my job, working for the architectural business for someone else, I would stop in for a drink to enjoy my investment, and we would be closing. And I thought, well, that’s no fun! I can’t share this with my contemporaries, and that’s what led me to want to add music in the evenings, jazz and blues being my favorite kind.”

So, Andrichik introduced live music, with jazz and blues in mind, unaware of the deep musical history he was about to tap into. His first act was an acquaintance who was a “phenomenal vocalist and blues guitarist”, Mary Mike Adams. From there, connections were made. Soon Mary’s boyfriend, saxophonist Mark Radway, made all the connections needed for the Chatterbox to be the new home for musicians around the city. “Soon I discovered there was an incredible wealth of musicians in the city, both the heritage in Indiana Ave. and our surrounding universities. And within two years, we had six nights of music, sometimes two shows a day.” At a time when the



By Jade Coley for Harlem Times

legendary jazz venues of Indiana Avenue—a historical epicenter of Black culture in Indianapolis—had mostly disappeared, Andrichik created a new home for musicians and artists, both seasoned professionals and those just beginning their careers.

Indiana Avenue: The Pulse of a Vanished Era

Before The Chatterbox became the Chatterbox Jazz Club, Indiana Avenue was the heartbeat of Indianapolis’s jazz scene. From the 1920s through the 1960s, the Avenue was a vibrant center of Black culture, where musicians like Wes Montgomery and Freddie Hubbard made their mark.

It was the cradle of jazz for the Midwest—a place where artists could experiment, collaborate, and grow in a community rich with talent and soul.

However, the Avenue’s vitality began to wane in the late 1960s and ‘70s due to urban renewal, segregation, and the construction of the IUPUI campus, which displaced thousands of Black residents and shattered the local businesses that had once supported the jazz scene. The neighborhood crumbled, and with it, the cultural lifeblood of the Avenue drained away. By the time the Chatterbox Jazz Club opened in the early 1980s, most of the iconic venues had disappeared, leaving a gaping hole in the city’s musical landscape.

“When we started doing live jazz, I didn’t realize the full history of Indiana Avenue or that I was creating a new home for displaced musicians,” Andrichik admits. “But, it was a beautiful serendipitous moment”, he recalls.

“The key to inclusivity here, and in segments of our country, is jazz music. It has always attracted a diverse audience. Even during segregation, the music was the thing that bridged people.”

That influence remains strong to this day. Musicians from the Avenue’s heyday found a new space to play, bringing their legacy with them. And while the Avenue itself may have faded into history, its spirit is still alive in every sax riff and drum solo that echoes through the walls of the Chatterbox. It’s not polished, it’s not shiny—but it’s real, gritty, and honest, just like the Chatterbox itself.

Jazz as the Great Unifier

Very quickly, the Chatterbox became more than just a venue it became a place where music transcended social barriers. As Andrichik recalls, jazz naturally brought people together, no matter their ethnicity, age, or background.

“The key to inclusivity here, and in segments of our country, is jazz music. It has always attracted a diverse audience. Even during segregation, the music was the thing that bridged people. My interest in it, and love of it, as it has evolved, is because it attracts a diverse audience. On any given night, you walk into this tiny place with fifty seats, and you’ll see a mix of everyone—ages, races, sexual orientations. If you like the music, you like us, then we like you.” -David Andrichik

A tiny place indeed, a New Orleans shotgun style bar whose walls bare the patina of smoked tobacco from a bygone era. The chairs are so closely packed next to one another it’s impossible to meet a stranger, making it the perfect meeting ground for unlikely friends.

The clientele? David recalls a time when reporters of the Indianapolis Star would review their first prints with cigarettes loosely hanging from their lips, paper and pen in hand, and would use The Chatterbox’s rotary phone to make urgent edits. Local politicians, governors even, have stood on the bar to make proclamations.



By Jade Coley for Harlem Times



By Jade Coley for Harlem Times

Stars and household names like Mick Jagger, Ron Wood, Terance Blancher, and Wynton Marsalis have patronized and sat in on many occasions.

Intellects, bar flies, business people who had no idea what they were getting in to, international visitors looking for live music and a cheap drink, degenerates, misfits, comedians, awkward first dates, fifty year anniversaries find cheer around the red vinyl tables lit with red venticain candles. Jazz lovers, country music fans who find themselves tapping their feet to the down beats of twos and fours, all find a place at this low-key sanctuary for melody mavens and whiskey lovers alike. It’s the kind of place where the walls can tell stories in sax solos.

The short list: talents like Hampton Sisters, Jimmy Coe, Pookie Johnson, and Dick Dickenson became regular acts, squeezing their big sounds onto a stage so small you'd think a drum kit alone might bust through the walls. But that tiny stage held the regional sensation of latin polyrhythms eleven-piece mambo orchestra, Urbanos, who played like they were in Carnegie Hall, not a smoky dive on Mass Ave. Andrichik didn't know it at the time, but his scrappy little bar was nurturing the next generation of jazz talent, becoming a vital artery in the city's musical bloodstream—a legacy that's now carried forward by names like Rob Dixon The Mayor, Frank Glover, Bill Myers, Brandon Douthitt, Charlie Balentine just to name a few. Truly, from the early days to present the roster is Indianapolis' Jazz Hall of Fame, the family tree is expansive.

An Incubator for Talent and Community

While the Chatterbox is famous for its music, it has also been a sanctuary for creatives of all kinds. Etheridge Knight, a renowned poet and central figure in the Black Arts Movement, found a second home at the Chatterbox in the mid-1980s. Knight's Free People's Poetry Workshop brought poets and writers together, adding another layer to the artistic environment Andrichik had cultivated.

"I didn't know who Etheridge Knight was when he first walked in. I just knew he liked to smoke and enjoyed Budweiser," Andrichik admits. "But I quickly learned, and soon he had this whole following of writers and poets who were drawn here by his reputation."

Andrichik's openness to all forms of artistic expression is what has kept the Chatterbox relevant for over four decades. Jazz musicians, both young and old, have found the Chatterbox to be a rare space where they can learn from one another. Older musicians nurture younger talent, and a supportive atmosphere allows that talent to grow.



By Jade Coley for Harlem Times

"We've always been an incubator," Andrichik says. "We are a platform and space where nurturing can happen. This is where musicians learn from the veterans and go on to do amazing things." In this tiny hub, less than a 1000 sq ft, surrounded by ephemera, artistic and intellectual pursuits are nurtured through sharing, openness, and mentorship. This has ensured the continuation of jazz music in Indianapolis.

Preserving the Spirit of Jazz in a Changing Neighborhood
As Massachusetts Avenue has transformed with new development, the Chatterbox remains a constant. It retains the gritty, unpolished vibe that makes it stand out amid the gentrification of the area. For those open to it, walking into the Chatterbox feels like walking into a warm embrace by a beloved busty great-aunt who always knows how to soothe your ailments. It's a weathered gem where music and memories linger in the air, it has lungs. For Andrichik, the authenticity of the club is its soul, and he has been deliberate about preserving that.

"People often ask why I don't make major changes, but I don't want to lose what makes the Chatterbox special," he explains. "We're an authentic jazz dive, and I like it that way." Despite its small size and shoestring budget, the Chatterbox continues to be a vital space for the Indianapolis jazz community. Even as development booms around it, the club remains a place where music, history, and community thrive- where the cocktails are strong, and the rhythm even stronger.



By Jade Coley for Harlem Times

KENDRICK LAMAR

GLOBAL TAKEOVER CONTINUES AFTER GRAMMY AND SUPERBOWL SUCCESS

By Derrel Johnson

Global music superstar Kendrick Lamar is one of the most accomplished hip-hop artists ever. The Compton, California native has been nominated for a stunning 57 Grammy Awards, with five coming at the 67th Grammy Awards in February, including the prestigious Song of the Year award for his ubiquitous “Not Like Us” to bring his total count to 22. He has collaborated with the music industry’s biggest superstars, including Beyoncé, Drake, Rihanna, and Taylor Swift, to name a few. For the biggest hip-hop fans, his success is no surprise.

Signed to Top Dawg Entertainment as a teenager in 2005, the 2018 Pulitzer Prize for Music winner released his first album, *Section.80*, in 2011, followed by *Good Kid, M.A.A.D City* the following year. But his appearance on the 2012 A\$AP Rocky single “F**kin Problems” alongside Drake and 2 Chainz announced his hip-hop stardom. The single showed that Lamar could hold his own with hip-hop’s elite and walk away with arguably the song’s best verse. 2012’s “Swimming Pools (Drank),” followed by a remix featuring hip-hop superstar-turned-billionaire businessman Jay Z in the spring of 2013, further solidified his stardom.

The 11-time MTV Video Music Award winner is no stranger to anthemic hits like 2017’s “Humble” or 2018’s “All the Stars,” his collaboration with SZA featured in the \$1.3 billion-grossing film *Black Panther*. Still, his 2024 musical altercations with global hip-hop superstar Drake garnered the most attention and Billboard chart success of his career.

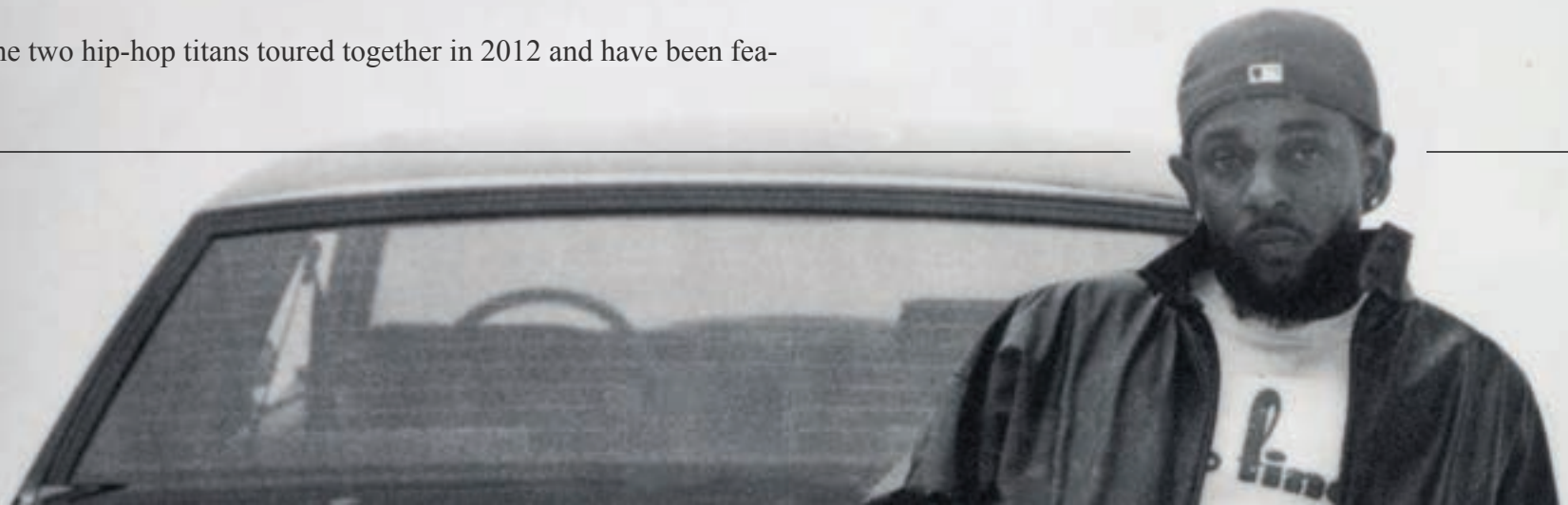
The two hip-hop titans toured together in 2012 and have been fea-

tured on songs together, with Drake appearing on Lamar’s 2012 Janet Jackson-sampled single “Poetic Justice.” The 2024 song “Like That” with Future and Metro Boomin officially announced his beef with Drake, followed by a series of songs by both artists that eventually led to “Not Like Us.”

Lamar’s 2024 success, fueled by his beef with Drake, led to him being selected as the first-ever hip-hop artist to headline the Super Bowl. The much talked about performance, which featured cameo appearances by actor Samuel L. Jackson playing Uncle Sam, tennis legend Serena Williams, music producer Mustard, and singer SZA, garnered 133.5 Million viewers according to Apple Music and Roc Nation, more than the average viewership of the game itself, which was 126 million viewers.

While viewers’ opinions of the show vary, there is no doubt that the Americana displayed during the show was intentional, complete with dancers wearing red, white, and blue. The Celine flared jeans he wore during the performance, which resemble bell bottoms that became popular in the 1970s, have become one of the hottest fashion items following his performance.

Following the Grammy and Super Bowl success in February, the Academy Award nominee will embark on a global tour with SZA with 39 stadium dates scheduled. For Kendrick Lamar, superstardom has arrived, and with the momentum he built in 2024 that continued into 2025, the sky’s the limit on how far he will ascend.





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HeartSmarts

Over a Decade of Changing Lives, One Heart at a Time

by The Harlem Times Staff

In 2012, Dr. Naa-Solo Tettey set out on a mission to transform heart health education within the Black community, driven by a passion to bridge the gap in life-saving information and resources. Early on, The Harlem Times recognized the impact of her work, featuring her and the HeartSmarts program twice as it gained momentum. Now, more than ten years later, Dr. Tettey remains dedicated to this mission, with undeniable evidence of HeartSmarts' effectiveness in improving lives and strengthening communities. What started as a local initiative has grown into a widely recognized national and international program, empowering individuals across the NYC tri-state area and beyond to take charge of their heart health.



Dr. Naa-Solo Tettey

A Decade of Growth and Impact

Founded by Dr. Tettey in collaboration with Dr. Holly Andersen, Dr. Carla Boutin-Foster, NewYork-Presbyterian's Perelman Heart Institute, and NYC DOH's Ecumenical Council, HeartSmarts merges faith-based education with science to combat heart disease in underserved communities. Now sponsored by NewYork-Presbyterian Hospital's Division of Community and Population Health, it continues to integrate faith as a driver of behavior change, fostering wellness and empowerment.

HeartSmarts has expanded far beyond its original With Every HeartBeat is Life program and Ambassador Training, growing into a dynamic initiative that provides communities with essential education, nutrition guidance, and practical wellness skills. With a strong emphasis on plant-centered nutrition, participants are encouraged to rethink their diets, while hands-on lifestyle programs offer tools for long-term health.

The program's adaptability was especially evident during the COVID-19 pandemic, when it seamlessly transitioned to virtual education, ensuring continued support while addressing

health disparities. But at its core, HeartSmarts is about more than just information—it's about making knowledge meaningful and accessible. As Dr. Tettey explains, "Access to health information is not just about having the facts—it's about understanding them in a way that makes sense to you, your culture, and your daily life."

Through partnerships with organizations such as Harlem SHARE, Plant Powered Metro New York, and Choose Healthy Life, HeartSmarts extends its reach, providing valuable resources and expertise. By bridging knowledge with action, the program continues to transform lives—one informed choice at a time.

Lives Transformed Through HeartSmarts

The impact of HeartSmarts is evident in the thousands of lives it has changed. Participants have gained a deeper understanding of heart disease and its risk factors, prevented—and in some cases, reversed—chronic health conditions, and adopted lasting healthy habits.

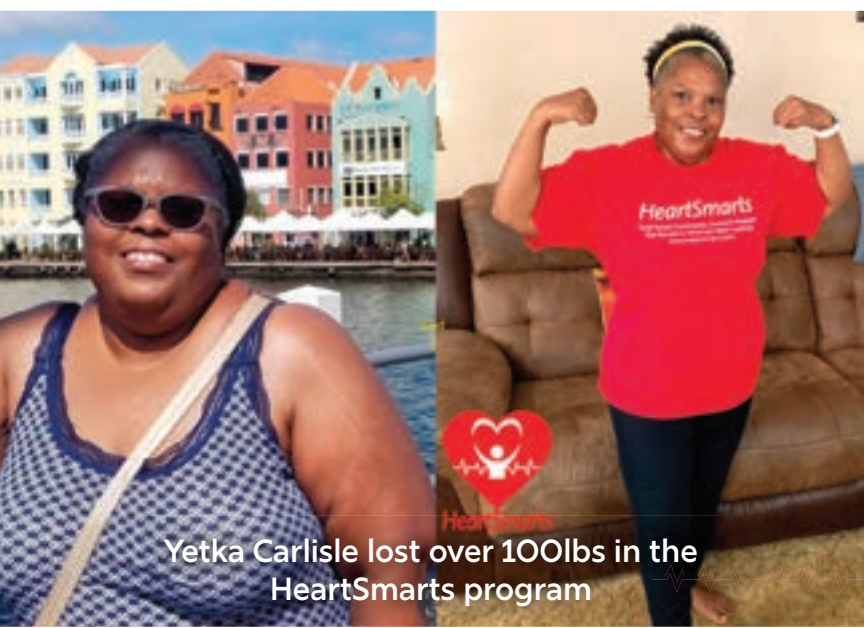
Through HeartSmarts, Yetka Carlisle, once struggling with weight and inactivity, lost over 100 pounds and embraced movement and a whole-food, plant-based lifestyle. "This program saved my life," she says. "I feel stronger, healthier, and more in control than ever before."

Sharon Hamm-Wilson chose lifestyle changes over medication, improving her health and proving that food and movement can be powerful medicine. "I showed myself and my doctor that sustainable change is possible," she shares.

James and Diannette Hicks of Bethel Gospel Assembly Church in Harlem have also transformed their health and are now advocates within their church and community. "HeartSmarts taught us how to make better choices," they explain. "Now, we're helping others do the same."



HeartSmarts participant Maria Davis pictured with HeartSmarts Ambassadors Jo-Anne and Jeannette



Yetka Carlisle lost over 100lbs in the HeartSmarts program

HeartSmarts Ambassadors: The Heart of the Program

At the core of HeartSmarts are its Ambassadors—leaders who educate, mentor, and support their communities. Longtime advocates like Rev. Eva Barrett, Rev. Edith Mayfield, Phyllis Herbert, Barbara Alexis, and Dr. Cheryl James have been instrumental in spreading the program's message. Since 2017, heart attack survivor Beverly Bruin has passionately led HeartSmarts classes. *"If I can help one person avoid what I went through, it's worth it,"* she says.

Ambassadors such as Sandra Carnegie, Jeannette Wells, and Jo Anne Crennel Byrne play a vital role in guiding participants on their wellness journeys, while trailblazers like Cutie Stone have inspired a new generation of Ambassadors, including Cynthia Mason, Hollis Charles, and Traci Audena. *"There's nothing more rewarding than watching someone take control of their health and thrive,"* Traci shares. Sandra Carnegie adds, *"HeartSmarts isn't just about education—it's about transforming lives and creating a ripple effect of wellness in our communities."*

Beyond their congregations, Ambassadors extend their advocacy through community outreach, participating in health fairs, and sharing their knowledge with family and beyond. Jo Anne Crennel-Byrne's niece, Maria Davis—known as the "Godmother of Hip Hop"—is a passionate supporter. *"So many in the Hip Hop community are dying too young,"* she says. *"A program like this is crucial in every community."*

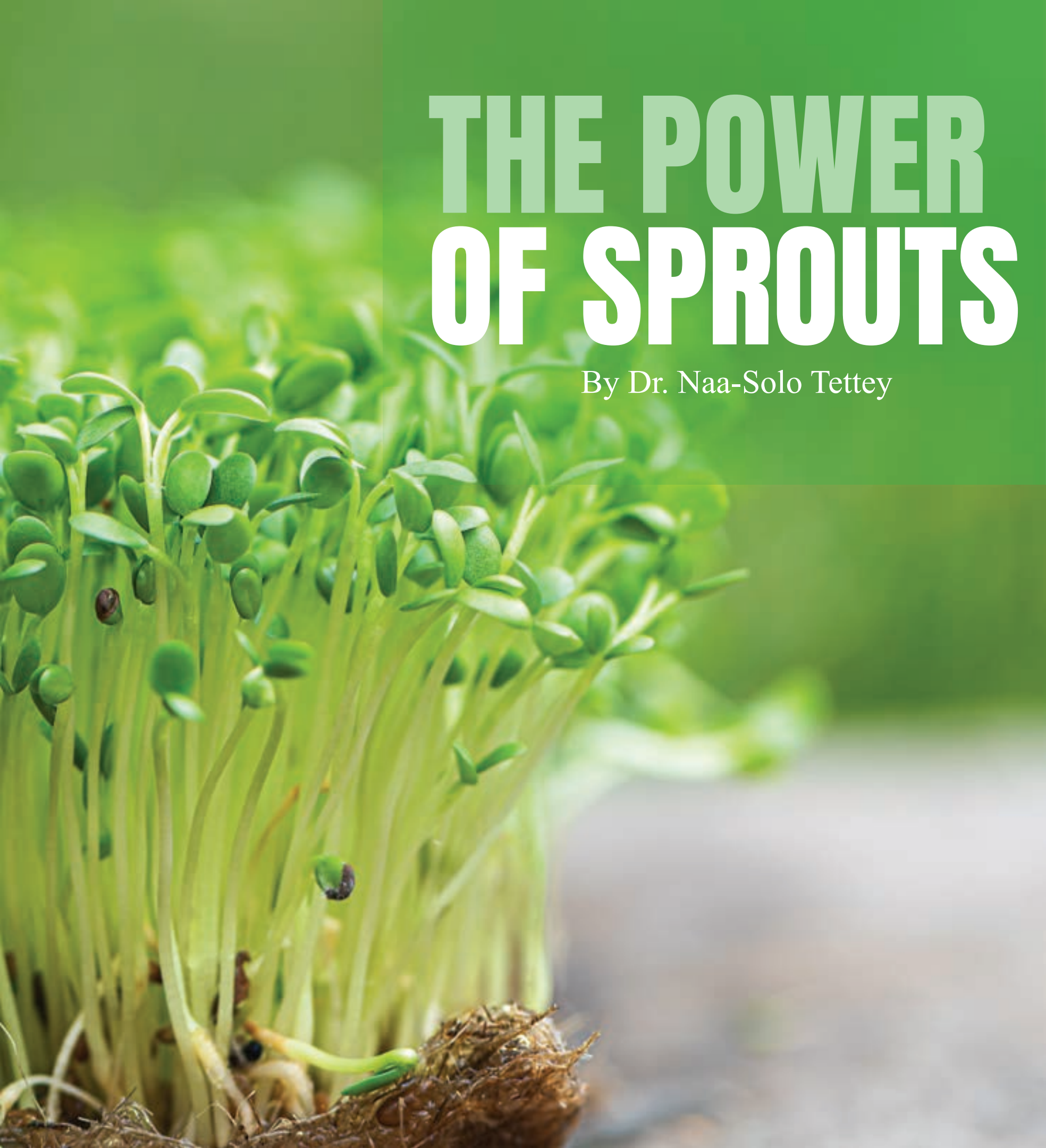
Through their dedication, HeartSmarts Ambassadors continue to expand the program's impact, bringing life-changing health education to those who need it most.

Looking Ahead

As HeartSmarts marks over a decade of success, Dr. Tetley remains committed to growth, particularly increasing the participation of men in the program. She believes in *"the power of creating a community of wellness to support people on their health journey,"* emphasizing that HeartSmarts is more than a program—it's a thriving initiative built on education, empowerment, and fellowship.

With plans to expand initiatives, strengthen partnerships, and foster a lasting culture of wellness, HeartSmarts is poised for even greater impact. *"We are building a legacy of health,"* Dr. Tetley says, *"one that will outlive us and continue to touch generations to come."*

For more information, visit www.heartsmarts.com.



THE POWER OF SPROUTS

By Dr. Naa-Solo Tettey

The Power of Sprouts: A Fun and Flavorful Health Boost for the Harlem Community

For generations, African Americans have faced significant health disparities, including high rates of heart disease, diabetes, and cancer. But what if there was a simple, affordable, and delicious way to turn the tide on these issues? Enter sprouts a tiny but mighty superfood that's changing lives right here in Harlem!

Sprouts are young plants, typically grown from seeds that have germinated, such as broccoli, lentils, and alfalfa, that contain concentrated nutrients and enzymes. Not only are they an easy way to supercharge your diet, but they're also a powerful tool in fighting food insecurity and chronic illnesses disproportionately affecting Black communities. Sprouts grow without soil, sunshine or fertilizer in very small spaces in the kitchen.

Sprouts: A Superfood for Health and Happiness

One of the biggest health concerns in the black community is the high prevalence of chronic diseases like hypertension and cancer. Studies show that cruciferous vegetable sprouts, like broccoli sprouts, contain sulforaphane an antioxidant powerhouse that helps detoxify the body, reduce inflammation, and even prevent cancer. For those looking to manage weight, improve digestion, and boost the immune system, sprouts are the ultimate secret weapon!

Sprouting for the Culture: A Solution to Food Deserts

Let's be real fresh, healthy food isn't always easy to find in every corner of Harlem. Many people live in food deserts, where fresh produce is scarce, and grocery store prices keep climbing. That's where sprouting changes the game! With just seeds, water, and a jar, anyone can grow a fresh, organic, nutrient-packed meal right on their kitchen counter.

Doug Evans, the founder of The Sprouting Company, and author of the National Bestseller, *The Sprout Book*, understands this struggle firsthand. When he moved to the Mojave Desert, he realized he was in a food desert too. His solution? Sprouting his own food! Now, Doug and The Sprouting Company are on a mission to spread the sprouting movement to communities.

Teaching communities how to sprout has become an innovative tool used by many programs, including HeartSmarts. Doug and his team have partnered with the HeartSmarts program, an initiative dedicated to improving heart health in the Black community. Through workshops and hands-on sprouting lessons, they've helped countless HeartSmarts members learn how to sprout and



**I NEVER
IMAGINED
SOMETHING SO
SIMPLE COULD
MAKE A
DIFFERENCE**



the results have been incredible! Sandra Carnegie, a HeartSmarts Ambassador, swears by her daily dose of sprouts. "I never imagined something so simple could make such a difference in my health! Now, sprouts are a staple in my diet, and I feel more energized, lighter, and just all-around amazing."

A Movement of Empowerment and Wellness

Dr. Naa-Solo Tettey, Director of the HeartSmarts program, has seen firsthand how sprouting has empowered the community. "Sprouting isn't just about food it's about taking control of your health. It's been amazing to watch our members embrace sprouting and share their knowledge with friends and family. It's a ripple effect of wellness that's truly inspiring."

By incorporating sprouts into our daily meals, we are reclaiming our health, breaking barriers to good nutrition, and taking steps toward a longer, healthier future. Sprouting isn't just a trend it's a movement, and Harlem is leading the charge!

Join the sprouting revolution today and take your health to the next level! Learn to sprout with free videos and resources at www.TheSproutingCompany.com and use discount code [heartsmarts](#) on any purchases.

CARTAR

A vibrant street scene in a historic town. The street is lined with colorful buildings, including a prominent red building on the left and a blue building on the right. A church with a tall, ornate tower is visible in the background. People are walking on the street, and a person is riding a bicycle. The word "CARTAR" is overlaid in large white letters.



GENA

COLOMBIA

Modern life seems to contain nothing but loneliness, uncertainty and panic. Maybe what we all need is therapy and a spur of the moment adventure vacation!

I'm very certain I'm my therapist favorite patient because I do the "work" assigned to me. The "work" is as pleasurable as drinking 2-year-old expired cough medicine from a rusty spoon. The work consists of visiting different gyms, different grocery stores, hurting myself by attending speed dating in western NJ all to meet someone. But the most difficult assignment is to go out alone. Going out alone is terrifying! Being out alone feels as if you walked naked into a formal event, pure nightmare fuel. Yet I did it for almost a year. Therapy work done time for an adventure vacation to somewhere warm! I picked Cartagena because of scuba diving, food, friendly people and affordable!

Cartagena Colombia was my first vacation in 3 years. Because like all of you I was waiting for the right time and the right person. Didn't find anyone so, scuba diving and city walking and motorcycle touring alone! For Americans being alone is a stigma, yet in the first 15 minutes in Los Patios Hostel Cartagena, a place that looked to be curated by Duran Duran and Cold Play all of that went away.

I met a dozen people from all over who were there alone. People who had decided that life is short, but the journey is long, and they put on their best walking shoes, grabbed a passport, and went for it! Nothing will bring people together like a beautiful space and hospitable staff, and Los Patios Hostel Cartagena has both!

I learned how to scuba dive with my x gf (why I'm in therapy). Yet I was alone now, and honestly nervous. I had signed up to scuba dive with Diving Planet Cartagena for four dives plus my first night dive. The staff of Diving Planet were top notch! And an honest to goodness PhD in Marine Biology ran the operation! He taught us all about the ecosystem we were about to visit and made sure we were all ok.

I had made the right choice! We arrived to see some of the healthiest, most beautiful sea life I had ever seen. For those not aware reefs are some of the most fragile ecosystems in our little world. Dying in record numbers from nitrated runoff from farms, bleaching due to global warming and human abuse. Seeing Brian coral, the size of small cars! Stag horn coral growing. Vibrant colors of various plants and animals. All accompanied by the sounds of millions of little crustations doing what they do, it was amazing!

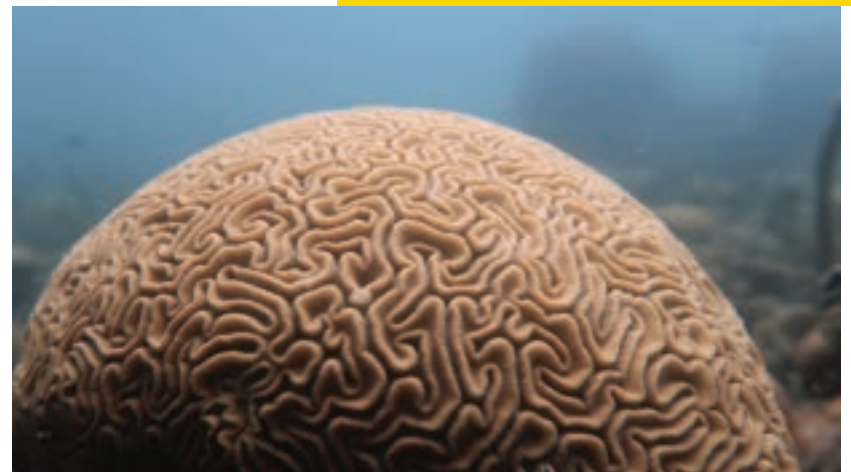


**“Then it happened,
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ploded with life!”**

That evening was going to be my very first night dive. As we made our way in the boat, looking up I could see the parade of the planets Venus, Mars, Saturn, Jupiter above me and the infinite darkness below, waiting for us.

I'm not a fearless man, I skydive, ride motorcycles, and attend questionable speed dating events, but I get nervous. The first 5 minutes of every dive I'm a mess. I breathe too fast as the water pressure builds on my body, feelings and sensations, feed the seeds of panic. I get nervous and I'm ok with that! Being nervous means I'm alive! Nervous is what we feel on the first day of a new career, what we feel when we first kiss someone who may be the one. This dive was ten times more!

We arrived at the dive sight and sank into the dark sea. Outside of



my flashlights beam was infinite nothingness, a void in the universe. As the pressure built up and I could feel my heart thumping in my chest and with nervousness edging on panic I began to worry. I calmed myself by breathing with focus into the dark that was wrapped around me. And I was rewarded with such wonders.

At, 60 feet below the surface, life! Beautiful, amazing life! Gone were the fish, replaced with skittering crabs, lobster, and sea urchins with long alien spines darker than the depths from which they came. Then it happened, a once in a lifetime event. The sea exploded with life! The coral had picked that night to spawn. Imagine being in an upside-down snowstorm where the snow brings little feeders and leviathans from the deep to feast. I had not expected it nor deserved it. But there we were in the cacophony of life! Somewhere in the dark my loneliness just became alone.

The City is Magical! It's The number one capital for people getting married in Colombia. ”

On land, I signed up for a full day motorcycle tour with Motorbike Rentals and Tours Cartagena. The roads and countryside of Colombia were spectacular! From having roadside breakfast, to a dip in the odd and fun mud volcano, to riding through the sea salt farms and a stop for a secluded lunch proved to be a truly amazing adventure!

The city, is magical! It's the number one capital for people getting married in Colombia. Every corner was occupied by a wedding precession with the newly-weds in perfect white and blacks juxtaposing the pastels of the city. What a gorgeous city it is to just get lost in. This little city had more charm than any place I had ever been! And the people who inhabited it were the most friendly and hospitable I had ever seen. Perfect and clean no, but beautiful and alive, yes!

Would I have experienced any of this if I had stayed home and waited for someone to travel with one day? NO! As the old saying goes, no miracles happen at home. So what are you doing? Who are you waiting for? They aren't showing up! But a flight from NJ/ NYC is only \$400. Hostel is \$100 a night. Each scuba day was \$100. Meeting new people, eating great food, seeing amazing sights and feeling alive again? That's priceless!



Financial Considerations Of Multigenerational Households

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For many Black, Hispanic and Latino families, as well as other cultures, multigenerational living is a cherished aspect of home life. It can also be good for your family's overall wellbeing.

Research indicates there can be financial benefits to multigenerational living, and when executed intentionally, having multiple family members under the same roof can potentially help improve health outcomes, reduce loneliness for older adults and bolster educational outcomes for children.

While multigenerational living has many positives, it also comes with a unique set of financial matters and planning needs. From saving and budgeting to dividing costs and estate planning, navigating the financial landscape of a multigeneration-

al home calls for foresight and strategy.

Below are some financial considerations for people living in multigenerational households and those considering moving in with family members.

Helping to build family wealth

In a 2022 study, the Pew Research Center found people in multigenerational households were less likely to live in poverty, and some multigenerational households had more earners than the non-multigenerational households, which can help provide a safety net in case someone loses a job. It can also encourage homeownership -- 14% percent of all home buyers in the study said their purchase was motivated by a desire to accommodate multiple generations in their family.





Cultural traditions and familial structures can also play a significant role in money management, and it's important to consider how multigenerational living can impact family wealth. ””

Having diverse financial needs

Savings and budgeting plans can be more complicated because of the wide range of ages among family members. Seniors might require more for health care and retirement, for example, while children can bring daycare and tuition costs. Be flexible with your planning to accommodate different saving and budgeting needs and set short- and long-term goals for your savings with all generations in mind.

Expenses should be handled with fairness and equity

Multigenerational households have to ensure fairness by dividing costs such as mortgage or rent, utilities, groceries and household expenses based on each member's financial capacity and usage. A sense of transparency can be maintained among family members by openly discussing financial contributions and expenses.

Find balance between cultural values and financial health

Cultural traditions and familial structures can also play a significant role in money management, and it's important to consider how multigenerational living can impact family wealth. Cultural heritage can shape financial attitudes and practices within multigenerational households, including saving habits, investment strategies and perceptions of wealth. Understanding how your cultural values connect to your beliefs and practices related to money can be essential for effective financial management within diverse family structures.

Communication is key to managing conflict and disagreement

The more people living in a home, the more likely they'll face conflicting financial priorities. Navigating disagreements over spending habits and adapting to changing income levels or unexpected expenses are necessary to maintain financial stability in multigenerational households.

Future planning is vital

Estate plans should be tailored to accommodate the financial needs and goals of each generation within the household and strategies should be developed for transferring ownership of businesses or properties to ensure continuity and preserve the family's legacy. Make sure to compile essential legal documents -- including wills, trusts, powers of attorney and health care directives -- to outline the distribution of assets and clarify end-of-life wishes.

The bottom line

Multigenerational households can foster financial harmony and wellbeing by accounting for their individual financial goals and their shared responsibilities. Family members should be clear about plans, needs and expectations to promote financial stability and satisfaction for all. Communicating about these issues early can help avoid tension later on.

By addressing these considerations holistically and prioritizing open discussion and collaboration, multigenerational households can build a solid financial foundation, helping them achieve prosperity and security for their family members now and in the future.

Read more about financial considerations for multigenerational households here on chase.com/theknow.

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The W. E. B. Du Bois Museum Complex

Accra, Ghana



W.E.B. Du Bois (1868-1963) was the most important African American sociologist, historian, and civil rights champion of the 20th century, a fearless advocate for racial equality in the United States and around the world. As a visionary co-founder of the NAACP in 1909, he dedicated his life to justice and progress.

His seminal work, *The Souls of Black Folk* (1903), illuminated the African American experience, unveiling the profound concept of "double consciousness." Du Bois' extraordinary legacy continues to inspire and shape the civil rights movement to this day. Invited by the President of Ghana to move to Accra and begin work on his monumental *Encyclopedia Africana*, Dr. Du Bois died there in 1963.

Today, the New York-based W. E. B. Du Bois Museum Foundation is working with the Ghanaian government to restore Du Bois' home and final resting place into a stunning memorial, library, research institute, and center for Pan African tourism, in a completely re-imagined center designed by Sir David Adjaye, the world famous architect of the National Museum of African American History and Culture in Washington, DC.

To learn more about Dr. Du Bois and the new Museum Complex, please visit **webdbmf.org**