



Urbanology Neighborhood Jazz

trombonist and composer Craig Harris to bring Jazz programs to the neighborhood for some time.

Carolyn is the president of Welcome to Harlem (www.welcometoharlem.com) a full-service tour company that is focused on the rich and cultural diversity of Harlem and Harlem Jazz Boxx (www.harlemjazzboxx.com). Craig Harris, the artistic director for Harlem Jazz Box, created the Harlem Jazz Series (HJS: a series of live performances by world-class musicians who perform original creative music.

Harris created HJS because he noticed that progressive music was played downtown, with few places in Harlem to hear live

music in an alcohol-free environment. HJS has created an opportunity for jazz musicians to play for many who live in Harlem, in family-friendly venues. Over 400 concerts have been created since 2015 providing work for over 1,000 musicians.

The Jazz series concerts include quartets, trios, and large ensembles with traditional instruments like the up-coming concert on Sunday, October 31st at Mount Olivet Baptist Church located at 201 Malcolm X Blvd. HJS has partnered with local Harlem churches who have suffered a decline in membership and are eager to rent their spaces for cultural events like the jazz series.

The title of the October 31st Jazz concert is "Breathe We're Still Standing Strong." The concert will feature a 12-piece string ensemble and trombone. This is a free concert, but tickets are limited you can register for tickets on Eventbrite.com code "Breath We're Still Standing Strong". Children attend HJS concerts free of charge to allow them to experience live music in their neighborhood.

As Harlem starts to comeback programs like the Harlem Jazz Series, it's a wonderful way to experience Jazz in a safe environment. The Greater Calvary Baptist Church is the current major venue for HJS. The venue will

allow 75 – 100 audience members to attend each concert. HJS has strict protocols that require full masking, vaccination checks and social distancing.

The concert that I attended last Friday featured a wonderful ensemble named "We Free Strings" consisting of two violins, a viola, a cello, a bass and a percussionist. Their music embodies the ethos of FreeJazz, both embracing and dismantling western music and traditional Jazz conventions.

For further information on the Harlem Jazz Series, call 212 662-7779 or visit the two websites listed above. The next concert will feature Jorge Sylvester on Friday, October 29th

By: W.A.Rogers

Last Friday, as I was walking home, my neighbor Carolyn Johnson invited me to be her guest at a Jazz concert that was taking place in about an hour at the Greater Calvary Baptist Church just a few blocks from where I live. I know Carolyn who is also a member of the Harlem Tourism Board, has worked with another neighbor,

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HERBS ARE NATURE'S MEDICINE

presents its first VIRTUAL HERB COURSE ON ZOOM.

By Zakiyah

LUNG HEALTH: here are a few herbs, essential oils and remedies that I've used over the years to maintain healthy lungs.

Elecampane, a natural antibacterial agent for the lungs, helps lessen infection. INULA, the essential oil that Elecampane yields, is an exponentially more powerful protection for the lungs. It can be added to honey with other lung herbs, or put in an atomizer/diffuser to aerate the benefits for the whole household.

Lungwort is a tree-growing lichen that actually resembles lung tissue in appearance, and contains compounds that are powerfully effective

against harmful organisms that affect respiratory health.

Oregano Oil of oregano fights off the dangerous bacteria Staphylococcus aureus, better than the most common antibiotic treatments. Oregano has so many health benefits that a bottle of organic oregano oil should be in everyone's medicine cabinet.

Lobelia is thought to be one of the most valuable herbal remedies in existence, as it also stimulates the adrenal glands to release epinephrine which relaxes the airways and allows for easier breathing. Lobelia should be part of everyone's respiratory support protocol!

Coltsfoot (the cough dispeller) has always been a

part of my respiratory arsenal to strengthen the lungs and eliminate coughs. It soothes the mucus membranes in the lungs, and assists with other lung ailments.

... **MAKE NATURE'S MEDICINE YOUR OWN**

This information is to help you balance your natural healing energies and is not intended as diagnosis or cure, nor as a substitute for medical supervision. **ENERGETIC (NO-PAIN) PRANIC FACE LIFT:** <https://tinyurl.com/y3aldpzy>; phone: 347-407-4312, eMail: theherbalist1750@gmail.com; blog: www.herbsarenaturesmedicine.blogspot.com. To check out my upcoming book: booklaunch.io/Zakiyah/theenergeticsofherbs