

# The Nubian News

Loving the Black Perspective

## Rep. Watson Coleman Nominated To Appropriations Committee

Washington, DC — As she begins her third term in the House of Representatives, Congresswoman Bonnie Watson Coleman (D-NJ) has been

nominated by the Democratic Steering Committee to serve on the House Appropriations Committee, one of the most powerful committees in the

House, responsible for setting funding levels for federal departments and agencies.

“The decisions made in the Appro-

funding the EPA inspectors that ensure our communities have clean water and air, and whether we repair our roads and invest in infrastructure or pay for grants for oil and gas companies to find new ways to drill and damage our environment.”

“In joining this committee, I will continue to fight for the values my constituents elected me to represent — the needs of working families, the protection of our environment, and policies that advance fair economic growth. I look forward to working with my colleagues to achieve these goals in the 116th Congress.”

The Appropriations Committee wields the constitutional “power of the purse,” and is responsible for annual spending legislation that sets the budgets of federal agencies and programs. While spending bills must pass both the House and Senate, they are first drafted and approved in the House. The committee is also among the “exclusive” committees of the House, requiring its members to request a special waiver to serve on any other committee.

“House Appropriations is one of the most storied and vital committees in all of Congress. Bonnie Watson Coleman’s appointment to the panel is a recognition by her colleagues of her importance in the caucus, her work ethic, and her dedication,” Rep. Bill Pascrell Jr. (D-NJ), a member of the Steering Committee. “New Jersey always has to work extra hard for support in Washington, but Bonnie will be a champion for us to make sure the Garden State is getting its fair share, something extra important as the Gateway Project takes shape. I was proud to nominate Bonnie before the Democratic Steering and Policy Committee, and I’m even prouder to serve with her.”

*Congresswoman - Continued on page 4*



Brother Jay Watson and U.S. Congresswoman (NJ 12th District) Bonnie Watson Coleman.

**El Latino News**  
En Contacto con la Comunidad  
Trenton – Mercer County

Go to page 6 - Edited by Carlos Avila

priations Committee are a direct representation of our national values,” said Watson Coleman. “What we find important becomes evident in the choice between purchasing more military equipment or adequately



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*Congresswoman Continued from page 1*

“Bonnie’s commitment to New Jersey is steadfast, her experience in the nuance of appropriations is proven, and her mission to uphold values in every vote she takes is a testament to the kind of leader she is,” said New Jersey Governor Phil Murphy. “Having her on the appropriations committee is a win for our state in a big way. New Jersey needs someone who will fight to make sure we get a fair share of federal dollars. There’s no one better for the job than Bonnie.”

Watson Coleman would join the Appropriations Committee with a uniquely experienced background, having served as Chairwoman of the Appropriations Committee while in the New Jersey General Assembly. She would be the first woman ever to serve on the Committee from the state of New Jersey, and would be just the fifth African American woman.

With the retirement of Rep. Rodney Frelinghuysen (R-NJ), who had chaired the committee for the past two years, Watson Coleman would be the only federal appropriator from New Jersey in either party, one of the most populous states in the country and one that receives less than one dollar in federal spending and assistance for every dollar paid by residents in taxes. As paths to funding vital regional infrastructure like the Gateway project remain under discussion, Watson Coleman’s appointment would ensure New Jersey’s interests are represented in federal appropriations bills.

Watson Coleman received unanimous support to be appointed to the committee from every Democrat in the regional delegation, which includes Delaware, Maryland, New Jersey, Virginia, and the District of Columbia.



Jordan Harmon of the George School Freshman Team scored 10pts and had 6 assists in a win over Pennington Prep.

# MS NEW JERSEY SENIOR AMERICA PAGEANT 2019

“Women, 60+: experienced enough to do the right thing, yet young enough to enjoy more!”, is the theme for the MS NEW JERSEY SENIOR AMERICA PAGEANT 2019. Harrahs Resort Hotel & Casino will host the annual event on Wednesday, June 5, 2019, in the Superstar Theater at 1:00 PM.

The Pageant began in 1971, and is the search for that gracious lady, 60 and over, who best exemplifies the dignity, maturity and inner beauty of all Senior Americans. There are 4 Judging Categories which include: Evening Gown, Philosophy of Life, Talent, and Judges Interview. After winning the State title, the QUEEN

becomes the delegate from New Jersey, who will participate in the MS SENIOR AMERICA PAGEANT 2019. The National Pageant will be held in October at Resorts.

This is a great opportunity at this time of your life to have the time of your life! If you are interested in becoming a contestant, please contact Mrs. Terry Meade, State Pageant Director, 609-443-3039, or 908-216-8534. Email: tbn5201@aol.com.

To learn more about the MSNJSA PAGEANT, please visit our website and blog. [www.newjerseysenioramerica.org](http://www.newjerseysenioramerica.org), and [msnewjerseysenioramerica.blogspot.com](http://msnewjerseysenioramerica.blogspot.com).

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# Famous Blacks Who Died in 2018

BY AL ALITUNJI

**Kofi Annan** - Ghanaian diplomat who served as the seventh Secretary-General of the United Nations from January 1997 to December 2006. Annan and the UN were the co-recipients of the 2001 Nobel Peace Prize.

**Ethel Ayler** - Starred on The Cosby Show as Carrie Hanks, [Clair] Huxtable's mother.

**Lerone Bennett** - Scholar, author, social historian and activist. His best-known works include "Before the Mayflower" (1962) and "Forced into Glory" (2000). Was the longtime editor for Ebony and Jet.



Lerone Bennett

**DuShon Monique Brown** - "Chicago Fire" actress.

**Linda Brown** - Kansas girl at the center of the 1954 U.S. Supreme Court ruling that struck down racial segregation in schools.

**Young Busco** - Comedian, who inspired the "What Are Those?" meme.

**Rasual Butler** - Former NBA star.

**Floyd J. Carter Sr.** - Tuskegee Airmen Colonel.

**Reg E. Cathey** - Actor who gained



Olivia Cole

widespread fame from his supporting role on the award-winning cable TV drama "The Wire" before moving on to "House of Cards."

**Olivia Cole** - Veteran actress who was best known for her breakout role in the "Roots" TV series.

**Esna Cosby** - Daughter of Actor Bill Cosby.

**Hugh Dane** - Played "Hank" the security guard on "The Office."

**Smoke Dawg** - Canadian rapper.

**Ron Dellums** - Thirteen term Congressman from California and Mayor of Oakland.

**Dennis Edwards** - Temptations vocalist.

**Ray Emery** - Former NHL goaltender.

**Aretha Franklin** - Queen of Soul, who was best known for hits such as "Respect" and "(You Make Me Feel Like) A Natural Woman."

**Edwin Hawkins** - Grammy Award-winning singer known for gospel crossover hit "Oh Happy Day."

**Tyler Honeycutt** - Former NBA basketball player played college basketball for the UCLA Bruins.

**Joe Jackson** - Manager and patriarch of the Jackson family of entertainers that includes his children Michael and Janet.

**Smmone Kerr** - Britain's Got Talent finalist.

**Billy Knight** - Professional basketball player played college basketball for the UCLA Bruins.

**Craig Mack** - Rapper who found fame on Diddy's Bad Boy Records. He was best known for his 1994 single "Flava in Ya Ear."

**Winnie Madikizela-Mandela** - South African anti-apartheid activist and former wife of Nelson Mandela.



Winnie Mandela

**Hugh Masekela** - Father of South African Jazz. His music served as the background for the anti-apartheid movement.

**Lyric McHenry** - Reality star actress who appeared on EJ Johnson's Rich Kids of Beverly Hills spin off EJNYC.

**Richard Overton** - America's oldest World War II veteran and oldest man in the US. He was 112.

**Kim Porter** - Actress and former girlfriend of Sean "P. Diddy" Combs for who she shared three children.

**Jesse "Smiley" Rutland** - Co-founder of the Harlem Shake dance craze.

**Chelsi Smith** - American actress, singer, television host, and beauty pageant titleholder who was crowned Miss USA 1995 and Miss Universe 1995.

**Lovebug Starski** - Legendary, pioneering DJ influential in shaping the sound of what would become hip-hop music in the 1970s.

**Rev. Wyatt T. Walker** - Former Chief of Staff to Dr. Rev. Martin Luther King, Jr. Long time Senior Pastor of Canaan Baptist Church in Harlem

**Nancy Wilson** - Jazz legend and three time Grammy winner.

**XXXTentacion** - Rapper whose real name was Jahseh Dwayne Onfroy.



Richard Overton

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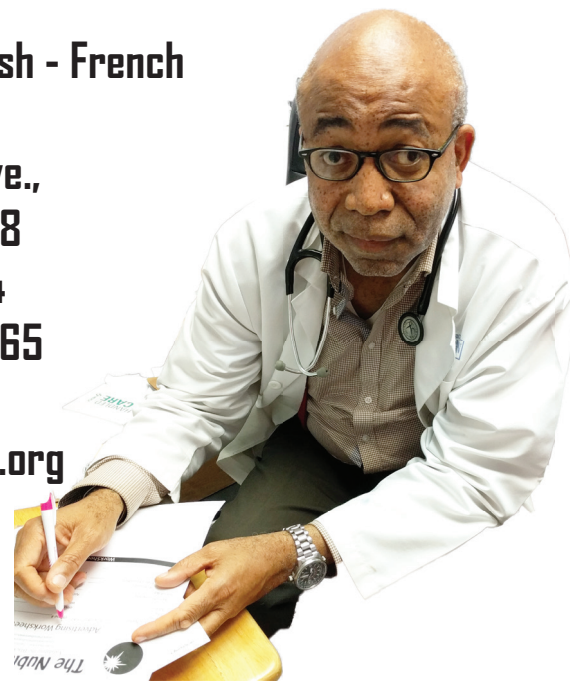
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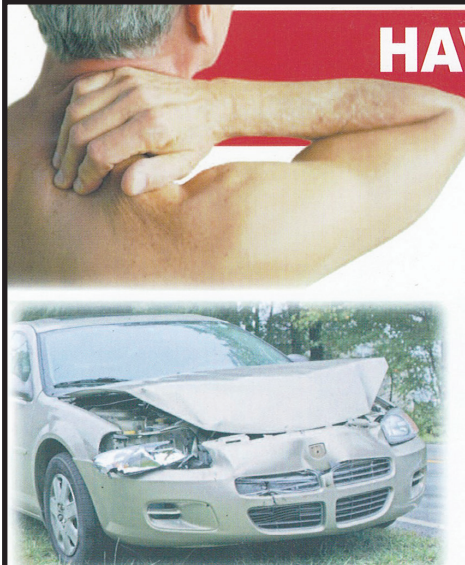
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## Proyecto “Día de Servicio en honor al Dr. Martin Luther King Jr.”

MAPLE SHADE- Inspirado por el Dr. Martin Luther King Jr., el Senador Troy Singleton está asociándose con



‘Habitat for Humanity’ o Hábitat para la Humanidad en su proyecto de servicio comunitario en el mes de enero. El evento ‘Sirva con el Senador Singleton’ se llevará a cabo el lunes 21 de enero de 2019 de 10:00 a.m. a 12:00 p.m. en la tienda ‘ReStore’ de Hábitat

para la Humanidad que esta ubicada en el 530 Ruta 38 Este, en Maple Shade. El Senador, quien forma parte de la junta directiva de Hábitat para la Humanidad de los condados de Burlington y Greater Trenton-Princeton, ayudará junto con un grupo de voluntarios a pintar una de las salas de exposición del ‘ReStore’. Cualquier persona interesada en ser voluntario puede registrarse en el sitio web del Senador:

[https://www.senatorsingleton.com/habitat\\_for\\_humanity\\_restore](https://www.senatorsingleton.com/habitat_for_humanity_restore)

“Durante el pasado año, me uní a docenas de voluntarios para servir y construir comunidades más sólidas a través de nuestros proyectos mensuales de servicio. Hemos unido a personas de distintos orígenes, edades y creencias para servir a un propósito común - nuestra comunidad”, dijo el Senador Singleton.

## Un Argentino y un Salvadoreño en la Administración de Gusciora

POR CARLOS AVILA

TRENTON-en dialogo con dos funcionarios importantes en la administración del alcalde Walter Reed Gusciora: Adam E. Cruz Director de Negocios y Santiago Melli-Huber Director del Departamento de Comunicaciones dieron a

en el salón de conferencias del ‘City Hall’ de Trenton.

También hacemos público una parte de una carta del alcalde tras sus primeros 6 meses de gobierno en la ciudad de Trenton

“Estimados residentes de Trenton; con el cierre del año, quiero contar-



Santiago Melli-Huber Director de Comunicaciones y Adam Cruz Director de Negocios nuevos funcionarios en la administración del alcalde Gusciora.

conocer algunos planes que tienen para incluir a la comunidad hispana en una relación más estrecha con el Municipio de Trenton.

“Estamos tratando de concretar un ‘Website’ con múltiples idiomas para que los usuarios puedan leer en su idioma. Principalmente en español” dijo Melli-Huner, señalando que es un sistema que había establecido en Hoboken ciudad donde el joven periodista originario de Argentina habría trabajado antes de ser contratado para laborar en la administración del alcalde Reed Gusciora.

Por su parte Adam Cruz manifestó que está interesado en tener reuniones con diferentes grupos de personas y asociaciones para discutir sobre oportunidades de trabajo y programas que podrían beneficiar a la comunidad hispana que reside en la ciudad. “Sabemos que hay muchas personas que se están yendo de Trenton, pero también sabemos que gente de la comunidad hispana está viniendo a la ciudad y muchos de ellos querrán abrir sus negocios en esta ciudad. De eso esta consciente el alcalde Gusciora” dijo Cruz, quien es originario de El Salvador y habla muy bien español. Los dos funcionarios se reunieron exclusivamente con este medio de comunicación local

les algunos de nuestros logros en los primeros seis meses de mi mandato como alcalde de Trenton. Cuando hice campaña por su voto, hablé sobre mejorar nuestra Ciudad al devolverle la competencia al gobierno. Estoy orgulloso de lo que hemos podido lograr en un corto período de tiempo, incluyendo:

Se otorgaron más de \$ 17 millones de fondos de subvenciones públicas y privadas nuevas;  
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# FIESTAS DE LA VIRGEN DE LA NUBE

POR CARLOS AVILA

Una tradición que crece en Trenton

TRENTON-La fiesta de la Virgen de la Nube contó con la participación de centenares de compatriotas ecua-

fecha del año reúne a la comunidad del austro ecuatoriano que vive en el área de Trenton, muchos de ellos de la provincia de Cañar que son devotos de la virgen de la Nube y que para esta ocasión visten orgullosamente

virgencita por darme este honor” dijo Rochelle tras ser coronada Reina de la Asociación Virgen de la Nube de

“Esas cortinas van a quedar para la asociación para usar en los próximos años” dijo Villa.



Erika Villa, Rochelle Gonzales y Jennifer Puma.

torianos que llenaron el graderío del colorido coliseo en el Norte de Trenton. Hubo de todo un poco. Grupos de baile de Trenton y Hightstown,

las polleras, blusas y accesorios típicos de sus pueblos.

Tres fueron las señoritas candidatas que este año participaron con difer-



Rochelle Gonzales, Reina electa de la Asociación Virgen de la Nube.



Grupo de baile de Trenton

artistas invitados, bandas del pueblo del Señor de Girón, grupo de flores de Trenton y hasta un ladrón que robó mis tarjetas de crédito e identificaciones personales, cuando recargaba la batería del celular a un lado, mientras servía en calidad de juez en el certamen de belleza, que se llevó a cabo el martes 1 de enero 2019.

La fiesta en honor a la virgen en esta

entes trajes en el certamen de belleza que se realizó ahí frente al público que aplaudió el desempeño de las señoritas: Rochelle Gonzales, Erika Villa y Jennifer Puma.

La ganadora de la corona fue para Rochelle Gonzales, (Reina); Erika fue electa Miss Simpatía y Jennifer fue electa Miss Confraternidad. “Quiero agradecer primeramente a la

Trenton.

Por su parte la Reina saliente Jessica Villa, dio un mensaje de servicio y solidaridad para fortalecer la unidad de la asociación y resalto el trabajo

La Misa Especial que presidió el Padre Nelson Vizhñay quien vino directamente de Ecuador, se realizó al mediodía en la iglesia Inmaculada Concepción antecedió el programa



Un grupo de mujeres miembros de la asociación sirven comida a los invitadosReinas 2019.jpg

que realizo para conseguir las cortinas de varios colores que adornan el coliseo donde se realizó la fiesta.

que terminó con baile popular y comida típica gratis para todo el mundo.

## TEATRO 'A CHRISTMAS CAROL' UN ÉXITO EN PRINCETON

POR CARLOS AVILA

PRINCETON-El Teatro McCarter en Princeton presentó una vez más

público alegre, participativo y sobre todo respetuoso de las normas que permite el deleite de cada uno de los



A Christmas Carol en McCarter Theatre Center se realiza desde 1990 en Princeton, compartiendo talento artístico a miles de residentes de Princeton y ciudades a su alrededor.

con éxito, el drama denominado "A Christmas Carol" una producción que resalta el espíritu de la Navidad, ese sentido de solidaridad, el sentido

detalles que expresan sobre el tablado los actores.

El reparto que suma cerca de un medio centenar entre hombre,



común de ayudarnos el uno al otro y de compartir con tu comunidad el talento las bendiciones que has recibido.

"La esencia de la función se remonta a los años 1843 en la ciudad de Londres, Gran Bretaña y hoy en día esa historia sigue vigente para la sociedad a nivel mundial" dijo una de las asistentes al evento que se desarrollo durante el mes de diciembre. "justamente ahora cuando navegamos entre tormentas de egoísmo, muros y divisiones sociales".

El McCarter estuvo repleto de un

mujeres y niños actúan casi a la perfección lo que demuestra el arduo trabajo empleado por los productores. La escenografía, la iluminación, el sonido y el ambiente propio de la temporada, son parte de la razón del éxito.

Entre los nombres de los artistas pudimos leer varios de la comunidad latina, sobre todo niños y niñas que asisten al programa "After School" en McCarter Theatre Center.

Bien por ellos y esperamos que más niños tengan el apoyo de sus padres para tener esta clase de experiencias y espectáculos, cerca de la comunidad.

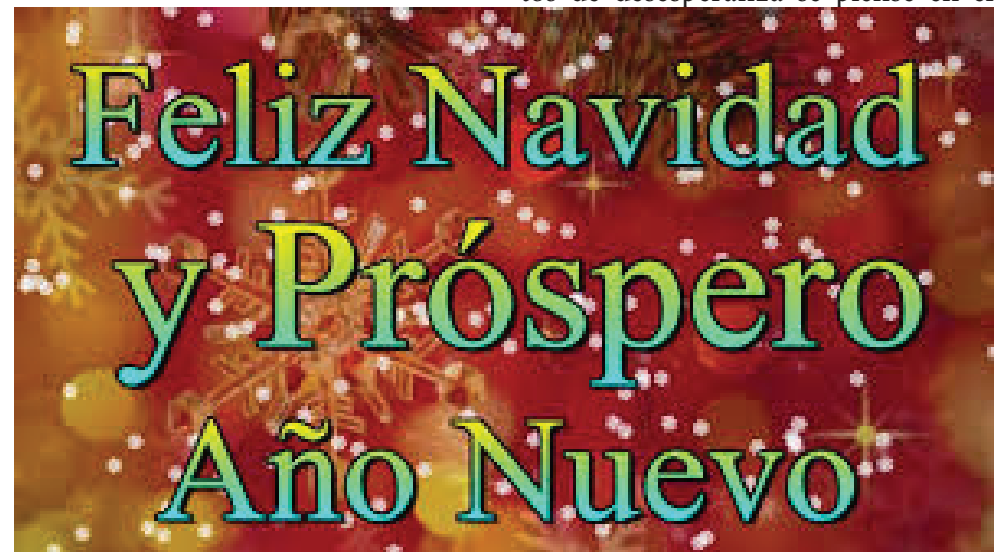
## Navidad en América Latina

POR LAURA LUCIA RODRÍGUEZ PEÑA

La navidad llega este año con el sinsabor de un año azotado por crisis de diversa índole en toda la región, crisis que aún no tienen solución y que amenazan con un porvenir incierto e inestable para muchos países. Sin embargo, los latinoamericanos se distinguen por su alegría la cual permanece en esta época de fiestas decembrinas. Para los latinos

la gente hace cenas en los jardines en donde cada participante aporta algo a la mesa.

A pesar de las diferentes celebraciones todos convergen en la tradición de unión y celebración familiar, las actividades se convierten en una excusa para acercarnos con el otro y practicar esos valores que durante todo el año quedan rezagados. La invitación es a que en estos momentos de desesperanza se piense en el



la navidad es una celebración muy importante que comienza casi desde el primer día del mes, y debido a la tradición católica de la mayoría de países se realizan diferentes actividades previas a la víspera de navidad alusivas a la religión.

En Colombia, Venezuela y Ecuador se realizan las "novenas" (durante nueve días como su nombre lo indica), las cuales son reuniones en donde la gente reza oraciones al pesebre y hace un conteo regresivo del nacimiento de Jesús, en estos espacios las personas además de dedicarse a la oración también cantan, comen y beben hasta el amanecer.

En México y Centroamérica por su parte se realizan las posadas que hacen una alegoría al peregrinaje de José y María, así que las personas se reúnen en diferentes casas durante los nueve días previos a navidad, en México especialmente, acompañan estas celebraciones con una piñata.

Si se desplazan hacia la zona más sur, en Argentina, en pleno verano

otro como un hermano y se adopten los principios y valores navideños, pero no sólo para aplicarlos durante este mes sino durante todo el año. Pensemos en cómo podemos ayudar a los hermanos venezolanos que comenzaron una diáspora que se ha llevado la vida de muchos de ellos, en los hermanos nicaragüenses que observan impotentes cómo sus líderes campesinos son llevados a la cárcel por crímenes que no cometieron o todos aquellos que comenzaron la caravana migrante y que atraviesan obstáculos inimaginables para llegar a un país que quiere cerrarles las puertas.

Esta navidad pensemos en la fortaleza del movimiento civil, la voz que tienen los ciudadanos y el poder de la sociedad civil para incidir en política pública; es momento de usar dichas herramientas y no dejar el porvenir en manos de gobiernos inexpertos u opresores que buscan acotar los derechos humanos.

Feliz navidad y próspero año nuevo







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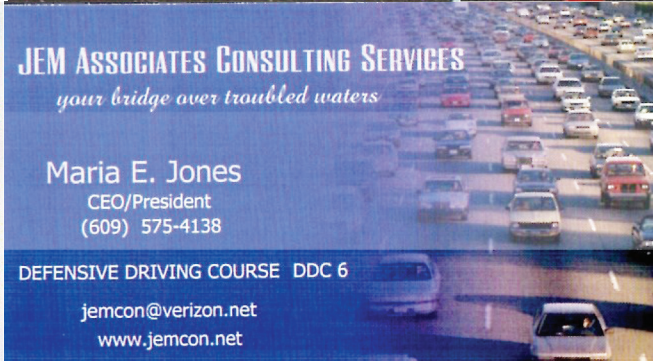


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# Nubian News Book Review

BY TERRI SCHLICHENMEYER

## “(Don’t) Call Me Crazy”

BY THIRTY-THREE AUTHORS, EDITED BY KELLY JENSEN

c.2018, Algonquin Young Readers  
\$16.95 / \$24.95 Canada 228 pages

Ouch, you twisted your shoulder and it hurts.

That’ll last awhile, but you’ll be okay. Might need a sling, maybe, but it won’t cramp your style; your friends will help. That’s what people do when someone’s hurt and they see that’s the case – but what about the illnesses

who’s trying to deal with family issues, whatever, but the disease is not you.

Or maybe you don’t know even you have mental illness.

That happens. You go about living life, enjoying your quirks until someone says you’re “crazy,” and you go look it up. Surprise! Your quirk is suddenly in a book somewhere and you learn, to enormous relief (and maybe ill-placed embarrassment), that you’re not alone in this. And that’s the whole point: you’re not alone.

Whatever you’re feeling, there’s a chance that someone else has been through something similar. They’re not you, but they know your mania, your body dysmorphia, your OCD or PTSD or depression or anxiety or the isolation all these things might bring. They know and they’ve survived. They know “there’s always someone there to help...”

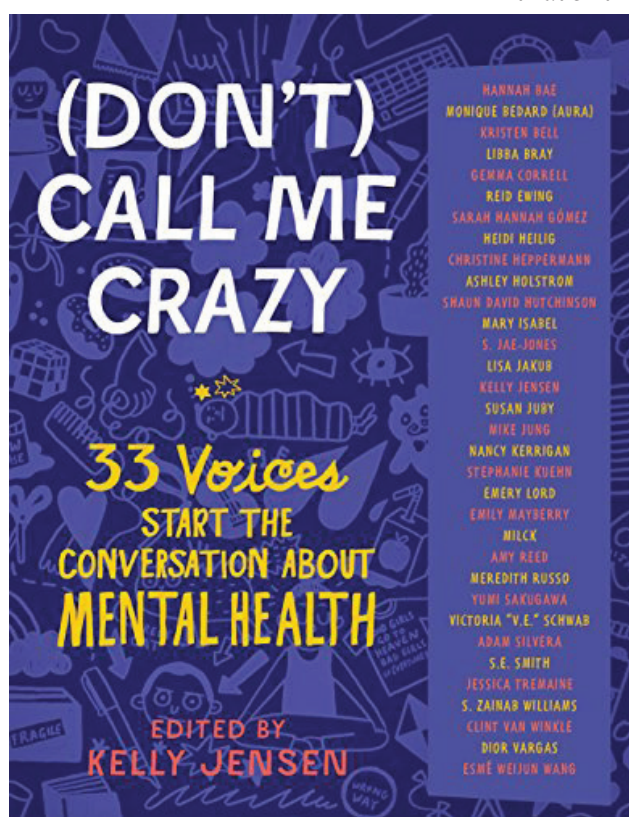
Baby steps. That’s the simple takeaway from “(Don’t) Call Me Crazy”: just two words that a teen will learn when facing mental illness.

It takes thirty-three “voices” to get there, and

each one hammers across the point – some with humor, others with fear that leaps between a reader’s hands, still others that offer a facts-only account that will comfort readers who don’t want embellishment. The writers featured here also come from different backgrounds, including those of color and a trans woman, all of whom are the least-discussed in mental health discussions.

The biggest help, though, comes from the sense of community that this book offers in the form of been-there stories from survivors and those who are works in progress. Either overt or implied, the words “It’s okay, you’re not alone” are here, everywhere.

Though it’s meant for 12-to-20-year-olds who desperately need its compassion, this book is a good start to a long adult conversation. “(Don’t) Call Me Crazy” could also offer good insight for professionals, parents, and friends to help shoulder the pain.



they can’t see? In “(Don’t) Call Me Crazy,” an anthology edited by Kelly Jensen, you’ll read about diseases that often stay invisible.

Hang around older folks for more than a minute, and you might hear them mention their arthritis, bad back, bad knees, and other aches and pains. They do it openly because we have no problem talking about physical hurts or disabilities. So why is it hard to talk about mental health?

It shouldn’t be. People deal with mental health issues all the time, and saying they’re “crazy” can mean different things. It can include an aversion to sounds or a way of looking at one’s body. It can be sadness or compulsion. Overall, though, the thing to remember is that even when it feels the messiest and most overwhelming, “crazy” does not define an individual. You can be a “Latina Feminist Mental Health Activist or a psychiatrist-in-training or someone

## Remembering the Mind-Body Connection for Diabetes

Recent findings from the National Institute of Health indicate that diagnoses of both type 1 and type 2 diabetes among youth are on the rise. A debilitating illness, diabetes is the seventh leading cause of death in the United States, and last year cost the nation about \$327 billion in treatments and lost productivity, according to the American Diabetes Association. Much like with mental illness, the prevalence of diabetes is increasing, and scientists are paying greater attention to the links between physical and mental health.

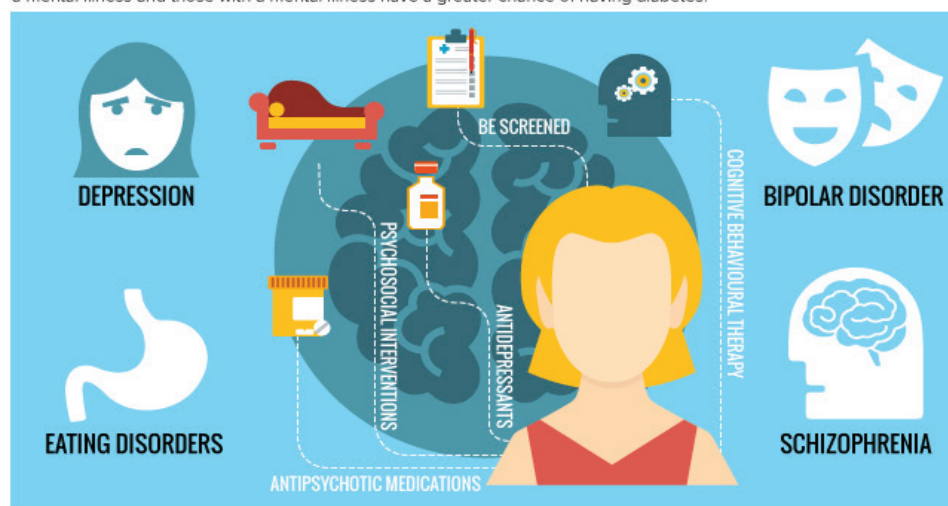
November marked the annual American Diabetes Month, and World Diabetes Day the international observance took place on November 14th. Debra L. Wentz, Ph.D., President and CEO of NJAMHAA,

likely to experience anxiety, than people without diabetes, according to the Centers for Disease Control and Prevention. The high comorbidity of mental health problems and diabetes demonstrates that the illnesses influence each other: while the pharmacology, biology, and the stress of treatment of diabetes negatively affect mental health, poor mental health in turn can lead to lower diabetes treatment adherence and poor overall outcomes.

In the policy push toward integrated care, NJAMHAA has also been a major voice in calling for the enforcement of the federal law to promote parity, or the equal access to mental health and substance use services as to medical treatment. Individuals who have insurance

### THE LINK BETWEEN DIABETES AND MENTAL ILLNESS

People with diabetes have enough health concerns to deal with as do people with mental illness. Unfortunately, research shows that those with diabetes have a greater chance of also having a mental illness and those with a mental illness have a greater chance of having diabetes.



took the opportunity to remind all healthcare providers to consider the link between physical and mental health: “Diabetes often co-occurs with mental illness. It is clear that we can no longer separate physical and behavioral health treatment. With both mental health challenges and diabetes on the rise in the United States, the need to expand integrated care options is ever more pressing, and vulnerable individuals need comprehensive services to take care of both physical and mental health needs.”

Research published at the beginning of this decade by the National Institutes of Health states that mental illness is difficult to detect among diabetes patients, and up to 45% of cases of severe psychological distress among diabetes patients go undiagnosed. At the same time, individuals with diabetes are two to three more times more likely to suffer from depression, and about 20% more

coverage and receive ongoing care for chronic diseases such as diabetes may still have difficulty locating, enlisting in, and receiving approval for mental health services that could significantly improve their overall well-being.

Individuals can lower their chances of developing type 2 diabetes, the most common type, by developing healthy habits. High body fat, a sedentary lifestyle, and diets high in sugar and fat are factors that increase diabetes risk, and are also associated with a host of other physical and mental health conditions. A primary care physician can diagnose prediabetes, or elevated blood sugar levels, before it develops into full-blown diabetes. As with other illnesses, early detection of prediabetes can help individuals avoid or delay the onset of type 2 diabetes by encouraging them to make healthy lifestyle choices.

# Best Books of 2018

BY TERRI SCHLICHENMEYER

Everybody, it seems, has a Best of 2018 List out for the year. Best vacation, best TV shows, best movies, best place to eat. So here are the Absolutely Can't Miss, Don't Pass Them By, Wipe Your Calendar Clean So



You Can Stay Home and Read Best Books of 2018 (a totally subjective list, in no particular order).

## Fiction

Just about every person alive grew up feeling sorry for poor little Cinderella. In "All the Ever Afters" by Danielle Teller, we see the classic story from the POV of Agnes, the evil-not-evil stepmother. This novel is an eye-opener: there are always two sides to a story, and both could be correct.

Another two-sides-to-the-tale tale is "The Dark Descent of Elizabeth Frankenstein" by Kiersten White, a novel of the woman who loved Victor Frankenstein. Or did she? Without him, she'd be homeless, broke, and hungry. With him, she would always fear his temper and the horrible things she was discovering about him. It's a dark-and-stormy kind of book, perfect for anyone who wants winter chills of a different sort.

A lot of mini-stories make up "Berlin 1936" by Oliver Hilmes, translated from the German by Jefferson Chase. It's a multi-level tale of Nazis, gypsies, homosexuals, and secrets in the infancy of the Third Reich, told in a conglomerate, slice-of-life sort of way that will make you forget that it's all fiction.

Every year, it seems, scientists claim that humans will achieve immortality within a few decades. That's a curse in "How to Stop Time" by Matt Haig.

In 1598, a man named Tom fell in love with a woman named Rose. They had a daughter and then Rose fell ill and died; Tom, however, survived because he's an "alba." Tom is more than 400 years old and there are two things he wants: to feel as normal as he did in 1598, and to find his daughter, who is also an alba. Romancy? Yes, but also part sci-fi, part history, a little drama, and a whole lot of wonderful.

To round out the fiction list, there's "Tin Man: A Novel" by Sarah Winman. It's also the story of Ellis, who lost his wife and his best friend, the former to a car accident and the latter to AIDS. Ellis misses Annie because she opened his world; he misses Michael because Michael pushed him to do things he would have never tried. But there were so many things Ellis never knew about Michael, until he finds Michael's journal. Emotional,

dramatic, also romantic, here's a book that'll make you curl up in your chair, stricken, for an hour after you've finished it.

## Nonfiction

For anyone who's ever wondered how that guy on TV does those illusion tricks, "Here is Real Magic" by Nate Staniforth is a book for you. Staniforth always wanted to be a magician but he wanted to do it big. Little coin tricks were old-school so, in this book, he goes on a journey to find out if magic is real or not. Hint: this isn't a magic book. Read it, and you'll be left with answers you weren't even asking for.

You may never see "The Language of Kindness" by Christie Watson on any other Best Of list and that's too bad. Watson is a

nurse, and this is a book about being ill, care-giving, living, and dying. Beware that some of the stories are a bit gruesome, but this is a lovely book for anyone alive.

And not that there's a theme here or anything, but you'll also want to read "Natural Causes" by Barbara Ehrenreich, a book about the things we do to avoid dying. It's informative, funny, wry, and intelligent. Hint: rant, rail, avoid sweets, eat kale, do all you want, but you're going to die someday anyhow...

There's a ton of surprising gratitude inside "The Sun Does Shine: How I Found Life and Freedom on Death Row" by Anthony Ray Hardin with Lara Love Hardin. The reason is that Anthony Hardin was put on death row for a crime he didn't commit.

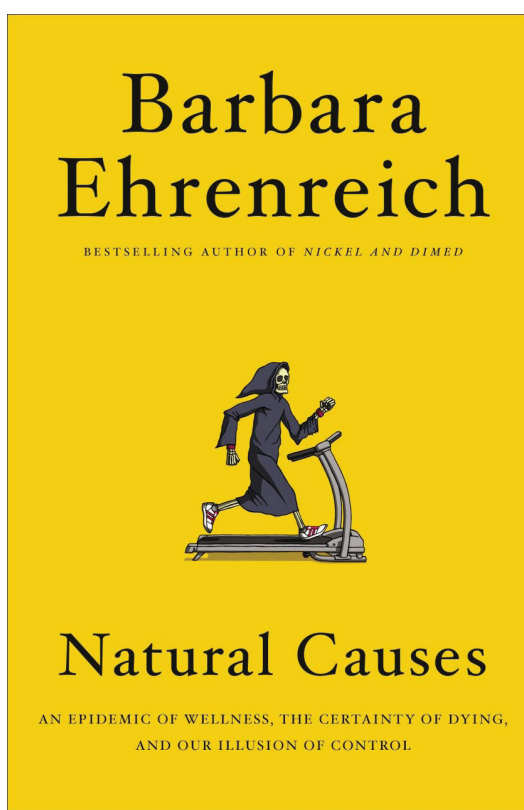
First surprise: it took thirty years for him to be exonerated. Second surprise: this book holds a whole lot less anger than you'd think it would, and a whole lot of uplifting. Of all the books on this list, it's the one you'll never regret reading.

And finally, rounding up the Nonfiction list, there's "West Like



the difficulty and happiness of this historical novel. Much as I loved the bouncy, joyful words that make up "Lorraine: The Girl Who Sang the Storm Away" by Ketch Secor, and as much as they made me so very happy, the cherry on this literary sundae are the illustrations by Higgins Bond. Lush, colorful, and radiant, this is the tale of a girl and her grandfather, their love of music, and a mysterious spate of missing items. Your 3-to-6-year-old will like that. You'll love the artwork. And finally, something totally fun to read, for the kid who loves oddities: "They Lost Their Heads! What Happened to Washington's Teeth, Einstein's Brain, and Other Famous Body Parts" by Carlyn Beccia. This is a book that will inform your 10-to-14-year-old. It's also going to give them light shivers, a few laughs, and a big dose of informative history that doesn't feel like schooling. What better thing to have while school is out?

And there you are: The Absolutely Can't Miss, Don't Pass Them By, Wipe Your Calendar Clean So You Can Stay Home and Read Best Books of 2018. Go get 'em. Season's Readings!



Lightning: The Brief, Legendary Ride of the Pony Express" by Jim DeFelice. History fans will love this book because DeFelice focuses on the Pony Express but doesn't ignore other major players in the Civil War era. Readers who like tales of little-known life will love this book, too, as will anyone who loves a good oater. Bonus: it's one of those easy

to browse books that will pull you in tight.

Children's Books

# What's Happening

- Every Tuesday, Open Mic with Benny P, 8:30 p.m.-2:00 p.m., Trenton Social, 449 South Broad Street, Trenton
- Every Thursday - Children's Thursday Theater, 3:00 p.m., Trenton Free Public Library, 129 Academy Street, Trenton
- Every Saturday, Board Game Workshop, 2:00 p.m.-4:00 p.m., Trenton Free Public Library, 129 Academy Street, Trenton
- Every Monday, Bible Conversation Group, 12 Noon to 1:15pm, Starbucks Community Room, 102 S. Warren St., Trenton - For the non-religious, the spiritual, and everybody in between 609 836-1403
- Sunday, December 23rd, 1:30 p.m. - 4:00 p.m. Modern Demand Dance Co. Presents What a Wonderful Christmas by Tiajuana Reyes. NJ State Museum, 205 West State Street, Trenton, NJ 08608. \$15
- Saturday, January 12th, 5:00 p.m. - 7:00 p.m. Special Treasures Mentoring Launch by Shana Siplin. Special Treasures mentoring (STm) is a non-profit 501(c)(3) organization serving Trenton and the Greater Mercer County area and was created to cultivate a nurturing and constructive network of women and girls in order to help alleviate social and environmental trauma. Our program provides young women with the tools necessary to make healthy life choices that will lead

- them on a positive and successful life path. One of our goals is to connect young women with successful leading women in NJ. January 12, 2019 is our official launch event at The Ellarslie Museum and we invite you to partner with us in transforming young women who will one day transform their communities. Trenton City Museum/ Ellarslie Museum, 299 Parkside Avenue, Trenton, NJ 08606. FREE
- Tuesday-Thursday, February 8th-10th, Passage Theatre Company, Solo Flight: To My Unborn Child, A Love Letter From Fred Hampton. Written and performed by Richard Bradford. The Mill Hill Playhouse is located at 205 E. Front Street, at the corner of Montgomery Street in Trenton, NJ.
  - Saturday, January 12, 12 Noon, The Capital City Area Black Caucus "TRENTON FUTURE SERIES" next monthly community and leadership engagement discussion. The January CCABC discussion will be on Public Safety In The City Of Trenton. Trenton YMCA, 431 Pennington Ave.
  - Saturday, January 12th at TCNJ in Ewing from 10AM to 2PM, The Central New Jersey Rotary Clubs are co-hosting the 2nd Annual Rotary College Possibilities Event at TCNJ. It's intended to show students (and their parents) the numerous ways that higher education is a possibility.
  - Sunday, January 13th, 4-7pm

- Vision and Spoken Word Experience at The Conservatory Mansion, 540 East State Street, Trenton, New Jersey 08609
- Tuesday-Thursday, February 15th-17th, Passage Theatre Company, Solo Flight: Bicycle FaceWritten and performed by Hanna Van Sciver. The Mill Hill Playhouse is located at 205 E. Front Street, at the corner of Montgomery Street in Trenton, NJ.
- Sunday, January 20th, 3:00 p.m. - 5:00 p.m. New Jersey Martin Luther King, Jr. Commemorative Commission is proud to host our annual Martin Luther King, Jr. Commemorative event. This year's program, "The Economic Dream" will include Secretary of State Tahsha Way. New Jersey State Museum Auditorium, 205 West State Street, Trenton, NJ. FREE
- Monday, January 21st, 8:30 am-12 Noon - 38th Annual Dr. Martin Luther King, Jr. Scholarship Breakfast. Hosted by Alpha Kappa Alpha Sorority, Inc. Epsilon Upsilon Omega Chapter. Hyatt Regency Princeton, 102 Carnegie Ctr, Princeton, New Jersey 08540
- Monday, January 21st, 5:30 p.m. - 6:30 p.m. We Shall Overcome: A Concert in Honor of Martin Luther King Day by Trenton Music Makers. Celebrate community, equity, diversity and inclusion with us on Martin Luther King Day! A reception to follow in the lobby of the theater. TCNJ - Mildred & Ernest E. Mayo Concert Hall, 2000

- Pennington Road, Ewing Township, NJ. FREE
- Friday, January 25th, 10 pm-3am, Afrobeat Vs Trap Vs Soca Rooftop Experience. Hosted by Urban Grace Media. This event is designed to let you experience all of the flavours of Caribbean and African Music. A night to mingle with folk from all around the world!!! 1027 South Clinton Ave, Trenton, New Jersey 08611
  - Saturday, February 2, 2019 at 6 PM - 9 PM, Grace Cathedral Fellowship Ministries, 1217 Calhoun St, Trenton, New Jersey. This is a historical experience in gospel music where the National Convention of Gospel Choirs and Choruses, the Gospel Music Workshop of America and the Hawkins Music and Arts Love Fellowship Conference come together to celebrate and honor the legacy and heritage of gospel musical pioneers.
  - Tuesday, February 5, 2019 at 7 PM - 8:30 PM, Grief Support Group. GriefShare seminars and support groups are led by people who understand what you are going through and want to help. You'll gain access to valuable GriefShare resources to help you recover from your loss and look forward to rebuilding your life. Shiloh Baptist Church - Trenton, NJ, 340 Rev S Howard Woodson Jr Way, Trenton [facebook.com/thenubiannews](https://www.facebook.com/thenubiannews)



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