

The Nubian News

Loving the Black Perspective

Happy Birthday Mayor Doug Palmer

By Al Alatumji

Doug Palmer, Trenton's first Black mayor, celebrates his birthday on October 19th. Palmer is a graduate of Trenton public schools, Bordentown Military Academy and Hampton University, a historic Black college in Virginia where he received a Bachelor of Science degree in Business Management. He became Trenton's first Black mayor in 1990 defeating former city council president and mayor Carmen Armenti in a historic election. Palmer held the position until 2010 when he decided against seeking reelection.

During Palmer tenure as mayor, the Mercer County arena and the Trenton Thunder minor league baseball stadium were built. He also reformed the police and fire departments.

"Mayor Palmer was a real champion and promoter of Trenton. He was its biggest cheerleader and attempted to move the city forward especially by establishing youth programs and activities," stated a long-time observer of the city. "Palmer actually did alot for the city as mayor, however as the first Black mayor similar to Ken Gibson in Newark, Wilson Goode in Philly, and countless other first time Black mayors, people expected the mayor to walk on water and swim at the same time. Their expectations were unrealistic and were unfairly harsh. Just think what Palmer could have done if he would have been mayor during the economy of the last five years and had the support of the state and county governments which he really didn't" added the long-time

observer.

Palmer currently is a member of Mayors Against Illegal Guns Coalition and since leaving office has continued efforts to improve Trenton behind the the scenes through various initiatives.

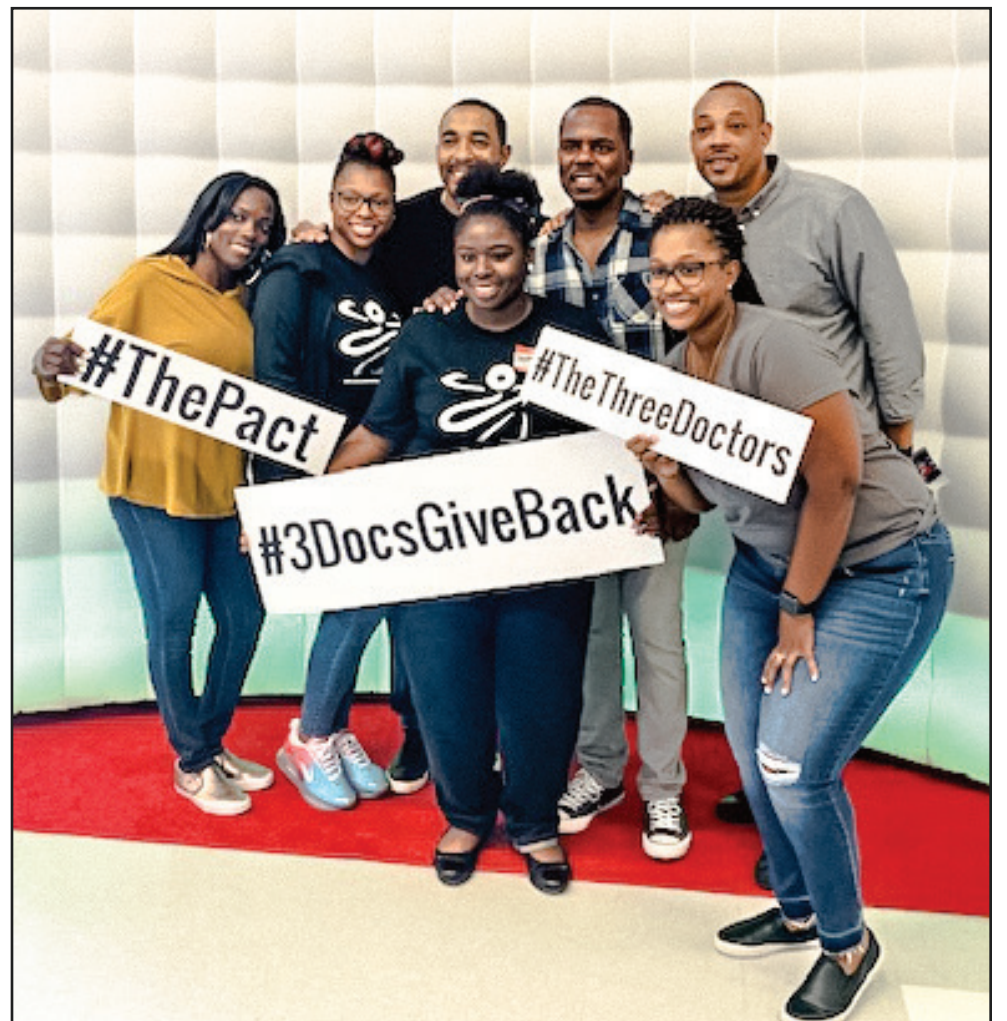
" I think Mayor Palmer was an outstanding mayor who deserves more credit for his efforts to revitalize Trenton. His commitment to the youth of the city was unquestionable. At the same time, I think the whole gang problem was disturbing and challenging for him having to watch Black and Latino youth committing senseless actions of gang related violence," a second long-time city observer said. "Ironically, the person who could of and should of done more to control gang activities in Trenton and cities through the state Chris Christie when he was U.S. Attorney [for New Jersey] was too busy targeting Black and Latino politicians to enhance his political ambitions," continued the second observer. "Trenton's and New Jersey's gang problem during the early and mid 2000s is Christie's real legacy, not Palmer's," the observer added.

Palmer is married to Christina Foglio-Palmer an affordable housing developer and expert and president of nursing home operator CareOne.

The Nubian News recognizes and applauds Doug Palmer for his commitment and efforts to revitalize Trenton and improve the quality of life of its people. We wish Trenton's first Black mayor Happy Birthday.



The Three Doctors



The fantastic story of how three kids from the hood, join together and share a dream to become doctors. Read how Dr. Sampson Davis, Dr. George Jenkins, and Dr. Rameck Hunt give back and share their journey at the new Trenton High School.

Story on page 4

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

Go to page 6 - Edited by Carlos Avila

If you do not understand White Supremacy (Racism) --- what it is, and how it works --- everything else that you understand, will only confuse you."

Neely Fuller Jr. [1971]



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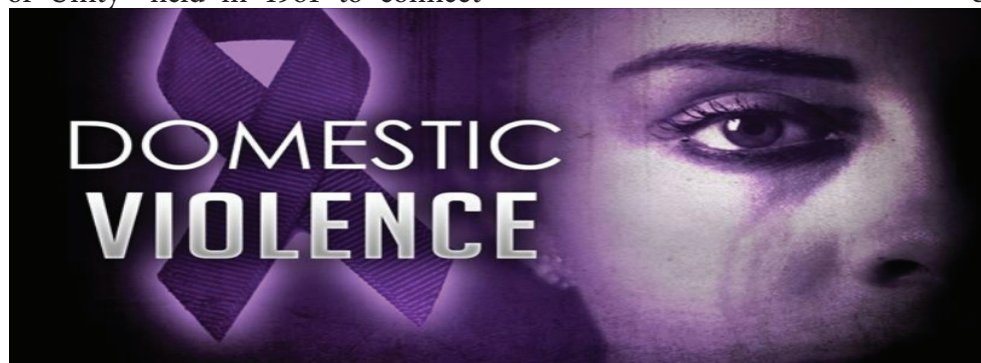
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Domestic Violence Awareness Month

By AL ALATUNJI

October is typically designated as Domestic Violence Awareness Month. Domestic Violence Awareness Month evolved from a "Day of Unity" held in 1981 to connect

and black eyes. It is yelling, humiliation, stalking, manipulation, coercion, threats and isolation. It is stealing a paycheck, keeping tabs online, non-stop texting, constant use of the silent treatment, or calling



battered women's advocates across the US. The day was conceived by the National Coalition Against Domestic Violence.

Domestic violence is widespread and affects more than 12 million Americans both women and men, of all races, religions, ages, cultures, genders and socio-economic status each year.

According to statistics, 24 people per minute in America are victims of rape, stalking or physical violence by an intimate partner. Three in 10 women and one in 10 men are victims or survivors of domestic violence. Children who grow up in homes where domestic violence occurs are believed to be abused and neglected at a rate higher than the national average. Domestic violence costs the US billions of dollars annually in medical expenses, police and court cost, shelters, foster care, sick leave, absenteeism and overall non-productivity. It is a serious crime.

Domestic violent is not just punches

someone stupid so often they believe it.

In 1994, legislation was passed at the federal level which held offenders accountable and provided programs and services for victims of domestic violence. That legislation was sponsored by then Senator Joe Biden who would later serve as Vice President Biden in the administration of President Barack Obama.

Between 1993 and 2010, the overall rate of domestic violence dropped nearly two-thirds and additional laws were enacted by states to address issues such as dating abuses in the workplace, stalking, employment discrimination and more.

The Nubian News recognizes Domestic Violence Awareness Month and encourages Black and Latino men and women to show respect to their intimate partners removing stress with support, drama with devotion and loathing with love.



"On October 15, 2018, Ms. Joetta Clark hosted "Joetta's" Senior Olympics, at the Capital Area YMCA. The golden athletes participated in such events as the basketball shoot, hoolahoop contest, the fastest walk event and others. Queen Sheila Jones was the overall winner of the Senior Olympic games by winning the most medals and showing off her athletic abilities.

Photo by Michael Harmon

I Blame Me...

By: TANGELA WRIGHT

This is nothing like being at the doctor's office and the doctors comes in with information that you are not expecting at all. The announcement has been made that you have Type 2 diabetes. I immediately blamed myself for this now present condition that I have. I was treating this new diagnoses like a death sentence and not a means of changing my partner and lifestyle of eating. But even though being overweight and not eating healthy can bring on diabetes earlier in life, it is not the sole causes. I often spent time wondering why can't I control my diabetes even if I'm eating the right foods. It may be a surprise to you that a controlled diet isn't necessarily what it takes to control diabetes. A lot of factors go into developing diabetes, as well as

programs, focus groups, meal plans through your medical group or in your community that can teach you the skills or educate you in the areas to make a positive change in a fun and interactive way that can be doing with your family, individually or within a group. Let's be clear that this disease doesn't attack just people that overweight but also people that are not overweight can also develop this condition. Even for this population of people, strategies such as stress management, exercise, spreading out certain foods can help but often in these cases, medication is still necessary and essential to keep it under control.

Think of it as a deficiency in something, without replenishing the body with medication or insulin it cannot function properly. Your doctor and diabetes educator can be a guide to



Black people don't talk about diabetes that much. I never knew anything. I thought everyone had an uncle with a leg cut off!

— Sherri Shepherd —

AZ QUOTES

controlling blood sugar levels once you have it. You may know people that are over the age of 50, very overweight and still have perfect blood sugar levels. This is because if everything is working normally the body makes enough of a hormone called insulin to cover any amount of carbohydrates or sugar a person eats – so this is normally a perfect match to keep blood sugars levels in a certain range all day.

However, in working with my doctors this process works differently if you are overweight and have a family history of diabetes, it can increase your risk. Your genetics play a role in developing diabetes and some families are just more likely for this perfect insulin/food balance to not work correctly. The good news in all of this is that recent Diabetes prevention research studies found that if you are overweight and lose at least 5-6% of your body weight with is equal to 10-21lbs. you can reduce your risk of developing Type 2 Diabetes by 58% according to the National Diabetes Society.

There are many diabetes education

the best plan for your specific needs. Unfortunately, high blood sugars often go unnoticed until you get your blood drawn from your doctor. Most people cannot feel that they are having high blood sugars. So it is important to go to your doctor regularly for blood work because the sooner you catch it and get it controlled the better.

If you ignore diabetes and let your blood glucose levels run high, over time, it can lead to complications such as heart disease, kidney damage, eye disease, nerve damage with extreme cases even leading to amputation. It is extremely important to learn skills to manage your own condition. Because diabetes is being caught earlier on, people with managed or controlled diabetes often live 50 years or more without any health problems. Be sure to talk to your doctor or look online for diabetes programs in your area. You can also ask your medical team about meeting with a Registered Dietitian or Certified Diabetes Educator, to help you develop a plan to meet your specific needs. WebMD Diabetes 101

The Three Doctors At Trenton High

BY DAWNE WASHINGTON

In the newly build Trenton Central High School, Dr. Sampson Davis, Dr. George Jenkins, and Dr. Rameck Hunt conducted a Mentor Day for youth through their Three Doctors

grew up in the City of Newark, NJ and developed a long lasting bond with one another.

Their friendship goes back over 20 years and they have supported one another through hard times. They



Foundation.

Each youth was paired up with a mentor to discuss goals and areas of concern while their parents listened to speakers on healthy living and supportive services. Lunch was provided and all that participated had the opportunity to win gift cards, lap tops, cash prizes, and received information from community organizations such as Children's Home Society.

The three doctors are continually giving back and hope to be an inspiration to those who feel as though their futures may be dim.

Being the authors of the book, *The Pact*, the motivational speakers/physicians understand what it means to come from an area that has many socioeconomic concerns. The three

told youth about how they lived in a rough neighborhood but had a teacher who he would help them become doctors.

The three made a pact to finish school, attend college, and complete medical school together so they would not be a statistic or let their circumstances determine their outcome.

The doctors travel all over the country motivating youth to reach their goals despite their current situations. The audience enjoyed the doctors, took pictures with them, and appreciated their humble presence. The three doctors will host another event on December 14, 2019 in Franklin Township. The events are generally free to the public so that the youth will be able to attend.

EVERY TIME YOU SPEND
MONEY,
YOU ARE CASTING
A VOTE
FOR THE KIND OF
WORLD YOU WANT.
- ANNA LAPPE

Buying Black

BY AL ALATUNJI

It is said that a dollar circulates in Asian communities for nearly 30 days, in the Jewish community for nearly 20 days and in non-Jewish white communities for 17 days. In the Black community unfortunately a dollar circulates for only 6 hours.

Currently, the Black community has the highest rates of poverty, homelessness, joblessness, crime, and imprisonment. Sociologists maintain there is a direct correlation between these systemic and multigenerational issues and the lack of successful Black owned businesses.

The lack of Black businesses is not due to a lack of capital. It is however due to a lack of Black people to purchase from Black businesses.

Black people spend more money than any other ethnic group, with an annual purchasing power of \$1.3 trillion. Of all these funds, less than two percent is spent within the Black community

Studies show that the largest hiring agent for the Black community after the government are Black owned businesses. Black businesses also have the highest rates of hiring their own people compared to other races with more than 85% average Black employees.

Weak business infrastructure in the Black community leads to low wealth creation, high un/under-employment, a lack of financial literacy, resulting in stagnant economic growth, lack of broad based participation in that growth and general economic insecurity.

The economic problems of the Black community will not be solved by spending most of its money with people that live outside of it. It will never control its community as long as others own most of the businesses in it.

At one time, the Black community had Black owned banks, insurance companies, hotels and other business

as well as a very successful professional baseball league, the Negro Baseball League, which produced some of the greatest ball players of any race ever to play the game.

There are approximately 2.6 million Black owned businesses in the United States. The number of Black owned firms grew 34.5 percent between 2007 and 2012— from 1.9 million to 2.6 million in 2012, according to the most recent statistics from the Census Bureau. Black women have been leading this charge of Black entrepreneurship. The number of Black female-owned firms climbed 66.9 percent, from 900,000 in 2007 to 1.5 million in 2012, according to the Census Bureau. Additionally, these 1.5 million Black female-owned businesses accounted for 58.9 percent of the nation's 2.6 million Black owned businesses. Of these 2.6 million in 2012, 109,137 had paid employees.

According to the US Small Business Administration's Office of Advocacy, annual receipts from Black-owned businesses totaled \$150 billion, 2.5 million Black owned businesses have no paid employees (95.8 percent) and only 109,000 had at least one paid employee. But with a consistent, targeted effort, those numbers and figures can grow.

Black businesses like all small businesses need customers, consumers, clients. They need to let people and other businesses know that they exist and have products and services beneficial to others. It is called marketing. The Nubian News understands the important role Black businesses can play in the economic well being of the Black community and is committed to the development, growth and success of Black businesses. In a subsequent article, we will discuss the importance of market research and effective marketing techniques and approaches that Black businesses can use to reach customers, consumers, clients to grow and build their business.

Build systems for every business function. Let the systems run your business and your people run the systems. People come and go but your business systems remain the same.

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Composting

BY KELL RAMOS

What is composting and why is it important? Composting is crucial for the health of our neighborhood, the quality of our gardens and the future of our entire planet. In composting, organic matter (natural garbage) decays into a healthy mix of fertil-



izer and soil conditioner. It keeps this garbage out of landfills and reduces the release of methane gas, which is 26 times more potent than carbon dioxide and is a significant contributor to global greenhouse gas emissions.

According to the U.S. Environmental Protection Agency, in the year 2000, the rate of food composting was 2.2 percent. In 2014 it was 5 percent and in 2015 it went up to 5.3 percent (which is 2.1 million tons of waste). Composting is clearly on the rise.

“It’s surprisingly easy to compost at home with little effort,” said Justin Allen, the Urban Agriculture Coordinator for Isles, a community development and environmental organization in the city of Trenton.

You can create a designated compost pile in your backyard or in a lidded container in your home. You can also save food scraps in the freezer until they’re ready for an outdoor compost pile. To prevent scavenging animals, Justin Allen recommends “burying all fruit, vegetable or kitchen scraps at least 6 inches deep into the compost so animals are not attracted to any smells.”

As for what we can compost, natural materials are generally safe for compost piles. Fruit and veggie scraps are good. Eggshells, tree leaves and grass clippings, black and white newspaper and printer paper. But when it comes to composting, not all trash is created equal. There are

some things you should never put in a compost pile because they can damage the soil, such as dairy products, eggs, any fats, oils, lard, grease, meat, fish, bones, or anything that is infested with insects or has been treated with pesticides.

Isles is an amazing environmental ally here in the city of Trenton, open to anyone who would like to learn more about gardening and composting. They run garden workshops that touch on composting, and occasionally have compost specific workshops where they go into depth on the subject.

Composting is essential to fixing the global warming and pollution crisis all humans currently face. We shouldn’t rely on other people to fix environmental issues, especially when composting can be done by anyone, anywhere, anytime and every day. We need to get involved ourselves, individually, even if it’s minimal. It is important to also lobby politicians to create necessary solutions around the issue of our environmental survival, but we cannot only depend on their initiatives. We are solely responsible for literally cleaning up our own backyards and saving our planet.

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Hispanic Heritage Month

BY AL ALATUNJI

September 15th to October 15th is National Hispanic Heritage Month. The month long celebration recognizes the valuable contributions made by residents of Hispanic descent to all aspects of American life, including leadership in public service, sports, business, the arts, science, technology, education and civil and human rights.

Hispanic Heritage Month, which was first observed in 1968, begins each year on September 15th. September 15th was chosen as the starting point for the celebration of Hispanic Heritage Month because it is the anniversary of the independence of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18.

Hispanics have had a profound and positive influence in the US through their strong commitment to family, faith, hard work and service. Hispanics have shaped and enhanced US society with centuries-old traditions that reflect the multiethnic and multicultural customs of their communities.

Hispanic Heritage Month provides a special opportunity for educators, schools, as well as public and private institutions to focus on the many Hispanic Americans whose lives and works have shaped the history and fabric of American society.

The land and countries where Spanish and Portuguese is the primary language in the Caribbean, Mexico, Central and South America was originally inhabited by various indigenous Indians groups. In the 15th and 16th centuries, Spanish and Portuguese colonists from Spain and Portugal brutally overran the indigenous Indians subjugating them to European conquest. Within a few years of the brutal conquest Spanish and Portuguese colonists brought African slaves to work the conquered lands.

There were 11.2 million Africans who survived the Middle Passage and landed in the New World, and of that 11.2 million, only 450,000 came to the US. All the rest went south of Miami as it were. Brazil got almost 5 million Africans.

Brazil has the second largest Black population — Black being defined by people of African descent in the way that it is defined in the US. It is second

only to Nigeria. Other Hispanic countries with largest African populations today include Dominican Republic, Cuba, Colombia, Venezuela and Ecuador. Approximately one hundred years prior to African slaves being brought to the colonial US in 1619, African were brought to the Caribbean and South American as slaves.

This mix of indigenous Indians, Europeans and Africans developed the rich history and culture of what is called Hispanic culture. The African influence in was significant and can be found in the customs, music, religion and other aspects of Hispanic culture.

Such popular dances and music as merengue, rumba, salsa, samba were heavily influenced by African dance movements and African music. Various foods and food dishes were transported from African by African slaves. Santeria with its seven African gods is a series of religious practices of Bantu origins, brought by slaves to Cuba from Central Africa and practiced to this day in the Spanish Caribbean and US.

Today, 57.5 million people are classified as Hispanic representing 18% of the American

population. There are 1,730,000 Hispanics in New Jersey 19% of the total state population. The city of Trenton is home to 29,996 Hispanics representing 35.5% of the city’s total population.

The Nubian News recognizes and appreciates the contributions and achievements of the Hispanic community and celebrates Hispanic Heritage Month.



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PIDE AYUDA A SUS HERMANOS

Por CARLOS AVILA



5 dólares que me exigían que les dé, solo tenía un dólar y por eso me pegaron" dijo este joven que se encuentra en recuperación en el centro de rehabilitación Royal Health Nursing, ubicado en el 1314 Brunswick Ave, Trenton.

Hoy ya un poco mejor y a punto de que le den el alta, pide ayuda a alguna persona o uno de sus hermanos que viven en Sacramento-California le ayuden para salir adelante. Manifiesta que le gustaría regresar a la iglesia para tocar guitarra que es lo que antes solía hacer.

"Gracias, primero Dios estará presente para ayudar a mi prójimo no importa de qué país somos todos somos iguales, hijos de Dios" dijo Carmen Chola una de las amigas que vió la entrevista en el video que se subió en Facebook.

TRENTON-"Me van a dar el alta pero no tengo a donde ir" señaló Roberto Maquin Cruz oriundo de Campeche México. Cuenta que quedó inconsciente tras ser víctima de un asalto en el parque "del chorrito" en el Sur de Trenton. Dice que durante el verano se acercaron dos tipos y le pegaron hasta dejarle inconsciente. "No tenía

Sin uda cualquier ayuda que se le pueda hacer a este joven hispano que se ha quedado prácticamente en la calle será de gran soporte para su futuro.

OCTUBRE MES DEDICADO A LA CONCIENTIZACION DEL CANCER DE MAMA

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zona del pezón o la mama.

-Hundimiento del pezón o dolor en esa zona.

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-Cualquier cambio en el tamaño o la forma de la mama.

-Dolor en cualquier parte de la mama.

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SOBREDOSIS DEJA PARALITICO A JOVEN HISPANO

Su madre pide ayuda a la comunidad

POR CARLOS AVILA

TRENTON-Griselle Cartagena Rodriguez, es una madre de familia que tiene a su hijo Josué Cartagena de 27 años de edad paralizado, con incapacidad casi total de su cuerpo a causa de una sobredosis que sucedió a principios de este año. Josué vivía en Trenton, Nueva Jersey trabajaba en mantenimiento y limpieza y Griselle en Puerto Rico es enfermera y apenas supo de la situación de su hijo vino hasta Trenton para velar por su recuperación.

“Lo habían encontrado en Camden caído en la calle, por una sobredosis de droga” dijo la madre desesperada quien ahora al verse sin recursos económicos se siente en la necesidad de pedir la solidaridad de la comunidad para que le ayuden a conseguir un abogado que tramita la Patria potestad y así tener la custodia de su hijo. “El Estado no me deja llevar a mi hijo si no presento la Patria potestad” dijo llorando la madre que añora esos días cuando su hijo vivía junto a ella allá en Ponce. “Mi hijo era guapo y muy feliz y ahora véalo como esta en este lugar, es muy doloroso” señaló. Algunas personas que han visto el

Association (MECHA), Cartagena dice que es una mujer de fe y que cree que con la ayuda de Dios no solo su hijo sino también el otro joven que está en la misma habitación se van a levantar algún día de ese estado en el que hoy están. “Yo creo en la gracia de Dios y voy a estar junto a mi hijo hasta verle que Dios le recupere su salud” dijo la madre angustiada.

Manifiesta que la novia de su hijo y los amigos han desaparecido. Dice que antes tenía muchos amigos pero que ahora como le ven así, nadie se acuerda de él. También señaló que su hijo cayó atrapado en las drogas cuando todavía era muy joven y que desde hace años lleva una lucha tratando de rehabilitarlo, cree que Dios tiene un propósito con él y que por eso no murió en ese instante.

A pesar del alarmante aumento de casos de sobredosis de opiáceos en Estados Unidos y en el mundo en general, es difícil describir exactamente lo que sucede en el cuerpo de una persona en esa condición, sin duda hay un cilapso del sistema nervioso. A Josué se le ve con los huesos y músculos contraído, su mirada es fija, pero su madre le echa ganas y



video que compartimos en Facebook en ‘Contacto con la Comunidad’, no se han hecho esperar y han ido hasta el lugar donde está su hijo para solidarizarse y animarle a que luche por la mejoría de su hijo.

“Apenas vimos el video, y nos enteramos que es de mi misma ciudad allá en Puerto Rico, vinimos para apoyarla” dijo Elena Hernández quien vive en Hamilton. Pedimos a la gente que ayuden a esta madre de familia que necesita de nuestras oraciones y de lo que buenamente le puedan dar, manifestó Hernández, quien antes laboraba en Mercer County Hispanic

le anima dándole masajes y terapia física.

Griselle Cartagena Rodriguez, junto a su hijo Josué Cartagena están en el primer piso del asilo de ancianos llamado “Royal Health Nursing” localizado en el 1314 Brunswick Ave, Trenton, NJ. Quienes deseen visitarlo para brindar su ayuda moral o con cualquier cosa que le pueda servir a esta familia será de mucho soporte para el futuro de esta familia.

Para más información pueden llamar al teléfono de Griselle al 609-851-0572.

Colombia y su cambio de rol

LAURA LUCÍA RODRÍGUEZ PEÑA

Debido a diferentes circunstancias los latinoamericanos hemos (y me incluyo en la lista) migrado hacia diversos países del mundo. Esto ha conllevado a que seamos una región emisora de migrantes y a que nuestras economías incluyan dentro de su PIB las llamadas “remesas”, que consisten en el dinero y los bienes que son enviados desde el exterior hacia latinoamérica, es decir, todo aquello que suelen enviar los latinos en Norteamérica y Europa hacia



sus países de origen hace parte del sostenimiento de la economía de muchas familias en Suramérica.

Sin embargo, y a pesar de la hospitalidad de los latinos, nuestra región no es considerada una zona receptora de inmigrantes. Las razones pueden ser muchas, economías débiles, pocas ofertas laborales, conflictos internos, entre otras; como consecuencia de ello los Estados del sur no están preparados para una gran ola de inmigrantes y mucho menos de refugiados. Pero, como las crisis no suelen llegar con advertencias sino que escalan de manera inesperada, Colombia ha tenido que transformarse de ser un país emisor de inmigrantes a un receptor en tiempo récord. De hecho, no solo Colombia, también Chile, Ecuador y Perú han recibido un amplio número de inmigrantes en los últimos años. No obstante, Colombia ha sido el mayor receptor debido a la cercanía geográfica del emisor, Venezuela.

Venezuela hasta hace pocas décadas solía ser uno de los pocos (casi el único) país del cono sur que recibía inmigrantes constantemente, incluso gran cantidad de europeos emigraron hacia este país del trópico. Esto ocurría, debido a la gran bonanza petrolera del país, sumado a la hospitalidad de los nativos, la riqueza de la flora y el buen clima hacían de

Venezuela un destino atractivo para radicarse de manera definitiva. Pero, como decimos en esta región “de eso tan bueno no dan tanto”, las brechas económicas entre las clases sociales se convirtieron en el caldo ideal para que surgieran ideas radicales de darle un vuelco ideológico al país. Lo anterior, se vio materializado en la llegada al poder de un presidente dictatorial e izquierdista, Hugo Chávez, que si bien quiso beneficiar a las clases más pobres pasó por alto todo lo que es necesario para mantener la

sostenibilidad económica y ahora su sucesor, Nicolás Maduro, también ha ignorado los factores que tienen en alerta roja y en crisis económica a su país, y que ha perjudicado a todas las empresas y ciudadanos.

Este cóctel de malas decisiones ha convertido a Venezuela en el principal emisor de refugiados e inmigrantes actualmente. Hasta el momento han migrado 1.408.055 inmigrantes venezolanos a Colombia (cnn, 2019), país que no se encontraba ni se encuentra preparado para convertirse en un receptor de la noche a la mañana. Si bien, Colombia se jacta de tener una postura inclusiva, en el discurso de algunas personas se comienza a percibir rechazo hacia nuestros hermanos venezolanos, afirmando que están robando empleos a los locales o incluso incurriendo en actividades criminales.

Colombia, al igual que latinoamérica en general, necesita mejorar sus políticas migratorias pues es difícil predecir si los roles de emisor a receptor puedan cambiar en el futuro; para ello es necesario estar preparados y contar con todo el aparato estatal necesario para apoyar a los refugiados que lo necesiten, en este caso como ocurre con nuestros hermanos venezolanos. Además, es vital educar a la población para que la migración no cause mayor polarización o recelo sino que se convierta en una oportunidad de enriquecer y fortalecer el desarrollo de todos, esta es la visión que le urge adoptar a países como Colombia, Ecuador, Perú y Chile.



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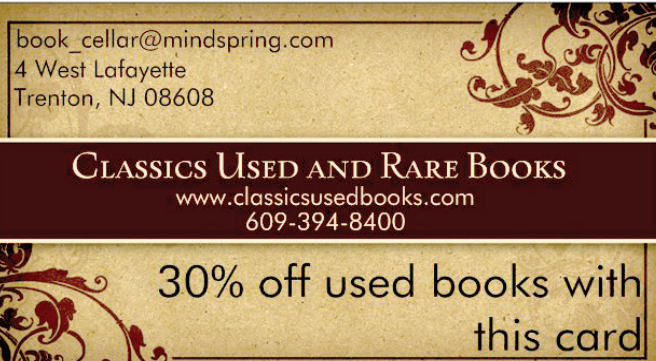
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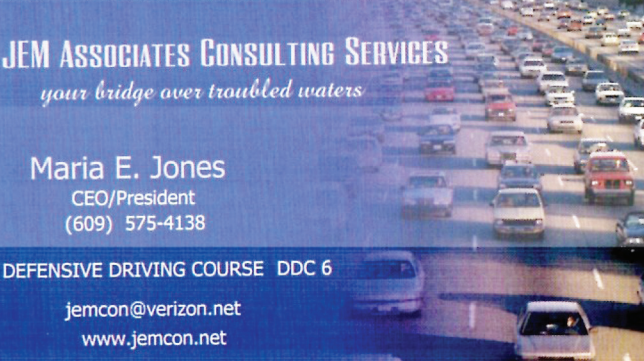
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Black Women And Breast Cancer

By AL ALATUNJI

Though Black women get breast cancer at a slightly lower incidence rate than white women, According to the Sisters Network Inc., Black women are 42% more likely to die of breast cancer than white women. That is an astounding number and indicative of a variety of factors, many reflecting racial disparities. Breast cancer is the most imperative health issue facing Black women. Sister Network Inc., is a national Black breast cancer survivorship organization. Breast cancer is the most commonly diagnosed cancer among Black women, and an estimated 33,840 new cases are expected to be diagnosed in 2019. An estimated 6,540 deaths from breast cancer are expected to occur among black women in 2019.

According to health professionals, women do not need to die from breast cancer. It cannot be prevented but early stage breast cancer (meaning it has been localized within the breast) has a 99% 5 year survival rate. The overall 5-year relative survival rate for breast cancer diagnosed is 81% for Black women versus 91% for white women. Fifty-four percent of breast cancers in Black women are diagnosed at a local stage, compared to 64% in white women. To add more fuel to the fire, Black women under age 35 get breast

cancer at two times the rate of white women and die from breast cancer three times as often as white women. So, what's the problem? Why are Black women dying unnecessarily? According to healthcare professionals, higher death rates among Black women reflect the following:

advanced stage upon detection. Black women may not have access to health care or health insurance so may have lower frequency of and longer intervals between mammograms. Because they may not have health insurance, Black women may not

Negative Breast Cancer, a kind of breast cancer that often is aggressive and comes back after treatment. It has the highest mortality rate and is the only breast cancer sub-type that does not have a therapy to prevent recurrence. Younger women and women diagnosed at later stages are more likely to get Triple Negative Breast Cancer. Early detection saves lives. Black women of all ages need to check their breasts monthly. They need to know what "normal" feels like so if there is some abnormality, immediate action can be taken. Black women need to understand the severity of this health crisis. They need to be talking about their health, their family histories, and educating all of the women in



Black women are not taking action. While 92% of Black women agree breast health is important, only 25% have recently discussed breast health with their family, friends, or colleagues. Only 17% have taken steps to understand their risk for breast cancer. Black women lack information about the severity of breast cancer, breast cancer symptoms and the need for screening. Black women take care of others at the expense of their own health. Black women are often at a more

follow up on abnormal mammogram results because they cannot afford the diagnostic testing. Black women often don't have access to the same prompt high quality treatment that white women have. They express that they are often feel disrespected by physicians and staff Black women face logistical barriers to accessing care (such as transportation issues or not being able to miss work or arrange for child care). Black women fear a cancer diagnosis. Black women have the highest odds (2 times more likely) of getting Triple

their lives. The ongoing conversations in this country around access to affordable health insurance must include acknowledgement and action regarding the inequities for Black women. It is one of the many issues that impact the lives of Black women and the Black community which candidates for president need to be aware of and address. In addition, Black women need to demand the attention and care of health care professionals.

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Nubian News Book Review

BY TERRI SCHLICHENMEYER

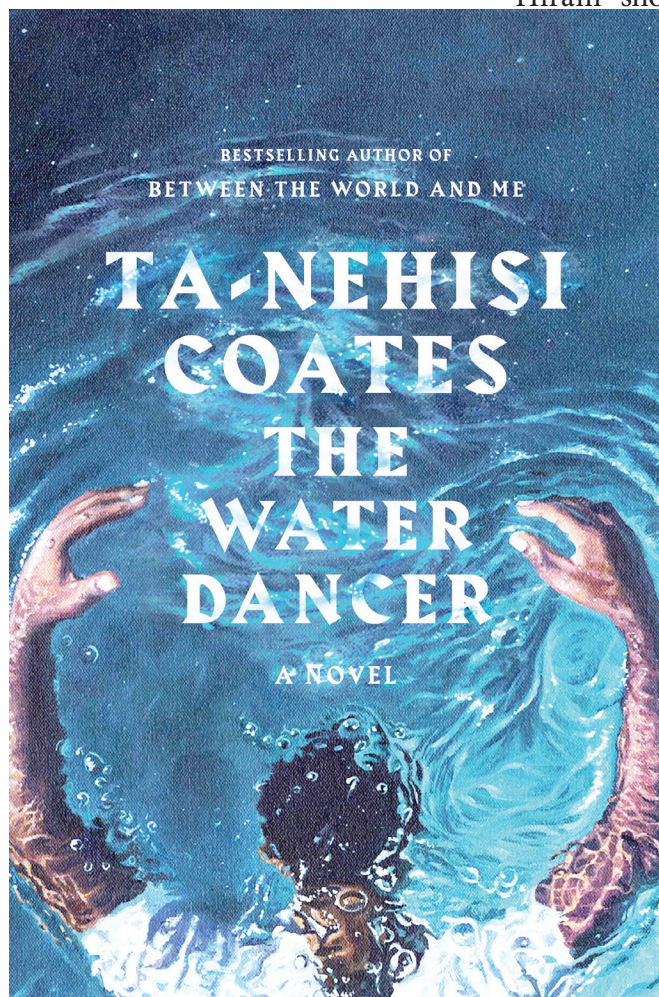
“The Water Dancer”

BY TA-NEHISI COATES

c.2019, One World \$28.00 / \$37.00
Canada 416 pages

You can't breathe.

There's really no describing the panic when that happens. Your ribs strug-



gle to rise, your chest feels like it's being stomped, you're on fire, and your brain screams. Your arms flail. Your hands grasp at nothing, and then – ahhhhh, you gasp. And in the new novel, “**The Water Dancer**” by **Ta-Nehisi Coates**, nothing's better than the first breath of freedom's air. Hiram was drowning.

One minute, he was in the carriage and the next, he and the horse were struggling in the water. Oddly, though, the lack of breath, seeing his half-brother float away, tasting mud on the riverbanks, none of that bothered him. He thought he saw his mother dancing on the bridge, but she was sold away years ago; the water felt familiar but everything did, all the time. Hi grew up knowing he had a gift that allowed him to see his ancestors and to remember everything, and this drowning was one of those things.

He woke up in a bed wearing fresh clothes that belonged to his half-brother, Maynard. Hi's father – the man who owned him – was weeping

because Maynard was lost, and Hi realized then that whatever relationship he'd had with his white father was over.

His life at the great house on Virginia's Lockless Plantation, over. That his father looked the other way when Hiram showed interest in Sophia,

a housegirl Hi delivered every weekend to his father's brother for reasons Hi preferred not to think about... *done*. His whole life was spent as a Tasker for people who owned him, toiling for Quality folk and thinking that if he did the right things, he'd be rewarded with some sort of equality or freedom or...

Or he'd been fooling himself.

He'd never be equal to the Quality. He'd never love who he wanted to love, or know for certain that he'd never be sold Natchez-way. And that meant just one thing.

It was time to run.

Hunched over. That's what you'll be with “**The Water Dancer**”: hunched over as you read, to

protect your heart from this story and because the anticipation of what's to come is too much to handle if you're upright.

Using a little magic, the full meaning of which may not become totally clear until nearly the end of this tale, author Ta-Nehisi Coates captivates readers with language rich and reminiscent of poetry or song. The beauty of those words is calming-not-calming, like lying on a fresh-smelling, springy bed of moss on the edge of quiet woods, waiting to hear heavy footsteps you know are coming. Cue the ominous music, but don't think that this is a horror novel. No, it's more of an escape-novel-thriller-love-story-drama-history with a cast of characters that couldn't seem more real.

One of them, in fact, *was* real so look for her and don't worry if the plot of this book doesn't make sense at first; it will soon enough. Just settle, let the words wash in, and “**The Water Dancer**” will knock the breath out of you.



Renee Neufville of ZHANE rocking the Joint, at Coopers Riverview, Sunday Oct 13.

Photo by Charlton Curry

Take A Stand Against Violence



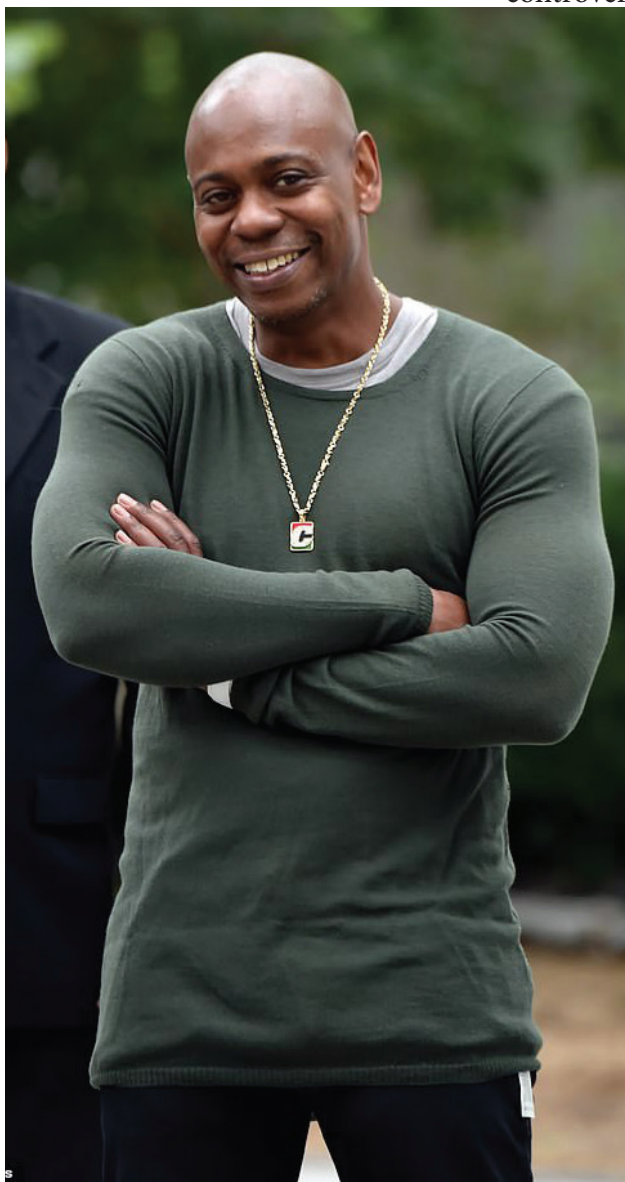
On Saturday, October 5 at Cadwalader Park in Trenton, Moms and Dads and other loving family and friends came together to honor their children who had their lives ended way before their time. These Moms and Dads stand against the senseless violence which took their sons and daughters away from them. They celebrated those they love and also stood firmly against the senselessness which broke their hearts. We can't continue to lose our children. As a community we have to stand up and instill in our young children that killing is not acceptable, in any way what-so-ever. The Nubian News mourns with these moms and dads and promises to do whatever we can so that no one else has to feel the pain you are going through. Bless you all.

Dave Chappelle To Receive Kennedy Center Award

BY AL ALATUNJI

Dave Chappelle will receive the Mark Twain Prize for American Humor in a ceremony held at the Kennedy Center on October 27th.

The Kennedy Center will give comedian Chappelle the 2019 Mark Twain Prize, which recognizes people who have had an impact on American



series Buddies. Chappelle landed his own show on Comedy Central in 2003. The Chappelle's Show is widely considered a cultural phenomenon with one-liners from the program still prompting bouts of laughter. He received two Emmy Award nominations for the popular and sometimes controversial show, which frequently

addressed race relations. Chappelle won his first Emmy Award for hosting the first post-2016 election of Saturday Night Live. He then released four stand-up comedy specials on Netflix, which were also put out on vinyl as double-feature albums, giving Chappelle Grammys in 2018 and 2019. The comic also appeared in the award-winning film, A Star Is Born.

Chappelle will now be one of only four Black comedians (out of 22 total recipients) to receive the prize, joining Richard Pryor, Eddie Murphy, and Whoopi Goldberg. Bill Cosby also won the award, but it was rescinded in 2018.

Chappelle was born in Washington D.C. in 1973. His father, William David Chappelle III, worked as a statistician before becoming a professor at Antioch College in Ohio. His

society in ways similar to Mark Twain the distinguished 19th-century novelist and essayist.

Chappelle has appeared in several films including Mel Brooks's Robin Hood: Men in Tights, The Nutty Professor, Con Air, You've Got Mail, Blue Streak and Undercover Brother. His first leading role was in the 1998 comedy film Half Baked, which he co-wrote with Neal Brennan. Chappelle also starred in the ABC TV

mother, Yvonne K. Chappelle Seon was a professor at Howard University, Prince George's Community College, and the University of Maryland. Chappelle's mother also worked for Congo Prime Minister Patrice Lumumba. She is also a Unitarian Universalist minister. Chappelle has a stepmother and a stepbrother. His great-grandfather, Bishop William D. Chappelle, served as president of Allen University.



My Brown is Beautiful Award was presented to The Latino Merchants Association by the Gem Dynasty. Jenna Figueroa Kettenburg accepted the award. Honoring those suffering partial or total hair loss due to Alopecia Areata, Cancer and other extenuating circumstances. We want to make the difference in the life of a child, one strand of hair at a time!"

Photo by Karen Kaptures

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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 1:15p.m., Starbucks Community Room, 102 S. Warren St., Trenton - For the non-religious, the spiritual, and everybody in between 609 836-1403
- Every Wednesday, 7:00 p.m. Open Mic Night with your favorite host Cinnamon R. Martin. Get a front row seat to some of the best talent that Trenton has to offer. Items for sale at this unique small business shop. 25 East Bridge Street, Morrisville, PA. There is a \$5 donation for the event.
- Friday and Saturday, October 18th and 19th - Dauphin Island - a play · Hosted by Passage Theatre at the Mill Hill Playhouse. Friday at 7:30 pm, Saturday at 3 pm and 7:30 pm. When Selwyn's car breaks down in the middle of the Alabama woods, he is relieved to find Kendra's home tucked away beneath the trees. Thrown together by circumstance and hiding from painful pasts, both Selwyn and Kendra learn what it means to find acceptance in a strang-

er. Head to <https://passagetheatre.org/dauphin-island/> to find out more information or to get tickets!

- Saturday, October 26, 2019 at 4 PM – 9 PM - TCHS Class of '87 Turns 50!!! · Hosted by Cheryl L. Carmichael-Collins, Dubai Restaurant & Lounge, 931 New York Ave, Trenton, New Jersey. Looking forward to celebrating our milestone birthday together! No cover charge, Cash bar, Music by DJ Qwest
- Saturday, October 26, 2019 at 8 PM – 1 AM - DIVAS NJ INC. 15th Annual Breast Cancer Cabaret of Hope · Hosted by D.i.v.a.s, Inc. - Divinely Inspired Vessels Advocating Success. West Trenton Ballroom, 40 W Upper Ferry Rd, Ewing, New Jersey. \$25 General Admission includes access to the venue, vendors and DJ. BYOW & BYOF
- Saturday, October 26, 2019 at 7 PM – 10 PM - 2nd Annual All White Photo Shoot Party · Hosted by LOTUS Entertainment Management, LLC, Trenton Country Club 201 Sullivan Way, West Trenton, New Jersey. THE EVOLUTION OF A QUEEN, All White Photo Shoot Party will capture a pure moment in time where Queens regardless of age of maturity are celebrating life and each other. \$20
- Saturday, November 2, 2019 at 7 PM – 11:30 PM - Recovery Is Essential 2nd Annual SOBER Soiree · Hosted by Recovery is Essential “& etc.” Old Masonic Temple, 100 Barracks St, Trenton, New Jersey \$50.00.

UNDERSTAND- Your \$50 ticket purchase will go towards one of the listed community organizations and groups or agency.

- Sunday, November 3, 2019 at 1:30 PM – 4:30 PM - Toni Morrison: The Pieces I Am (2019) · Hosted by Trenton Film Society, Passage Theatre at the Mill Hill Playhouse, 205 E Front St, Trenton. (609) 392-0766 info@passagetheatre.org
- Saturday, November 9, 2019 at 3 PM – 6:30 PM, A Conversation with Dr. John W. Carlos · Hosted by Trinity Cathedral of the Episcopal Diocese of New Jersey. Dr. Carlos is known as a Bronze medalist in the 1968 Summer Olympics, where he and Dr. Tommie Smith raised their fists on the winner's podium during the National Anthem in protest against the oppression of marginalized communities in the US and around the world.

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