

The Nubian News

Loving the Black Perspective

Belleza y Talento Guatemalteco en Trenton



Con música, bailes, cantos y trajes típicos propios de su patrimonio cultural, un centenar de guatemaltecos celebraron la coronación de las nuevas reinas en sus distintas categorías. El evento fue organizado por la Asociación Cívica Guatemalteca. La guapa y talentosa Lisbeth Burgos fue coronada como Miss Guatemala-Trenton 2019. - Page 7

Beauty and Talent from Guatemala in Trenton. Music, dances, songs and typical costumes from their cultural heritage, a hundred of Guatemalans celebrated the coronation of the new queens in their different categories. The event was organized by the Guatemalan Civic Association. The beautiful and talented Lisbeth Burgos was crowned as Miss Guatemala-Trenton 2019. - Page 7



The Association of Black Women Lawyers of New Jersey 2019 Scholarship Brunch was a huge success. Congratulations to the Honorees and the Scholarship Award Recipients

El Latino News

En Contacto con la Comunidad

Trenton – Mercer County

Go to page 6 - Edited by Carlos Avila

Editorial

Resources = Hope

Recently a young brother asked “what can I and other city officials do to stop this madness?” The question referenced violence that had taken place.

He reasoned, “Little”.

Solving the problem of violence in white neighborhoods has been tackled and solved before. There are very concrete steps which when taken have led to a marked decrease in random violence in community after community all around the white world.

In the early years of this country violence was this country. People killed people all the time. It started with the Mayflower and continued

hot and heavy until the late fifties, early sixties. Violence during colonial times spread westward, creating the wild wild west. Stories of the wanton violence out west are celebrated as folklore today. But make no mistake about it, people were killing each other in the streets and in their beds.

As cities grew the wild west moved into the white ghettos which followed. New York, Chicago, Boston were terrible places to live if you were uneducated and poor. This is where organized crime spread and murder was the theme of the day.

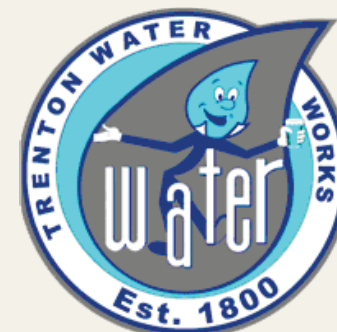
At many points during this maelstrom

Editorial - continued on page 5



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TWW is meeting federal and state water-quality standards.



We are pleased to report that our Disinfection Byproducts Reduction Plan, launched in the second half of 2018, has significantly reduced the levels of Disinfection Byproducts (DBPs), specifically Haloacetic Acids (HAA5s) and Trihalomethanes (TTHMs), in our drinking water. The levels—16.4 and 23.2 micrograms per liter (ug/L) respectively—are now below state and federal Safe Drinking Water Act standards, which are 60 micrograms per liter for HAA5s and 80 micrograms per liter for TTHMs. Take a look at our sampling data from February 2018-2019.

We are maintaining water quality, strengthening our day-to-day operations and advancing important capital projects: rolling out our corrosion-control project and our **Lead Service Line Replacement Program**, which replaces the lead or galvanized water service lines at private residences with safer copper lines. And, we are finalizing the hiring of new customer service representatives to eliminate long hold times for our customers. **Water-quality excellence. It's our sole purpose.**

Haloacetic Acids (HAA5s)

Trihalomethanes (TTHMs)

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November 2018	31.9 ug/L	November 2018	70.1 ug/L
August 2018	47.8 ug/L	August 2018	111.6 ug/L
May 2018	34.2 ug/L	May 2018	62.0 ug/L
February 2018	75.0 ug/L	February 2018	55.6 ug/L

ug/L stands for micrograms per liter

twwleadprogram.com



Sit Down with Mayor Gusciora

By BERNARD SHABAZZ

TNN - For water public safety reasons are you and Trenton City Council willing to pass a resolution like Newark, NJ has in progress to replace all lead water pipes throughout their city?

Mayor - We have already started a program for lead line replacement of pipe. We will be doing 7% per year. We just bonded \$15 million that we can offer homeowners to replace their pipes. Not only ours in the middle of



the street but the connecting pipes that go to each individual house. Normally that's the homeowner's responsibility, so we're going to be doing it at a reduced cost. Keep in mind there may be soldering lead in the pipes. That same soldering lead is also in the private pipes as well.

TNN - Have you spoken to Principal Grant concerning the parents walk through of the new Trenton Central High School Building?

Mayor - Absolutely. That was a great idea and we think it's not only important for students, but also for parents to know what's in the building and what to expect. There are a number of academies in the high school; vocational, academics, stem program which is science technology and cosmetology. Also hospitality, restaurant and food services. Parents will be able to see first hand the facilities provided in the building for their children.

TNN - Mayor Gus are you aware that Chicago has elected Lori Lightfoot as mayor?

Mayor - Absolutely. She will be great for the city of Chicago which needs change. So it's great to have a woman

in charge of a major American city. We're real excited about her tenure.

TNN - It is a strong possibility that Chicago may have a woman police chief.

Mayor - There is also a strong possibility that the city of Trenton may have a woman police chief as well.

TNN - If women police chiefs are managing big cities such as Boston, Detroit, San Francisco, Washington, DC and Seattle, then Trenton city council should accept a woman police chief as well.

Mayor - There is an important aspect with having women in leadership. Typically, they're mothers who have a great sense of community, and a maternal sense for safety and detail which a lot of men lack. So, I'm all for having women in leadership. They also tend to be a little more honest. TNN - All these senseless world wars are based on decisions of men. If we include women in decision making then we bring compassion to the table. The genocide of unarmed men of color

being shot and killed by police is under the leadership of men police chiefs, who lack compassion because they refuse to include women in leadership decision making.

Mayor - Absolutely.

TNN - Has Trenton Water Works begun to hire?

Mayor - Absolutely. We hired 30 new workers. We started out with 70 vacancies. We had a job fair recently at City Hall. 1500 applicants came through there. We are also working with the county college to give training to fulfill requirements for some work at the water works. Some of the jobs are technical and applicants may need

an advanced degree or certification to work in areas like testing. Mercer County College did not offer those programs. We're working with Dr. Wan to offer them

to make sure Trenton residents can get labor entry jobs, and also advanced jobs because of the advanced training. Keep in mind the three highest paying jobs in the city are police, firefighter and at the waterworks. So I want to make sure the word gets out to offer our residents jobs in the water department.

April 20, 2019, from 1:00 p.m to 5:00 p.m.

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Editorial - continued from page 1

the government intervened with programs, with resources, which gave people hope. The hope of a better life for themselves and their children turned many of the violent into 'respectable, tax-paying citizens.' It took time, focus and a trillions of dollars to turn white America into what it is today. Going back to 1830 The Indian Removal Act gave white settlers land on which to build a secure future. Then in 1862 the Homestead Act followed suit giving white Americans millions of acres of land. When you have enough to eat you face tomorrow differently. In 1935 the landmark Social Security Act provided retirement money to white people. Also that year the Wagner Act gave white people the right to bargain collectively in unions which could legally outlaw non-white membership. But it was the Federal Housing Administration which changed white America forever. This gave white people the financial backing to buy homes which helped generate much of the wealth that white families have today. While specifically excluding most non-white people. Then came the GI Bill after WWII which moved many whites into the suburbs, and educated them for free. The value of the 'welfare' white people have received from the American government can be measured in

the 100s of trillion dollars. These resources changed the trajectory of white American's lives. With their new found wealth came an increase sense of hope. With hope, violence dropped. The lesson here is resources change everything. With resources, violence in Black/Brown communities will drop. People who have a fair chance of doing better tomorrow don't take the chances hopeless people do. So what can a brother do? First we must replace the system of white supremacy/racism which has given so many resources to white America and denied the same to non-white Americans. Replacing that system is first and foremost. At every opportunity, sir, you and all of us must speak out against this system of Black and white. Without that there is nothing that will ever happen. We have to fight for, ask for, beg for, reparations. Our community needs to be 'repaired'. With the money, the resources, we can do for self. With a wealth gap of \$250,000 between a white family and a Black family, every American Descendant of Slaves should get at least \$250,000 tax free, in reparations for the holocaust America has visited on us. With that wealth you will see a marked decline in violence in Trenton and across America. Resources change everything.

THE HIGBEE SCHOOL

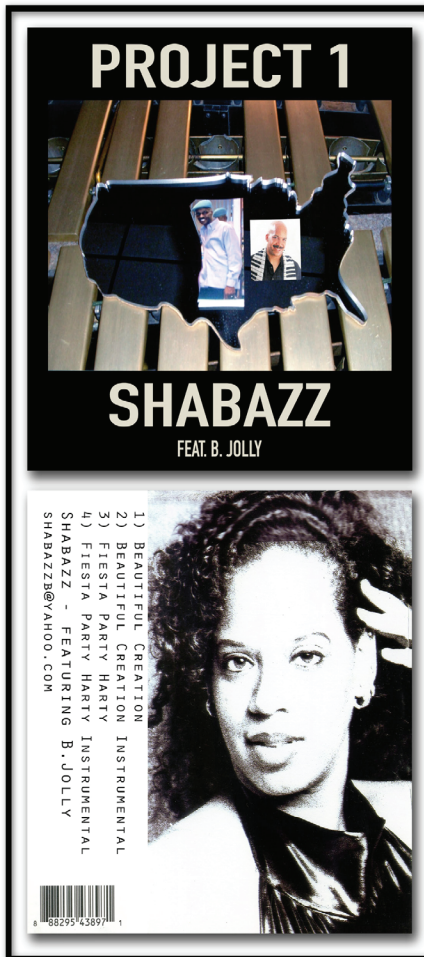
Please join us in the commemoration of the Higbee School and the celebration of Juneteeth



The Higbee Street School, Trenton, built 1857. Schools in New Jersey's cities began to grow dramatically in size before the Civil War. This school captures the beginning of that trend, during the latter years of the Greek Revival style's popularity.

The Higbee Street School was the first educational institution built in 1857 specifically for the free public education for the African American children in Trenton and among the earliest such schools built in New Jersey. The Higbee Street School was built in 1857 and as such the Higbee Street School is distinguished among the state's few surviving historical building pertaining to African American's in the State New Jersey and out of (5)

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such schools built in New Jersey the Higbee is one of the two left standing. This is the Higbee School today it sits neglected and stands endangered. The long term goal is to see the school building restored we are seeking to preserve the school's legacy by restoring the building and turning it into a learning center and housing a few artifacts from the schools time period. So please join us in the commemoration of the Higbee School.

Event Title: Higbee Street School Juneteenth Celebration

Event Location: Higbee Street School, 20 Bellevue Avenue, Trenton, NJ 08618

Event Date: Saturday, June 15, 2019 (Rain Date: Saturday, June 22, 2019)

Event Time: 1:00 pm – 4:00 pm



Patrice Leonard, Khristina Lowe, Abdul Momoh, Shonda Jewett, Shelly Bryant, Regine Thomas, Chanel Turnquest, and Ronald McEwen.

El Latino News

En Contacto con la Comunidad

Trenton – Mercer County

Catolicos-Cristianos conmemoran Semana Santa

Por CARLOS AVILA

TRENTON-La Hermandad del Señor de Esquipulas y la comunidad de la Catedral Santa Maria invitan a toda la comunidad a la tradicional

iniciará en la iglesia San José en el norte de Trenton y termina en la Catedral Santa Maria, en el centro de la ciudad. La procesión tendrá el mismo recorrido del año anterior,



procesión del 'Señor Sepultado' que se llevará a cabo el día Viernes 19 de abril a partir de las 3 PM. La procesión en anda en la que hombres y mujeres de nuestra comunidad hispana vestidos de negro, cargan al Cristo vacente

según dieron a conocer los organizadores a través de hojas volantes. Este tipo de manifestaciones religiosas ya son una tradición en la comunidad hispana de Trenton



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Panel de discusion de Liga de Municipios en NJ

TRENTON - El Presidente del Senado, Steve Sweeney, se unió a un panel de discusión patrocinado por la Liga de Municipios para su 27mo Día Legislativo Anual de Alcaldes, en el que habló sobre las reformas para reducir costos del informe 'Path to Progress' o Camino al Progreso, incluyendo aquellas que producirán ahorros y eficiencias para los municipios, los distritos escolares y sus empleados. El Senador Sweeney participó como miembro de la

eficientes”.

El Senador Sweeney recientemente hizo un llamado a la fusión del Plan de Beneficios de Salud para Empleados Escolares (SEHBP, por sus siglas en inglés) de alto costo en el Plan de Beneficios de Salud Estatal (SHBP) de bajo costo para aprovechar los ahorros de costos negociados por el Gobernador y por el sindicato público de trabajadores más grande del estado. Combinar los dos planes de atención médica ahorrará dinero



El Senador Steve Sweeney participó como miembro de una mesa redonda Conozca a los Líderes Legislativos.

mesa redonda “Conozca a los Líderes Legislativos”.

“Las propuestas desarrolladas por la comisión de estudio brindarán ahorros para los gobiernos estatales y locales”, dijo el Senador Sweeney . “Las municipalidades, los distritos escolares locales y los contribuyentes se darán cuenta de los beneficios de las propuestas para abordar el aumento de los costos de las pensiones y los beneficios, reducir los impuestos a la propiedad, hacer que el gobierno y los distritos escolares sean más

a nivel local y reducirá los costos para los empleados escolares. Este será la piedra angular de un paquete legislativo que se presentará para implementar las recomendaciones del Grupo de Trabajo de Política Económica y Fiscal bipartidista. La fusión podría producir más de \$500 millones en ahorros a los gobiernos locales. Al sistema escolar y a sus empleados, con más ahorros en los años por venir según senalo el comunicado .

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CORONACION DE REINAS GUATEMALTECAS

HAMILTON-En la noche del sábado 6 de abril 2019, con bailes, cantos y trajes típicos propio de su patrimonio cultural, un centenar de guatemaltecos residentes en la capital del Estado Jardin celebraron la coronación de las nuevas reinas en sus distintas categorías,

El evento que fue organizado por la Asociación Civica Guatemalteca se realizó como de costumbre en el salón principal del Club Knights of Columbus en Hamilton Township.

Las flamantes reinas son: Lisbeth Burgos, Miss Guatemala, Wendy Contreras, Miss Teen, Lupita Lopez Miss Chiquitita y Emely Ventura Mini Miss Chiquitita. El público aplaudió y felicitó a las nuevas reinas.

Los organizadores tras entregar premios y regalos a las chicas participando señalaron estar contentos con el éxito del evento.



'EL CENTRO' REALIZA LA PROCESION DEL VIA CRUCIS EN TRENTON

POR CARLOS AVILA

TRENTON-Este Viernes Santo, 19 de abril, se realizará la 19a procesión anual del Via Crucis, recreando la



crucifixión, entierro y resurrección de Jesús. El evento es organizado ya por 19 años por El Centro de Caridades Católicas. "Tenemos la suerte de contar con la ayuda y el apoyo de tantas personas en la comunidad", dijo Roberto Hernández, director de El Centro en un comunicado de prensa.

Este evento es para todo el público y comienza a las 9:30 am del viernes

19 de abril, frente de la Iglesia del Sagrado Corazón en la calle South Broad St. Se anima a los asistentes a seguir detrás de la procesión hasta

su conclusión en la Adeline St, frente a la iglesia de Holly Cross. Hay un estacionamiento público disponible en Sacred Heart y un autobús, cortesía de

(Sheppard Bus company), transportará a los asistentes de regreso a su punto de partida.

Este año nuevamente Jesús cargando la cruz será representado por el diácono Benito Torres y el Rev. Dennis Apoldite, de la iglesia Sagrado Corazón, ofrecerá una bendición al inicio de la procesión.

La tierra está ardiendo

POR LAURA LUCIA RODRÍGUEZ PEÑA

Esta semana el mundo tuvo que ver arder impotente uno de los edificios más emblemáticos de Francia, la iglesia de Notre Dame, símbolo de la ciudad de París desde 1345. Sin duda, se pierde un tesoro arquitectónico, y la idea no es desmeritar o invalidar el dolor que produce perder este tipo de patrimonio, más bien es importante reflexionar sobre el poco valor que se le da a otro tipo de pérdidas que pasan desapercibidas por los medios de comunicación y la sociedad en general.

¿Qué pasaría si le diésemos la misma importancia a nuestros recursos naturales que a nuestro patrimonio físico? ¿Qué pasaría si los medios de comunicación cubriesen por igual las noticias de las potencias mundiales y las de los países (mal llamados) subdesarrollados? quizás es momento de reflexionar que la naturaleza puede ser igual o más valiosa que las propiedades y riquezas físicas y que las problemáticas en todos los rincones del mundo deberían ser atendidas como el incendio en Notre Dame. Francia está recibiendo ayuda



El día lunes 15 de abril en Campeche, México ocurrió un incendio de altas proporciones que destruyó más de 500 hectáreas de manglares, este incendio se dio en la zona natural protegida de la biosfera Los Petenes y se especula que puede haber sido iniciado por cazadores furtivos (Itche, 2019). Este incendio afectó gravemente la flora y fauna de la zona y se dice que la recuperación de los suelos y de la zona podría tardar hasta 5 años (el financiero, 2019).

Seguramente al igual que este muchos incendios y tragedias se presentan a diario en lugares que no reciben la misma importancia mediática que las capitales del mundo. La tragedia del incendio de Campeche sólo es encontrada en medios mexicanos, por lo tanto la solidaridad mundial está ausente, esto es recurrente no sólo en América Latina sino en regiones como el Medio Oriente, Sudeste Asiático o continentes como África, en donde las tragedias hacen parte del pan de cada día.

internacional y ha recogido los fondos suficientes para reconstruir el gran patrimonio arquitectónico que perdió trágicamente. Mientras la sociedad y comunidad internacional continúa indolente ante las problemáticas que permanecen y se reproducen de manera sistemática en países como Siria, Nicaragua, Sudán, entre otros. Es bien sabido que los medios de comunicación van a continuar con las estrategias de mayor conveniencia para su enriquecimiento económico como para las élites de mayor poder en su respectivo contexto, esto significa que es deber de los consumidores dirigir su mirada no sólo a la primera plana con la que buscan acaparar nuestra atención sino también a aquellas historias que se tejen en lo local y que no reciben el reflector. Mientras esto ocurre el mundo seguirá observando las llamas en París e ignorando las cenizas de los manglares en México.

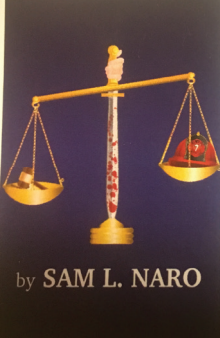
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Recall Is Clearly An Option

BY AL ALATUNJI

For reasons known only by the five members of Trenton City Council who voted against advancing a redevelopment proposal by Mayor Reed Gusciora to bring 400 jobs to the city, Trenton residents are forced to wonder why.

A company reached out to the City of Trenton with a redevelopment plan to buy a historic, dilapidated building in the Roebling complex in Trenton with plans to move hundreds of jobs to the city from a facility in White Plains, New York and pledge an investment of \$4 million to the project. The property intended to be redeveloped has been vacant for 40 years. The City Council in a five to two vote however decided not to support advancement of the redevelopment plan.

Four hundred jobs for Black and Latino workers and others lost. Four hundred jobs inside the City of Trenton. No need to commute long hours or have a car. A majority of City Council members seemed to be saying, "We got our jobs, to hell with the rest of you" when they voted against the project.

The five members who voted against advancing the proposal argued that Council, not the mayor, is the redevelopment authority. So members of Council, where is your plan for redeveloping the site, any site?

The current City Council took office in July 2018 and has been in office just over nine months. From the outset the Council has engaged in petty squabbling, personal and character attacks on each other, cat fighting and other conduct normally associated with middle school age students with hormones raging on steroids. Dysfunction, schism and cliques, egos on steroids and confusion reign supreme only nine months into a four year term. Perhaps this is what the voters were expecting when the few that showed up to the polls cast their votes. Maybe that is why so many decided not to vote. They had seen past councils conducting

themselves in a similar vein. Those that were expecting better, who hoped that a new council would take the business of the people seriously, must be shaking their heads in disbelief and betrayal.

This latest fiasco by Council goes beyond its regular bizarre conduct. The Council's latest action is almost criminal. Unfortunately, stupidity is not a crime. Neither is incompetence. Trenton residents who want a better Trenton for themselves, their children and families can wait for the next council election in three years or they can seek another option. That option is named recall; sometimes called recall referendum.

The recall process is a relatively simple one. All that is needed is for three, just three, Trenton voters to say enough is enough and agree to allow their names to be used as the recall committee to initiate the recall process. Recall law requires that a recall cannot take place more than 50 days prior to an elected official being in office one year. Therefore, the earliest the recall process could begin officially would be around the middle of May. However, Trenton residents can immediately begin the conversation about the need to recall Lucille, Ethel, Amos, Andy, Abbott and Costello.

The recall process would require only a quarter of the registered voters of a ward to sign a petition supporting recall of their Council member. For an At-Large member, signatures from one quarter of the voters of the city is required.

Trenton residents deserve far better than they are receiving from the current Council. Waiting three years until the next election may not be the best option for change. As they say "If you can't change the people, than you change the people." It is time for a change. The recall of members of Council may be the best and the smartest option.

Be Savage

BY TANGELA WRIGHT

In my search of the Trenton area and gathering information on new events, products and happenings, I was sent in the direction of Na'Sheed Linton. He is the proud owner of a Black Owned business in Trenton located at 212 W Hanover St.

I meet with Na'Sheed in which we talked about his clothing line called "Savage". He said the name came



from his hard work and push towards starting his own business. Saying being or going Savage simply means Going Hard or pushing towards your goal non-stop until that goal has been reached.

Na'Sheed Linton has been on his own since the age of 13. He attended schools such as the Peddie School that helped him push towards his goals. He attending college and graduated with a Business Degree that has lead him to many different avenues. Also, Na'Sheed enjoys music just as much as designing clothing. He spent a good portion breaking into the business by selling his music as well as clothing out the trunk of his car before making a positive move to buy a store front to sell his music and clothing.

If you haven't meet him you must meet him for yourself. He is a wonderful person to build and network with. "Originally Savage was used to explain the negative ways I went through life. But now Savage has

developed into more of a cultural movement that's centered around a lifelong loyalty. The meaning of Team Savage started out with the intention of being defined as "a group of people in support of one another building a strong foundation based upon like business minds and talents.

"That vision quickly shed light on the lack of support existent. Team Savage is the inner "team" that thrives within, you don't need a big "team" to have success, all you need is desire, resilience and a Savage mindset.

Team Savage apparel was founded in 2014. Team Savage stands for the inner circle in every person. Everyone has that independent hustler that needs to be brought out of them. Team Savage is your inner team, you are your own team. Team Savage has created a brand that allows each and every person to express their personal sense of style. If you are looking to blend in with

the crowd you are in the wrong place. Team Savage apparel stands out from the rest, we don't choose a look for anyone, you own your individuality with us. Pick your colors down to the last letter, you choose how much we distress your clothing every rip or tear is your call. We understand that everyone is different and so are we. Don't just follow the crowd, be an individual with Team Savage and own your style."

Again, if you haven't spent time with Brotha Na'Sheed Lipton you are truly missing out on an experience like no other.

Team Savage all the way...Unleash the true savage in your everyday hustle of life. Stop into the store location at His Music Her Hands, 212 W. Hanover Street, Trenton, NJ.

Business Hours: Monday (Closed) Tuesday (5:30pm-7:30pm) Wednesday (Closed) Thursday (5:30pm-7:30pm) Friday (5:30pm-8:30pm) Saturday (2:00pm-8:00pm) Sunday (12 Noon-5:00pm).

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Nubian News Book Review

BY TERRI SCHLICHENMEYER

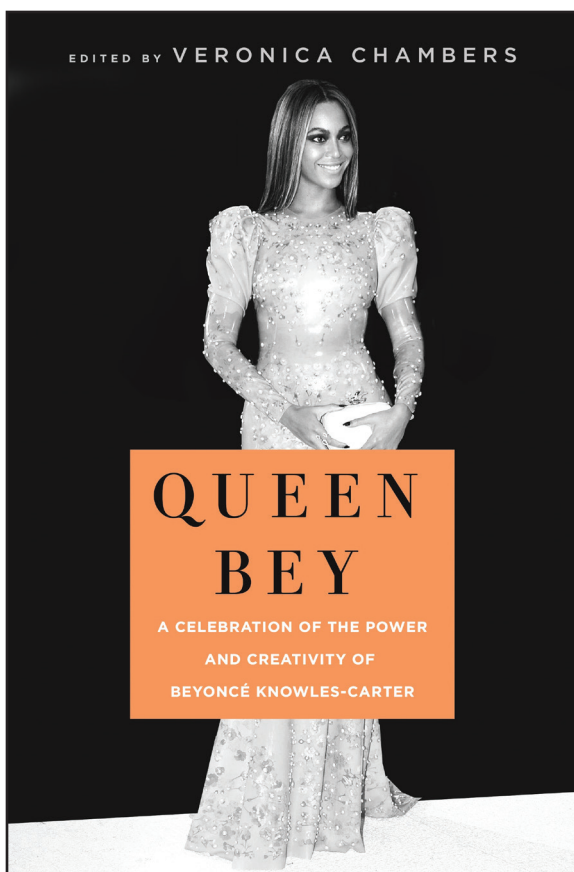
“Queen Bey

A Celebration of the Power and Creativity of Beyoncé Knowles-Carter,”

EDITED BY VERONICA CHAMBERS

c.2019, St. Martin's Press
\$27.99 / \$36.50 Canada
224 pages

You were Crazy in Love. It happened the first time you heard Beyoncé Knowles, before she won



a Grammy, before she added to her life with a man and motherhood. It happened the first time you saw her, a skinny child with a mispronounced name, and in “Queen Bey,” a book of essays edited by Veronica Chambers, you’ll want to say that name again.

“What might a Black girl be in this world?”

That’s a question Veronica Chambers says she’s spent her lifetime asking. The answer arrived in the songs of a performer who “has no interest in separating herself from the struggle of being a Black woman...” That singer, Beyoncé Knowles-Carter, “is the greatest performer alive,” according to Luvvie Ajayi, one essayist here. When Beyoncé was first seen (on TV’s *Star Search* in 1993), viewers recognized her talent. Even then, she was “our generation” and that never changed: these days, she’s “named the pain of... Black women who... love Black men...” Through her actions and music, she’s shown that “Black

men’s apologies to Black women matter.” Writer Ylonda Gault says that there were times when Beyoncé’s life eerily paralleled Gault’s. Meredith Broussard calls Beyoncé “a constant presence in my own life.”

She’s a businesswoman who reportedly has a climate-controlled archive of every print and digital bit of press with her name in it. She’s a writer, mother, feminist, actress, and award-winner; a “hard-working professional,” a champion for gay rights, an inspiration for young Black girls, and a comfort for women who’ve miscarried. And she’s a dancer: who among us hasn’t memorized the incredible moves seen in her music videos?

Naysayers and haters might scoff, but for a fan, there’s probably nothing Beyoncé can’t do. Says writer Edward Enninfu, “she’s above trends. She can’t be put in a box. Frankly, she can do whatever she wants.”

Let’s stop right here a second: if you barely know who Beyoncé is and can’t name at least five of her songs, you can put your newspaper down now. Go do something else, because this book is not for you.

Come to think, it’s not a book for mere casual fans, either.

No, “Queen Bey” is a book for rabid, die-hard, sing-all-the-songs fans who know what the Hive is, and exist in it. It’s for the readers who’ve listened to Beyoncé’s albums and watched all the videos over and over again, because all the contributors to this book have done that, too. It’s for fans who’ve played the “Michael, Whitney, or Beyoncé?” game.

Just beware: this over-the-edge rhetoric here can get excessively florid, sometimes making Knowles-Carter seem like a deity, and that lack of perspective can mar the messages behind the outpouring of love. Readers with a tendency to roll their eyes might do that here, Beyoncé fan or not.

Keep that in mind when you see this book. If you’re a sometime follower, you’ll probably be happier just taking a pass. If you can’t get enough of “Queen Bey,” you’ll like it and you shoulda put a bookmark in it.

Mental Health Awareness

BY TANGELA WRIGHT

Stop and take notice of our ever changing community from the people who are your neighbors to the children you see playing basketball at the courts. Mental health has definitely changed over time; how it looks, how it feels and what it can do to a person or family. Let’s take this time to define the words mental health; a person’s condition with regard to their psychological and emotional well-being.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It determines how you may handle stressful issues, how you may relate to others as well as your decision making. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Over the course of your life, if you experience mental health problems, your thinking, mood and behavior could be affected.

Many factors contribute to mental health problems, including but not limited to: biological factors (genes or brain chemistry), life experiences (trauma or abuse), and family history of mental health problems. Mental health problems are common. People with mental health problems can get better and many recover completely. Here are a few early warning signs that you can look for that may warrant that you contact your doctor for a complete evaluation: eating or sleeping too much or too little, pulling away from people and usual activities, having low or no energy, feeling numb or like nothing matters,

having unexplained aches and pains, feeling helpless or hopeless, smoking, drinking or using drugs more than usual, feeling unusually confused, forgetful, on edge, angry, upset, worried or scared, yelling or fighting with family and friends, experiencing severe mood swings that cause problems in relationships, having persistent thoughts and memories you can’t get out of your head, hearing voices or believing things that are not true, thinking of harming yourself or others and the inability to perform daily tasks like taking care of your kids or getting to work or school.

On Friday, August 16th through Sunday, August 18th, We Got Next, Inc along with the following board members, Russell Morgan (We Got Next, Inc), Mark Morgan, Jerry Morgan, Michael Wright, Tangela Wright (Jerzey Gurlz Social Club), Rev. Joseph and Priscella Poole and Tamain Grier, will be hosting a Mental Health Awareness Conference for churches, communities, friends and families. This is the first step in healing our village in order to make a stronger community. Our mission is to help provide better tools for families and the community to heal and be the village that our children of the future need. Some often feel that they cannot find help or don’t know who to turn to. Let us help get you back on track.

If you are interested in more information please contact Tangela Wright at tangelawright@gmail.com or 609-532-0896

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MLB And Black Players

BY AL ALATUNJI

There was a time when major league baseball was king. A time when it was the national pastime. A time when the game was exciting, thrilling, an afternoon delight and an evening of enchantment. Baseball had character and was full of characters. It made dreams, it gave hope, it created miracles. Baseball was also colorful. Baseball was most exciting and also most colorful during its golden age which occurred shortly after the end of World War II when Jackie Robinson, Larry Doby and other Black players, who prior to 1947 were banned from the major leagues, took the game to another level. Black ball players like Robinson, Doby, Don Newcombe, Willie Mays, Ernie Banks, Hank Aaron, Roy Campanella, Satchel Paige, Juan Marichal, Frank Robinson, Bob Gibson, Orlando Cepeda, Elston Howard, Roberto Clemente, Jim Gilliam and so many more brought a certain artistic almost musical like dimension to

the game in a way it was not played before. Prior to the arrival of Black ball players on the big league diamond, baseball was basically a whole lot of players striking out and the occasional home run. The game changed radically for the better when Black players dominated the game with their exceptional athletic skills and the color and flair they brought. The game became more than strikeouts and the occasional home run. Now there was the stolen base, triple, inside the park home run, hit and run, sacrifice and suicide squeeze and perhaps the most electrifying play of any sport, the steal of home. Gravity defying catches and rocket missile throws from the field by Black players, baseball became not just exciting, it was a spiritual experience. However, recently, something happened on the way to the ballpark. Baseball lost its color. Baseball is back to how it was played prior to

Robinson and other Black players. The excitement is gone, the type of play that gave baseball its excitement is gone and with few exceptions, its Black players. In 2017, only 7.1 percent of the players playing major league baseball were Black, a historic low. The game in many ways has returned back to the days of strikeouts and the occasional home run. "Star" players hit 30 to 40 home runs, striking out 200 plus times a season with .250 averages, and receive multi-million dollar salaries. Major League Baseball (MLB) maintains that it wants to see more Black players enter the big leagues. However, it would appear from its marketing efforts that it really is just lip service. Case in point, the reigning American League Most Valuable Player (MVP) is a Black ball player named Mookie Betts. Betts lead his team, the Boston Red Sox, to an incredible year becoming the American League and World Series champs. Lesser players would have, and are, featured on MLB commercials promoting the league and the new

season, but Mookie Betts is not one of them. What is with that MLB? Not marketing Betts means MLB is missing out on an opportunity to increase interest of the game to Black youth. Betts is a three-time All-Star with three Gold Glove awards on his mantle, and he's coming off an unreal 2018 offensive campaign when the 26-year-old hit .346 with 32 home runs and 47 doubles while stealing 30 bases. His face should be the face of Major League Baseball. Was there a decision rendered years ago in secrecy that too many Black ball players was not financially good for the game? Is it financial or is it racism that MLB fails to highlight current Black stars? Is that the reason that Black and Latino players like Manny Machado and Yasiel Puig are singled out for undue and harsher criticism from TV and newspaper sport commentators and writers? Is it purely unintentional or is it just purely racist? MLB, inquiring minds want to know.



Adrienne King, VP and Kelli Wiggins represent Alpha Kappa Alpha Sorority, Epsilon Upsilon Omega Chapter MCCC Sherry Eure.PSD



Annteonett Caldwell-Doggett, Eileen Bright, Adrienne King VP, Kelli Wiggins, Sherri Eure Washington and Lauren Washington from the Alpha Kappa Alpha Sorority, Epsilon Upsilon Omega Chapter help with the Upward Bound Program at Mercer County Community College.

Around Town



Rev. Karen Hernández-Granzen, Pastor, Westminster Presbyterian Church, Trenton NJ

Jordan Harmon, 15, asks - "Phone booth, what's a phone booth?"



As Post #182 celebrates its 100th anniversary, Gail Wright has been selected as the first woman ever to serve as Commander of American Legion Post #182. With her are County Commander Tarlven Williams, and Sam Alphin

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 second Saturday, 9 p.m.-2 a.m. at Championship Bar and Music Club at 931 Chambers Street in Trenton NJ there is 'Barz All Night'. Each artist gets to perform 3 songs and some freestyle cypher during intermission.
- 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.
- Sign up every Saturday, 10:00 a.m. - 2:00 p.m. West End LL Girls Softball. West End Batting Cage, 600 Artison Ave, Trenton, NJ. Registration: \$40. More information: Ron Davis 609-817-5062

- Every Thursday, Apr 18 - May 2, Healthy Minds in Our Communities - Hosted by Urban Mental Health Alliance - UMHA and UIH Family Partners. Join us at UIH Family Partners, 4 N Broad St, Ste 2R in Trenton for an informative and empowering 3-part workshop on emotional wellness, stress management and self-advocacy. Snacks and resources for all. We start at 6:00 pm for the next three Thursdays, April 18, 25 and May 2.
- Saturday, April 20th, 9:00 a.m. - Easter Egg Hunt at Cadwalader Park, Trenton, NJ. Free for all, ages 3 to 12.
- Saturday, April 20, 2019 at 12 PM - 6 PM, HYPED in Heath Holistic Expo 2019, Hollowbrook Community Center, 320 Hollowbrook Rd, Ewing, New Jersey 08638. Hosted by The Health Conscious Diva, LLC
- Sat, April 27, 2019, 10:00 AM North Clinton Avenue Church of Christ Ladies' Day 2019, cordially invite LADIES and LADIES ONLY to fellowship at 411 North Clinton Avenue, Trenton, NJ. This is a FREE EVENT, however SEATS ARE LIMITED and will be given on a first come, first serve basis. Please register here at Eventbrite or call (215) 327-0385 to reserve your seat as soon as possible.
- Saturday, April 27, 2019 at 12 PM - 3 PM - Veterans Job and Resource Fair - ASSEMBLYWOMAN VERLINA REYNOLDS-JACKSON

- In partnership with the Trenton Veterans of Foreign Wars Post 12165 and Department of New Jersey Judge Advocate. 102 N Broad St, Trenton, NJ, (Mercer County Community College, James Kearney Campus). On Site employers will be accepting resumes. For more information call 609-292-0500 or email lbaylor@njleg.org
- Saturday, April 27, 2019 at 8:15 AM - 11:15 AM - Sisters Walk 5K 2019 - Hosted by Trenton Alumnae Chapter of Delta Sigma Theta Sorority, Inc. Cadwalader Park, Trenton, New Jersey. To heighten awareness about breast cancer and the importance of early detection and screening
 - Saturday May 4th, 11:00 a.m. - 3:00 p.m. Courage To Be More- I AM QUEEN. Masterclass Series was created for the woman who is ready to SHOW UP BIG IN LIFE!! Each class in this series will help to elevate your mindset as you are reminded that you were born to be GREAT!!! Lunch included and vendors on premises. 320 Hollowbrook Dr., Ewing Township, NJ. \$7. Tickets at eventbrite
 - Saturday, May 4, 2019 at 4 PM - 8:30 PM - Alphas Derby Day Party 2019 - Rho Waterfront, 50 Riverview Plaza, Trenton, New Jersey - Hosted by Alpha Phi Alpha Fraternity, Inc. - Zeta Iota Lambda Chapter
 - Saturday, May 4th, 4:00 p.m. - 8:30 p.m. Capitol City NJ Alphas Present "#CAPCITYDERBY19" Day

- Party. Live Music & Entertainment by The Great Show DJ SNS & DJ Alamo and The Renaissance Jazz Band. Cooper's Riverview (formerly Rho) 50 Riverview Plaza, Trenton, NJ. Admission \$45 - \$50
- Wednesday, May 8, 2019 at 8:30 AM - 10:30 AM - Women's Empowerment Breakfast - Hosted by Dress for Success Central New Jersey. Trenton Country Club, 201 Sullivan Way, West Trenton, New Jersey. \$50 per person. For more information, visit: <https://bit.ly/2H-vtHYZ>
 - Sunday, May 19, 2019 at 2 PM - 6 PM - Women of Impact Honorary Brunch, Hosted by IMPACT-Magazine. Kelly Price will join IMPACT Magazine as the Guest of Honor as we celebrate some amazing women! The honorees are: Narubi Selah, Wendy Dean, Wanda Austin, Butterfly Sarah Holman, Latarsha Williams Burke, Bethesda Stokes-Turner, Rev Jamilah Abdul-Raheem. \$55 secures your spot, be sure to get your tickets from www.theimpactmagazine.com.
 - Saturday, June 15, 2019, 1:00 pm - 4:00 pm - Higbee Street School Juneteenth Celebration, Higbee Street School, 20 Bellevue Avenue, Trenton, NJ
 - Monday, July 8th thru August 2nd. Colonial Summer Camp. The Old Barracks of Trenton. information: www.barracks.org/summer-day-camp.html Sign up: www.barracks.com

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