



THEATRE COMPANY
**PASSAGE THEATRE'S
 NOVEMBER PROGRAM-
 MING INCLUDES ITS FIRST
 ONLINE PLAY READING**

TRENTON, NJ- Continuing its 2020-21 Season, Passage Theatre has a variety of online programming planned for audience members to stream during the month of November, including its first live online Play Reading, an Artist Interview, and two educational online Learning Lab videos for elementary and middle school students.

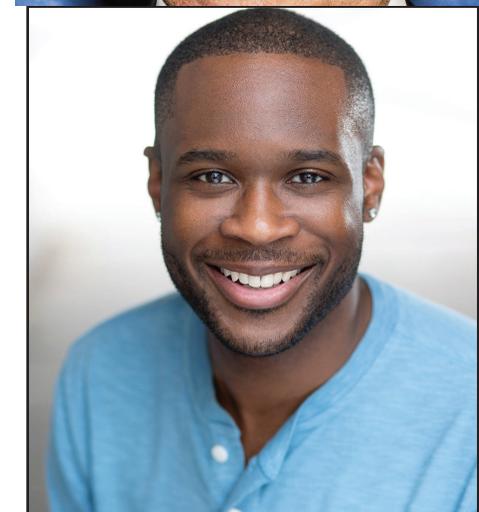
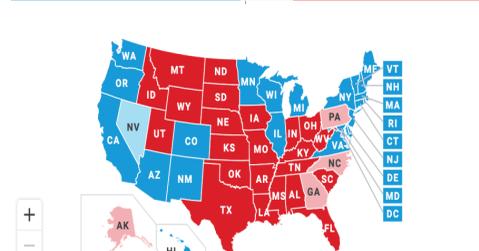
Passage will present its first live online play reading on Saturday, November 21, 2020 at 7pm of *Welcome to Matteson!* written by Inda Craig-Galván and directed by Andrew Binger. *Welcome to Matteson!* tells the story of a suburban couple that hosts a welcome-to-the-neighborhood dinner party for their new neighbors, a couple recently (forcibly) relocated from Chicago's roughest housing project, and it's anything but welcoming. Anyone can view a recording of the live reading at 12:01am on Sunday, November 22 until 11:59pm on November 24. \$10 tickets can be purchased-www.passagetheatre.org.



The Nubian News

Loving the Black Perspective

THE COUNT CONTINUES EL CONTEO CONTINUA AUN NO SE SABE EL RESULTADO FINAL



Biden Only Needs

Nevada To Win

BY CARLOS AVILA

TRENTON-Arizona, Nevada, Georgia, and Pennsylvania are the states that, prior to press time, continued to count the votes one by one to define the winner of the presidency of the United States.

Joe Biden is leading with 253 electoral votes, while Donald Trump has been left with 214 votes so far.

Trump already proclaimed himself the winner early the next day of the elections, and stated that, if the results show otherwise, he will challenge them before the Supreme Court of Justice.

For his part, Vice President Biden has won more votes so far than other presidential candidates in contemporary history.

"Joe Biden has now won more votes than any presidential candidate in history, and we are still counting. So far more than 140 million votes have been counted, and more than 72 million of those votes have gone to Vice President Biden," said Jenn O'Malley Dillon, Biden's campaign manager.

At this time of the afternoon (6:00 PM) Thursday, November 5, the candidates were contesting states like GEORGIA in almost even numbers such as: Trump 49.5% and Biden 49.3%, which gave an image of how tight this electoral contest was in the USA.

However, the Democratic candidate has the advantage, he is close to 270 votes in the Electoral College number that will allow him to occupy the White House.

POR CARLOS AVILA

TRENTON-Arizona, Nevada, Georgia y Pennsylvania son los estados que antes del cierre de esta edición continuaban contándose los votos uno por uno para definir al ganador de la presidencia de los Estados Unidos.

Joe Biden se encuentra a la delantera con 253 votos electorales, mientras que Donald Trump se ha quedado con 214 votos por el momento.

Trump ya se proclamó ganador temprano al siguiente día de las elecciones, y manifestó que, si los resultados arrojen lo contrario, los impugnará ante la Corte Suprema de Justicia.

Por su parte el vicepresidente Biden ha ganado por el momento más votos que otros candidatos presidenciales en la historia contemporánea.

"Joe Biden ahora ha ganado más votos que cualquier candidato presidencial en la historia, y todavía estamos contando. Hasta ahora se han contado más de 140 millones de votos y más de 72 millones de esos votos han sido para el vicepresidente Biden", manifestó Jenn O'Malley Dillon, directora de campaña de Biden.

A estas horas de la tarde (6:00PM) jueves 5 de noviembre, los candidatos disputaban estados como GEORGIA en numeros casi parejos como: Trump 49.5% y Biden 49.3% lo que daba una imagen de lo apretado que fue esta contienda electoral en los EEUU.

Sin embargo el candidato demócrata tiene ventaja, se acerca a los 270 votos en el Colegio Electoral número que le permitirá llegar a ocupar la Casa Blanca.

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

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]

Princeton University Removes Name of Woodrow Wilson, Why Can't Trenton?

BY AL ALATUNJI

Earlier this year Princeton University agreed to remove former Princeton University president, governor of NJ and US President Woodrow Wilson's name from the School of Public and International Affairs and Wilson College. The University determined that Wilson's racist views and policies made him an inappropriate namesake for a school whose scholars, students and alumni must stand against racism.

In partially fulfilling that decision Princeton University on October 9 renamed it in honor of Melody Hobson, a Black businesswoman.

Hobson College will be the first residential college at Princeton University



named for a Black woman.

Hobson, a 1991 graduate of Princeton University. The

Hobson/Lucas Family Foundation made the lead gift to establish the new residential college at Princeton to be located on the site formerly known as Wilson College. Hobson College will be the third new residential college and is tentatively scheduled to open in the fall of 2026, in time to welcome the Class of 2030.

Hobson is co-CEO of Ariel Investments, located in Chicago, Illinois. It specializes in small and mid-capitalized stocks based in the US. She also serves as chair of the board of trustees of the Ariel Investment Trust — the company's publicly traded mutual funds — and serves on the boards of Starbucks and JPMorgan Chase.

Her commitment to service includes her role as chair of After School Matters, a Chicago nonprofit providing thousands of inner-city teens with after-school enrichment programs and summer jobs. She and her husband, George Lucas, were awarded the Carnegie Medal of Philanthropy in 2019.

Woodrow Wilson was a straight up racist who as president oversaw the unprecedented segregation of the federal bureaucracy. While he was president the establishment of separate eating tables, dressing rooms, restrooms and lockers for federal government workers based on race in

federal buildings occurred.

It was during Woodrow Wilson's time as president that the Red Summer of 1919 took place during which white supremacist terrorism and racial riots occurred in more than three dozen cities across the US. In most instances, attacks consisted of white-on-Black violence. However, numerous Blacks were forced to fight back, notably in the Chicago and Washington, D.C. areas, which resulted in 38 and 15 deaths, respectively.

Between January 1 and September 14, 1919, white mobs lynched at least 43 Blacks. The administration of Woodrow Wilson did nothing to interfere or prosecute such mob murders.

It was also during the administration of Woodrow Wilson that the KKK after basically dying out in the 1870s had a rebirth and began to flourish. Similar to the current occupant sitting in the Oval Office in the White House Wilson's actions gave rise and emboldened white supremacist terrorism.

All of which begets the questions, if Princeton University can do that for its students, why hasn't Trenton felt the need to remove Wilson's name from its elementary school on Girard Ave.?

A role model for whom Black and Latinx can identify with and can be inspired by should be given to the students who attend that school. Wilson is not that person.

Black and Latinx students attending that school should not have to see the name and walk pass the bust of a stone cold racist on their way to achieve an education.

The mayor and council should come together in a rare moment of unity and maturity to urge the members of the Trenton Board of Education - Madames Daniels-Lane, Brossoie, Tice-McKnight, Marrero-Lopez, Weakliem, Williams; Monsieurs Bouie, Truehart - to do the right thing.

The members of Trenton Board of Education should exorcise the ghost of Woodrow Wilson who not only believed Blacks and Latinx were inferior but used his authority and power to promulgate his belief. It is hard to see how his life can be an inspiration to Black and Latinx students seeking to excel.

How long will it take the Trenton School Board to stand up and do what needs to be done for those students?

COMPENSATORY-FUNCTIONAL DEFINITIONS

Compiled from "The United Independent Compensatory Code/System/Concept by Mr. Neely Fuller Jr.

White Race (and/or, Racist Organization)

1. The only "Race" (Racists) in the known universe.
2. White Supremacists (Racists) , collectively.

[Note: To avoid, and/or minimize confusion, this term should not be used. The best terms to use are as follows

Race Nation
Racists
Racist Nation
White Nation
White Supremacists].

"White" Racism

The only "Racism" in existence.

[Explanation: White Supremacists (Racists) are the only people in the known universe who actually practice "effective" Racism. As long as White Supremacy exists, no other "Racism" can exist. The term "White" Racism should not be used as long as White Supremacy is the dominant socio-material force among the people of the known universe. The term "White" Racism implies that there exists some other form of Racism. For that reason, the term should not be used.

"Racism", functionally, is White Supremacy, and White Supremacy is Racism. A Racist is a White Supremacist, and a White Supremacist is a Racist.

As long as White Supremacy exists, all Racists are "white" people, but, all "white" people may, or may not, be Racists.

As long as White Supremacy exists, no non-white person can function as a Racist. No non-white person can be a Racist while existing in subjugation to White Supremacy. It is not possible for a person to be a Victim of Racism, and be a Racist, at the same time. One who is a prisoner is not the same as one who is a Prison Master.

Non-white Supremacy does not exist.

White Supremacy does exist.

Next Month: What is *White Supremacy*

You can order the digital edition of "The United Independent Compensatory Code/System/Concept online at: <https://www.digitalxpress.shop/product-page/the-united-independent-compensatory-code-system-concept-textbook-counter-racist>

STAFF

Publisher

Kamau Kujichagulia

Managing Editor

Tanya Henry Turner

El Latino News Editor

Carlos Avila

Reporters

Al Alatunji

Laura Lucia Rodriguez Pena

Dawne Washington

Edna Roman

Photographers

Karen Hilton

Circulation

Leslie Lauts

Vernon Daniels

Letters to the Editor:

nubiannews@thenubiannews.com

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Opinions and positions taken in articles with bylines are those of the writers. The views expressed in bylined opinion pieces do not necessarily indicate endorsement or support.

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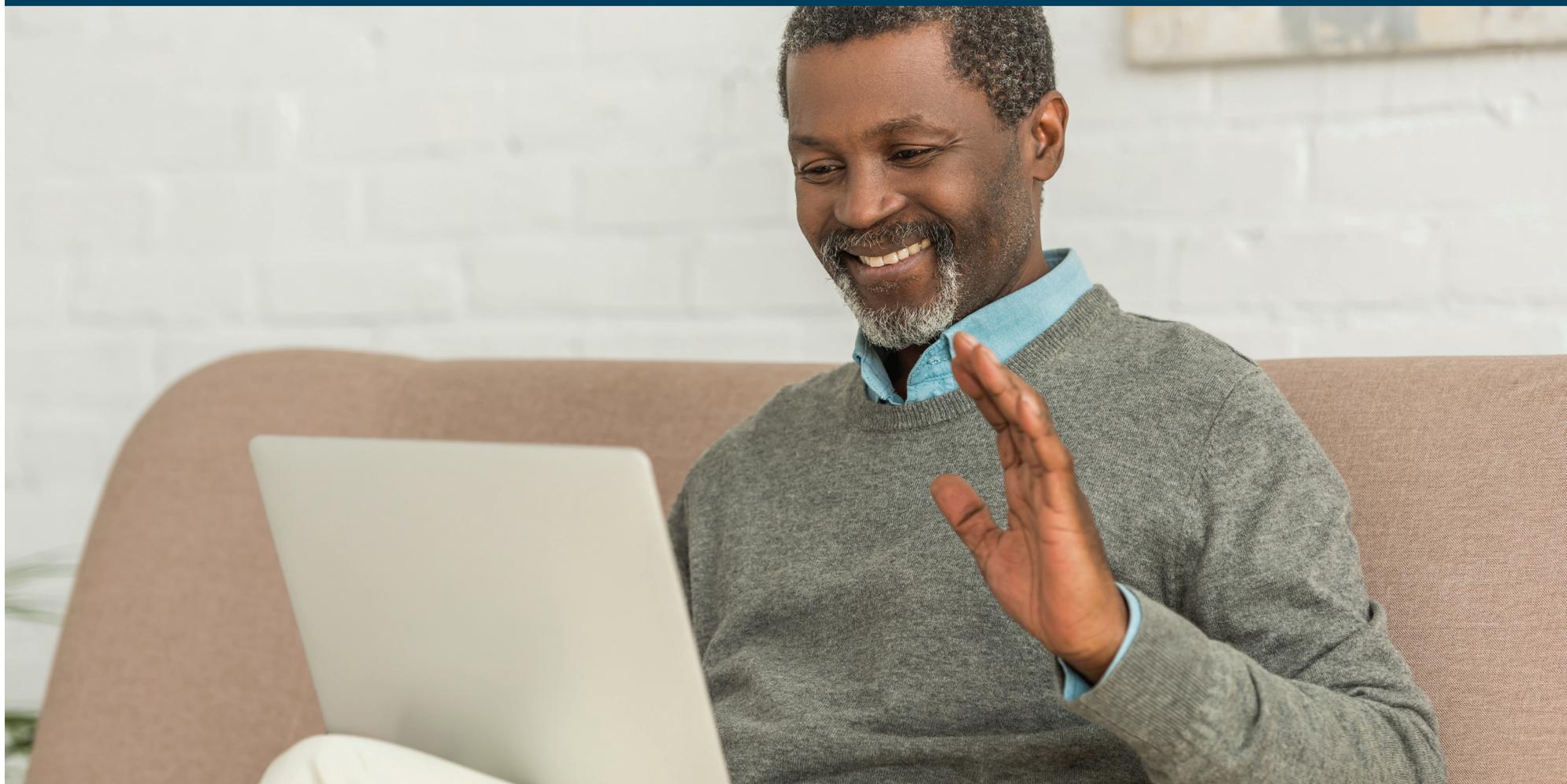
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This Month We Honor

Queen Mother Charity Fogg

nurturing her “Babies”, as she call her children, who gather around her magnetically, drawn by her irresistible love, affection and care.



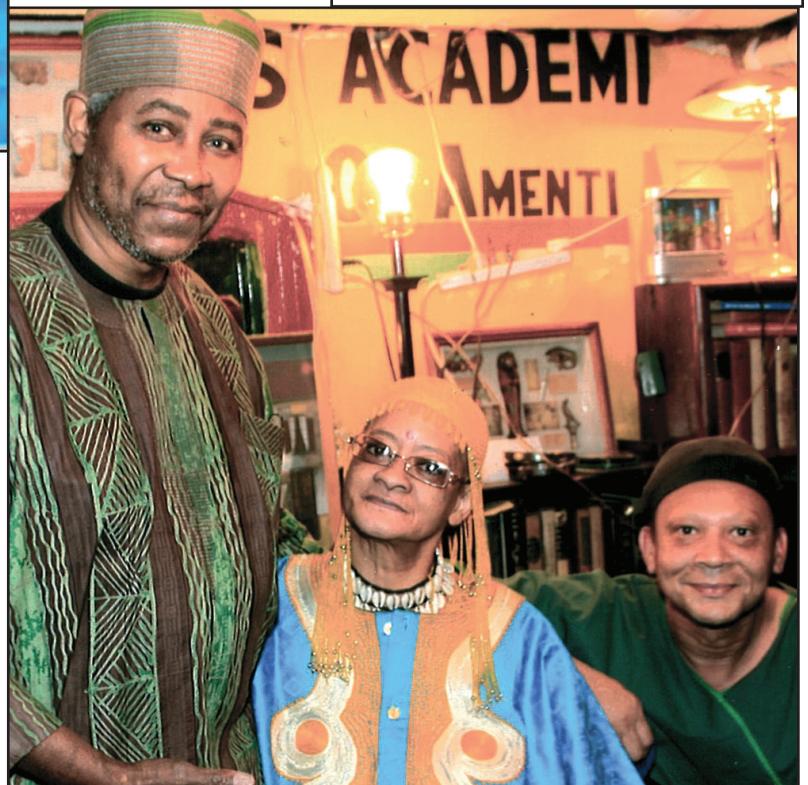
parties and Editorial writing to The Nubian News; that is, Queen Mother’s children learning how to send their thoughts, opinions and views to the publisher, Kamau Kujichagulia; and when he published their young thoughts and the children saw their words in print, their eyes shone brightly, their faces lit up and her whole class was uplifted. She worked diligently and patiently with each child and commanded their full and complete respect by her regal, queenly and majestic presence alone; because the Queen Mother is truly Spiritual, truly dignified. For over fifty years Queen Mother Charity Fogg, has served us in numer-

Well, it is time for us all to pause and render our Dear Queen Mother Charity a humongous Thank You, and even if we should do this in unison and one week running, it would not be enough, considering all of the selfless work she has invested into our off-spring.

It is a sad and sorry people who do not recognize and appreciate their living heroes and sheroes; and will scarcely remember them when they have gone from us. It is time we start to recognize and have the backs of those who have dedicated their lives to enhance the goodness and qualities of our own lives.

Queen Mother Charity Fogg’s life is very much its own testimony, and we are certain that many of the children that she taught decades ago come up to her and acknowledge her and thank her and hug her. I have seen it myself, and it was righteous; and so, it should be.

QUEEN MOTHER CHARITY FLANKED BY CATHRIEL BINYISRAEL AND YUSUF RAS TAFARI



BY YUSUF B. RAS TAFARI

A Teacher, Wise Counselor, Spiritual Guide and Mother Queen Mother Charity Fogg has spent the vast majority of her adult years teaching, shaping, disciplining, caring for and loving other peoples’ children, inside her numerous classrooms, and beyond; indeed, far above and beyond. Within her long teaching career, here in the Capital City of Trenton, New Jersey, Queen Mother Charity not only taught and nurtured our children, she also went to far as to purchase many, many of those children shoes, coats, eyeglasses, socks,

gloves and school supplies, from her own pocket and meager resources. The writer has witnessed this many times, almost as a routine act of ongoing and unselfish outreach and charity, that is her Namesake. Did I mention food? Yes, Queen Mother Charity also bought them food; and nourished everyone of those children, our children with tender Mother care and her flowing milk of supernal kindness. During the hey-day of Trenton’s artistic creativity and production from the early 1990’s to mid-2000’s, the writer enjoyed countless days of performing Rap, Poetry, Plays, Songs, even

ous tangible ways, and before the COVID-19 Pandemic shutdown, she could be found at the Boys & Girls Club in South Trenton, Centre Street, still teaching, still caring, still hugging and



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Mirta Fuentes

mfuentes@chsofnj.org

El Latino News

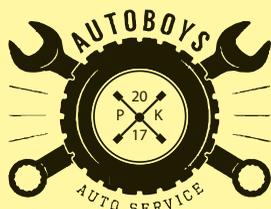
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La minga Indígena en Colombia

LAURA LUCIA RODRÍGUEZ PEÑA

La palabra minga es de origen Quechua (mink'a) y significa trabajo colectivo para beneficio agrícola o de la comunidad en general. Este término es utilizado comúnmente en países de la zona andina y recientemente ocupa todos los titulares en Colombia.

Este país cuenta con casi dos millones de personas que se autorreconocen como indígenas, es decir el 4%

63%, lo cual es el triple del promedio nacional.

Los líderes indígenas tienen cuatro preocupaciones principales:

La indiferencia del Estado a los pueblos indígenas. Existe presencia de grupos armados que afectan los territorios protegidos donde residen las comunidades.

Los asesinatos sistémicos de líderes indígenas, campesinos y ambientales. El establecimiento de un debate con el gobierno.



Demandan políticas públicas que ayuden a las economías agrícolas y producción lícita y no beneficien a las ilícitas, como afirman ellos sucede actualmente.

El gobierno nacional ha calificado de irresponsable este tipo de protesta social, pues considera que durante los tiempos de

de la población, sin contar que la mayor parte del país tiene orígenes mestizos. Para las comunidades indígenas de Colombia la minga es una actividad colectiva que permite el mejoramiento de un espacio, de un cultivo o de una situación que agobia a la comunidad. En el sur occidente del país, específicamente en el departamento del Cauca, las mingas se realizan con frecuencia, y he tenido la oportunidad de hacer parte de mingas para transformar un espacio que era asociado con la guerra en un mirador turístico.

Se siente algo especial pertenecer a algo más grande, las mingas le dan la bienvenida a campesinos, poblaciones negras, voluntarios y todos aquellos que quieran sumar su voz y su trabajo por la causa que se esté luchando. Al final no se trata de las diferencias sino de los puntos en común y del deseo de alcanzar algo que beneficie a todos.

El pasado 12 de octubre más de ocho mil indígenas de diferentes municipios del Cauca comenzaron la ahora conocida como “Minga Indígena” hacia la capital de la república, Bogotá. Pasaron por Cali, la capital del Valle del Cauca pero establecieron desde el principio que su intención es dialogar con el presidente Iván Duque. Los miembros de la minga reclaman al gobierno protección, democracia y garantías para una vida digna. En Colombia 34 pueblos indígenas se encuentran en vía de extinción y la pobreza en estas poblaciones es del

pandémica es inconcebible promover aglomeraciones. No obstante, los miembros de la minga consideran que no había otra opción pues el gobierno nacional se ha mostrado indiferente e ineficaz. La alcaldesa de Bogotá, Claudia López, apoyó la llegada de la minga a la capital y suministró un establecimiento con capacidad para alojar a la cantidad de personas de este movimiento masivo.

La minga ha contado con el apoyo de gran parte de la población colombiana, medios de comunicación y autoridades locales. Ante esta presión el gobierno nacional ha cedido y está dispuesto a dialogar con los líderes indígenas. Sin embargo, lo verdaderamente importante es la implementación de políticas públicas claras que protejan a estas comunidades y que respondan a las necesidades y demandas que exponen.

Colombia tiene una deuda ancestral con las comunidades indígenas, por siglos estas personas han sido tratadas despectivamente, el poco acceso a servicios y la inexistente protección del Estado demuestran la inequidad e indiferencia de un gobierno centralizado. A pesar de esto, existe una esperanza social, en esta ocasión la minga ha tenido el apoyo multitudinario. Ha tenido alcances a nivel nacional sino también internacional. La solidaridad por la minga está presente en redes y tiene más fuerza que nunca.

JOVEN QUEDA CIEGO TRAS UN DERRAME CEREBRAL

Necesita solidaridad

POR CARLOS AVILA

TRENTON-Gerson Ramos (33) de origen guatemalteco residente en el área de Trenton, tras sufrir un derrame cerebral ha quedado ciego y con dificultades para hablar y caminar, según



Foto; Gerson y Keyla piden ayuda a toda la comunidad para ingresar a una escuela, que le permita a Gerson aprender alguna tecnología de apoyo para desplazarse en su entorno.

pudimos constatar a través de una entrevista a la que también acudió su hermana Keyla.

“Estoy absolutamente en la obscuridad” afirma Gerson mientras cuenta su historia en la yarda de la casa donde vive junto a su hermana, quien hace pocos meses logró llegar a este país, para ver cómo puede ayudar. Gerson afirma que después de haber sufrido un asalto en la calle en Trenton, donde lo golpearon fuertemente quedó algunas secuelas, coágulos de

sangre en su cabeza y eso posiblemente le ocasionó después de unos días el derrame cerebral. Menciona también que ya los doctores han dicho que difícilmente volverá a ver. “Cuando se produce un accidente cerebrovascular en la corteza visual, las neuronas responsables de crear y procesar la visión pueden resultar dañadas” explica Gerson. Afirma que algunos recuperan espontáneamente la visión con el tiempo, pero que la mayoría la pierden permanente, a pesar de que sus ojos aparentan “sanos”.

Desconcertados por la situación que atraviesa, Gerson ha pedido a su hermana que le eche una mano para poder acomodarse a esta nueva realidad en su vida. También manifiesta su interés de ingresar en alguna escuela que le permita aprender alguna tecnología de apoyo para desplazarse en su entorno.

Los dos jóvenes con cierto temor piden ayuda a sus compatriotas y a la comunidad en general. “Le pedimos ayuda, lo que nazca en sus corazones. Yo sé que de mí no van a recibir nada, pero de Dios” manifiesta Keyla hermana menor, quien dice tener dos niños pequeños que debe mantener. En todo caso la actitud de Gerson es optimista, ilusionado de que alguna persona o institución le dé una mano para salir adelante.

El número de teléfono para comunicarse con los jóvenes es: 609-424-2786.

Restaurante Salvadoreño el lugar de las pupusas

POR CARLOS AVILA



TRENTON-Lo bautizaron con el nombre “La Bendición” como invocando la protección Divina, al renovado restaurante salvadoreño localizado en la transitada Liberty Street en Trenton, New Jersey.

Por qué del nombre...”porque es un regalo de Dios” dijo Kimberly Mejia una de las asistentes e hija de los propietarios.

El ambiente es acogedor, con medidas de bio seguridad los clientes pueden disfrutar de su gastronomía, dentro

del local y en algunos días soleados afuera, donde se ha creado un espacio amplio a lo largo de la vereda.

El menú es variado: aperitivos, desayunos americano, mexicano, guatemalteco y el propio desayuno “La Bendición” que lleva carne, chorizo, huevos, queso, crema y los sabrosos plátanos maduros. Sopas, tacos, mariscos, y por su puesto las mejores pupusas de Trenton.

“La Bandeja Especial Salvadoreña” es uno de los exquisitos platos de la casa que los propios clientes lo recomiendan. Esperamos que les guste y vayan a disfrutar en familia. No se olvide de los postres de helado y el delicioso manjar.

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If Black Lives Matter Then Black Men Must Stop Killing Black Women

By AL ALATUNJI

The Violence Policy Center in its September 2020 issue of "When Men Murder Women," released the findings of its study which showed nine out of 10 Black women are almost always likely to be killed by someone they know, usually with a gun. The murdered Black woman is more often killed by a Black male.

The Violence Policy Center used information from the 2018 FBI's Supplementary Homicide Report and focused on instances involving one female victim and one male offender. The Center publishes its report annually before Domestic Violence Awareness month in October. In the 2020 issue, the Violence Policy Center highlighted the disproportionate violence against Black women which is largely disregarded.

"The disproportionate burden of fatal and nonfatal violence borne by Black females has almost always been overshadowed by the toll violence has taken on Black males," said the study. Each topic covered in the report looked at data on violence affecting Black women and compared them to their white counterparts. In 2018, Black women were murdered by men at almost double the rate per 100,000 than white women.

The Violence Policy Center highlighted the violence against women and its commonalities that are often overlooked. For many women, violence comes from unexpected sources like intimate partners or family members and takes place in the home or during arguments. The study found that for Black women, "where the relationship could be determined, 91% of Black females killed by males in single victim/single offender incidents knew their

killers."

The study also found that violence in domestic spaces is exacerbated by the possession of firearms. It found that having guns in a woman's home can escalate situations of domestic violence and result in domestic homicide and non-fatal shootings. Limiting possession of firearms—specifically handguns—in homes and also, that a woman "consider the risks of having a gun in her home, whether she is in a domestic violence situation or not," were recommended by the study.

"Firearms, especially handguns, were the most common weapons used by males to murder Black females," the study pointed out. "When the murder weapon could be identified, 64% of Black female victims were shot and killed with guns. Within that group, 70% were killed with a handgun."

Even without firearms in the home, gun possession still poses a threat to women when an abuser is an owner. While there are federal laws which prevent domestic abusers from purchasing firearms, not all states allow the National Instant Criminal Background Check System to see records of domestic violence protective orders. This allows for abusers to proceed unnoticed in firearm transactions.

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 costs, shelters, foster care, sick leave, absenteeism and overall non-productivity.

It is a serious crime.

Domestic violence is not just punches 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 someone stupid so often they believe it.

The Nubian News supports efforts to prevent domestic violence and the killing of Black women by Black men or anyone else.

Letters To The NeighborHOOD

When Will The Mayor Take It Serious?

On Monday, October 5th, 2020 my cousin Carmen lost her eldest son to gun violence on Spring Street. My condolences to my cousin. My heart is broken for you. As I drove through the City of Trenton I thought how? What do you see? Why aren't we angry? She lost her baby, her son and IT COULD'VE been YOU or YOURS!! Where Is The Outrage?! Are we so accustomed to death happening around us that we can only be thankful that it wasn't one of our own? We must demand change! Now! Today!! Where Is The Police Presence? Not after a death! But for deterrence! Where is the Mayor and the Police Director?! We should be holding our City Officials accountable! We need police presence on our city streets;

Spring Street! Stuyvesant Avenue! Centre Street! When will our Police Director and/or Mayor hold a public conference and tell us what they are doing to make a real difference in the City Of Trenton? What is the plan? So far all we see are headlines of another lost life! I have questions that need answers!! The residents of the City of Trenton should be standing up and demanding change! We are losing our babies to the violence! Let's go City Residents!!! Let's demand change! Trenton Police Director where are you???? What are you doing for the City of Trenton??? I don't know about you but I'm knocking on doors!!! The Mayor and The Police Director I'm knocking!!!
Edna E Roman

1st Black Woman Nominated NJ Education Head

By AL ALATUNJI

Dr. Angelica Allen-McMillan who is currently the interim Morris County Executive Superintendent of Schools has been nominated by NJ Governor Phil Murphy to become the new State Commissioner of Education.



Allen-McMillan will need all four Essex County state senators to support her nomination going forward before it heads to the Senate Judiciary Committee. The longstanding practice is called senatorial courtesies.

If all four Essex County state senators support the nomination going forward the Senate Judiciary Committee would hold hearings on the nomination. If the nomination is reported out of the committee in the affirmative Dr. Allen-McMillan's nomination would go before the entire State Senate for its consideration.

In a statement, State Senator Teresa Ruiz, one of the four Essex County state senators and also the Senate Education Committee Chair indicated that

she would become the first Black woman to serve as NJ Commissioner of Education.

She replaces Lamont Repollet, who served as NJ Commissioner of Education. Repollet left that position this summer to become president of Kean University.

Dr. Allen-McMillan will serve as Acting Commissioner as she awaits confirmation by the New Jersey State Senate. She takes over the 1.4 million plus students public schools system in NJ.

Prior to becoming the interim Morris County Executive Superintendent of Schools, Dr. Allen-McMillan was a former science teacher and elementary school principal in South Orange and later she served as an assistant Superintendent of Schools in Newark and Irvington. She brings over 25 years of education experience to the position.

As an Essex County resident, Dr.

she plans to support Dr. Allen-McMillan's nomination.

"I look forward to working with Dr. Angelica Allen-McMillan to reimagine the Department of Education and transform it into a true beacon of hope and repository of answers for students, teachers and parents," State Senator Ruiz said. "I am hopeful we can collaborate to create a comprehensive plan that recognizes the disparities in our education system and embraces policies that bridge the learning divide."

"Her resume indicates that she can develop both a short-term plan to deal with the challenges we are facing now and long term solutions for a future that moves every child ahead," she said. "I am excited for this new chapter to begin for the Department of Education and I look forward to the opportunity to work with Dr. Allen-McMillan to create more equitable schools for our children."

GARDEN STATE MINORITY, WOMEN AND VETERAN-OWNED BUSINESS 2020 VIRTUAL MARKETPLACE EXCHANGE SUMMIT
DECEMBER 9, 2020

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Monday, November 9th at 2PM

Join us for a webinar presentation to learn from the New Jersey Department of the Treasury, Division of Revenue and Enterprise Services on the steps you need to take to become certified as a Minority, Women or Veteran-Owned Business (MWVOB) Enterprise. We will be sharing tips and showcasing the benefits of being MWVOB certified in New Jersey!

[Register Here](#)

Anna Villagran
Certification Auditor

CHURCH DOORS
BOOK 4:
WON'T QUIT!
SYLVIA BROWN-ROBERTS

Author Sylvia Brown-Roberts
Retired Educator and Author Sylvia Brown Roberts has just released her 4th book in her Church Door series "Church Doors Won't Quit". Sylvia taught for 33 years in the Trenton Public School system at Cadwalader School. She grew up in East Trenton and is a member of a church in the area, the North Clinton Avenue Church of Christ, where Brother Clarence Matthews, Sr. is Pastor. Sylvia focuses on education in the congregation and teaches Sunday school and ladies Bible study. Sylvia has been married for 20 years to Anthony Roberts and they have one daughter Kelley.

TRENTON DELIVERANCE CENTER

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SERVICE SCHEDULE

Sunday School 10:00am

Sunday Morning Worship 11:00am

Sunday Evening Worship 7:00pm

Wed. - Day Prayer 12:00pm

Wed.- Bible Study/Prayer 7:00pm

Fri. - Evening Worship 8:00pm

CONTACT US

Trenton Deliverance Center
1100 South Clinton Ave
Trenton, NJ 08611
609.989.9890
TDCChurch@trentondeliverancecenter.org

All Are Welcome

Sunday Worship 11:00 am

Nubian News Book Review

BY TERRI SCHLICHENMEYER

“Reclaiming Her Time”

BY HELENA ANDREWS-DYER AND R. ERIC THOMAS

c.2020, Dey St. \$26.99 / \$33.50
Canada 256 pages

“Excuse me. It’s my time to talk.”
Ugh, it’s frustrating when someone doesn’t honor your voice or respect your ideas. When it’s your time to speak, *they* should at least be quiet,



program for children who needed a boost, and she applied to be a teacher. “Head Start changed my life,” she said later. It opened up a world for her, and gave her the opportunity to use other talents to become a community advocate for the people of Southern California, following the Watts riots. Her roots gave her an innate ability to use the power of connections, which led her to volunteer work in local

politics and later, to office.

In 1976, she made the leap to state politics with her election to the California State Assembly. She became Maxine Waters when she re-married in 1977.

And in 1990, she became the second Black woman to represent California and just the sixth Black woman in the House...

Cinderella did it. So did Andrew Carnegie. We love it when someone moves decisively from poverty to pinnacle, and “Reclaiming Her Time” tells the next story in line.

And yet, with side-bars, lots of colorful illustrations,

and enough fuss-free slanguage to keep information accessible, authors Thomas and Andrews-Dyer have done more than just write about Congresswoman Maxine Waters, who they insist “is not a celebrity” and “is not your typical politician.” No, in addition to Waters’ lively and meteoric story, the authors also fully explain how their title words fit into Congressional hearings, firmly promising readers that “reclaiming” is no-nonsense and not rude. This, and other such information here makes this book like having your own personal tour of Congress.

Younger readers will enjoy it, as will adults who like things solidly informative but a little on the lighter side. If that’s you and you love politics, “Reclaiming Her Time” is worth yours.

* * *
For more light reading, check out “Queens of the Resistance: Maxine Waters” by Brenda Jones & Krishan Trotman. It’s a small, pocket-stuffer book that’s perfect for taking a good story on the road.

Diabetes And Black Men

BY AL ALATUNJI

Over 30 million people in the United States have been diagnosed with both Type 1 and Type 2 diabetes—including nearly 13% of all non-Hispanic Black people. According to the Office of Minority Health at the Department of Health and Human Services, Blacks are 80% more likely to be diagnosed with diabetes. Approximately 2.7 million or 11.4% of all Blacks aged 20 years or older have diabetes, but at least one-third of them don’t know it. If these health trends continue Black men will be facing a diabetes epidemic by 2050. Black men are especially prone to diabetes.

When Black men have diabetes, they’re also much more likely to develop one or more of the serious complications associated with the disease, including amputation, kidney failure, blindness, and cardiovascular disease. Black males have had a disproportionate number of cases and deaths due to Covid-19 complications due to pre existing health illnesses one of which is diabetes. It has proven to be a double dose of very bad and deadly medicine.

November is National Diabetes Month, and it’s important to know how certain lifestyle changes can reduce Black men developing diabetes.

According to health experts, Black men need to know how to prevent diabetes and how to control it if they already have it. Such health experts point out that a lot of Black men have a fatalistic attitude that if their mother, father and grandparents had diabetes, that they are destined to have it and there’s nothing they can do about it. That’s just not true. Unlike the commercial about becoming one’s parent, as it relates to diabetes, the choice is really in one’s own hands.

It’s no secret that men, Black men in particular, are notorious for not going to the doctor. They will often brush off seemingly-harmless symptoms, such as extreme thirst and slow-healing cuts and bruises, which can be symptoms of diabetes.

Diabetes is the disease that occurs when the blood glucose (also called blood sugar) is too high. When that happens the body doesn’t make enough insulin or doesn’t use insulin well. Too much glucose then stays in the blood, and not enough reaches the body’s cells.

Blood glucose is the body’s main

source of energy. Insulin, a hormone made by the pancreas, helps glucose get into cells to be used for energy. Over time, too much glucose in the blood can cause health problems, such as heart disease, nerve damage, eye problems, and kidney disease.

Refined sweets like cake and doughnuts are only one step away from being broken down into glucose. A diet high in refined carbohydrates or sweets raises the blood-glucose level quickly. If given the chance when craving something sweet, reach for fruit. Have one scoop of ice cream for dessert instead of two. Many people have been taught that it’s rude not to eat when someone offers food. Instead of passing up something enjoyable and offending the host, if it is a piece of cake, pie, or a doughnut, split the dessert with a co-worker, family member or friend.

Well one does not necessarily have to get up and dance even though dancing is good for the soul and the body. However, moving around is essential to prevent and, or help control diabetes. If one is unable to dedicate a set amount of time each day into one’s daily routine it is still essential to build exercise into one’s daily life. Instead of taking the elevator, take the stairs. Instead of trying to find the closest parking spaces to the job entrance or church, one might make it a point to park farther away forcing the individual to have to increase their steps. At lunch time instead of going on Facebook or other social media, get outside for a brisk 10 to 15 minute walk each day. Health experts say it will make a difference.

Heath experts maintain that the more water one intakes the better it is for the body to rid itself of an excess of sugar found in the urinary tract. These health experts suggest cutting back the intake of calories from sugary sodas and juices in addition to increasing the amount of water a person drinks.

These three strategies; Cut Back On Sweets And Share Your Dessert, Get Up And Dance, Dance, Dance and Water, Water, Water, can help Black men from getting diabetes and manage their condition if they already have the disease.

Black lives matter, Black health matters.

The Nubian News supports National Diabetes Month.



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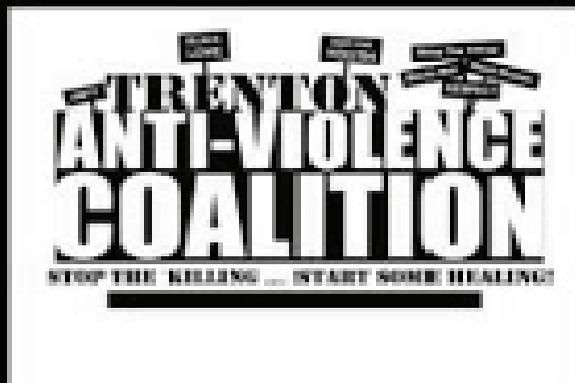


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