The 4 Year Olympian: From First Stroke to Olympic Medallist
by Jeremiah Brown (Dundurn)
From the Committee: If you want to be inspired
After nearly being incarcerated at age seventeen and becoming a father at nineteen, Jeremiah Brown manages to grow up into a responsible young adult. But while juggling the demands of a long-term relationship, fatherhood, mortgage payments, and a nine-to-five banking career, he feels something is missing. A new goal captures his imagination: What would it take to become an Olympian? Guided by a polarizing coach, Brown and his teammates plumb the depths of physical and mental exertion in pursuit of a singular goal. The 4 Year Olympian is a story of courage, perseverance, and overcoming self-doubt, told from the perspective of an unlikely competitor.

The Caged Queen by Kristen Ciccarelli (HarperTeen)
From the Committee: If you’re looking for a unique sisterhood
Once there were two sisters born with a bond so strong that it forged them together forever. Roa and Essie called it the hum. It was a magic they cherished—until the day a terrible accident took Essie’s life and trapped her soul in this world. Dax—the heir to Firgaard’s throne—was responsible for the accident. Roa swore to hate him forever. But eight years later he returned, begging for her help. He was determined to dethrone his cruel father, under whose oppressive reign Roa’s people had suffered. Roa made him a deal: she’d give him the army he needed if he made her queen. Only as queen could she save her people from Firgaard’s rule. Then a chance arises to right every wrong—an opportunity for Roa to rid herself of this enemy king and rescue her beloved sister. During the Relinquishing, when the spirits of the dead are said to return, Roa discovers she can reclaim her sister for good. All she has to do is kill the king.

Chicken Girl by Heather Smith (Penguin Teen)
From the Committee: If you know sometimes a social media post can change your life
Poppy used to be an optimist. But after a photo of her dressed as Rosie the Riveter is mocked online, she’s having trouble seeing the good in the world. As a result, Poppy trades her beloved vintage clothes for a feathered chicken costume and accepts a job as an anonymous sign waver outside a restaurant. There, Poppy meets six-year-old girl Miracle, who helps Poppy see beyond her own pain, opening her eyes to the people around her: Cam, her twin brother, who is adjusting to life as an openly gay teen; Buck, a charming photographer with a cute British accent and a not-so-cute mean-streak; and Lewis a teen caring for an ailing parent, while struggling to reach the final stages of his gender transition. As the summer unfolds, Poppy stops glorifying the past and starts focusing on the present. But just as she comes to terms with the fact that there is good and bad in everyone, she is tested by a deep betrayal.

Confessions of a Teenage Leper by Ashley Little (Penguin Teen)
From the Committee: If you want to find out what happens when you’re no longer a beauty queen
Abby Furlowe has plans. Big plans. She’s hot, she’s popular, she’s a cheerleader and she’s going to break out of her small Texas town and make it big. But then she notices some spots on her skin. She writes them off as a rash, but things only get worse. When she falls doing a routine cheerleading stunt and slips into a coma, her mystery illness goes into overdrive and finally gets diagnosed: Hansen’s Disease, aka leprosy. Abby is sent to a facility to recover and deal with this new reality. Her many misdiagnoses mean that some permanent damage has been done, and all of her plans suddenly come tumbling down. But it’s during this recovery that Abby has to learn to live with something even more difficult than Hansen’s Disease. She’s becoming aware of who she really was before and what her behavior was doing to others; now she’s on the other side of the fence looking in, and she doesn’t like what she sees.

Dark of the West by Joanna Hathaway (Tor Teen)
From the Committee: If you want to read both sides of a story
Aurelia Isendare is a princess of a small kingdom in the North, raised in privilege but shielded from politics as her brother prepares to step up to the throne. Halfway around the world, Athan Dakar, the youngest son of a ruthless general, is a fighter pilot longing for a life away from the front lines. When Athan’s mother is shot and killed, his father is convinced it’s the work of his old rival, the Queen of Etania—Aurelia’s mother. Determined to avenge his wife’s murder, he devises a plot to overthrow the Queen, a plot which sends Athan undercover to Etania to gain intel from her children. Athan’s mission becomes complicated when he finds himself falling for the girl he’s been tasked with spying upon. As diplomatic ties manage to just barely hold, the two teens struggle to remain loyal to their families and each other as they learn that war is not as black and white as they’ve been raised to believe.
The Discovery of Flight by Susan Glickman (Inanna Publications)
*From the Committee: If you’re looking for a different perspective*

The Discovery of Flight is a novel in two voices about the relationship between two sisters, the older of whom is disabled by cerebral palsy and only able to communicate with assistive technology (she can control her computer by moving her eyes). It interweaves the fantasy novel sixteen-year-old Libby is writing for Sophie’s thirteenth birthday, and Sophie’s diary, in which she discusses the deteriorating condition of her older sister. The book’s title is also the title of Libby’s novel, in which Libby takes the form of a hawk telepathically linked to a girl who, like her sister, is a good artist. The sicker Libby gets, the more she retreats into her novel and the less she interacts with the outside world. Through her storytelling, Libby becomes a heroic figure rather than a helpless victim. After Libby’s death, the girls’ mother presents Sophie with the novel and Sophie writes its final chapter, bringing the voices of the two girls together.

Field Guide to the North American Teenager by Ben Philippe (Balzer + Bray)
*From the Committee: If you feel like a fish out of water and want to laugh*

Norris Kaplan is clever, cynical, and quite possibly too smart for his own good. A black French Canadian, he knows from watching American sitcoms that those three things don’t bode well when you are moving to Austin, Texas. Plunked into a new high school, Norris finds himself cataloging everyone he meets: the Cheerleaders, the Jocks, the Loners, and even the Manic Pixie Dream Girl. Making a ton of friends has never been a priority for him, and this way he can at least amuse himself until it’s time to go back to Canada, where he belongs. Yet, against all odds, those labels soon become actual people to Norris. He even starts playing actual hockey with these Texans. But the night of the prom, Norris screws everything up royally. As he tries to pick up the pieces, he realizes it might be time to stop hiding behind his snarky opinions and start living his life—along with the people who have found their way into his heart.

*From the Committee: If you’re looking for neurodiversity*

Slaying autism stereotypes with stand-up, one joke at a time. Like many others on the autism spectrum, 20-something stand-up comic Michael McCreary has been told by more than a few well-meaning folks that he doesn’t “look” autistic. But, as he’s quick to point out in this memoir, autism “looks” different for just about everyone with Autism Spectrum Disorder (ASD). Diagnosed with ASD at age five, McCreary got hit with the performance bug not much later. During a difficult time in junior high, he started journaling, eventually turning his pain into something empowering—and funny. He scored his first stand-up gig at age 14, and hasn’t looked back. An #OwnVoices memoir breaks down what it’s like to live with autism for readers on and off the spectrum.

In the Key of Nira Ghani by Natasha Deen (Running Press Kids)
*From the Committee: If you want to take a stand*

Nira Ghani has always dreamt of becoming a musician. Her Guyanese parents, however, have big plans for her to become a scientist or doctor. Nira’s grandmother and her best friend, Emily, are the only people who seem to truly understand her desire to establish an identity outside of the one imposed on Nira by her parents. When auditions for jazz band are announced, Nira realizes it’s now or never to convince her parents that she deserves a chance to pursue her passion. As if fighting with her parents weren’t bad enough, Nira finds herself navigating a new friendship dynamic when her crush, Noah, and notorious mean-girl, McKenzie “Mac,” take a sudden interest in her and Emily, inserting themselves into the fold. But it isn’t until Nira takes a step back that she realizes she’s not the only one struggling to find her place in the world. As painful truths about her family are revealed, Nira learns to accept people for who they are and to open herself in ways she never thought possible.

Jonny Appleseed by Joshua Whitehead (Arsenal Pulp Press)
*From the Committee: If you like complicated relationships*

“You’re gonna need a rock and a whole lotta medicine” is a mantra that Jonny Appleseed, a young Two-Spirit/Indigiqueer, repeats to himself in this vivid and utterly compelling novel. Off the reserve and trying to find ways to live and love in the big city, Jonny becomes a cybersex worker who fetishizes himself in order to make a living. Self-ordained as an NDN glitter princess, Jonny has one week before he must return to the “rez” and his former life, to attend the funeral of his stepfather. The next seven days are like a fevered dream: stories of love, trauma, sex, kinship, ambition, and the heartbreaking recollection of his beloved kokum (grandmother). Jonny’s world is a series of breakages, appendages, and linkages—and as he goes through the motions of preparing to return home, he learns how to put together the pieces of his life. Jonny Appleseed is a unique, shattering vision of Indigenous life, full of grit, glitter, and dreams.
Learning to Breathe by Janice Lynn Mather (Simon and Schuster Books for Young Readers)

From the Committee: If you need a story about hardship and resilience

Indira Ferguson has done her best to live by her Grammy’s rules—to study hard in school, be respectful, and to never let a boy take advantage of her. But it hasn’t always been easy, especially while living in her mother’s shadow. When Indy is sent to live with distant relatives in Nassau, trouble follows her. Now she must hide an unwanted pregnancy from her aunt, who would rather throw Indy out onto the street than see the truth. Completely broke with only a hand-me-down pregnancy book as a resource, Indy desperately looks for a safe space to call home. After stumbling upon a yoga retreat, she wonders if perhaps she’s found the place. But Indy is about to discover that home is much bigger than just four walls and a roof—it’s about the people she chooses to share it with.

Nice Try, Jane Sinner by Lianne Oelke (Clarion Books)

From the Committee: If you like reality TV and drama

The only thing 17-year-old Jane Sinner hates more than failure is pity. After a personal crisis and her subsequent expulsion from high school, she’s going nowhere fast. Jane’s well-meaning parents push her to attend a high school completion program at the nearby Elbow River Community College, and she agrees, on one condition: she gets to move out. Jane tackles her housing problem by signing up for House of Orange, a student-run reality show that is basically Big Brother, but for Elbow River Students. As House of Orange grows from a low-budget web series to a local TV show with fans and shoddy T-shirts, Jane finally has the chance to let her cynical, competitive nature thrive. She’ll use her growing fan base, and whatever Intro to Psychology can teach her, to prove to the world—or at least viewers of substandard TV—that she has what it takes to win.

Not Even Bones by Rebecca Schaeffer (Houghton Mifflin Harcourt)

From the Committee: If you have a strong stomach and a taste for darkness

Nita doesn’t murder supernatural beings and sell their body parts on the internet—her mother does that. Nita just dissects the bodies after they’ve been “acquired.” But when her mom brings home a live specimen, Nita decides she wants out — dissecting living people is a step too far. But when she tries to save her mother’s victim, she ends up sold on the black market in his place — because Nita herself is a supernatural being. Now Nita is on the other side of the bars, and there is no line she won’t cross to escape and make sure no one can ever capture her again. Nita did a good deed, and it cost her everything. Now she’s going to do a lot of bad deeds to get it all back.

These Things I’ve Done by Rebecca Phillips (HarperTeen)

From the Committee: If you’re having trouble moving on

Before: Dara and Aubrey have been inseparable since they became best friends in sixth grade. Dara is the fearless one, Aubrey the prodigy, yet despite their differences they support each other unconditionally. However, as they begin their sophomore year of high school, cracks in their friendship begin to form. After: It’s been fifteen months since the accident that killed Aubrey, and not a day goes by that Dara isn’t racked with guilt over her best friend’s death. Now, Dara is back at her old high school to start her senior year. Dara thought the worst thing about coming home would be confronting the memories of Aubrey that relentlessly haunt her, but she soon realizes it’s not half as difficult as seeing Ethan, Aubrey’s brother, every day. Not just because he’s a walking reminder of what she did, but because the more her feelings for him change, the more she knows she’s betraying her best friend one final time.

Washington Black by Esi Edugyan (Knopf Publishing Group)

From the Committee: If you like historical fiction and mystery

Washington Black is an eleven-year-old field slave who knows no other life than the Barbados sugar plantation where he was born. When his master’s eccentric brother chooses him to be his manservant, Wash is terrified of the cruelties he is certain await him. But Christopher Wilde, or “Titch,” is a naturalist, explorer, scientist, inventor, and abolitionist. He initiates Wash into a world where a flying machine can carry a man across the sky; where two people, separated by an impossible divide, might begin to see each other as human; and where a boy born in chains can embrace a life of dignity and meaning. But when a man is killed and a bounty is placed on Wash’s head, Titch abandons everything to save him. What follows is their flight along the eastern coast of America, and, finally, to a remote outpost in the Arctic, where Wash, left on his own, must invent another new life, one which will propel him further across the globe.
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