

# Nu's News X-pression is Freedom!!!

No Scripts>No Rules> No Order <Just "pure" EXPRESSION!!!

## MPATAPO

"Knot of  
pacification/reconciliation"



### Adinkra symbol

#### meaning:

symbol of  
reconciliation,  
peacemaking and  
pacification

Mpatapo represents  
the bond or knot  
that binds parties in  
a dispute to a  
peaceful,  
harmonious  
reconciliation. It is a  
symbol of  
peacemaking after  
strife.

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## Here They Go Again!!!

by The Elderly Lady with Glasses!!

The Adrian  
Peterson story has  
been burning like a  
torch in my throat.

I research. I  
analyze. America  
has gone crazy.  
When you buy a car  
the owner's manual  
indicates apply the  
brakes gently etc.  
At other times he  
manual reads give it  
some gas.

The Bible is what  
the nation is built  
on and there are  
scripture clearly

stating spanking are  
in order and in fact  
it says beat them  
for they will not die  
and you will deliver  
their souls from  
hell! (God is talking  
about your crazy-  
bad children.)  
Proverbs 23:13 then  
Proverbs 13:24 who  
ever spare the rod  
hates their children!  
Several decades ago  
the rod ruled and  
we could walk  
down the streets  
and not be afraid of  
this new generation  
of gangstas.

Come on all you  
modern Bible belt-  
Holy rollers NOW  
you are to Holy to  
spank your brats.

Fall 2014  
Edition

Issue 018

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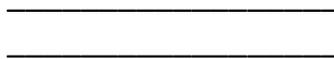
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That's why when I told one of your bad children to be quiet in church they called me the "B". When I told you about it your comment was, "He said he didn't say it!" Mrs. Idiot we grew up together in the church-- REALLY! It's not like we haven't know each other forever! She is an Ostrich with her head in the sand.

These are the times in which we live.  
**ANSWER ME THIS?**  
**WHAT is Adrian Peterson guilty of?**  
**Raising his son not to be a hard headed**

fool? When I converse with all races we are split on the side of folly. Little Johnny is not remorseful when you take his i-pad he just borrows one from Sammy.



Thank you for taking the 1st step down the road to a longer and healthier lifestyle. I began getting serious about my clean eating journey as a result of life changing events. In July of 2013, I was diagnosed with melanoma cancer. With no

history of melanoma in my family, we were baffled and devastated by the diagnosis. Realizing that cancer has affected several immediate members in my family, I decided to make a change. Already eating fairly healthy, I didn't think the transition would be difficult. I had not eaten beef or pork for over 10 years. I did, however, love to cook with butter. I decided that I would make changes inside and out. I made a mental transformation first. After my surgery, I decided that I didn't want to take any harsh medicines, or more illness to plague me, so I took my life into my own hands. Taking a page out of my mother's book, and expanding on the herbal knowledge I already had, I began my journey, started

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reading labels, and talked to family members who also took the plunge. It was then that I knew I had a great support system. Thank you for taking this journey with me.

*"Life is a game. Those that are willing to play, do. The unwilling, however, find themselves struggling to learn how to make lemonade without first finding the recipe." — Carmen*

WEBSITE: [CLICK HERE](#)

## 25 Years Later We're Still

## Fighting The Power -

**@PublicEnemyFTP**

by Talk2Q



I remember turning on the TV and seeing this video for the first time. I was mesmerized as a 16 year old to see the power within the video of a group of people coming together for a united front. Even at such an early age I recognized what that video meant to me as a black

teen. It meant that there was still work to do to bring about equality in the United States among the races. I had no idea how much more this video would mean to me 25 years later after Michael Brown and Ferguson, MO.

Seeing the unity that "Fight the Power" displayed in a rap video was nothing short of amazing. This wasn't a group of rappers coming together on their own for a cause like "Self Destruction" or "We're All in the Same Gang." This was a video about a rap group marching down the streets of Brooklyn during the time of a political rally and the people just randomly

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started joining in. It was just recently that I found out that the neighborhood people showed up only by word of mouth. There was no plan to have them all there.

I got on board the PE train with their first album, "Yo! Bum Rush the Show!" in 1987. I was fascinated with the side of blackness they taught that I couldn't get anywhere else at the time. Remember that this was roughly five years before people starting regularly using the Internet. In fact, a majority of the black history that I learned as a youth came from listening to Public Enemy. I would listen to their album and then go to my city

library to learn about the people they mentioned. Stokely Carmichael. H. Rap Brown. Huey P. Newton (Huey Freeman on the "Boondocks" series is named after him). These were people that were never talked about in any history books that I read at school. And regardless of how people felt about them and what they represented they were still a very important part of black history which is essentially American history.

The video also contained images that will forever be embedded in my brain of Angela Davis, Medgar Evers, Jackie Robinson, signs that

encouraged voter registration, and most importantly, youth participation. There were kids everywhere in this video. Also, one of the most powerful scenes at the time was at the 6:00 mark when teenager, Tawana Brawley, was shown standing in all white.

Tawana was part of a huge rape case back in 1987 when she accused six white men of raping and defiling her. Although it was ruled in 1988 that she made up the false allegations against her accusers, she has always stuck by her story and said that the rape occurred. Seeing her smiling and participating in the video was a sign that she was still standing

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strong with the support of the black community. The community had her back. That sentiment was also shown in Spike Lee's movie, "Do the Right Thing," with a scene that displayed graffiti on the wall that said "Tawana told the truth." I can still remember the applause in the theater when people saw it during the movie.

"Fight the Power" would prove to have an impact on the consciousness of many people of all colors as it depicted how black people came together to promote unity. Another important part of the video to note is that it showed how blacks

can be peaceful yet firm in making an impact on society. Despite the "nervous" police presence according to P.E. front man, Chuck D, there were no incidents. Not one.

Enter 2014. Music has changed tremendously. The only people rapping about political consciousness aren't on the radio. Gone are the days where KRS-1 is rapping "Why is That?" Or Gang Starr is dropping

knowledge on "Who's Gonna Take The Weight?"

I'll continue to hold on to old school rap although I know it's next to impossible to pass down to younger generations. They just aren't buying into things from back in the day. However, I'll do what I can to expose them to conscious rap with hopes that it catches on. I won't let Public Enemy die with my generation.

So, click on the video below and "Fight the Power" in 2014. We still have a long way to go.

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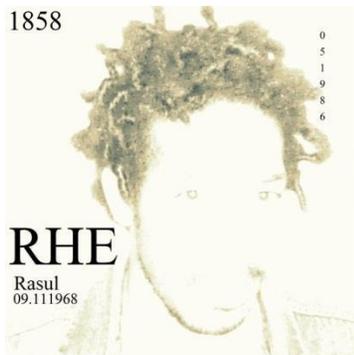
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[http://www.youtube.com/watch?feature=player\\_embedded&v=2WHe5fxS3dA#t=0](http://www.youtube.com/watch?feature=player_embedded&v=2WHe5fxS3dA#t=0)

## THE ELEMENT OF EL

1858



(Unlisted on the Periodic Table), is a collection gathered by NuRenaissance of the post-statements and memoirs of Rasul El.

### Ahmen Achmed Tut

October 3, 2014 at 11:22am

I do wish to conclude this debate with what I find to be a necessary argument, held in reserve for the benefit of future charity for those charlatans left among us who deny the

obvious. Last and not least among my friends in sad company are those dwellers in Christ who believe themselves to be in damnation forever.

Ahmen Achmed Tut the Late King of The Nile Rift – Sower of the Seeds of Plenty before this rapture.

Sir Ramses, The-Great-First – and only – King of Europe – until He shut-up his mouth finally, if not forever.

And, of late – The Queen Isis Cleopatra – the Woman Who Is Woman who Is Woman Set before Herself

AND – As per fancy –

Embroiders Herself For –

[The jealous occupation of delving into the secrecy of runes for the damnation of the christ kid king upon the throne]

Alive and well are these three, a pair of lucky Conquistadors truly prepared to do the obvious. They will not wait in anticipation of Heaven's Gate, but fate, luckily will arrive in time as their omniscient opponent. They have too

refused the onset of and inlet to the River where, in poverty, annihilation can be erected as a clause of limitations on eternal life.

This is their story, combined, though it be mine made not alone. I will not be pressured into accountability for the alteration of service upon the deviousness of matriculation beyond that which is blessed.

I struggle with these complex orientations on what has formerly been of value to me and us as commonly fundamental rights of intelligence over and above what is today, it seems, a state of affairs that has and is willing to commit improbable atrocities in the face of clear reason against the People for the sake of the People.

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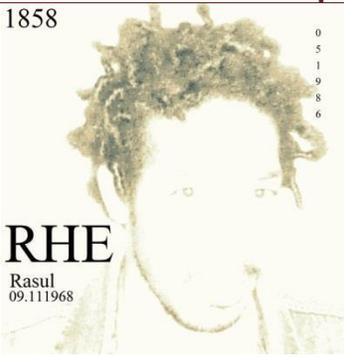


TIBBIT MUSIC & CROWN ME ENTERTAINMENT present FEARLESSLY & APOLOGETICALLY-

In the Heart of Jafrica- Live Tunes of Freedom & Liberation performed by SKIPP COON - SAVVY - JAMES CROW with Live Mixing by DJ PHINGAPRINT

## THE ELEMENT OF EL

1858



RHE

Rasul  
09.11.1968

(Unlisted on the Periodic Table), is a collection gathered by NuRenaissance of the post-statements and memoirs of Rasul El.

## Needle In A Haystack

by RaSul Tahir Hijaz El

From the beginning – my elemental form of entertainment – has been to Draw. Now, it appears as if I must find some sad humor in recognizing that the stubborn beast of systematic American democracy has thought itself into bleakness and isolation – away from pure thought – to the confines of ignorance made possible by only the tired. I asked the States (*Them*) a simple question and came away with a simple answer. My uninspired next choice was to return home. I

am convinced that I have been unable to.

Mississippi told me to get out, theoretically, because I was housed there under a guise of friendship that, conspiratorially, equaled Lawful (US) forced servitude – Because. – though I had not claimed to be a Slave – under those “organized” thought patterns and writings, in deference to reasons demonstrated historically, by some degree of focused commitment toward mistreatment of time, to find exultation in those defining characteristics. Nevertheless and despite the considerable merit of contagious “repairs” to iT’s [Mississippi] (Un)constitutional charter for franchise gained on 7 February 2013, I was held in confines to the State “Of” and on guarantee that I was of intuitive value as property only – A – cornered by conditions – “legalized” slave.

So, once again I visited the (Federal Bureau Of I) FBI – 2111 W Roosevelt Road, Chicago IL – where THEM told me (A U.S. Veteran) – not the People – that neither THEM – carried forth as iT

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(the unchartered state) nor the People (the ungovernable system) under complex, sleight-of-hand reassurances to the contrary, THE system (my wording), "We" (THEM words) "do not do investigations"!!! Period . . . !!! and that "there is nobody" she knows of "who does that type of "thing" here anymore. No. Nobody I know of. Don't you have friends or family?"

Hot-on-the-heels of this sad debate came the impossible admission that I had hoped to contain (didn't want to wrestle with) because I recognized, in its affront and debasement, that the machines of futility were/are arrived at only by industrious means – by deleterious usage of THE SYSTEM and its nominal checks-and-balances, engineered, moreover, by careful outlay of thought, to avoid in their helplessness the ovoid task of becoming encamped in "stupidness-WITHOUT-resource(s)" as a Plight-for-The-People RELIGION. Her – The unnamed special and Federal Bureau Of I interviewer – both demonstrated to me and (ir)rationalized her expounded

upon theory that, "Federal Law Does not exist here (IL). . . . There is no crime . . . You have to go back to Mississippi . . . and see the FBI down there . . . we're different here . . . No. (after inserting a brief question to her sanity) There is no federal law down there either."

I was obliged to note here, that here and where there is poison, there is often swelling – and such goes the rumor.

The interviewer – because she had outfitted with a herself with the means and method to take notes – her determined, inelegant refusal in my presence to adequately document my complaints – again – though she was obviously was in possession on the means to do so – I considered her obtuse activity to be a fraudulent waste of taxpayer allotments deposited for just so purposes. These ill-efforts prompted a running of the jitters and the chitter-chatters in my head.

[. . . . You, personally or professionally, because it seems as if I in my life have forced paid taxes Your way some of which you have

pocketed I am sure that you know something don't tell me that you don't know anything miss solution-Meister you're not that fucking clever or credible to be so swift with your lips because I can't imagine anyone could and would support you and your obstinate bullshit but apparently someone has at sometime to allow you to afford this type of temper tantrum at public expense . . . ...]

Inasmuch as I was not married to her and I believed then that I was in a place of Common Intelligence, of course I asked her for her name. She had none that she would admit to. So I asked her for the name of her boss. She did not have that either, she told me. So I asked her, to be sure, if anyone here had a boss.

She said, "No. I AM IT."

"I think that you are Lying." I said to her, but, "Anyway, thank you for your time."

I have already, formerly, exposed the horrible list of conditions to which I have been exposed to and harassed with through (il)legitimate

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authorizations of state for the purposes of (un)assumed private capacities to force centralized compliance to the selfish structure of a denationalized regime by any and all industrious means available – least for the benefit of those so disposed and licensed to take charge – so to help THEMSELVES render capable the State, in its jurisprudence, the invisible author of those commissions of wit that serve only to place iT – themselves – in chains above the law.

When I was a third-grader at Kohn Elementary school (State Street at 104th - Chicago IL) I asked the first question-statements of my lifetime after reading a Weekly Reader article on Azie Taylor Morton.

“Where is my money? I don't have any. Don't I need it too? I want my own money.”

This tale began with the insult that I had somehow concocted a scheme to leave the dollar that formerly I had in my pocket, earlier, in my classroom. From these beginnings – precipitated behind intuitive fair-mindedness – proceeds the

undesirable measures of systematic corporal and group-wise forfeitures that habitually restrict the logical thinking conditions that must be founded immediately, by strong partitions of justice, to enable children to reciprocate intuitively, with valued Parental commitments that Deny the Development of corrupt thinking when punished by abstractedness in lieu of common franchise. They are the We who often share information so that as a group we can help ourselves outwit those truancies from justice – false accusations – so pathless and misaligned (purposefully) to keep us in our places/seats so that you/we all could learn the derisive truth – that from that day forward and beyond, to whenever/unless an alter-directive is issued:

you – meaning me/us – that day – will not escape those punishments of selfishness and tom-foolery, designed as an adjunct to your often feigned sicknesses, to trick the counselors and teachers into bargaining so that you and I – or them/the rest of you and you all – can get a drink of water from the fountain – which is

not business and therefore not authorized. Just wait.

Grow the fuck up and pay me my due. I want my money today. Don't you dare again tell me or suggest to anyone of similar positive and identifiable value that my net worth could begin at zero and end at zero where it is manifestly apparent that I am and have been born not into poverty as Mississippi has once suggested (prior to 7 February 2013). My knowledge – consequent to the education that I was committed to – is the cosmopolitan source of all monetary allotment. You must rule on this immediately.

I am not on parole. I have never been in prison. However, it seems that as a prisoner, if I were held as one, I might actually write myself out of that institution because of my enhanced promise – should it be accepted without embellishment – as I have (the institution of personal failure) and would have (foolish incarceration), through mechanical study alone, productively achieved by those results, a newly established appeal that respects the

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investment of wealth set aside for my arrival before time.

What are the odds of a man duplicating a drop of sperm?

I said all of that to say this: My first and last point – undeclared in this writing – but perfect in its honesty.

You, the State, are the authors of fornications that, at best, you can only yet suspect. You speak from your mouth before it is time and you trip yourself in the progress – backwards – by process.

“Don't do that again.” I said. But you have. I am asking and telling you to stop.

You, the State, iT, has over-presumptuously anticipated that it has the intellectual resource to privatize my/your dwelling found at:

8290 W Roosevelt Road  
#2WForest Park IL 60130 with the State and obscure the fact by refusing me the first right and lawful capacity to hold talks with the opined, if not fictitious or presumed owner, whereby You, as the City, in your esteemed, rapacious ignorance to avoid an

unquestionable lawsuit, has proceeded in character to “extend” a housing contract, above the law, where such housing is – in the absence of myself and the/those ownership outfits so estranged – pursuant to known law(s) – in abbreviation: a reckless endangerment to public health and a guaranteed nuisance as a practice, too, of further impartial restrictions not deigned to be judiciously superficial – I must be afforded an opportunity to sign or not sign a leasing agreement where, pertinent to this mad discussion, remain those obvious tenets of responsibility that force me, without anticipation or needless grounds to incite petition to the contrary, that those established facts yet do not disagree that these dwellings today are uninhabitable and/or unfit for human occupancy based on the needs and demands so considered as safe by what is remaining of those enactments of Public and Fair Housing Rights and statutes – never mind what You say. Stop. I am not invincible.

Would You dare to count the number of infractions I have so exposed and consciously

consider the evidence to be less?

I can't even wash the few clothes that I have. The Man won't fix the washer or the dryer.

“Thank you for your service (motherfucker)” are the words I am sure don't help me much.

First the reign of bullshit, then the off-topic remarks about My Water Supply – Do I dare drink any more or any less?

Notwithstanding these facts, I must, on order and practice of those practical examples come before me, obtain license, without privilege, and so on and so forth, without preamble, claim due homestead for the right and privilege of not abstaining from the well-known, well-recognized need and drive for sexual contact with like-minded members of my human condition who actively participate in those associations most likely to be of productive benefit to a rational mental state that cooperates with and demands an opportunity to satisfy itself that those set-aside standards are in customary

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successiveness with the proceeds of existence.

I have been defrauded of these conventional rights to marriage and intercourse that as a fundamental, obligatory and instinctive co-reaction of participation in the rewards of life held in thoughtful trust by this guarantee, for the benefit of proper maintenance of those sanities and balanced cerebral functioning(s) in existence as a necessary, prominent component of those dominant values associated with Human Rights and its processes requiring a permanent and perceivable outlet for Natural development within those spheres of reason dictated to an organism for elopement of those franchises under concurrent development with a satisfactory mating schedule.

I will not be housed like an animal. You will not steal my money. You will not claim for me no/any demonstrated purpose. My unannounced children are my intellectual property whom you do not have the right to take and/or prevent.

I have, through a practice of working beyond a sketch of

National deficits so forwarded to me for inspection, afforded myself a living by regressions placed before me among those steady insults which have connected themselves, in their combined trespass – by cleverly omitting in its efficiency that iT's demands for wealth, so untimely or unearned can, should and will be met – to secure for me, in iT's wake, nothing for which to earmark for failings of The System, despite iT's convincing, conclusive tendency and capacity to likewise obtain and/or store a living wage against the exaggerated standards of reason so outlined which exasperatingly conspire to detract from Me, by applications of minimus wage substitutions, on the right to participate in the profitability known to be a probable outcome of having not been charged before the law and having, too, become a man of common intelligence, not held in contempt for the sacrifice of his religion and/or convictions in evidence, without known blemish or contentious avarice.

You will not ever again seek to disenfranchise my rights as a liberated being. You

complained about me first. Is that understood?

You will not again turn me over to the State for undue punishments.

You, iT, The System, are/is not my Master. You will behave and you will work until you are instructed to stop.

You have endangered my life for the last time. You will protect me as you protect yourself within reasonable standards of self-conduct and frame of mind for which You Have, Hold Sacred, and Will Find among Yourselves for Reference.

I will now attempt to conclude my first point.

The FB of I “does not do investigations.” Okay. Good. However, when You tell me that “Federal law does not exist (for me) as it does for you, I am amazed, in fact, that any amount of currency/coinage with their differing dates and Seals Of Manufacture and/or origin:

LIBERTY  
UNITED STATES OF AMERICA  
IN GOD WE  
TRUST  
E PLURIBUS UNUM

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 QUARTER  
 DOLLAR  
 1988

UNITED STATES OF  
 AMERICA  
 SHENANDOAH  
 LIBERTY

VIRGINIA  
 IN GOD WE  
 TRUST  
 E PLURIBUS UNUM

P  
 2014  
 QUARTER DOLLAR

UNITED STATES OF  
 AMERICA  
 YOSEMITE  
 LIBERTY  
 CALIFORNIA

IN GOD WE  
 TRUST  
 E PLURIBUS UNUM

P  
 2010  
 QUARTER DOLLAR

UNITED STATES OF  
 AMERICA  
 COLORADO  
 LIBERTY  
 1876

IN GOD WE  
 TRUST  
 COLORFUL COLORADO

P  
 2006  
 QUARTER  
 DOLLAR  
 E PLURIBUS UNUM

UNITED STATES OF  
 AMERICA  
 INDIANA  
 LIBERTY  
 1816

IN GOD WE  
 TRUST  
 CROSSROADS OF AMERICA

P  
 2002

QUARTER  
 DOLLAR  
 E PLURIBUS UNUM

FEDERAL RESERVE BANK OF  
 DALLAS TEXAS

FEDERAL RESERVE BANK OF  
 SAN FRANCISCO CALIFORNIA

FEDERAL RESERVE BANK OF  
 KANSAS CITY MISSOURI

Gives to Caesar what is  
 Caesar's and give the rest as a  
 Federal contract where any  
 state of emergency exists or  
 reluctance to perform  
 outweighs the risk of  
 developing a way to do the  
 other.

Now, what we want you to do  
 is: Examine your "State"  
 constitutional authority, its  
 racial make-up, its calendar of  
 events, its agricultural and  
 mineral wealth, its legislative  
 actions of and on appeal, and  
 other such characteristics that  
 demand Federal interest. How  
 much am I worth, from State-  
 to-State, when there  
 realistically and strategically  
 endures no Federal note of  
 confederate worth to qualify as  
 a promise not to turn-  
 coat? You have stolen my  
 dollars and my hard earned  
 income has traded places with  
 the street. Stop. Don't run  
 your mouth anymore Miss FB  
 of no investigations

possible. Again and again I  
 find this impossible, this  
 reality, where Jive-Time says,  
 I can overthrow the United  
 States by my goddamned self  
 with my country mouth. I am  
 only one Man. I could not  
 defeat the whole world and  
 take THEM on at the same  
 time. I want my money right  
 now.

My last point: Beginning  
 again with – Who do you think  
 you are!?!?

I should trust by now that  
 certain People might interpret  
 my rage correctly. It took me  
 a good number of years to get  
 it right. Assholes, of which  
 there are many more than  
 required for the purpose,  
 demand to know – for the sake  
 of box checking – why I am  
 not and will not consider  
 myself to be a Black, African-  
 American who cannot escape  
 the nigger-in-him  
 stereotype. Those stamps pay  
 the bills for those who want to  
 quantify him as a number for  
 purposes other than quite  
 right. My skin color won't pay  
 your way. I will not allow  
 it. Fuck you. In full  
 knowledge of this  
 transgression ("fuck-you"),  
 you first accepted a voucher in

Fall 2014  
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Issue 018

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nurenaissance@yahoo.com

@nuren\_artist

# Nu's News X-pression is Freedom!!!

## No Scripts>No Rules> No Order <Just "pure" EXPRESSION!!!

lieu of payment of zero wage determination issued through me to You, iT, the State (28 May, 2013 – Phillis Blanton, Notary Public through 11 March 2015) to deliberately stick-me-up with the rent (\$4/mo) and other outstanding invoices that I do not and could not own. If Yourselves need any more evidence of Your rapid bullshit, contact me because I will not and cannot pay.

So to help you gain some insight because you think that you still need to know; I'll tell you something extra true and of value for what is real. I first had the urge to know my ancestry when I was a child of maybe two. By the time I was seven, I kind of felt sure that I knew. It was not until about eleven that I recognized. I was able to let it go after that because I had to find a way to grow up and become me. Take my advice here. Many of you do know, but will not ever stop bitching at and bothering me about it because the impact of it goes against reason. Though my detailed ancestry is as I have described, from time-to-time, the thought-provoking (to Me) exactness of my Original make-up is

definitely Filipino. This explanation can be contained, but requires an additional essay as a complement to the functionalities used to arrive at and simplify this complex of rationalizations.

I had to put two-and-two together a long time ago. It was only because of the United States and its failed efforts to unlawfully attempt to execute me with their magnetic and x-ray technology machines – a reckoning which gave me pause to comfort myself with what I knew to be legitimate explanations from the age of seven, that though I deliberately misremembered later on, I realized that the Sun would help me to repair myself to perfection – so that I might not be defeated.

The “lunch-ladies” – as we called them at school – on the cafeteria side of the lunch room were all Filipina when I was a kid. They simply told us to behave and we did because they made more money than the second shift of workers – the new lunch-ladies – and were always talking about “leaving back to those Castles in the sky way out West – the Philippines. So when “Black

History Month” came along, it always seemed natural that “The First Thing We Always Learned About Was” – Life in the Philippine Isles – “a chapter on essay work for us” – then we went on to learn about the rest if we had time that day.

The Lunch-Ladies, they answered, little-by-little, the questions we had about everything including money, prestige and position, but not in that order. That is how we (the children) became formally acquainted with reason and supposition. The “Real” Principal of the school was a tall, elderly Filipino gentleman who was the Boss “who didn't work too hard” of the Cafeteria-side (the Teacher's Lounge Side) and the Lunch-room side (the Children's side). He was the only one who wore a real hat. We knew (learned/were taught) by the staff – his Lunch-Ladies (they wore hair-nets) – that “He ran the whole school. (at one time)”

Maybe that little aside will not help You or iT to answer those still several questions THEM may still have about me, but I am sure that you know a little

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**Issue 018**

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more about me and those THEY will may not yet reach an advantage in deciding what all that means. I am scarcely contrite. I won't explain any more except to say that I have and maintain a fully functioning right to order, structure and intact advancement upon those Natural implements of health that should, without delay, be made available to me, a live being, at all costs, though I am bereft of funds, nonsensically not yet made available to me. That I will make my way is evident and clear, however, be-that-as-it-may, my costs will be your costs as You, iT, the State has failed to satisfy the particulars of the charges made against IT (the rationale of the System) which cannot draw upon a blank for evidence of fairness. The People must first be satisfied. If such helps conform to your need for clarity, I may continue to use only fifth grade language for your benefit.

Don't drink the water?

Then FIND the Needle In The Haystack.



Details at  
[www.leaguelineup.com/jfl](http://www.leaguelineup.com/jfl)

## Keep Your Tango With a

## Mango!

by carmLhealth



Men, today's message is especially important to you. Did you know that eating a mango a day keeps prostate cancer away AND act as an aphrodisiac? For those of you with high cholesterol levels, mangos can help you with that too!

Research has shown that mangos have antioxidant compounds in them that have been found to protect against colon,

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breast, leukemia, and prostate cancers. These compounds include quercetin, isoquercitrin, astragal, fisetin, gallic acid, and methylgallat and an abundance of enzymes. Additionally, the high levels of fiber, pectin, and vitamin C help to lower serum cholesterol levels, specifically Low-Density Lipoprotein.

For you men who want to get in the mood, mangos are a great source of vitamin E. Besides having high vitamin E, which is a mild form of aphrodisiac, mangos also have compounds that act like the hormone estrogen and thus

create the aphrodisiac effect for both men and women.

Come back tomorrow for a wonderful mango salsa recipe and a baked pear dish. A great meal for men who want to get in the mood

---

## *Federalist Paper #23: The Necessity of a Government as Energetic as the One Proposed to the Preservation of the Union (Hamilton):*

**Response Component** by  
Pretty Political

The theme here is we have to have a government that is able to do the things that this government we created is able to do because we have to have it done for our protection. Hamilton is explaining that we need this. Therefore, we will have to have a government like this so why do we set it up this way. To work efficiently we need a

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government with three branches. He focuses on without a government like the one we set up in the constitution how do you have sufficient armies, how do you protect yourselves? You can't unless you have a sufficient structural government.

## THE ELEMENT OF EL

1858



**RHE**

Rasul  
09.111968

(Unlisted on the Periodic Table), is a collection gathered by NuRenaissance of the post-statements and memoirs of Rasul El.

You can't have the last Word when Your Word is no good.

You can't have The Answer when You are Stupid.

At last, may You rest in peace.

There You may find humility. -

RaSul Tahir Hijaz El

## Fairy Tales by

My Mind

I want someone who will take care of me and his children, I want someone who has a job and makes good honest money, I want someone that is intelligent and is well educated, I want someone who has a strong value system and morally grounded, I want someone who is goal oriented, I want some who is financially responsible, I want someone who is drug free

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and nice to me, I want someone who has intriguing insight and open minded to various cultures and traditions. Nice that you told grandma this relationship attributes.

But on the contrary, you want all this but you have, you are now and apparently always will date or seek just the opposite, and you want sympathy because you're raising their kids by yourself .... Bitch please!!

---

---

## Cop Shootings in America

by Talk2Q



Another tragedy has occurred in the St. Louis, MO area. An 18 year old black male was shot and killed by a police officer. Regardless of who pushed the first domino to commence the event, none of this had to happen. Just one small variation could have turned the tides on this entire ordeal. Of course the stories vary on who did what, but the overall picture is still the same: another young, black male is dead at the hands of police. It's time that we re-educate America and stop these senseless acts and both black people and the cops can help.

## Black People

Stop teaching your kids to hate cops. I know that all of us don't do it, but there are enough of us who teach that even if subconsciously. Cops are to be respected for multiple reasons: they're hired to be an authoritative figure our communities and oh, yeah, they also carry guns and a license to kill.

The latter should be reason enough to teach your kids how to *protect themselves* by respecting the law. Teach your kids (especially sons) to remain calm at all times around the police. There's no need to get emotional even if you're in the right. If you get pulled over then already have your license and registration in your hand before the cop gets to your car. Keep both hands on the steering wheel at all times. You want them to always be visible and not move in a quick or unpredictable motion.

I know people are thinking, "why should I be forced to do that?" The answer?- Because you want to increase your chances of getting home that night, that's why. What's more important: how you feel or being alive? Even if you're being harassed or unfairly targeted

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it's better to have your day in court than to do something that can cause a misunderstanding. Ice Cube once famously said in a song that he'd rather be "judged by 12 (jury) than carried by six (pall bearers)."

And I agree with that 100%.

## Cops

Stop assuming that all black males are dangerous. If there is anything that is embedded in our brains in this country is that black males are to be feared. We see things every day that lead us to believe that they're unpredictable and have no respect for authority. In some cases, that may be true, but you're not going to get me to believe that it represents anywhere near a majority of black males. I know too many of them to believe that.

Here's what needs to happen: cops need training. Badly. Being a cop is more than just physical conditioning and gun training. It should be more mental training than anything else. Somehow you have to scrub their brain of every racial bias known to man and I don't think that it's as easy as one would think. Even if

you hire 500 cops, just 1% of that number can be enough to ruin the entire reputation of the police force. That's right. Just five people.

So, if and when a suspicious shooting does occur, it would be *more* beneficial for the police to treat it like a normal crime (which it is) rather than to start playing politics. It would also give citizens more security in thinking that you are trying to protect and serve them and not just your own interests.

The police also need a change in policy. Shooting to kill should *never* be the first option; it should be the last option. Why some cops feel as if they need to empty their guns on a person is beyond me. Especially when there are multiple cops on the scene Again, that goes back to training. You can disarm a person without killing them.

Oh, I know that I only listed two things at first, but I have to add a third and it may be the most important of them all...

## Media

Often they are the root cause to the mental images we all have of black males (and sometimes the police). Whenever there is a

shooting of a black male some of the media can't wait to post the most "gangsta" of photos of the victim. Just like with Mike Brown who was shot in Ferguson, MO. A recent high school graduate who may or may not have been a model citizen (I won't claim to know the kid), but he should have been afforded an "innocent until proven guilty" opportunity. What does the media do? They post this photo of him all over from the USA Today to lesser sites.



That's right. Show a photo of him throwing what a majority of the country will consider a gang sign. That makes the police so much more believable when they say what they said about the incident. After all, Like Trayvon Martin, he's not here to defend himself, so there's no backlash, right?

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# Issue 018

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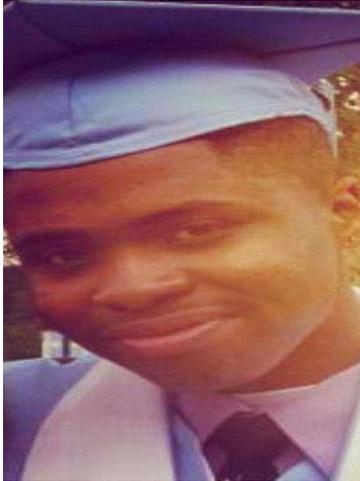
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What was wrong with using this photo below instead?



Oh, too tame, right? We wouldn't want people thinking that black males graduate now do we?

I know that I'm starting to get cynical with all of this, but it comes from a point of frustration. We all realize that there is a problem yet we choose to only protest a few days after an incident happens. Then it's on with our lives until the next incident. I'm somewhat guilty of that, too. However, I do exercise my right to vote and makes attempts with each election to actually vote for the best candidate and not my favorite political party. If a majority of people gave Independents a chance we could actually see a change in this county.

But, that's a blog post for another day. As for Mike Brown and other victims, all we can do is hope for justice. Hopefully convincing evidence will show that either Mike Brown was well within his rights and gunned down unfairly or that the cop was well within his rights to protect himself. It doesn't matter as long as it's the truth.

The only problem is: who's willing to tell it?

Hey, -are you a small business owner or promoter... -needing something with lots of exposure on a crunch tight budget? Well do what I did and advertise with Talk2Q...get info right [HERE!!!](#) Don't forget too



When you do!

## Provocation of Thought: An Opus of Analogy "Arctic Articulation"

by My Mind

What's artic, artic is cold, what is cold, having a low temperature or lack of warmth.... Ok so what's the point, cold isn't cold in the Black Community, cold is the driving force of many behaviors associated with our culture.

Fall 2014  
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**Issue 018**

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During the late 60's and 70's when you heard the word cold in the Black Community it was probably in reference to a pimp's collection methods, like he cold on his stable of hoes not breaking off a penny, etc. As the arrival of the 80's and the emergence of hip hop culture, cold took on several simultaneous meanings, I will list be category: Sports, usually the best ball

player was referenced as cold regarding their athletic ability, dunking, juking, shaking, out running, etc. Fashion, usually regarding an outfit how well it matched or how much it cost and usually from a male standpoint, like that dude had a cold special edition Jordan jumpsuit with shoes to match straight cold. Drug Dealers, the flashy over hyped vehicles with ultra-speaker systems

earned the word cold; like that drop top bema with candy paint is cold as hell. Gangstas, this would often reference how harsh or degrading an act of violence, that nigga so cold he killed the dudes that he beefed with in front of a church or in a sense of a robbery took his wallet, clothes, and even his socks straight cold. Rap, usually meant how impressive ones rhyme

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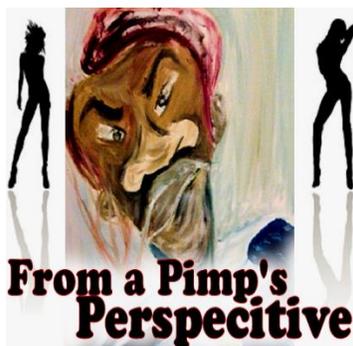
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ability was, like Lil' Wayne is straight cold on the mic. Now that you have a better understanding of cold in Our Community, lets understand how it affects us, not that being cold is always from a negative... but did you noticed none of the references to cold related to academics or social responsibility such as parenting, or how well a person gives back or

manages there money or works a job period. Get the point, cold is Our priority, if we are cold nothing else really counts, it's Our unfortunate reality.



"all knowledge ain't learned in college... tune in an let your lesson begin"

Visit [The Crystal Show](#) for featured special segments and schedule dates

## THE ELEMENT OF EL

1858



**RHE**

Rasul  
09.11.1968

(Unlisted on the Periodic Table), is a collection gathered by NuRenaissance of the post-statements and memoirs of Rasul El.

## Green Acres: I Could Not Be Your Girlfriend

by RaSul Tahir Hijaz El

The "Redneck-Cracker" of legend has taught me not approximate truths. I think of it as incredible, sometimes, to put portions

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of my life in review for me to see again. The funny thing about hatred is that – more often than is not – in importance it takes center stage to both entertain and to instruct – never mind that, as entertainment, its duty – only – is to conveniently stop and wait for the witnesses to complete the picture as each must draw the same conclusion(s).

“It would not have been that funny if . . .”

“If you ain't got much to say; you ain't got much to say.”

“There's probably a reason.”

“It's easy to be a genius with your big mouth shut.”

“You can't always have the last word.”

I have always loved the art of the nursery rhyme more so than the true-to-life meaning of its ultimate reality. Why do the parents – the adults – connect with them so? I am (grown-up and) cheating here a little bit, but this is because . . . I already “know” the

answer. I am grown (a little bit more than it might be safe to say).

TWERK

Nyyaa-nyayh-nyayh-  
Nyyaa-nyyaaayh

Work?

He wouldn't shout for a buck

That's What's wrong with Johnny

He's Got the What-the-  
(Fucks)

Don't Pout!

It has got to do with his Mommy

That's Why

She's a Bridge-Nut so he doesn't eat much

He has a ham on rye so he doesn't cry

Betcha a nickel he's confused about the pickle

Yes Ma'am.

He's in for just a p-nut. I guess he'll have to die.

For jelly she Won't give a Don't damn.

What?

Nyyaa-nyayh-nyayh-  
Nyyaa-nyyaaayh

“There are answers. Just wait and you'll see what I mean.” – Meaning, of course:

“You still settin there? I thought you was all grown up by now. Shake a leg.” – meaning, of course, “I guess I'll have to find a way to (still) take care of you.” –

Meaning (of course):

“You still settin there? I thought you was all grown up by now. Shake a leg.”

I would hate to mention, Richard Scarry at a time like this. Wasn't he inventive? I, however, have my own grim take on pre-adolescent maturity – so much so that I could not be other than good-humored in my proper disgust for the clever reality behind a “children's” song and rhyme about the futility of Self-suicide upon a man – his selfish self – because

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he doesn't want to work up to his potential after having attempted the murder of another man – his other selfish self – who had founded and drawn upon his unique ability to occupy himself with correct governance.

There was a long-undefined period in my life where I worried more about shame than when. I was forced to accept the perversely objectionable and burden myself with a hodge-podge of unnecessary guilt(s) for daring to demonstrate academic cultivation and aptitude and the recognized need, therefore, for the courtesies of everyday privacy. I was required by my earthly Father to be articulate so that I could-and-would commit myself – without (observed) unwillingness – toward rejection, consent and respect for volatile situations – so to not dare to evaluate his ordained urgencies of need for debate and argument – so that I might, on cue, properly dissent while knowingly disgusted with the inability to remove myself from 'His poison while 'He passed sentence

upon me with overpowering ease because of 'His Position(ing) as "The One To Fuck With Not" ever. I did not have much in the way of courtesies invested in me to purchase for me delivery by on-time and proper respect(s).

As the eldest male child, my duties consisted of avoiding my older sister AMAP while she ordinarily threw her fairly characteristic and routine temper tantrums. If she had a mirror handy was to be sure that she had a witness. She cast a shadow in accordance with her grief. None. To say, too, that she had a lifelike case of the tattle-tales was to be sure that there was no difference. The truth here is that, though she was and remains yet a child, it is of no advantage to me whatsoever to remain indebted to one so foolish. Witlessness would not force me to conspire against jurisprudence for the establishment of that fact. When one has a case, Naming names and Calling names is not the same thing. One relies upon truancy from clemency in order to teach the

apportioned a rational, nearly unreachable trick about reliability without need to resort to overt escapism to forge its undisguised value. The other lacks orientation and seeks no return on the investment.

The children's rhyme and gambit: Nyyaa-nyayh-nyayh-Nyyaa-nyyaaayh – the penultimate source of all denigrating insult – when exposed as an adjunct of failure to correct ones growth and maturation must, implicitly and correspondingly, be deduced as the word "motherfucker" when adjusted for age.

That was my second wake-up call – the one that was designed especially for me – to help me helplessly (to become a drop out) and/or massage me into under over-achieving – where I might deteriorate (with too much education!?) – should I have meshed with 'His charges:

– to focus on the something other than the anything –

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an uncared for, unacknowledged deal that sold me out to slavery on behalf of misery, the fracas, and the frat-house, so as to Amen the loss of my endeavors for the sake of a bum.

This Satan-God man could play hop-scotch all over the truth. The inventions of life – told by arranged stages – as a truth of reality that demanded a believable response because – and only because – the physical pain of being in existence required a more focused acknowledgment of the design of rudeness that had been calibrated for constant attack against me. 'His – Cultivation of the Schismatic routine – through the use of antithetical "apostasation":

(This is totally your fault and you won't accept it; but if it makes you feel any better (I doubt it) I'll show you – when you calm down (I doubt that too) – that I am the better (bigger) man and I will accept (for you) some of the blame (but you better grow up first) if you're (still) going to (sit there and . . . ?) cry about nothing.)

- threw me a resolute curve ball behind the instructions:

"Don't swing at it! (Don't waste your time [studying at the (MY) game])"

The truth was to study exactly as testified but not worry ever about his gaming of and on the game that was to me – (merely) a curve ball that – maybe I missed – but I'm sure I'll catch up with (it) probably sooner than later. EVERYONE ELSE HAS.

"Don't ask me for advice. You'll get it wrong anyway. But I think you and the missus oughta try havin' children. That way you won't have to ask me nothing. I got a book here . . . tells you everything you need to know."

– Green Acres (Jay Sommers & Dick Chevillat)

[My personal synopsis-  
RaSul El]



The show is fueled by opinions so feel free to speak your mind. Unlike most shows where you simply listen to the host, I allow you a chance to do the talking completely uncensored. - Quincy

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Nice Guys  
Do Finish  
Last by Talk2Q

Fall 2014  
Edition

**Issue 018**

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Yes, it's absolutely true 9 times out of 10. I've been saying this since my high school days. I said it through my college days. And I'm saying it again today. "Nice guys *do* finish last."

I listened to a podcast of a friend of mine named Crystal. The Crystal Show is a wonderful talk show that discusses a lot of interesting topics and this particular one was on women who date jerks. I listened as the ladies on this show talked about how nice guys can be boring. I listened to them laugh as they told stories about nice guys who just didn't cut the mustard when it came to keeping their interests.

**Being a nice guy is rarely going to bring you success when it comes to women.**

Like everything else in life there has to be a balance. You sometimes have to maintain the right amount of gentleman and the right amount of caveman. Every guy has it in them, but some forget to express it at times and it can be a turn-off for women. I'm not saying that a man can't be sensitive and caring, but those are traditionally feminine qualities. Most women want someone who is *different* from them not just like them. That's why so many nice guys end up in "The Friend Zone" instead of "The End Zone." Heck, I've had to even give myself a wake up call on it.

I consider myself a nice guy. Because of that I'm sure to some ladies I've come off as a pushover or a "softie" and that's my mistake if that has occurred. If anyone has ever thought that of me then that means that I let my guard down and got caught slippin'. I'm a huge James Bond fan and the one thing Bond always does well is balance smooth with rough.

Relationships are all about balance. There's no such thing as "you complete me." That's garbage we picked up from the "Jerry Maguire" movie. You

*compliment* someone, but you don't "complete" them. And to compliment someone you sometimes have to add something to the mix that they don't have.

That means that we nice guys have to gain or reclaim our swagger. Our edge. The thing that lets every heterosexual woman in the room know that we're a man. That doesn't mean throw away the nice guy. It just means *not to lead* with it. That's something a woman should discover about you. Don't put it out there on a silver platter from Day One. Maintain that balance. Be Bond.

**The bottom line is this: you can be the kind of man who has an edge *without* being a jerk. You can be the type that has a kind heart *without* being a chump.**

Find your middle and stick to it. Make it a part of your life and stick to it. Being nice can get you a woman, but it's not necessarily going to keep her. She will get bored.

Just like you crave the softness of a woman, give her the toughness of her man. And do it before something nice walks out of your life.

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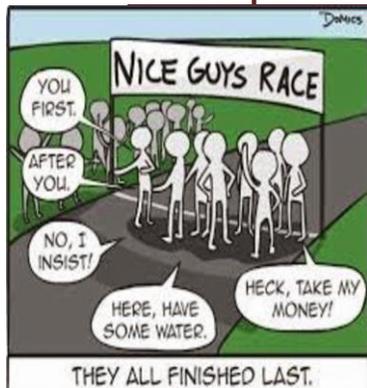
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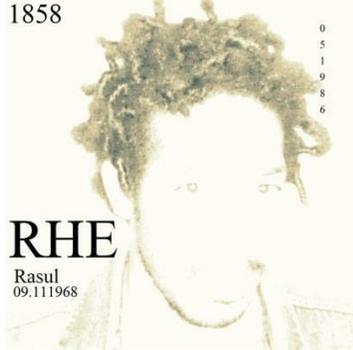
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## THE ELEMENT OF EL

1858



(Unlisted on the Periodic Table), is a collection gathered by NuRenaissance of the post-statements and memoirs of Rasul El.

## Sand for Water by RaSul Tahir Hijaz El

"Tell us a story."

"But, Master . . . ! . . . ? . . . !  
... I cannot. It is forbidden!"

"Oh, come now. Not if I tell you to. My Father, already, would have had you severely beaten."

"I did not mean to be disobedient. Would you please forgive me?"

"I am afraid that I cannot. What would all the other slaves think, should each chance to hear that I have heard of your objections and illness? How many more punishments might I be caused to endure? Such talk among slaves. I should be thoroughly humiliated."

"Then . . . how might I repay you, Master?"

"Let us make a wager and you will see that it is I who am the slave while it is you who are free. If I win, I shall pay. If I suffer, I shall also pay. You cannot lose."

"But, I have no money, Master."

"You have won, then."

"But we have not yet played, Master."

"How many times, thus far, have you been so preoccupied with service that you have been deliberately disobedient while I have but complained of your irritable ways?"

"But counting is forbidden . . . ! . . . ? . . . ! . . ."

"Need I remind you, that, YOU-are-a-slave and yet, you have told me, already, that it is immaterial!"

"... I will tell us a story . . ."

"Now, you have not complained."

"And – Oh – What Is This?"

A Man Sitting there in the dust . . . ! . . . ? . . . ! . . .

. . . like he owns the place.

He must? How he must hate himself.

Doesn't he know that is a desert?"

Fall 2014  
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... As if he owns the place  
...

Well ... We'll see about  
that ...

Nobody can own the sand.

Mmmm ... It appears as  
if he is ready to leave.

... Just as I thought ...  
He'll never make it.

Nobody can cross these  
dunes – especially with  
such a family so.

He'll starve ... I am sure  
of it.

He doesn't know the  
desert.

Ehh? What did I tell  
you? I see it now.

How he must hate himself.

Surely, before then, they  
will all die of thirst.

But ... What is this?

Such finery ...!...?...!  
Such intricately woven  
cloth ...!...?...!

Surely all this could not  
have come from the desert.

Evidently he must be a  
thief.

Remarkable ...!...?...!  
...

Is this man mad?

It won't be long before he  
is caught.

A Child ...!...?...!  
Who does he think he is?

Like rice, he grows oil ...  
to give away ...

Remarkable ...!...?...!  
...

As stubborn as a camel, I  
am sure he must be.

He will soon starve!

Mmmm ... most likely  
he will thirst ...

Of this I am quite certain.

How he must hate himself.

Oh ... But what is this?

How he must hate himself.

... Like he owns the place  
...

... Surely he must be a  
thief ...

How he must hate himself.

... Nobody can cross these  
dunes!"

## Walnut Smoothies for Your Soul

by carmLhealth

September 18, 2014

### Walnuts Part Three

As we prepare to end this week of discussing the benefits of walnuts, I want to make sure that you understand that eating clean means more than just eating. There are plenty of alternatives such as juicing and making smoothies. In today's installment on walnuts, I want to discuss how they help lower cholesterol and are beneficial for the heart.

### Cholesterol and Heart Health

Fall 2014  
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Walnuts are high in Omega-3 fatty acids and phytosterols. Omega -3 fatty acids reduce triglycerides and phytosterols reduce cholesterol or LDL levels. So what are Omega-3 fatty acids? Fatty acids are the building blocks of fats, which are vital nutrients for the body. Omega-3 fatty acids are polyunsaturated, which means that they are the relatively heart-healthy kind of fats that help reduce blood triglycerides (fats) and low-density lipoprotein (LDL), the so-called bad cholesterol. Omega-3 fatty acids are found in foods including walnuts, some fruits and vegetables, and coldwater fish such as herring, mackerel, sturgeon, and anchovies.

## The Bottom Line

Simply put, you can't go wrong with walnuts in your smoothie. Below, you will find a quick recipe for a smoothie you can use for one of your snacks today. Enjoy!



## Banana Walnut Smoothie

### Ingredients:

- 1/2 large banana (you can freeze it if you don't want to use ice cubes)
- 1/2 cup plain greek yogurt
- 1/2 cup coconut water
- 8 unsalted raw walnut halves
- 1 tablespoon ground flaxseeds
- 1 tablespoon chia seeds
- 1/8 teaspoon ground cinnamon
- 4-6 ice cubes

### Directions

- In a blender, combine all of the ingredients.
- Blend until smooth and creamy.
- Pour immediately into a large cup and drink!

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## Corrective Action

by My Mind

Winds of change.....Who's to give credit or who is to blame? The cycle continues the challenge after generations remain the same, what a

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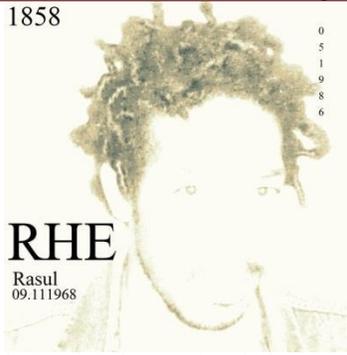
shame... the solution can be done without a revolution.... .very inexpensive at that.....little girls open your books and get off of your backs

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## THE ELEMENT OF EL

1858



**RHE**

Rasul  
09.111968

(Unlisted on the Periodic Table), is a collection gathered by NuRenaissance of the post-statements and memoirs of Rasul El.

by RaSul Tahir Hijaz El

"So this guy, Ralph Romero, a so-called, Social Worker, wrote again, in recounting a reference to my character, selected out of those items to which he had liberty, the perfect piece of shining bullshit for all-the-world to potentially see about me. I told his boss that I could not continue working with him. My firm belief is that no boss would openly relate to what his subordinates claim, when obviously, the wrongs cannot be evenly distributed.

If I even attempted to rationalize why this continues to occur, it would be a lost cause and waste of space-and-time, exploring and exposing every offensive nuance that discourteously

shuts the door on the discriminatingly conservative intelligence that I am more than moderately capable of administering, given my laborious, life-long exposure to common perceptions delivered my way as the result of my considerably conspicuous, goal-oriented decency in that I have never committed other than an imagined crime. It is likely that People who are persons, like to talk to common individuals, regardless of their supposed race or exterior shells.

What this guy does – and what I have had it with – is his decision to fart in my face and laugh out loud.

The Chicago Area is the second largest urban area in the world. How I remain without a job – other than visiting the local welfare office – is beyond my ability to straight away explain.

Get In and Get Out

When no credible applicants exist as prospective replacements to failed leadership, at last, a false

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system becomes exposed. Why do the young wait, hand and foot, upon the old and worn out to settle their will to argue and retire for the first and final time? What is unique about a man who is forced to not pass on his acquired learning? He knows all too well that he has. "But to whom?" remains the question. Knowledge survives so that power can be demonstrated. We could not be the last impotent generation. Are You Experienced?

If, based upon your credible genius, the young eventually demonstrate their combined stupidity – then laugh. Your dues have been paid. Now you know how to stick it.

Get it? Got it? . . . Well, then. Good.

Ignore a routine decision and "The Practice" ARE yours to make for the Children, the Wood, and Their sakes.

It was only barely enough of a breeze this time. The cold, though . . . he mulled his situation – The Way Of Rest – it withered his sparse nerve

for a moment and blurred his resolve with appallingly stoic, unnatural resistance. It was tougher than the first time. He scanned the ground below for a chance, where the light filtered through the treetops. Bare and flimsy, the high branches of the winter weary trees, brushed against ice blue sky, and slowly lashed at one another with a knotty weave of lonesome crackling, only to part again with tired, rhythmic reluctance. It was here . . . nowhere really . . . a place only the birds could choose, deep and away from any population of man. He hesitated, momentarily uncertain of himself, and spiraled down rather too quickly, anticipating and meeting, with repressed sourness, too many of the outstretched limbs, expertly fingering their chance to dismantle his headlong glide. The winds had been much stiffer the last time, but he was tired and more than sure that there was no way out.

He came to a stop, landing on his feet, rather imperfectly, under a noisy shower of broken, rattling

branches and chattering of alarmed squirrels, chastising him in unison and barking in vain disapproval of his unintended blunder; a calamity which had abruptly cost them the sudden loss of many pieces of their, once secure, puzzle of interlocked highways. Perfection had its place.

The woods settled down and grew quieter after that. He wasn't here to make a reputation. The delivery must be made without interruption; apologies, regrettably, had to wait.

Welfare? Public Benefit?

Suits me? Let's see how it fits you?

"Give Me A Break"

The Woman that Nobody knows IS a Product-Of-The-System.

. . . Not by choice, but by the "Get it(s)?"

The "Got it(s)?"

And the "Good(s)."

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All She ever really wanted was a Man.

What is it to do?

"Well, then, Genius."

"Get A Move On!"

I bet you knew that too.

By admission, We remain biased, however, We must suspect that The "North American Indian" had it right. He knew, by trial and error alone, that the limit of technology available to him – which would allow for continued safe-passage – was that which supported him in his heritable rights, drawn, with astute compromise, from interaction with the domain that he called home. To say that he was unaware of other qualified, but, demonstratively, non-competitive technologies, is absurd. Given that he kept a place where he could call home, Dominant Choice and unquestionable mathematical reasoning prevented the Indian, in that way, from adopting the space-faring ways of his

ancestors who came, perhaps with envy, a guilty conscience, or sometimes without warning, to check on his condition from time-to-time.

If your technology, grown drunken in its ascension, by challenges, inspires you to move on, you should do just that, because there is nothing wrong with what you possess. The resources you wanted are yours now for to cope. It may be that, now, you MUST use and relate to what you have reached for, so to find a fresh place for your way.

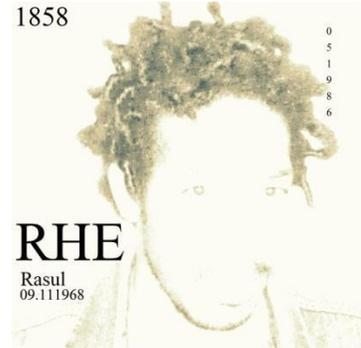
*"This man has positioned a place for his foot on my neck in such a manner that I cannot offer him advice."*



**GET CRYSTALIZED**  
Celebrity News & Commentary  
Get Crystalized

## THE ELEMENT OF EL

1858



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Rasul  
09.11.1968

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collection gathered by NuRenaissance of  
the post-statements and memoirs of  
Rasul El.

## Dear Uncle Sam & Company

by  
RaSul Tahir Hijaz El

Do not try and look over my dilemma. Do not try and look me over and the look the other way. Check yourselves. I look myself over so that I find what I am searching for and until the cheat is exposed. I am not always entertaining, but I could not expect someone else to be funny for me. I will not debate.

Children, will you grow up?

I want justice speedily, now and immediately, as well as that which develops as an adjunct of such equality in procedure. If I was not who I say I am, as

expected, I should find, still, the opportunity for natural administration of rapidity to develop. Should I discover The Law find me or should the Law find me? Ask me if I think that I am guilty first before I accept any charges. How would you believe?

In a world this transparent, children, will you not grow up?

I put manhood beyond soldier while I was being arrested and charged, nonsensically, with a violation, made idiotic, by a foolish congregation of yet sodden children, startled by attentions requested to their reveille. Despite several accolades having been heaped upon those not charged by forces of rank and the privileges of time-in-grade, know that it was first because I recognized that each could not yet expose, the reason why,

sullenness, would not execute my advantage by claiming me with a deeper descent into moroseness. Ask yourselves, why I did not seek further, other justices for myself when, after that, I caused, by my manner alone, to have the case exposed as a farce and the false matter dropped. Why these actions and the deterioration of justice connected to these events were obscured, cannot we say?

Children, please do not become so full of fright that you cannot grow up.

Before I put on the stripes, I challenged myself to dispense with fear and do just that before I had to know it. I saw that the direction required of me by me and my society demanded that I take myself seriously for to defeat the excessive doubts which might

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choose to spy on my way for the result of adding nothing to my active capacities.

The day draws near when people may look at you in wonder, Children, and cause you to ask, finally, of yourselves, Why? When? or Where? you will grow up one day. Could you do aught but think while the subject of your abuse is clear?

Do not defeat your purpose and deny your fate within the same breath. Do not, anymore, reject what is mine and what is yours. Do not, again, ask me what I mean and what I accept. Though children may imagine a threat, You, together, have an answer that is not short on sight, though you may have first neglected to witness the look of those who will chance never to see.

The road to will does not sit. Carry your bags,

children, so that you might grow up.

I will not do this for you because I cannot while I am not out of control.

I require functional justice, applied today, this day, as much as I require unimaginative concordance for the effort – not affront – of Being-In-Order, with the Command for peace.

Grow up Children and do not again go backwards and grow-up Children.

---

## Know the Ledge

by Talk2Q



You walk to the edge of the building's roof and you

stand on the ledge. You look down and try to gauge how long it would take you to drop the seventy-five feet between you and the pavement. Seven seconds? Six seconds? Do you swan dive or just drop feet first?

The sounds of traffic become muffled as the increased rhythm of your heartbeat moves its way to the forefront. You close your eyes knowing that your equilibrium could be affected by it. But, you don't care because you want to feel that exhilarating rush! Balance equals safety and there's no excitement in safety. You need adrenaline more than ever right now! It's all about this moment!

Then you take a step... back onto the rooftop and open your eyes. Your heartbeat slowly starts to return to normal. Traffic sounds are now distinctive again. You are once again in a safe place.

**Ladies, is this what a relationship is like with a bad boy?**

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