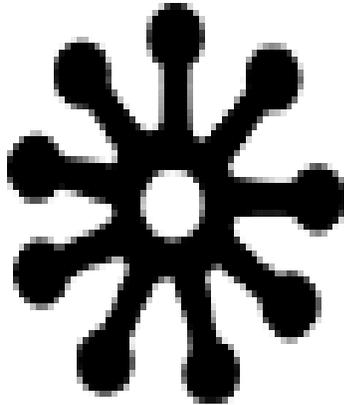


Nu's News X-expression is Freedom!!!

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

FOFO

"a yellow-flowered plant"



**Adinkra symbol
meaning:**
jealousy, envy

"When the fofo's petals drop, they turn into black spiky-like seeds. The Akan liken the nature of this plant to a jealous person."

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.

The Unentitled One

by *RaSul Tahir Hijaz El*

Maybe it's in my surprise that I don't remember something happened that I can't recall.

"I DID IT! I DID IT!" I said. "I finally figured it out! I finally understand the new language I heard that I did not remember yet."

I was getting-my-ass-beat with a spanking every day and whenever – all the time. I was two years old. I think it was April. My sister

disappeared for hours on Sunday morning. I could not locate her after looking in the places where I thought she might be hiding. After the shock wore off that she could conceal herself someplace where I couldn't find her – for a purpose I presumed to be deliberate but not characteristic of her normalcy – I was still, for a long while debilitated by the thought-process that would allow the action to pursue itself into a disturbed reality that disclosed to me, in time, that her named "hiding-place" was, often enough, an invention – even yet insisted on – for reasons that escaped me. The returning thought of that scared me. I was a lonely stranger to life by then. and my mother – whom I mostly (instinctively) trusted, would keep me running about looking for her until I finally had to admit to myself that my sister was not there at all and that my mother was actually a liar-of-sortings- She was the first private dancer. She could really put on the con. Like I said, I was already a lonely stranger to life, by then. That is when I

Spring 2015
Edition

Issue 20

The opinions expressed by the NuRenaissance Newsletter contributors and those providing comments are theirs alone, and do not reflect the opinions of NuRenaissance or any affiliation thereof. NuRenaissance is not responsible for the accuracy of any of the information supplied by the authors and commenter's. All rights reserved. No portion of this publication may be reproduced without the written permission of the publisher.

www.nurenaissance.com

nurenaissance@yahoo.com

[@nuren_artist](https://twitter.com/nuren_artist)

Nu's News X-expression is Freedom!!!

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

learned, finally, to become a private-eye and a slave to keeping my mouth shut until.

So I became the mail-hound – checking for “presents for me” at my mother's request whenever I became too anxious in listening to her talk on the telephone and thinking that the loss of my “language speaking abilities” was, not only contrived, but tied up in my sister's absence. My mom had the habit of asking me to do something, not allowing me to do the “thing” and converting the asking into performance of an additional duty, responsibility or tasking by using a mixed conversation of “Walla-Walla-(uh-oh)” and the new, English language – just to see how I would respond. If I did anything at all that “demonstrated I had maintained an active fluency for comprehension of anything in the past” – (the Filipino language) – I was put on punishment. She would not speak to me for the whole of the next day. I knew that I would get a spanking; she couldn't wait to tell my father what I had

done (or not done). My father – if he had heard that I had showed out at any-time, by responding or not responding, to anyone's directives, appropriately or inappropriately – played this disturbing game with me and my sister at the (dinner) table just so I “wouldn't need to eat in the morning” – as per his considerations. My sister spent more time with my father than I did on the weekends. She knew how to play the game without getting caught so easily and as much as I. He kept count of the number of times I made a miscalculation and “displayed any degree of thinking on the subject.” That is how I learned to distrust everything (anything except English) as I “waited for the truth to descend upon me” (my father's language) that I “would stop this sad misbehavior and accept my own complacency.” I often thought that my sister – because she actually got to eat something – was getting something-for-nothing (special treatment) whereas I had to do everything just-right-

exactly and the first time “without forcing” (my parents, i.e, my father), “to have to budge me against my convictions and misspend his fortune.”

I wanted to cry all of the time because of “it” (I couldn't tell anyone what was wrong with me otherwise I would get a spanking) – and because of the hunger – I was starving mostly, privately, in wonderment, I was overwhelmed already by their immaturity because my sister, as I said, was likely not to receive the same set of standards to adhere to. The only meal I could have (in semi-peace) “until I stopped being so disobedient” – (My Mother's words to me from my Father, who often gave her the instructions to say it, even though I had heard him. He was standing right there) – was breakfast – usually cold or warmed over. Hard boiled eggs – sometimes – I didn't like scrambled eggs unless there was cheese in them because I didn't like pepper; that's why I “had” to eat it. It burned my tongue [so that (as the saying, in mockery, cornering my predicament,

Spring 2015
Edition

Issue 20

The opinions expressed by the NuRenaissance Newsletter contributors and those providing comments are theirs alone, and do not reflect the opinions of NuRenaissance or any affiliation thereof. NuRenaissance is not responsible for the accuracy of any of the information supplied by the authors and commenter's. All rights reserved. No portion of this publication may be reproduced without the written permission of the publisher.

www.nurenaissance.com

nurenaissance@yahoo.com

[@nuren_artist](https://twitter.com/nuren_artist)

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

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

became: "In case I might tell a lie.") I WOULD NOT eat anything – (and remember it – the pepper – well, I would have to remind myself, "because you will tell a lie sooner-or-later") My sister's and Mother's combined voices (because then I would have to eat pepper the following morning, which, magically, forced me to tell a lie at some point in the day, according to the principle of black-pepper ingestion.) – All this so that I had to get a daily spanking for no-reason-at-all.

Like any person – children included – so handicapped, I recognized this (meaning: those intimidating actions always under concurrent development) as an insult to my physical underdevelopment and, too, as a carry-over toward fulfillment of a less-understood psychological tactic as early as the game could be played.

After some "vast interval of thought" given on or towards the matter, I decided to attempt to "forcefully try and forget it by using my own apparent schemes as an impetus to

behavior modification" (my father's wording again).

"I remembered the first language enough so that I could only remember part of it enough to forget to remember the rest. I don't remember all of it; just some of it." This is what I told my sister and my mother [in-the-passage-of-time-when-I-was-learning-to-forget], to allow me a chance "not to ridicule my own performance and help them out for a change without need of force for implementing my own subjective opinions on the matters in question (the argument my Parents – on their togetherness – gave me whenever I had (correctly) given things "enough space to identify who this house belonged to." My father didn't "(I don't) need or require argument or conjecture on the subject." This language "is not to be spoken in this house anymore, with-or-without forethought; and I have given this and several other ([motherfucking] – he added that word whenever he and I were alone together) things careful consideration as well, so

that we might all be in a more positive mood."

I had been kept in the house most of this time and was, by my Father's leave, as instructions to my mother, "(He can be) allowed to go outside only "after demonstrating that he has achieved an exceptional command and comprehension of the verbiage to allow for appreciation of his (my) intellect." Believe-it-or-not; that was how I learned and was "(you must be) without paraphrase or inhibition . . ." (taught) "to construct the English language – first of all." – My Father's words.

My sister said, "He did it all by himself. I didn't teach him much at all. He simply asked me enough to put all the words in the right places." – Which wasn't a lie. She was known, to me, to cover up for my mistakes because I was held captive of thoughts and actions for so long between "songs" - a word that rhymed with the word for "word" in the other language we knew (had known).

Spring 2015
Edition

Issue 20

The opinions expressed by the NuRenaissance Newsletter contributors and those providing comments are theirs alone, and do not reflect the opinions of NuRenaissance or any affiliation thereof. NuRenaissance is not responsible for the accuracy of any of the information supplied by the authors and commenter's. All rights reserved. No portion of this publication may be reproduced without the written permission of the publisher.

www.nurenaissance.com

nurenaissance@yahoo.com

@nuren_artist

Nu's News X-expression is Freedom!!!

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

I learned the regular English names for numbers first (Again, I suppose and until I got them right) from a list that I carried around with me. I was startled into remembering that I had already learned to read because I already knew all the letters. [THAT'S HOW I KNEW IT WAS A DREAM]. In between "chores" (eating) my sister "would help me with them" so that [I "could better understand what the new "new words" meant.]

My parents starved me for, "being too smart to fail at such a simple task." It took another dozen or so years of enduring his habits and frequent episodes to determine fully that this man, my father, was a jerk. The problem, however, remains – and not inconsequential to my focus – that his (My Father's) problem – a result of demoralizations, possibly beyond his comprehensive value to himself to describe – became my burden where it did not belong as an outcome of my way. Could he have done any more? Could he have done any less? It is the responsibility of the

individual person to identify with choice on a reasonable level – at a place where arrogance meets with sophistication to breed with trust. I am the man in the mirror. I could not neglect myself. Let him be aware. I do mean things not, but I do measure my success by my business and my on-the-spot labors done without loath of commitment to reliance upon me as a ruler of my past and guide to my future.



Ok I loved Clueless but Stacey Dash played a character created by screenwriter, Amy Heckerling. I have to remember that the movie and character is not the same as the actor who played the role in the movie I loved. Stacey Dash is quite frankly in my opinion an ignorant conservative loud mouth who often speaks before she thinks. To say that college girls who are raped are the cause of it because they happen to be at a party, or because they were drinking, or have somehow put themselves in this position is so irresponsibly ridiculous I can barely contain myself.

**RAPE IS
NOT THE
FAULT
OF THE
VICTIM
STACEY
DASH!!!!**

by Author Crystal Henderson
from Get Crystalized

Spring 2015
Edition

Issue 20

The opinions expressed by the NuRenaissance Newsletter contributors and those providing comments are theirs alone, and do not reflect the opinions of NuRenaissance or any affiliation thereof. NuRenaissance is not responsible for the accuracy of any of the information supplied by the authors and commenter's. All rights reserved. No portion of this publication may be reproduced without the written permission of the publisher.

www.nurenaissance.com

nurenaissance@yahoo.com

[@nuren_artist](https://twitter.com/nuren_artist)

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

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

Unfortunately Stacey has an audience. By being a celebrity people listen to her and young girls and boys are listening. Girls who have been victimized sexually will feel that they are at fault. That something they wore, or said, or done, caused a brutal attack against them, which couldn't be further from the truth. And then to suggest that because they were raped then they have to wear a scarlet letter of shame for being bad women.

This was Stacey's quote on ABC Fox News:

"I think it's a good thing for the good girls, to be told stay home, be safe," Dash told her co-hosts.

"The other bad girls — bad women — are the ones who like to be naughty, might go out and play and get hurt and then, you know," she said, trailing off. "But the

other thing about this is that it then blames the alcohol instead of the person who over-drinks," she continued. "So it's like, the same thing with guns. Guns don't kill people. People kill people. Alcohol doesn't get you drunk. You get yourself drunk."

And I suppose you get yourself raped as well, huh Stacey? WAKE THE FUCK UP!!

Girls do have to take precautions. I tell my daughter, who is in college, to keep an eye on your surroundings, don't lead anyone on, be truthful, and be safe. But I would NEVER tell her or any other girl that if she got raped then she must have done something to cause it. These fraternity boys that Stacey "feels for" knew what they were doing. They knew it was wrong to take advantage of a girl who was not in her right

mind to refuse or who forcefully took advantage. They do not get a pass for their behavior simply because the girl was too drunk to fight back. It is not your fault. You were raped, you were brutalized.



And for the record, Stacey Dash, there are also "good girls" who are raped every day. Girls who do nothing but walk down the street, trust in the wrong person, or like myself who was raped at age 11, who opened the door to a neighborhood boy who I thought was a friend to the family. But instead he was a clean cut, popular, PREDATOR – much like the fraternity boys you're eagerly defending.

WAKE UP!

Spring 2015
Edition

Issue 20

The opinions expressed by the NuRenaissance Newsletter contributors and those providing comments are theirs alone, and do not reflect the opinions of NuRenaissance or any affiliation thereof. NuRenaissance is not responsible for the accuracy of any of the information supplied by the authors and commenter's. All rights reserved. No portion of this publication may be reproduced without the written permission of the publisher.

www.nurenaissance.com

nurenaissance@yahoo.com

[@nuren_artist](https://twitter.com/nuren_artist)

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

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



I'm trying to understand by

Bella Boo

I'm trying to understand who am I, why am I here, what am I doing? Why do I feel so numb? Numb to the love we just made, or weird about the prayer he just prayed.

Like, do I belong here? I'm having third thoughts because I passed second thoughts a

while ago. Am I making a mistake? Is this the right road to take?

Do I express how I feel, say what I'm thinking and keep it real; or do I live in fantasy... Like, what does he think of me? And we will forever be... In love eternally?

Am I going through pain? He loves me, but do I feel the same? Or am I lost and confused because I was once, twice, three times abused.

Is it too late to let go? Do I continue to put on a show? And never let him know? That I'm as lost as a bat, trying

to drive a bus with a flat. Or maybe like a squirrel, that hates nuts and love pearls.

Whatever the case may be, I just want to find me.

I want to know- who I am. Not that person they want me to be, or that illusion they think they see.

I want not a care in the world. To be free and live as a girl. No stress, no pressure or shame. Forget the popularity, forget the fame.

I want to walk in the park, and not be afraid when it's dark.

I want to take a

Spring 2015
Edition

Issue 20

The opinions expressed by the NuRenaissance Newsletter contributors and those providing comments are theirs alone, and do not reflect the opinions of NuRenaissance or any affiliation thereof. NuRenaissance is not responsible for the accuracy of any of the information supplied by the authors and commenter's. All rights reserved. No portion of this publication may be reproduced without the written permission of the publisher.

www.nurenaissance.com

nurenaissance@yahoo.com

[@nuren_artist](https://twitter.com/nuren_artist)

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

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

chance, with a
thong, a pole, and
dance.

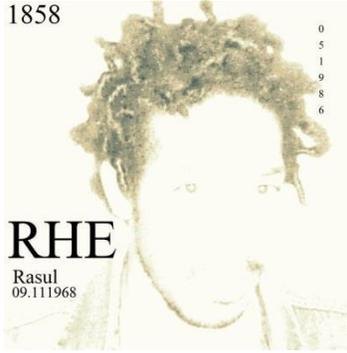
I want to leave my
fears, back in my
younger years.

I want to be
myself,, make the
best of what's left
I want to not feel
the pain, but they
say "no pain no
gain"

I want to cut
my hair, and
not think about
who'd care.

I want to set
myself free,
then, maybe, I'll
meet me...

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.

Should Thee Covet Thy Neighbor's Wife . . . ?

by RaSul
Tahir Hijaz El

“7 Steps of Kung Fu”

When they come to spot
fools, don't let them name
you

For A Father, For a Mother
or For a Son

One track left to run

One track right to mold

Do not spend Them in
search of gold

The Path that is easily
served will be the one

For them who would travel
without the gun

What Would Happen

Should Thee Covet Thy
Neighbor's Wife . . . ?

So-what-you-need-to-do-is
sit there in the middle of
the roads – Just Like An
Asshole – with your lip(s)
poked out and your hand
stuck unsuccessful, trying
to have everything your
way. Feed you? You
seem to be big on
Porno. “Pucker-up,
Buttercup . . .,” You
should have money.

Once Upon A Time

I had this thing called a(n)
SGLI “policy” – the
beginning source of the
“million-dollar-wound” –
in case so that I might die
because of
combat. Befo(r)e that –
some of YourSelfes still
think that I must be half
stupid – I had this thing
called a “Student Loan”
that guaranteed me
someone had recognised
my talents – as a non-
combatant and not a
potential liability – and

Spring 2015
Edition

Issue 20

The opinions expressed by the NuRenaissance Newsletter contributors and those providing comments are theirs alone, and do not reflect the opinions of NuRenaissance or any affiliation thereof. NuRenaissance is not responsible for the accuracy of any of the information supplied by the authors and commenter's. All rights reserved. No portion of this publication may be reproduced without the written permission of the publisher.

www.nurenaissance.com

nurenaissance@yahoo.com

nuren_artist

Nu's News X-expression is Freedom!!!

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

decided to forward my name ahead for the first consideration for opening in my field-of-study. I could not have been less ignorant. I know the Three R's Rule very well. YourSelfes and iTs Misters agreed to – not only co-sign – against my wishes (I was not yet 18 and YourSelfes knew my Dad was an alcoholic AND A THREE-PACK-A-DAY HABITual offender) – but enforce a standard against me that, by arrows, I would one day, too, become a part of the prison system on debt(s) owed to irrational choices, through YourSelfes off-sub-topical and persuasive rhetoric that I could not graduate (again) and prove my continued viability (all of it) as YourSelfes were yet (and still – By not employing me and remaining, still, in denial of the law) attempting to confine and doctor the ledger on my habits while YourSelfes, iT – despite the System – watched ME, throughout this illegal juggling act, NOT toss my fate to the four winds. Allow me to say this – Anybody with a badge-and-a-gun (never mind my family unit

ensured that it sometimes – out of practical necessity – was loaded it with BLANK ROUNDS) who is a verified alcoholic, with a cigarette habit, does indeed live in a fantasy world. My Family was part of a System that had become reluctantly tolerant of this type of message. My Family allowed a social worker inside on one occasion only (The rest of the times the Workers were instructed to go away.) to show Them (perhaps YourSelfes) how much and well the House understood the law. The several questions the worker asked in connection to the relevant functioning of the unit within allowable measures supported by, then current, USDA structural programs to which every household must/should/could adhere, caused that worker to remain nearly wordless while a demonstration of how guidelines can be manipulated to serve an unjust purpose was introduced. Although the worker realized, too, that there should be a moral standard-of-conduct to rely upon, nevertheless, the worker never came back

because the household could and did establish fully that its conduct – though suspicious, was not errant – toward my nutritional health – and was completely within the law where iT was concerned.

Enough of the Mother-fuckers, already! iTs assholes still refuse to address the problem in my dwelling according to the law and YourSelfes are still make-believing in SISTER-SISTER Mary Jane and Mary (More-Bang-for-the-Buck) Proud. At one time, neither of my (ex)wives ever smoked the stuff. I would not and I didn't allow it. I did not ever buy them alcoholic-drinks when we went out, so that I could not encourage them to alcohol any other time. I'M SURE YourSelfes WOULD LIKE TO KNOW WHY.

Should I succumb . . . (to YourSelfes illnesses) Who should come along to collect first? The United-STATES and iTs Misters with their Dog-trot (“Keeeeeep going, you're-almost-there attitude”) and pony-show – “Look (at)

Spring 2015
Edition

Issue 20

The opinions expressed by the NuRenaissance Newsletter contributors and those providing comments are theirs alone, and do not reflect the opinions of NuRenaissance or any affiliation thereof. NuRenaissance is not responsible for the accuracy of any of the information supplied by the authors and commenter's. All rights reserved. No portion of this publication may be reproduced without the written permission of the publisher.

www.nurenaissance.com

nurenaissance@yahoo.com

[@nuren_artist](https://twitter.com/nuren_artist)

Nu's News X-expression is Freedom!!!

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

what WE'VE done for YourSelFes lately, but don't touch; don't ever touch – unless it is heel-toe-heel-toe.”

Instead of helping, YourSelFes have this IRS g(u/a)ys scam going to attempt to force me into poverty by cutting YourSelFes teeth at me, in a display of untimely childish aggression, so to bare-knuckle me whenever the will and chance presents iTself to rabbit-punch at me when YourSelFes thought that nobody was looking. So what do YourSelFes want from me, Mister(s)? Blood? More Blood? Right? Mother? Fuck? YourSelFes? Give-me-a-break; I would never choose to knock-YourSelFes-up. I lost my first wife and my second wife because of YourSelFes aggression(s). Keep iT in YourSelFes pants. I am not a case study. YourSelFes should have a job, motherfucker.

So now YourSelFes have these other guys – with a donut in one hand and a cup of coffee on his shirt – who have been paid

enough to select and know one-end-from-the-other. Not a complete, real sentence? Is it? Not a real complete sentence is it? That's the orthodox conspiracy. Were YourSelFes born that way? Or did someone help YourSelFes with that? If iT is not a Police-State and YourSelFes-are-so-smart, tell me what is it, Mister iT-IS? A Constitutional State and its Governing Body warrant a legal conformation of its goals. Where is iT?

I have to watch as, bit-by-bit, The United-STATES and iTs defiant Mister(s) deny still that because I escaped an injurious death – despite my Honorable Discharge and Service – my (YourSelFes) SGLI plan for Marks, did not implicitly include me as the Primary Beneficiary (payable-on-demand: The Discharge Date of My First Enlistment) and not the Principle who (THAT) earns (For YourSelFes) my living wage FOR THE(ir) DEBT-COST-CHARGE of living-to-excess (and) (UN)affections by Extremes for EXTREMISTS for Policy-Poverty. At what age Do

YourSelFes /Did YourSelFes decide that I should end my life? PEOPLE have and need Friends and Family. I neither require nor need any of this shit that YourSelFes call luck. I am not heretodo YourSelFes job(s), Hee-Haw. YourSelFes need a prescription plan that works.

Don't covet my wife? Of course YourSelFes did. YOU Gang-Banged Her Not Me. MIX that with "T-Shirt & Panties" and you got YourSelFes a HIT. Oh Please Don't Pipe Out. Somebody Strike A Match. Ghetto Is As Big As You Can Get It. There's a few more for YourSelFes record(s) collection(s).

Maybe YourSelFes could leave my friend alone too? I guarantee that She could not have been bothering YourSelFes MUCH until YourSelFes saw that I had an interest in – and plan for – HER wellness and rectification.

Eight a.m. To Five p.m. are the hours which are posted at 517 Des Plaines Avenue, Forest Park

Spring 2015
Edition

Issue 20

The opinions expressed by the NuRenaissance Newsletter contributors and those providing comments are theirs alone, and do not reflect the opinions of NuRenaissance or any affiliation thereof. NuRenaissance is not responsible for the accuracy of any of the information supplied by the authors and commenter's. All rights reserved. No portion of this publication may be reproduced without the written permission of the publisher.

www.nurenaissance.com

nurenaissance@yahoo.com

[@nuren_artist](https://twitter.com/nuren_artist)

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

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

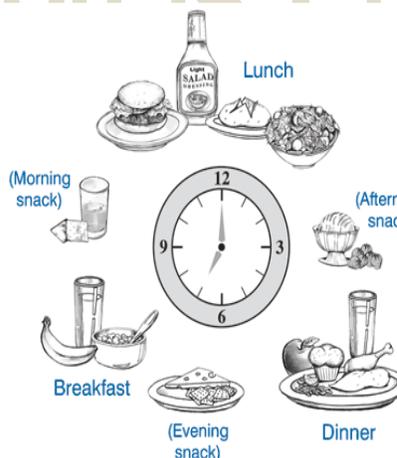
IL. The John Marshall Law School says that five-o'clock pm. is not a legal time for court, yet YourSelfes demand that I appear at that time on tomorrow, February 4 2015. It also supported my contention that YourSelfes cannot use LAW to pick-a-fight. I believe YourSelfes. Stop trying to beat-me-up. Crack does not pay. For the purposes listed above and specifically here, there is a reason why a MAN has ten toes. I am not a counterfeit job. Ask YourSelfes again about my legal status. See? No Person can have a JOB working for and against LAW at the same time. That is the kind of job that will soon run out. What are YourSelfes going to do then? YourSelfes FBI division(s) said that I was not wrong and that I was right in the FIRST place (FBI Mississippi); then iT (FBI Illinois) claimed that, "I'm sure you (meaning ME) must have done something. Maybe YourSelfes have the god-cop-bad-cop routine down to a particular science, but YourSelfes still cannot use iT and the System and iT – at the same time(s) – to

pick-a-fight with me – who is only one man. Don't be a BULLY, asshole. LAW is against DISORDERED behavior. If YourSelfes have a complaint against me, YourSelfes must identify YourSelfes with a legal name.

RaSul Tahir Hijaz El

Six Appeal

by carmLhealth



Growing up, we are taught to have three square meals a day; that included breakfast, lunch, and dinner. I remember how surprised I was when I visited Spain in my teenage years. We had

several meals that day, including, breakfast, lunch, dinner, and supper. I remember thinking that the Spaniards ate well. It was a simplistic life with fresh ingredients and meals under the fresh, crisp air made the experience much better than I could ever imagine. But why were the people of Spain accustomed to eating so many times a day? Is this something I should apply to my daily life? After embarking on my clean eating journey, I can say, without a shadow of a doubt that the answer is "yes." I think it is because, on average, Spaniards walk more than many Americans do, and burn a lot of energy. Applying the "six-meal rule" also taught me something about metabolism. We often hear that eating more speeds up your metabolism. Actually, it does not speed up your metabolism but helps you control your portions and encourages your body to work more efficiently. As the body works more efficiently, it processes food faster and your appetite increases. Therefore,

Spring 2015
Edition

Issue 20

The opinions expressed by the NuRenaissance Newsletter contributors and those providing comments are theirs alone, and do not reflect the opinions of NuRenaissance or any affiliation thereof. NuRenaissance is not responsible for the accuracy of any of the information supplied by the authors and commenter's. All rights reserved. No portion of this publication may be reproduced without the written permission of the publisher.

www.nurenaissance.com

nurenaissance@yahoo.com

[@nuren_artist](https://twitter.com/nuren_artist)

Nu's News X-expression is Freedom!!!

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

working out helps build muscle and muscle speeds up metabolism. This is why it is important to never skip meals and schedule snacks so that you can stay fit and trim.

How Do I Speed Up My Metabolism?

First, you must understand that what you eat influences your metabolism and mood. This determines whether you are either sluggish or energetic. Foods high in sugar, saturated fats, and/or artificial sweeteners and are also low in water and fiber will slow digestion. This can cause weight gain and leave you feeling like sluggish. Combat this by drinking plenty of water daily, at least 64 ounces (that's 8-8 oz. glasses), and consuming lots of fresh veggies and fruits. Healthy fats (olive oil, avocado, fish oils, seeds, nuts, soybeans) promote longer-lasting, stable energy levels. Lean proteins (fish, soy foods, white meat poultry, lean meats and low-fat dairy) offer essential proteins for

better digestion and muscle building.

Secondly, don't deprive yourself. If you want to eat a piece of chocolate, do so. My suggestion is to eat a PIECE. You should indulge but never overindulge. Converting to a healthier diet takes discipline and it also takes time. You have to understand that you are making a lot of changes at once, and you are incorporating diet and exercise in a daily routine that may not have been so active and healthy. Start out with 1 "cheat day" a week, then every two weeks, and then every three weeks until you are at a monthly cheat day. Once you find your comfort level, and your healthy palate is in full effect, you will find that you will choose fruit over that piece of cake. You will crave veggies over that fast food. You will grab one of your snack pre-prepped bag of celery and peanut butter and realize that are now a part of the world of clean-eating that you may have never initially thought would be possible. You will find that you feel

healthier and stronger, and you will see the results of a toned, healthier body. Ultimately, you will have a clearer understanding of what makes your body feel and work better, so you will be able to more effectively control your weight for years to come.

One more thing, once you start your journey, you will find that you are hungrier so this six meal a day rule will work out in your favor. You will want to eat more but in each meal you are eating less. Build on that and you will have the lifestyle you want in just a few months.

-carmLsicles



Ingredients:

Spring 2015
Edition

Issue 20

The opinions expressed by the NuRenaissance Newsletter contributors and those providing comments are theirs alone, and do not reflect the opinions of NuRenaissance or any affiliation thereof. NuRenaissance is not responsible for the accuracy of any of the information supplied by the authors and commenter's. All rights reserved. No portion of this publication may be reproduced without the written permission of the publisher.

www.nurenaissance.com

nurenaissance@yahoo.com

[@nuren_artist](https://twitter.com/nuren_artist)

Nu's News X-expression is Freedom!!!

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

- 1 C. Pure Coconut Water*
 - ½ C. Small Pineapple Chunks
 - 1 C. Berries of your choice (I prefer blueberries and strawberries)
 - ½ Tbsp. Agave
- To Prepare:
- Mix the agave nectar and coconut water together.
 - Fill your Popsicle mold with your choice of berries and pineapple chunks.
 - Pour the coconut water mixture over the berries in the mold.
 - Insert your Popsicle sticks. (My molds came with their own plastic sticks.) Allow the stick to pierce a few pieces of fruit to help it remain in place.

•Place in freezer for at least 2 hours. When frozen to your satisfaction, remove and enjoy.

•Alternative:

–Blend the coconut water with a few pineapples (and agave nectar if you'd like) and pour that mixture into the mold over the fruit.

*You can purchase coconut water or you can get it fresh from the actual coconut itself. I prefer the water from the coconut but be warned that opening a coconut can be a huge challenge.

***From the
Boom!
Boom!***

Pow! Pow! Collection

"So Cold"

Prelude:

Chorus (solo)

**Why you so cold-,
so cold-**

**Hear their voices
plead-**

**Why you so cold-,
so cold-**

**Where your choices
lead-**

(music break)

**Chorus
(emphatically
spoken):**

Spring 2015
Edition

Issue 20

The opinions expressed by the NuRenaissance Newsletter contributors and those providing comments are theirs alone, and do not reflect the opinions of NuRenaissance or any affiliation thereof. NuRenaissance is not responsible for the accuracy of any of the information supplied by the authors and commenter's. All rights reserved. No portion of this publication may be reproduced without the written permission of the publisher.

www.nurenaissance.com

nurenaissance@yahoo.com

[@nuren_artist](https://twitter.com/nuren_artist)

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

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

*Aaahhh! Get, get,
get with the
program!*

*Get, get with the
program!*

(music break)

*Get, get, get with
the program!*

*Get, get with the
program!*

(music break)

*Get, get, get, with
the program!*

*Get, get with the
program!*

(music break)

Since when was life
supposed to be easy.

Freeloading like it
would always be a
freebie.

Caring about nothin'
but being a lazy bum.

Going to school just
to play and have fun.

Don't wanna listen to
what your elders say.

Your excuse is you
can't help it you're
that way

All your adolescent
days spent cryin'
wolf.

Blaming ev'ryone else
while the time goes .
. . (sound effect of
"poof")

Chorus

It doesn't take a
genius on a scale
from one to ten

To figure out your
future's looking
mighty doggone grim

Repeating and
repeating the same
old mistakes.

Good grief! How
many butt whoopin's
does it take!

Now, you're standing
in a line-up thinking
back in the day.

Why in the world
were you so
hardheaded anyway!

And, then the
memories come to
mind crystal clear

The words your
mama use to say you
can hear-.

Spring 2015
Edition

Issue 20

The opinions expressed by the NuRenaissance Newsletter contributors and those providing comments are theirs alone, and do not reflect the opinions of NuRenaissance or any affiliation thereof. NuRenaissance is not responsible for the accuracy of any of the information supplied by the authors and commenter's. All rights reserved. No portion of this publication may be reproduced without the written permission of the publisher.

www.nurenaissance.com

nurenaissance@yahoo.com

[@nuren_artist](https://twitter.com/nuren_artist)

Nu's News X-expression is Freedom!!!

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

Chorus

Now, you wished to
God you would have
paid attention.

Yet, the words "I told
you so", you hate to
hear mentioned.

You're out on parole;
no one will hire you.

So, you blame the
world again, and turn
back to crime too!

It's not like anybody
didn't tell you so,

Don't even try to
perpetrate a fraud
like you didn't know!

Okay, go ahead!
Scream, kick, pout
and fuss.

But, wake up
realizing better
choices are a must.

Conclusion:

**Why are you so
cold-, so cold-**

**Hear their voices
plead-**

**Why are you so
cold-, so cold-**

**Where your choices
lead-**

*Written by Pinkie Lee Davis
March 3, 2001 and revised
March 9, 2001. Copying,
distribution or publication
without express written
permission is prohibited. ©*

Three Conclusions

by Pretty Political

I recently
completed a study on
terrorism and the
Boko Haram Islamic
militant group based
out of Northern

Nigeria. Overall, in the
broad realm of
terrorism and this
study, I have drawn
three
conclusions. First,
quite naturally we are
sympathetic
individuals. Therefore,
we are essentially
good and have good
intentions. Second,
I'm a firm believer that
evil does exist in the
world, from a
Christian's
perspective. This is
seen throughout
biblical
scripture. Third, I
believe that there is a
"necessary evil", from
the terrorist
perspective. Committing
such horrible
atrocities in the name
of their religious
beliefs and values are
merely justifiable
means to carry out

Spring 2015
Edition

Issue 20

The opinions expressed by the NuRenaissance Newsletter contributors and those providing comments are theirs alone, and do not reflect the opinions of NuRenaissance or any affiliation thereof. NuRenaissance is not responsible for the accuracy of any of the information supplied by the authors and commenter's. All rights reserved. No portion of this publication may be reproduced without the written permission of the publisher.

www.nurenaissance.com

nurenaissance@yahoo.com

[@nuren_artist](https://twitter.com/nuren_artist)

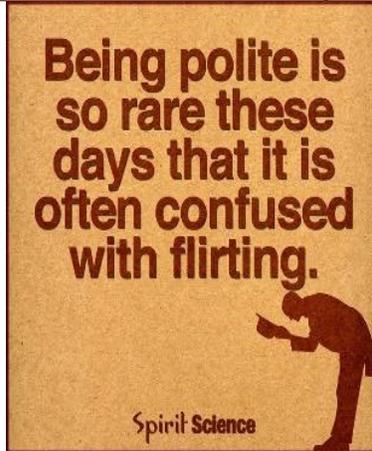
Nu's News X-pression is Freedom!!!

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

these acts. Not that it's the right thing to do. However, in the eyes of the terrorists this is the right thing to do considering the circumstances they are faced with and their religious principles. The solution to terrorism and all of the world's evils would be world peace; but that could only happen in a perfect world.

Being Polite Isn't Flirting

Talk2Q



How sad is it these days that when you're nice to someone they can get suspicious of you? Does everyone who does something for you want something in return other than a "thank you"?

Pretty much. That's the society that we've created in the United States. A bunch of selfish and entitled people who can't see past their own feelings. And as you can see, I'm disgusted by it.

I'm was walking in downtown Jackson recently and it was raining. The building that I was leaving had a cover over the front steps and I was about to walk across the street to a garage. However, the rain seemed to pour down rain even harder

once I reached the bottom step. I could barely see 15 feet in front of myself.

Luckily, I had my large umbrella with me and I opened it up and got ready to cross the street. A lady came out of the building without an umbrella and made her way down the steps to make a run for the garage through the rain. I asked her, "Would you like to use my umbrella? I'm rocking a bald head, so the rain won't bother me. I can just get it from you on the other side."

She turned up her lip as if she was offended by my gesture and said, "Why would you do that for me?"

Ignoring her negative demeanor, I replied sarcastically in question, "So that you don't get wet? You don't want to mess up your clothes, do you?"

She sat idly for a second as she appeared to be pondering the pros and cons. All while she looked at me as if I was playing some sort of con game on her. Before she

Spring 2015
Edition

Issue 20

The opinions expressed by the NuRenaissance Newsletter contributors and those providing comments are theirs alone, and do not reflect the opinions of NuRenaissance or any affiliation thereof. NuRenaissance is not responsible for the accuracy of any of the information supplied by the authors and commenter's. All rights reserved. No portion of this publication may be reproduced without the written permission of the publisher.

www.nurenaissance.com

nurenaissance@yahoo.com

[@nuren_artist](https://twitter.com/nuren_artist)

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

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

could respond, I simply turned around and walked across the street with my umbrella. She may have said something to me as I walked off, but the rain was hitting my umbrella so hard that I couldn't make out if she did or not.

Look, I'm all for being cautious, but not to the point of paralysis. I asked her if she needed my umbrella not to get into a windowless van. She was so hesitant in her thinking that she probably thought that I was going to hit on her for allowing her to use my umbrella to cross the street. I didn't ask for her to get under my umbrella with me and walk together. I didn't ask for her name or number. I was simply trying to do what I thought was the right thing.

I'll give her the benefit of the doubt by saying that maybe she's had a ton of bad guys disrespect her to the point of skepticism. I can halfway understand that and if that's the case then it's just a sad way to have to live a life. A lot of people do want something for something. Q

uid pro quo. Not many do something for the sake of being generous of chivalrous.

Evidently that's so rare these days that people expect it to come with a cost. Unfortunately, it's her loss because when I drove by her on my way out of the garage she was soaked.



The Tasha Mac Chronicles

*(Doing the Right Thing
Isn't Always Easy)*



I would love to start this blog off by telling you all that this has been the best year of my life. However, it would be more than just a slight fabrication. I don't want to sound drab, but the truth is I've been dealing with some trials, and I've faced my fair share of challenges. But, that's all a part of living, right? Of course it is. If you've read any of my other blogs, you know I'm no stranger to trials and tribulations, but I'm no quitter either. With all of that said, it's mid-April and this year alone, I've dealt with the loss of two very important people in life. They both transitioned within three weeks' time. So, I have a void in my heart that has left me feeling a little empty but the love I have for them keeps me going knowing they are both resting well in a better place.

Spring 2015
Edition

Issue 20

The opinions expressed by the NuRenaissance Newsletter contributors and those providing comments are theirs alone, and do not reflect the opinions of NuRenaissance or any affiliation thereof. NuRenaissance is not responsible for the accuracy of any of the information supplied by the authors and commenter's. All rights reserved. No portion of this publication may be reproduced without the written permission of the publisher.

www.nurenaissance.com

nurenaissance@yahoo.com

[@nuren_artist](https://twitter.com/nuren_artist)

Nu's News X-expression is Freedom!!!

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

Some days my plate is so full, the load gets so heavy, and I get overwhelmed with my responsibilities, tasks, and routines. There are days when I want to go off on social media, I feel like cussing, and I want to do whatever is going to please my flesh. Yes, I do feel like this at times. However, I'm at the point in my life where I am thinking before doing, more often than I did when I was in my 20s or even five years ago for that matter. Although, I want to sometimes run away from life and create a new satisfying one for however long, I know that a temporary "fix" will not fix anything. It's easy to say to yourself and to others, "do the right thing." Believe me, I say it a lot to myself, my kids, and to others I'm close to. I guess because, there was a time in my life where it seemed as if I constantly gravitated towards doing the wrong thing. Those decisions caused a great deal of suffering for me. I learned

a lot of lessons the hard way, and some decisions have had lasting effects. Don't get me wrong, I still have to have talks with myself (and certainly with God) about staying on the right path. Temptation is everywhere and it knocks on my door harder when it seems as if my world is topsy turvy. But that's just like the devil, isn't it? There was a time in my life where I wouldn't have thought twice about doing some of the things that I steer clear of doing today. Some would say that shows my growth and maturity. And, I will agree. However, I just know that those wrong decisions I made NEVER WORKED OUT for me. I seriously think about what I will gain if I do this or that. And more importantly, what will I lose and/or miss out on if I do.

Doing the right thing can be an uphill battle. And it's hard when you see those you love on a path of destruction. You know

nothing good will come from the decisions they are making, but they won't hear what you're saying. The hardest thing to do is let go, let God and let them go through it. I had my epiphany on constantly making wrong choices, and I'm glad I did. Wrong choices leads to feeling empty, lonely, despair, uncertainty and it disconnects you from God. I try as a parent, and as a leader to those around me, to instill positivity while being transparent as much as possible. However, we are all individuals and we all know that experience is the best teacher. I just pray and hope that my experiences and those of my loved ones comes from making wise, healthy choices.



Spring 2015
Edition

Issue 20

The opinions expressed by the NuRenaissance Newsletter contributors and those providing comments are theirs alone, and do not reflect the opinions of NuRenaissance or any affiliation thereof. NuRenaissance is not responsible for the accuracy of any of the information supplied by the authors and commenter's. All rights reserved. No portion of this publication may be reproduced without the written permission of the publisher.

www.nurenaissance.com

nurenaissance@yahoo.com

[@nuren_artist](https://twitter.com/nuren_artist)

Nu's News X-expression is Freedom!!!

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

One Smile Can Change Your Day by Talk2Q

I was at a Kroger grocery store last Sunday after church and I walked past a lady. Early-to-mid 40's, slim, very attractive features, wearing leopard printed heels with a knee-length skirt and matching animal print shawl/shoulder wrap over a white shirt. We made eye contact as she moved her shopping cart out of my path. By reflex, I said "good morning," but you couldn't honestly tell if I meant it or not. It was just a greeting. I'd just found out a church member of only 49 years old had died of cancer just 30 minutes prior. I'd also just heard that one of the ESPN personalities who I'd watch since the early 90's had passed away of cancer at 49 years old as well. So, my mood was a bit somber being that I've lost loved ones to cancer as well. To top it off, I was trying to make a mental list of what I needed from the grocery store. I thought that all of

that justified my dry "hello." After all, the only requirement is to be cordial, right?



Well, she replied with a very enthusiastic "Good morning! How are you?" in return.

I never broke stride and dryly replied with an "I'm fine. Thanks."

I walked around the corner to the next aisle and I thought about it for a second. In a world where people only think "self," here was someone who was energetic in her greeting and I didn't reciprocate. How often does that happen in our lives when people ask you, "how are you?" and they truly don't care? The last time you acknowledged someone with a "hello" or a "good morning," did you mean it?

This lady definitely meant "good morning" to me and I wasn't going to allow that to

be in vain. I turned my shopping cart around and went back around the corner. To my surprise, I was met with the same smile she'd given me before as if my dry response from earlier never happened. That says a lot about a person when they treat you respectfully despite how you may have treated them. I said to her, "Hello, again. I want to apologize for earlier. You were being very enthusiastic in speaking to me and I was in Lala Land. So, I needed to come back and apologize for that and give you a big smile and greeting. Good morning! How are you?"

She smiled and said, "I'm great and I'm relieved that there are still some good people in the world. You didn't have to do that."

"Yes. I did," I replied.

I told her to have a wonderful day and I walked off. Both of us left the conversation with smiles.

I ran into her two more times in the store and outside of the store as well. Each time she would flash a big smile as she strolled by. As I got

Spring 2015
Edition

Issue 20

The opinions expressed by the NuRenaissance Newsletter contributors and those providing comments are theirs alone, and do not reflect the opinions of NuRenaissance or any affiliation thereof. NuRenaissance is not responsible for the accuracy of any of the information supplied by the authors and commenter's. All rights reserved. No portion of this publication may be reproduced without the written permission of the publisher.

www.nurennaissance.com

nurennaissance@yahoo.com

[@nuren_artist](https://twitter.com/nuren_artist)

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

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

outside and started loading my groceries in my car, I noticed that she was only two parking spots down from me loading her groceries. By the time she finished I had walked over and offered to return her shopping cart to the store for her. She smiled and said, "Why, thank you!"

I actually felt like I should have been thanking her. She re-opened my eyes on something I preach to others: a positive attitude is infectious. It's amazing how we can take the little things for granted, but it's the little things, and only the little things, that determine what kind of people that we are.

Have a Kale of a day!

by carmlhealth

Kale is a great source of vitamin C. What does that mean? It not only helps fight against

the common cold, flu, and allergies, it is great for your eyesight (helps prevent cataracts), your heart (prevents heart disease), and it is great for asthmatics (helps keep lungs and airway passages functioning properly). Boasted as a superfood, Kale is packed with several vitamins and nutrients. This week, we are focusing on its health benefits, including how rich it is in iron. But, did you know that Kale is rich in vitamin C? A one-cup serving of kale provides 80.4 mg of vitamin C compared to the 69.7 mg provided by a medium-sized orange according to health.com. Many of us know that a great way to combat the common cold is through vitamin C. We stock up on oranges for its vitamin C benefit. Many drink a cup of orange juice

daily for its vitamin C benefits. It is my hope that you are squeezing your own fresh juice instead of using the store-bought, sugary juices that many have grown to love.

The antioxidant properties of vitamin C protect cells and their DNA from damage and mutation while also supporting the body's immune system. Scientifically controlled studies using vitamin C for colds show that it can reduce the severity of cold symptoms, acting as a natural antihistamine. Studies show that the vitamin may also be useful for allergy control because it helps reduce histamine levels. Vitamin C is vital to our health, helping to repair body tissue and providing antioxidants. The National Institute of Health (NIH)

Spring 2015
Edition

Issue 20

The opinions expressed by the NuRenaissance Newsletter contributors and those providing comments are theirs alone, and do not reflect the opinions of NuRenaissance or any affiliation thereof. NuRenaissance is not responsible for the accuracy of any of the information supplied by the authors and commenter's. All rights reserved. No portion of this publication may be reproduced without the written permission of the publisher.

www.nurenaissance.com

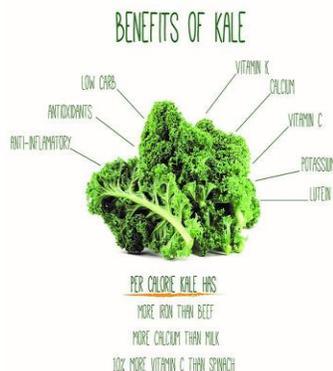
nurenaissance@yahoo.com

[@nuren_artist](https://twitter.com/nuren_artist)

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

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

<http://www.nlm.nih.gov/medlineplus/ency/article/002404.htm>
suggests that adult men over age 19 consume 90 milligrams a day, and adult women should consume 75 milligrams a day. Finally, vitamin C is an important vitamin, not just because of its benefits as it fights against common colds and the flu virus, it has also made recent news because of its help in the fight against cancer.



**Provocation
of Thought:**

An Opus of Analogy "Regulation of Ruin" by My

Mind

To void the existence of possibilities, to exile the decimals of alteration, limitations of even the slightest limit, this is precisely the problem of public education, allow the blossom of cognitive stimulation bloom, allow room to fall and get up when

there is failure-
Simply
remember how
to understand
the simple minds
you are
grooming,
remember how
to ignite the
urge of
exploration,
adventure, and
wondering
about how
things work,
what makes,
them work echo
the endless
world of
possibility make
it meaningful
with reward. All
this – "gotdamn"
technology and
we've forgotten
how to simply

Spring 2015
Edition

Issue 20

The opinions expressed by the NuRenaissance Newsletter contributors and those providing comments are theirs alone, and do not reflect the opinions of NuRenaissance or any affiliation thereof. NuRenaissance is not responsible for the accuracy of any of the information supplied by the authors and commenter's. All rights reserved. No portion of this publication may be reproduced without the written permission of the publisher.

www.nurenaissance.com

nurenaissance@yahoo.com

[@nuren_artist](https://twitter.com/nuren_artist)

Nu's News X-expression is Freedom!!!

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

apply the simplest concepts,

3rd Grade

Teacher:

(1970's/1980's) if you do well on this test, class we can go to the playground after the test and I will bring popsicles.

(Cool I will study and try really hard)

3rd Grade

Teacher:

(1990's/2000's) If you do well on this test, class our school won't be funded and I may lose my job. (I don't

understand this grown up stuff)

Hmmmm.



The Crystal Show ft. Dre
airs LIVE Thursday Nights 9pm est.
Call In # (657) 383-0554
Or Listen to the Podcasts 
www.blogtalkradio.com/crystalshow1

If You're Broke Then Don't Date (Man or Woman) by Talk2Q



Relationships are easy to get into, but difficult to maintain. So, it's safe to say that you have to avoid certain pitfalls in order to find one that works. You have to put yourself in a

position to succeed if you want something that could end up in a long term or permanent venture. In order to be a spouse, you have to become a spouse.

Now, that sounds redundant, but if you heard me say it instead of just reading it then you would think that I was a philosopher or something. :)

To "become a spouse" you have to have your life in order. Any chaos in your life will transfer to anyone you try to date. No matter how you try to hide or suppress whatever is causing strife at home it will come to the forefront. And more than likely it will be the wedge driven between you and your significant other.

One of those things that drives a wedge in relationship is money. Generally, the lack thereof. Any time someone doesn't know how their next bill is going to get paid then that's the pure definition of "stress." You're "robbing Peter to pay Paul," you're getting extensions, paying late fees, and other things

Spring 2015
Edition

Issue 20

The opinions expressed by the NuRenaissance Newsletter contributors and those providing comments are theirs alone, and do not reflect the opinions of NuRenaissance or any affiliation thereof. NuRenaissance is not responsible for the accuracy of any of the information supplied by the authors and commenter's. All rights reserved. No portion of this publication may be reproduced without the written permission of the publisher.

www.nurenaissance.com

nurenaissance@yahoo.com

[@nuren_artist](https://twitter.com/nuren_artist)

Nu's News X-expression is Freedom!!!

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

just to maintain some necessities in life. But, you want to go out this weekend with someone you just met? Child, please.

For men, we're expected by most of society to "court" the woman. That can mean taking her to dinner, movies, etc. There are free and inexpensive ways to get to know someone, but that depends on the woman. There are some women who don't care where you go or what you do. They just want to spend time with you and be treated with respect. Most men refer to those women as "potential wives" or the "kind you take home to Momma." If a woman has to go out to eat, drink, socialize just to be with you then most men like to call them "rentals." Harsh, but true.

Now this blog does not apply to college students who are usually broke. We understand your situation. But as an adult it's imperative that you have some sort of income that will allow you to date. There are

some females who don't require being courted, so they'll be okay with "coming over to chill" at the crib with you. A DVD and fast food can turn into sex. You can get by being broke with them because they have lower standards anyway. That's why I referred to them as "females" instead of "ladies."

However, ladies generally want to be courted and expect the man to entertain. That actually rubs some guys (notice I said "guys" and not "men") the wrong way. Some guys will sit back and think, "Well, I spent \$50 on dinner and she didn't spend a dime. She owes me."

Well, some women do treat the man every now and then and it's a wonderful and appreciated gesture. Yet, a lot of guys are quick to holler, "Why doesn't she treat me every other date? She works a full-time job just like I work one!"

Well, consider this, fellas: most women buy a new outfit when they go out with someone new. Let's just say

hers cost \$100. She also wants to get her hair and nails done. Add in another \$100. Do you still think that she kept her purse closed for your date? Absolutely not. Because she wants to look just as impressive if not more impressive than the time you met her and asked her out. Guys, you probably actually come out cheaper just paying for dinner than what it cost her to get ready for dinner. I'm just saying.

So, don't be so quick to ask her to foot the bill when all you did is get a haircut, um 'kay?

The bottom line is: "Romance without finance is a nuisance." Money isn't necessary to have a good time and enjoy someone, but in today's society it's very important. Very little is free these days, so finding entertainment can be costly depending on where you live. So, if you find someone worthy of your time then be in a place where both of you aren't restricted because of finances. Being financially secure can give you a peace

Spring 2015
Edition

Issue 20

The opinions expressed by the NuRenaissance Newsletter contributors and those providing comments are theirs alone, and do not reflect the opinions of NuRenaissance or any affiliation thereof. NuRenaissance is not responsible for the accuracy of any of the information supplied by the authors and commenter's. All rights reserved. No portion of this publication may be reproduced without the written permission of the publisher.

www.nurenaissance.com

nurenaissance@yahoo.com

[@nuren_artist](https://twitter.com/nuren_artist)

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

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

of mind that can make you a lot more pleasant to date.

CAN YOU PRAY MY HETEROSEXUALITY AWAY??



I have heard so many times where churches and prayer groups have "prayed away" homosexuality. I am wondering if they could come and PRAY AWAY my heterosexuality. Why would I want this? Well I am not doing so well in the relationship department. Men and I have not gotten along very well. I have not been able to "keep" a man. I have done all I can do to make a relationship work, and to no avail. So I am thinking that maybe if I go to the "other side" AKA women,

then I would have better luck. We understand each other, cry on each other's shoulders, and have so much to talk about when it comes to Scandal and the many Real Housewives. So why not have a romantic relationship as well?

The problem is, I'm not attracted to women sexually and I could not see myself having a homosexual relationship with a woman. **But then if you could pray away homosexuality, maybe you could pray away heterosexuality!?** That way I would have a nice relationship with someone who would love me and that I could love. Does that sound ridiculous? When I discussed this with others they only looked at me as if I was crazy or ill. I can't attest to my mental stability but I can say that I am not gay and if being gay could make my life more enjoyable, and fill it with love and understanding then why shouldn't I be gay? Isn't that what they are saying about homosexuals who are gay? Aren't they saying that their

life would be more enjoyable and worth living if they were heterosexual? I don't know, but it's no piece of cake over here in Hetero-Land.



Or is it the "sin-thing"? It's a sin to be a homosexual? Well I don't know about that, but I do know that it's a sin to live this life alone and unloved. If it's not a sin, it should be. What I do know is this life is hard, it's cold, and it can be brutally lonely. If you can find someone, anyone, to take away some of that pain and isolation, I say run to them and let them love you. Whether it's man to woman, or woman to woman, or man to man. My religion, and the God I believe in, wants us to love each other one and all. Why don't we just pray for that?

Pray for love.

Spring 2015
Edition

Issue 20

The opinions expressed by the NuRenaissance Newsletter contributors and those providing comments are theirs alone, and do not reflect the opinions of NuRenaissance or any affiliation thereof. NuRenaissance is not responsible for the accuracy of any of the information supplied by the authors and commenter's. All rights reserved. No portion of this publication may be reproduced without the written permission of the publisher.

www.nurennaissance.com

nurennaissance@yahoo.com

[@nuren_artist](https://twitter.com/nuren_artist)