

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

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

**Funtunfunefu  
Denkyemfunefu**

"Siamese crocodiles"



**Adinkra  
symbol**

**meaning:** The Siamese crocodiles share one stomach, yet they fight over food.

**MORAL VALUE:** this is the symbol of unity in diversity. We may all be different but we must unite and fight for common cause.

## **THE AALIYAH MOVIE: HOW TO MAKE A PEDOPHILE LOOK MIS- UNDERSTOOD**

by Author Crystal Henderson  
from Get Crystalized



There are many who are very angry about this movie, from Aaliyah's own family to Timberland and Missy Elliott. On November 15, 2014 Lifetime premiered the biopic "**Aaliyah: The Princess of R&B,**" starring **Alexandra Shipp** ("House of Anubis") as the beloved actress and music sensation. The two-hour movie event is executive produced by **Howard Braunstein, Debra Martin Chase and Wendy Williams,** and

based on the bestseller "**Aaliyah: More Than a Woman**" by former Time Magazine music editor **Christopher John Farley** (Game World). What in the world was Wendy Williams thinking being a part of this catastrophe?



You can read about the complaints that the family had and others but here is mine. Not only was it a poorly written screenplay, which felt more like a very long interview with snapshots thrown together, it made R Kelly look like a poor misunderstood love sick puppy instead of what he was: a 27 year old PEDOPHILE!! There is a reason why there is a law against grown people sleeping with children! And yes, Aaliyah was a CHILD when she met Robert Kelly. She was 15

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years old. He was 27 years old. He may have dressed like he was her age but he was NOT. In the movie as they tried to build this "love affair" between them, they showed him looking longingly at her as he listened to her sing. They even showed him going into the studio booth and kissing her in front of the other staff, who by the way, did nothing. I mean did anyone come up to him and go "Man, she's a baby! Whatever you're thinking, stop thinking it!" or did anyone pick up the phone and call her uncle and music manager Barry Hankerson, played by Lyriq Bent and inform him that R Kelly was making very inappropriate moves on his 15 year old niece?

That was my problem with the movie. For the first hour they spent showing how R Kelly wooed Aaliyah and pursued her. They made it seem so innocent and as if they

were star crossed lovers. Even though there were no sex scenes in the movie, it was clear that it was a romantic relationship. It was clear that they went and got married, though illegal because she was only 15 and they did not have parental consent. Aaliyah herself cannot be held responsible for her actions because she was a child.

After that LONG love affair attention the movie made on Aaliyah and R Kelly it fast forwards quite a bit through her career and slows down for the next great love affair, a more real one with her and Damon Dash. The movie was pure surface B.S. Sorry but it is. I now know why the family did not want it produced. I am quite sure it had less to do with it being on the small screen and more to do with it just being pure crap and makes R Kelly look like such a sweet innocent guy. It barely focused on her

relationship with her family, how her stardom affected them, and basically about who she actually was. What were her dreams and thoughts beyond Kelly? I think this was because all they wanted to do was put a movie out and make a few bucks.

**I loved Aaliyah, this was such a disappointment. And Alexandria, sorry hun, but you can't DANCE!!**



I still say the best movie ever done about a celebrity dying young and tragic was **La Bamba**, story of the life and death of **Ritchie Valens**. I also will give honorable mention to the

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movie Selena. The next time a celebrity movie is put out why don't they pop in La Bamba and take some SERIOUS notes!!

## Nutrition by carmLhealth



Whether you realize it or not, your body uses the nutrients from the foods you consume to fuel itself. It is your responsibility to ensure that you are feeding your body the proper nutrients. A healthy diet means a healthy body. Paying close attention to good eating habits now will bring you great health benefits

later. The rule of thumb is to eat 6 small meals a day. It helps speed up your metabolism and also maintain your intake because of the smaller portion sizes (meaning eat until you are satisfied not until you are stuffed or "full"). The following is an example of a meal schedule:

**8:00 breakfast**

**10:30 snack**

**12:30 lunch**

**3:00 snack**

**6:00 dinner**

**8:30 snack**

Understanding that your food habits affect your health, challenge yourself to combine your favorite foods and fun times with a nutritionally balanced diet.

## Put The Gun Down!!!!

by The Elderly Lady with Glasses!!

Somewhere in this world there has to be a still small voice that says stop! Stop the killing. Stop destroying, stop hating one another. We are a lost people wondering to and fro like sheep to the slaughter.

THE Police are here to serve and protect but POWER corrupts. I had a 7-11 for a decade in a neighborhood that was a thriving venue for families; until one day drug dealers and gangs showed up. Our peaceful tranquil life was over as we knew it.

I look at the news and am shocked that the Police and the people they are supposed to protect are all gone mad. I was watching the news and saw Eric Garner choked to death. The officer knew he was killing this

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man and didn't care. I hope every time that Officer closes his eyes, that he sees and hears Eric's cry for life.

The cop who shot Michael Brown to death in Ferguson, MO got off just like Trayvon martin's killer in Florida. When Black folks see that no one values our lives; then We then must value our own lives and stop the killing right now and stop the violence!

I was shocked to see that crazed murdering cop jump out of his vehicle and kill that 12 year old child in Ohio. My family lives in Ohio. Tamir Rice was shot playing with a BB gun by Barney sharp shooting Fife wanna be! One question who the Hell gave that black baby that darn toy gun?

I was saddened by the slaughter of the 2 NYPD officers Wenjian Liu and Rafael Ramos. There have been other sporadic attacks in different areas. This has to STOP and NOW!!!! We are engaged in a civil war. This

foolish behavior has to stop. It doesn't even make sense to take someone else's life. A nation divided against itself cannot stand.

I can certainly tell you some good things about our police department and some terrible things that I have witnessed about our police department as well. Black folks who are police officers are just as or more treacherous than the white officers or if you closed your eyes you couldn't tell the difference.

A day or so before Christmas 2014 my nephew who is an honor student and scholar drove from Texas in a Hertz rental car. He drove a quarter of a mile in our upscale neighborhood to get a bottle of tea from the 7-11 only to get ambushed by JPD. They claimed a car was car jacked in another part of town and his car fit the make. They apparently can't read because E.J.P had the paper work in the glove compartment and his id. My

nephew is an educated and very mannerable young man. They immediately hand cuffed him and put him in the patrol car. Our neighborhood watch person saw the entire thing and notified his mom. The police soon discovered they had the wrong young; but they being black decided since he was black who cares, they started to search his car and when his mom arrived and his dad who is the news director; the fat cops only reply was how did you know we had him? I was glad she got there in time, because they may have killed him for no reason.

I like to throw my weight around. If I were news director I would have shown up with a full camera crew. I advised her (my sister) to go to the Chief of Police. If the head of the Police department doesn't care then we are all dead.

We are paying the police's salary through taxes and other fees to kill the hell out of us. Now that is crazy. WE ARE THE WILD

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WILD WEST. Parents have to do a better job of raising their kids and black children remember in the old days how we were inside by dark? We are going to have to get inside and stay inside at night. Do not roam the streets all time of night it is too dangerous. Before the I-phone was launched I was leaving the North Park Mall. Ridgeland, Mississippi PD is anti-black and off the chain. I saw a black elegantly dress couple who may have just got married or given away the bride dressed in all white pulled over and the man made to lay face down on the muddy side of the highway right at the red light. IF I had a smart phone then, you would be looking at the video forever!

*It makes no sense for tax payers to pay he polices salary so they can beat the heck out of us, torture us, harass us and will kill us whenever the*

*chance arrives.* JPD pulled over my elderly buddy in his 70's they said, go on guy we are looking for those young punks. Police in Jackson and Ridgeland, Mississippi are just picking on black targets.

We have to use our tools. Tape them. Cameras are our first line of defense against this foolishness. Even when cameras are in focus a black person life isn't worth a rubber nickel to the Police. We have to care about ourselves and we have to do better. Put the gun down and pick up educations and start acting like you have common sense. Take off your first grade brothers' pants, put on some man jeans and wear a belt and stop acting stupid!!!! Stop it right now!! Live to see another day. I have simply stopped crying. I don't have any tears left. We have to love ourselves.

Sincerely,

The Elderly lady With Glasses  
2014

## ALL ABOUT SELF by Talk2Q

*Selfish people rarely recognize how selfish they are. If you think this is about someone else rather than yourself, you're probably the selfish one in denial*

The mindset of this country has shifted so much over the past few years. Everyone is not only out for self, but they're only focused on self. Why do I walk through life feeling as if I'm one of few people who actually cares about others? Here it is Christmas Day and I'm doing a blog post on exactly the opposite of what today means. I witnessed countless examples of selfishness on yesterday just from a trip

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to a store to get a last-second gift for someone.

I can't figure it out for the life of me. On a daily basis I see so many examples of people being consumed with their own little worlds without giving one thought to the fact that others live in it. An example of that is a Christmas card that I received from a friend of mine. I received it on Monday and I called her that evening to thank her for the card. She told me that she sent five cards to people and that I was the only one who called to thank her. She said another person did send a text, but she's heard nothing from the others.

Most people don't send cards anymore, so you would think someone who puts forth an effort would at least get a call to say "thanks." Not these days. Maybe if the card contained a gift card would someone feel more

grateful, but not for a card that only contains season's greetings.

Why is it so hard to say "thank you" for someone's efforts? Kids are obviously not being taught to appreciate the efforts of others because their (Gen X) parents don't seem to know any better. Wait. I take that back. They know better. They just don't care.

I'm a giver. That's just part of my nature. I've even been criticized for it (by selfish people, of course). From being cordial to ex-girlfriends to loaning \$5 to someone who already owes me \$10. I've been called out for showing compassion for others. By no means am I a sucker, but I choose to do things on a case-by-case basis. And I will continue to do so despite the chirping of a few miserable people who wonder how I continue to give and keep smiling in

the process.

I have extremely tough skin so the criticism doesn't bother me. I actually think that it's sad people criticize someone for doing something for others. It's also sad that people think that you can't do something for someone without expecting something in return other than a "thank you." Do it because you want to be helpful. Not because you have expectations of a return on your "investment." A "thank you" should be payment enough.

This country is slowly imploding. The media is working double-time to create a war between minorities and the police. Politicians perpetuate fights between members of the middle class. We slowly piss off every

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country overseas from invading their country to making comedy movies about their leaders. All of this could be avoided if people simply considered others before speaking or doing.

But, nope. We're all about self. So, as I wish everyone a Merry Christmas, I will leave you with this thought: starting today I want you to do something nice for someone "just because." I challenge you to make at least one person smile every day. If they looked surprised when you make a gesture then don't be alarmed by it. I often find that people are confused by acts of kindness because good deeds are not expected without strings attached. I've even had people question me on why I did something for them as if they weren't

worthy of it or maybe I was up to something. That's sad.

Mother Teresa most famously said,

*"People are often unreasonable, irrational, and self-centered. Forgive them anyway.*

*If you are kind, people may accuse you of selfish, ulterior motives. Be kind anyway.*

*If you are successful, you will win some unfaithful friends and some genuine enemies. Succeed anyway.*

*If you are honest and sincere people may deceive you. Be honest and sincere anyway.*

*What you spend years creating, others could destroy overnight. Create anyway.*

*If you find serenity and happiness, some may be jealous. Be happy anyway.*

*The good you do today, will often be forgotten. Do good anyway.*

*Give the best you have, and it will never be enough. Give your best anyway.*

*In the final analysis, it is between you and God. It was never between you and them anyway."*

"Generally speaking, the most miserable people I know are those who are obsessed with themselves; the happiest people I know are those who lose themselves in the service of others...By and large, I have come to see that if we complain about life, it is because we are thinking only of ourselves." GBH



## Poetic

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## **Inclination** by

Bella Boo

Poetically inclined by  
sexual fever

-You can't miss what  
you can't measure ;)

These are the current  
chronicles but I'll  
blame it on the  
alcohol.

I am weak, I shall be  
strong

Thinking to myself,  
singing this song

But if he calls or texts  
my phone

Would giving in, be so  
wrong

If I had your number  
I'd be tempted to text

Just to ask you for  
midnight sex

Don't be surprised at  
me being so blunt

Right now I have needs  
so no need to front

-When hormones take  
over I say what I feel

The more they rage  
the more I keep it real

Legs closely together  
as I'm squeezing tight

When I'm horny I can't  
sleep at night

I'd use my toy but I've  
used it twice

I should go to the  
fridge and get some  
ice

But Who Am I kidding,  
that won't work

I'm just a lil ol' freak  
ready to twerk

-Not holding back no  
limits this time

I'm doing whatever is  
on my mind

I've always worried  
what he'd think of me

And when he'd look at  
me what he'd see

-None of that matters  
and now I know

Do what you feel and  
feel as you go

Make yourself happy  
or no one will

This is your life and  
one chance to live

-So take it now hit it  
from the back

Take my cheeks give  
them a smack

Make your mark with  
no regrets  
No more strings  
attached it  
's just sex

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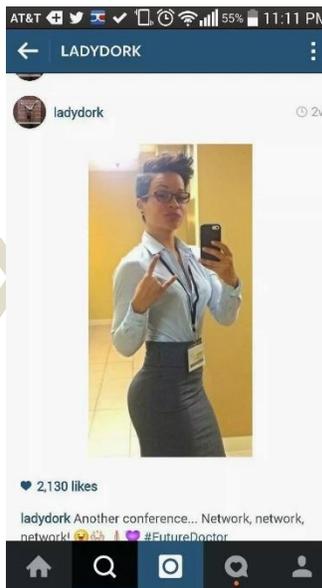
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## Some Women Can't Help It

by Talk2Q



### What can someone with her shape wear?

Some women can't help the way they're built. Genetics control your starting point and although you can exercise (or not), you basically are what your parents' DNA decide that you are. For some women the

DNA decides that they are curvaceous.

So, how does that play out in the work place? Most of Corporate America have dress policies and some of the requirements are strict. Yet some women can comply with the dress code yet still raise some eyebrows because of their shape.

I've seen on two or three different occasions where a coworker of mine from a previous job got sent home for wearing what was deemed "inappropriate." But the consensus of the office was that there was nothing wrong with what she had on. It was *how she looked* in her outfit that prompted management to react. So, what is a curvy woman to do?

Look at the photo to the right. She's in great shape (yoga instructor) and has dangerous curves. Her dress *fits* her, but I wouldn't consider it tight. Should she buy her clothes a size too big to keep the peace in the office?

What about people who aren't curvy who can wear what they want? Is that fair to someone who has an hourglass shape?

I think not. As long as a woman isn't wearing an inappropriate material (ex. leather), nightclub attire, skin tight outfits, etc., then leave her alone. Some people are just attractive and can't help being a distraction in the workplace. It's not fair to let an [Ann Coulter](#) type wear what she wants, but then get upset when [Vida Guerra](#) looks curvy in something similar.

I understand that Corporate America doesn't want their employees going goo-goo, gaa-gaa over each other. Nothing would get done and sexual harassment law suits would go through the roof. But, you have to be mindful of what you're suggesting to people when you discipline someone for having curves. It may send a better message by not singling someone out because they have a DD bra size or 42 inch hips. It's just

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not right.

To some it borderlines racism given that most black and Hispanic women tend to be curvier than others, but that's beside the point.

There are plenty of women of all races who have hourglass shapes.

The point is: don't make them feel bad because they look good.

Some people just can't tone down their sexy.



## End Your Hostilities

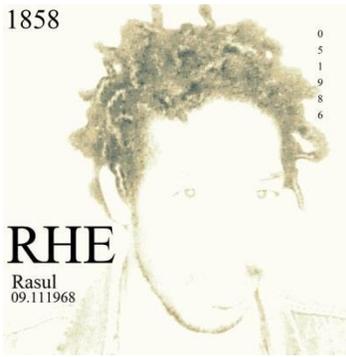
October 11, 2014 at 12:42pm

Any reference to my earthly father's "Walla-Walla Oh-Oh" language was likely to get both my sister and I into loads of trouble. "We" knew that we were "from a different Continent on the Planet" but, "were afraid nightly for its inhabitants, so we had to pray."

Given a COMPLEX rationale of indiscriminate choices, our only options were introduced to us at an early age. Though my Father, sometimes briefly, sometimes at length (usually on the phone) and from a distance, inducted us into his language, we were forced to concede the fact that we would never learn to ask about our origins. He was a Native Filipino islander. With some distraction toward Cuba, he opted to forsake his natural place of birth for reasons all his own. He had little tolerance for being exposed and was aggressive to no purpose toward that end – obscuring his identity –

## 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.

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without singular compromise.

I was but five-and-a-half years old when I first learned to identify "when to shut up" from my Mother's advice. So I quickly and in earnest, though I could not help but listen, I attempted to avoid being caught eavesdropping on any conversation involving, "Walla-Walla OH-Oh." Those attempts basically ended up with the crap beat out of me for a disassociated reason to prove the point that He (my Father) was the boss of everything. So I ended up getting a daily ass-whipping for no described purpose other than no explanation – just in case – in case I had been listening and talking (in whispers) to my sister who was in receipt of the same mistreatment syndrome. That is one specific into how we (through brain-washing) overcame the stereotype "on our specific behavior"(s) to fix in our minds, "How best to become Black."

My best-friend at the time, Cecilio, was a kid I knew

from school. He was from Manila and we were about the same age. Sometimes we talked in class whenever he was invited from the secondary school on education (ESL). All the "island music" had been beaten out of me by that point. It was my Mother's doing, of course – she was a primary grades teacher at the same school – taken upon my Father's advice to "all of us" that "Let me make this abundantly clear. (His favorite phrase it seemed for a while) You will not sit-next-to (said ten-times-a-day) or hold any conversation with (him) for any length of time. Is that understood?"

The funny thing was, that, at-some-point, I eventually had small conversations with Cecilio on the phone. He often invited me to return with him to Manila, "where we could go fishing together" and meet with his Mother and sister, "so that I might get married someday soon." His estimation was (that I should do this, like him in his future plans) at about thirteen-years-old or so because his brother was

already engaged and with a child at fifteen. After these conversations (my Father spent considerable time conditioning a response in me to tattle-tale) if I repeated any phrase that "might add to my vocabulary for the day" I was promptly disciplined for repeating it until I learned to avoid my friend. In case I was lying – which I often did – my Father got my mother to help me to confess by plying me with sweet-talk and cookies. The concealed part of this drama was that I felt sure that Cecilio was related to a family down the street who would not connect on the idea except to be sure sometimes that we did not inter-marry.

The larger, more abusive, physical and mental attacks upon me-and-my-siblings came next; after we moved from the Roseland (Chicago) area. I was ten-years-old. They are very difficult to write of and talk about still. I regret that I may yet need to. From the flock of reporters on our doorstep – 9656 S. Damen Avenue (Chicago 1980) –

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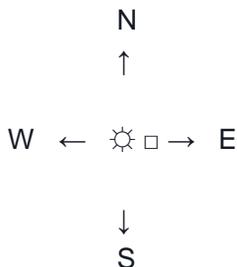
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because of his (My father's) continued abuses, I am sure that we (as a family) finally made the papers.

I do not know "Walla-Walla OH-oh" (Tagalog) at all today. Parental interferences – "helping us to avoid contamination with other-worldly stereotypes" – prompted them to, duplicitously, do this by manufacturing a way out of this dilemma by, "forcing us toward an advantage of choice (My Father's wording)" and covering up any last vestiges of "errant behaviors" by, obviously talking to us (me and my sister) as if we were grown-ups (rapidly) and "giving us time to memorize" the various French and Spanish language records at our disposal. The last time I heard my Father speak the language called Filipino, I was fifteen. My Mother, I am sure, will deny that she speaks the language at all – which is a lie. She was a beaten woman. I have come to the conclusion – not without RELUCTANCE – but AS A NEED AND AS A RIGHT, so that ANGER

NEED NOT DOMINATE MY RIGHT to convenience.

#####  
#####  
#####  
#####



(and) TO WHOM IT MAY CONCERN,

I have asked YOU to cease YOUR hostilities against ME. The United States of America is hereby warned that IT has been tried and CONVICTED in the Superior Court of Just REASON for known cause(s). IT has been found guilty of Criminal Misconduct in the attempt to avoid a valid lawsuit and can be held liable for all such Damages, Fines and DEBTS incurred in the

rightful pursuit of justice. The list-of-charges are, in brief, excessive and cannot be Misconstrued nor advantaged as a set aside burden.

320-72-1017 – Let it be stricken from the record. You seem me, to be sane and NOW you must KNOW This:

Given, by Direction, Under my Hand and Enacted, SUBORDINATE to THOSE clauses neither Outlined nor Considered but Written into Evidence(s) so made apparent for the BETTERMENT of my Behalf:

On This 11th Day of October, in the Year 2014:

RaSul Tahir Hijaz El  
7:25 AM

I AM OFFENDED.  
**RASUL HIJAZ EL**

\_\_\_\_\_  
\_\_\_\_\_

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

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



## *From the Boom! Boom! Pow! Pow! Collection*

### *"Creation"*

#### CHORUS

Ever since God  
back in the  
beginning

Created heaven and  
earth

And now it's  
spinning

Round and round

With a wonderful  
sound like this.

{Silent 2 count or  
Ad Lib}

And the world was  
blessed.

By the Alpha and  
Creator.

{Bebox}

And the world was  
blessed.

By the Father of all  
nature.

{Bebox}

Verse 1

First day God created  
the light. {Bebox}

And the darkness He  
called the night.

{Bebox}

Second day He made  
the sky. {Bebox}

Third day He made  
land appear dry.  
{Bebox}

#### CHORUS

{Last line change}  
With a wonderful  
sound like the

Part 2 Interlude:

Wind from the  
breeze

And the water from  
the seas.

Now, {Silent 3  
count or Ad Lib}

And the world was  
blessed.

By the Alpha and  
Creator.

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{Bebox}

And the world was  
blessed.

By the Father of all  
nature.

{Bebox}

Verse 2

Fourth day God  
made sun, moon and  
stars. {Bebox}

Fifth day air and sea  
animals. {Bebox}

Sixth day made  
mammals on land.  
{Bebox}

In His image created  
man. {Bebox}

**CHORUS**

{Last line change}  
With a wonderful  
sound like the

**Birds and the bees**

And the flowers  
and the trees

And the fishes in  
the seas.

Now {Silent 1 count  
or Ad Lib}

And the world was  
blessed.

By the Alpha and  
Creator.

{Bebox}

And the world was  
blessed.

By the Father of all  
nature.

{Bebox}

Verse 3

Seventh day God  
took His rest.

{Bebox}

Saw that He made  
the very best.

{Bebox}

And, so man would  
not feel alone.

{Bebox}

Made woman from  
Adam's rib bone.

{Bebox}

**CHORUS**

Ever since God  
back in the  
beginning

Created heaven and  
earth

And now it's  
spinning

**Round and round**

**With a wonderful  
sound like this.**

{Silent 2 count or  
Ad Lib}

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{Twice}

And the world was  
blessed.

By the Alpha and  
Creator.

{Bebox}

And the world was  
blessed.

By the Father of all  
nature.

{Bebox}

X-Pressi

AND THE WORLD  
WAS

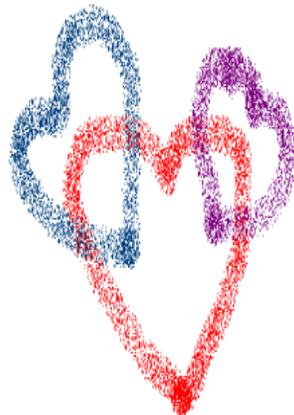
{Silent pause}

**BLESSED!**

Written by Pinkie  
Lee Davis January  
12, 2001, and revised  
May 4, 2003. ©

## *Aftermath: Chronicles of the Other Women "Addiction"*

by Pretty Political



My addiction has  
become a lifestyle.  
The secrecy of  
constant lust for a  
moment one could  
only dream of.

The thrill of it numbs  
my pain and fills  
emotional voids I  
never knew I had.  
Thoughts of soft  
passionate kisses  
succumb all the  
stresses.  
My body desperately  
awaits for an  
intimate touch.  
The masculine scent  
of cologne arouses  
many sexual desires.  
My thoughts and  
judgment have  
become clouded  
with pleasurable sex.  
Distracted,  
continuously  
questioning this  
behavior.  
Never once  
admitting my  
addiction.  
This has become the  
norm.

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## Thick" or "Fat"? #Body Types by Talk2Q



There's always been a debate every since the justification for extra pounds was created. Back in the day you were either skinny, average, or fat. Fast forward

to 2014 and there are all kinds of way to categorize body types, but the one that seems to be the most misinterpreted is "[thick.](#)"

Being "thick" falls in between being average and being fat. It's a word that started in the African-American communities to justify the curviness of the average black woman. Black people didn't like being categorized by white Americans' standard so "thick" was created. After all, we black men tend like a little more meat on the bone than white guys. However, I do think that things are changing and Kim Kardashian and Jennifer Lopez are the reasons why. This lovely honey on the right here would have been considered "fat" by most people's standards back in the early-to-mid 90's, but today she's "thick" or "curvy."

But, where do you draw the line? Where does "thick" become "fat"?

Like beauty, size is a matter of interpretation. There is no universal standard. It's all

about what you prefer. I prefer curves, so although the actual weight doesn't matter to me, I do pay attention to what's proportionate. And I think that's the standard that a lot more people are following today. Is there some resemblance to an hourglass shape?

You can find 100 guys and ask them to take a look at the photo to the right and it may result in 50 each saying "thick" or "fat" depending on their preference. There's someone for everyone, in the grand scheme of things it really doesn't matter.

However, I'll give you my definition of what makes someone "thick" and what makes them "fat." Well, I can't say that it's *my definition* since I found the photo on the web, but I'll just say that I agree with it. The photo below appears to be an accurate depiction of what I consider the difference between the two categorization of sizes.

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The person on the left would fall into the "fat" category because a lot of her weight is above the waist line. The "thick" lady gets that label because her weight is carried in her hips and thighs which to me is an attractive quality.

I'll post a few more photos below and you can comment and let me know which ones you consider "thick" and which ones you consider "fat." At the end of the day, it doesn't matter. If

you're a woman and you feel comfortable and healthy, then do you. If you're a guy then go for whatever floats your boat. There's no wrong answer here.



Comment according to letters. This is Person "A."



**B**

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E

## 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.

X-Pressi

C



You may recognize person

D.



Anyone of these in F considered fat?

## The Art of Science . . . a continuation

by RaSul Tahir Hijaz El

November 20, 2014 at 6:27pm

In vain, it appears, I have attempted to avoid political debate. I find it beneath me. The LAW does not depend upon oppression. The LAW does not defend upon the same. I have come to the reluctant conclusion that, no matter my success ratio, I must actually resort to, not only contemplation of retail

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theft, but the actual attempt as it and they seem(s) basic to my immediate survival. As I stated before, I cannot imagine that the, so called, United States can willfully, beyond the proscriptions of duty, sanction its efforts to contrive to make of me a common criminal without first recognizing its obligation to perform through existing capacities, services that rigidly equal insurances delivering valid alternatives. Unless, I have not mentioned, Chicago is very cold in the Winter and I would hate to be found wanting of sound apparel and gear. When I am, at last, arrested for being in possession of stolen articles of clothing and/or necessary items, believe me, please; it isn't how it appears and I do have a likely excuse beyond the ordinary. I would appreciate someone at the nearest, highest level to assist me in this effort by promoting a level of responsibility toward my dilemma if they happen to be in appreciation of it. By no means do I consider it my responsibility to make an endeavor to pinch

merchandise. My formal training and usual occupation is not that of a thief.

If there is another way, I do expect that it will be made clear to me beforehand as I have asked the, so-called United States Government to behave itself and commit to anything other than malicious FRAUD. Then you will be reminded, no doubt, that your illegal activities directed toward me is considered to be a HATE CRIME, properly, to which YOU will find Yourselves exactly in accord on and responsible for, at long last. Forcing me, out of need, to commit a CRIMINAL ACT cannot be misconstrued as anything less than AGGRESSIVE COERCION and EXCESSIVE FORCE with possible brutality in the making for acts that, in their consideration, could be part of a RACIST agenda that could never be useful for the promotion of POLICY. Remember, it is YOU who must still ask me for the rent that YOU know full well I could not owe, in light of the facts on hand. When YOU

do ask me for the allotment, consider the fact that I told you as much that YOU will be committing FRAUD by asking of me this demand for purposes which CONSPIRE to be incredulous. YOU are in a bind that cannot be lawfully escaped without, as YOU have demonstrated, sentencing me to atrocities beyond morally-sound-reasoning, because of YOUR viciousness. Unless YOU attempt to found a worthwhile solution, I cannot admire, even still, YOUR oath of Official Office.

So now, I will, in due time, confer upon myself the title of Doctor of Philosophy in The Art Of Science for my effort, as a LAW-ABIDING, free and deliberate Person, enhanced by the LIGHT of CHANCE, in overtaking his surroundings as they became made clear against SOUND REASON and INTUITIVE STUDY. Such is MY REACTION and I AM NOW.

Without regard for having labored severally and studied appropriately, at Public and Private Expense,

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I remain convinced that I am not startled by my achievements despite my neglect and undescribed offense.

As an advance offering on the finalization of my work-in-progress, (Eurydice) The Woman Who, I should remind myself of my need for nutritive options that support the elaboration of this labor, should it be necessary to cease its production. What I have done here, in brief, is to analyze my required caloric and nutritive benefit against what a drunkard might compulsively regard as satisfactory for his allowance and tolerance of feeding an agenda described by his disadvantaged enticements. The cohesive structure of those remedies – established by tenacious practicality – forced me to consider how I might achieve a desirable end-result though deliberately impacted by a less active surface upon which to act. For numerous reasons, not yet expanded upon fully, I have intentionally failed to completely render the end

photographic effects that I am in pursuit of. These drawings – still of several yet to be introduced for rational introspection – can be considered a theoretical approach and testimony to the appeal generated by modern and conventional Comic and/or Fanzine exaggerations upon present society.

As irrational as it may sound to the inexpert layman, I must suggest the obvious to any and those so interested in these ideas. It is remarkable to have achieved so much – as in a first-place showing – in a National art competition,

(an idea that I gave voice to at the age of twelve – after having decided that I would need to also someday become a Biologist – at the age of four – knowing that I had to be a Public School teacher, at a minimum. I told my father that I would like to find a job as a massage therapist when I was about three-and-a-half. I was four years old when, after informing my Dad, I walked down to the local barbershop to ask the

gentlemen their opinions on how I might achieve this remarkable dream.)

But yet fail to find and encounter with any individual or group who calculatingly and cohesively draw upon the talents of individuals – such as myself – and, without compulsion, but as an academic function of their collaboration, reward those people, despite their relative and/or convincing youth, for having demonstrated, successfully, at such a thought-provoking level.

I remain amazed at the world, as I am in evidence of its convictions and I do yet exist. I would not like to be DRUNKEN. Excuse my way. That is my Kung-Fu.

As it remains, however, Eurydice IS much more FASCINATING than me. I would like to thank everyone for their continued contributions. I am honored.

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yet to wash and dry clothes. I don't think the machines in my building work anyway. I hope nobody else ever has to go through this nightmare. I never imagined that I could be trapped by "The Man" after having fed him for so long while I starved. One day . . . PERHAPS, ONE DAY . . .

Anyway, I enjoyed - AMAP - this attempt to cross the divide between sophisticated pop-art and comic relief.

Eurydice - Rock Opera and Eurydice - Creepy

Whatever happens, you're still my girl - even in contradiction.

Next: BETTER PAPER?

I should not be a starving artist.

## EL

So here's my friend Eurydice. I had to hold the paper down with some clothespins I had handy for just such another purpose. I am embarrassed to learn that I still do not have money



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*The Tasha*

*Mac*



*Chronicles*

*(It Takes Courage to Be Real)*



I know y'all are wondering where I've been. It's been a long time since I've blogged. To be quite honest, I've been here, there, and everywhere; no, not physically, but mentally and emotionally. Well, I'm coming back to

myself, and I have a lot I'd like to talk about.

The new 21st century slogan (well one of them at least) is "Be Real." I social network very heavily. It's what I like to do and I get a lot of good information from it. However, I see people being called out all the time for being fake, unreal, lying, and just for whatever. Everyone wants everyone to be real. And, I agree people shouldn't be lying to others about anything, I also believe that people should be honest with themselves.

**JUST BE REAL  
WITH ME,  
BECAUSE THAT'S  
WHAT'S GOING  
TO KEEP YOU  
AROUND.**

@thetquote.com

MORE FROM ILKETOGUOTE.COM

A couple of months ago I attended a social event for a women's empowerment group I'm a part of called

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Stiletto on the Pavement.  
The guest speaker mentioned that she picked up a book by a known journalist in my hometown named Sally Ann Roberts. Sally Ann mentioned in her book that it takes courage to be real. As I allowed that to sink in, I had my own little private epiphany. I said, she is absolutely right. People say they want your realness, but are they ready for it? More importantly, are you ready for your realness? I'll be the first to admit, I'm not always ready for what's real with me. But, at some point, I have to face it, own it, stop running from it and deal with it. However, until I am ready to deal with my own real, I can't give it to you. Because if I'm not ready for it, then you definitely won't be. Being real sounds good when you're telling a person to just be real with you, you can handle it. I know what I'm talking about because I

received a dose of realness lately that I thought I was ready for, but when it was given to me, I quickly realized that it was more like sour grapes. Although it was necessary, it left me in a place where I was forced to deal with some of my own reality. More often than not, people fabricate situations, and circumstances to hide the pain of their own bleak reality.

**It's easier to post a picture of your happy marriage, big house, and new shoes, than it is to actually deal with the problems that actually exists.**

When a person gathers the courage to be real, they are making the steps to be accountable, responsible, and take charge of their life. It's

not always an easy thing. Because sometimes, what we discover about ourselves and others, can be a harsh reality. However, it is better to be honest with yourself and with others. Being real is a spiritual cleansing. It's soul satisfying and it's weight lifting. But you have to be ready and prepared for it. Sometimes being real may cause you to lose some people. But it's worth it, if you find yourself in the process.

So before you go calling out people for not keeping it 100 as the young people (and the old ones too) like to say, make sure you are being that very thing you are calling them out for.

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## Keep Your Tango With a Mango!

(Part 2) by carmLhealth



Yesterday, I promised to offer you a recipe for Mango Salsa. If you want something light, fresh, and delicious, then the Mango and Avocado Salsa is for

you. Why am I placing an emphasis on Mangos this week? Aside from the aphrodisiac effects, mangos are great for reducing blood pressure and they have antioxidant properties. One small mango has 2/3 of the daily recommended dose of vitamin A and 1/4 of the recommended daily dose of vitamin C. These vitamins repair skin and body cells while also boosting the immune system. They also contain good quantities of fiber, vitamin K, phosphorus, magnesium, and iron. Research has shown that, because mangos are high in magnesium and potassium content, they significantly lower blood pressure.

Thank you for reading my blog. See below for the recipe.

### Mango and Avocado Salsa

#### Ingredients:

1 large ripe mango, peeled, pitted and diced

1 ripe avocado & diced

1/4 cup minced red onion

1 lime, juiced

2 tablespoons grapeseed or olive oil

#### Directions:

Combine mango, avocado, red onion, lime juice, and 2 tablespoons of grapeseed oil in a bowl. Stir gently to mix, cover and refrigerate.

Cook your Salmon as desired and serve fish topped with salsa.

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Serve over baked or grilled Salmon for a clean, tasty treat!!!

## Nu's News

### Person of the Year 2014



The Crystal Show.Com

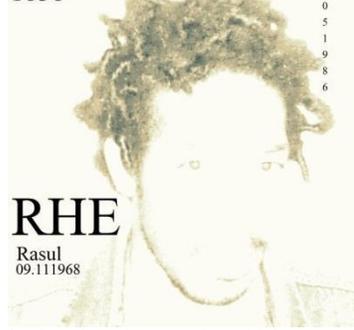
The host of The Crystal Show is **Crystal Hickerson**, author, producer, and celebrity blogger. She owns Trinity Productions which handles all of her

media projects such as GetCrystalized.Net, celebrity gossip blog, The Crystal Show, and Celebrity Buzz, the YouTube video show discussing the latest showbiz gossip as well as commentary on current events. Ms. Hickerson also owns Lillie Mae Publishing, which published her 4 novels. Crystal resides in the Detroit, Michigan area.

Visit The Crystal Show for featured special segments and schedule dates

## 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.

## The Client

by *RaSul Tahir Hijaz El*

"Hello . . . ?"

" # ^>^< # "

"mM,hMm, Yeah."

" # ^>^< # "

"Okay. Jus-a-sec. Whollon."

" # ^>^< # "

"Nine."

" # ^>^< # "

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"No. that's Tomorrow."

" # ^>^< # "

"Okay, Look. If you feel like staying at home, why don't you call in first thing ?; so we'll know what to do about your feelings,,? cuz it don't seem like you really woaninnything ... . Okay?"

" # ^>^< # "

"The Party? . . . ?

I see . . . . –If you ask yourself enough –What the fuck is my problem,,? you'll see . . . !

Some –niggers– will try anything... .?!

TRY, Down-The-Hall, –and to the Right.  
With, all-the-noise, then maybe you won't find It.  
. . . . . I think there might be Kool —Ayy'DE .!  
. . . GrRAYpe. . . They probably won't run-out-of-it.

If that doesn't, flip-you-out .  
? , then –

–Maybe the Brothers down there will sell you some incense. . . . .?  
. . . They ALL-ways have the best **Stuf.**"

" # ^>^< # "

"Okay. You got it. Bye."



## Provocation of Thought: An Opus of Analogy "The Crossing" by My

Mind



Weighing the scale of progress, harnessing the horse of prosperity, harvesting the fruits of late 60's, 70's and early 80's education and advancement, reaping the financial freedom of a full premium retirement, my goodness who could have thought this in the Belly of Beast at heart of Jim Crow when you were born...

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[www.nurenaissance.com](http://www.nurenaissance.com)

[nurenaissance@yahoo.com](mailto:nurenaissance@yahoo.com)

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

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All this progress just to have your grandchildren screw everything up. The granddaughter is pregnant for 4 different neighborhood jailbird nothing deadbeat thugs (stupid bitch) and your grandson is wanna be rap gangsta full time thief and drug addict (stupid lil nigga) set the whole family back!

Then you reminisce on crossing the

river just to see the bridge fall.



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

**ON MY BIRTHDAY I CELEBRATE**

## **ALONENESS**

by Author Crystal Henderson from Get Crystalized(June 2, 2014)



As I sit watching one of my favorite TV shows, COSMOS: A Spacetime Odyssey hosted by physicist Dr. Neil DeGrasse Tyson, I am barely aware that it's my birthday. I received a few well wishes on Facebook, email, and ONE physical card, from my plastic surgeon. Today I am celebrating "alone-ness". Not just being physically alone but being alone in my being. We are all born alone and have thoughts that only exist in the vacuum of our minds. There are parts of us that no one will ever know. If we are lucky we would find

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[nurenaissance@yahoo.com](mailto:nurenaissance@yahoo.com)

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another soul to share at least a portion of our private realms with. Hard I know, sometimes impossible to share, to find that other person who could hear your deepest darkest secrets and still want to inhabit that awesome space with us.

Within my Aloneness, and since it is my birthday, I must reflect upon the past year and the coming year. The past year has been a very hard one; one where I learned that I had stage three breast cancer which required chemotherapy and a mastectomy. Both treatments were horrendous, life threatening as well as lifesaving, yet both experiences I dealt with primarily alone. I did have my children around me and during surgery I was blessed with having the only

men who loved me around me, my Father, my Brothers, and My Son. My daughter also came in from her college town to take care of my needs on a more female personal level. I am blessed to have had all of these people in my life.

So today, on my birthday, I look forward to a future that could not be without the excruciating pain that had to have been endured in the previous year. There is hope, there is faith, and there is determination to continue to be brave and to continue to survive. These decisions, both then and now, had to be made within the stillness that is my solitary soul. The lonely nights where I had only my tears to keep me company, I had to make a choice to live or to die. I

chose to live and to accept what that meant.

*I celebrate my Aloneness because it is here where I truly thrive. As I watch the program about the voids of space, I realize that I am alive in my own voids.*

*Here where I, where we all, make the crucial verdicts of our lives. Here where we plant the seeds of our joys and triumphs that others get to see.*

*So join me my birthday celebration of LIFE.*

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