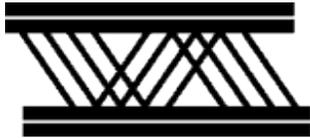


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## OWO FORO ADOBE

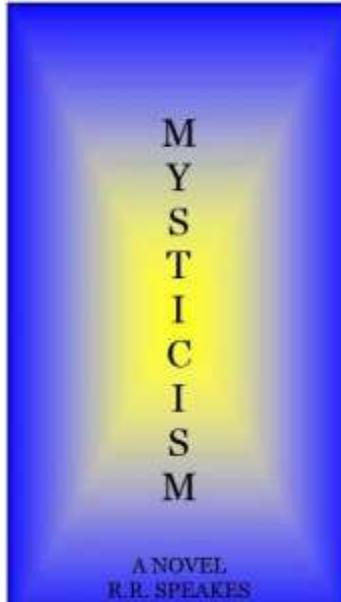
"snake climbing the raffia tree"



### Adinkra symbol meaning:

symbol of  
steadfastness, prudence  
and diligence

Because of its thorns,  
the raffia tree is a very  
dangerous challenge to  
the snake. His ability  
to climb it is a model  
of persistence and  
prudence.



Ten years in the making, *Mysticism* sets a new bar for the literary community in Cincinnati and the rest of Ohio, for its 222 pages and more than 89,000 words are the best advancement in fictional writing and reading to come out of Cincinnati since education went from private to public in Ohio in the early 1800s. Its readers and Cincinnati will never be the same.

R.R. Speakes's forthcoming works are *Take You There* and *Deer Song*, the subsequent Terry Pentecost installments to *Mysticism*, and the long poem *Where The Magi Sleeps*.

*Mysticism* is gaining exposure and consumer response in the Cincinnati and Northeast Ohio markets. Thanks for all the support.

Follow RRSpeakes on twitter, [www.twitter.com/RRSpeakes](http://www.twitter.com/RRSpeakes)

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## Cheating Is the New Norm

by Talk2Q



I know a ton of people who cheat on their mates. Loyalty in relationships is a thing of the past. Gone like the

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dinosaur. Done. Cheating is accepted more worldwide than Visa cards today. And at the pace that we're going, it's not going to change any time soon.

Let's start with the men. Why do we cheat? We cheat because of multiple reasons: We cheat because we want something different sexually. We cheat because our woman pissed us off that day. We cheat because of peer pressure. We cheat because our egos coerce us into wondering if we "still got it" or not.

However, we dudes get a pass. There aren't too many guys in the U.S. who believe that their woman would leave them if they got caught cheating. In fact, if I had to guess, I'd say that 8 out of 10 women would give him a second chance. That's not scientific. That's just my

personal opinion.

What guy has an incentive to be loyal if he goes into a relationship thinking that he has "Get Out Of Jail Free" card?

Should guys cheat? No. Should women continue to take them back if they do? No. Once women stop that, then guys will slow down on the cheating.

As for the women, don't act like they don't cheat. They cheat almost as much as the guys do. At one point, women were very good at cheating, but now that's not the case in my opinion. From social media blunders to physical tells, a guy only has to open his eyes and be unbiased to see it.

But, women don't normally cheat for the same reason that men do. They usually cheat because they're looking

to move on to someone that they think is better than what they have at home. Maybe the guys isn't exciting enough and she craves a little more pizzazz. So, she'll go out and try to recruit something fresh and invigorating.

It's not uncommon for women to secure a new boo before dumping the old one. After all, who wants to be alone, right?

**Pay close attention when I say this: do not trust anything that anyone says. Period.**

People will woo you with words while their actions will drive a stake through your heart. Don't fall for it. Pay attention and if you find out that they're dishonest, then get out of the relationship cold turkey. Don't drag it out or pray that it gets better because it won't. You have no guarantees that a person will change, so why waste your time?

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Actions will speak louder than words every time and these days I approach relationships with ear plugs and you should, too. Don't care what they say, but only what they do. Do they do what you say they're going to do? If they do, then the two of you should get along just fine. If they don't, then don't not waste time with them. Just push on like Flintstone. Because these folks are cheating out here in these streets.

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and K-12 school guidance. CAW Teaching and Guidance, LLC has been located in Mississippi since 2013. Let us put our experience to work for you. More info [HERE](#)



## I Am Not a Jumper



If you have heard of Steve Harvey (funny man turned talk show host/NY Times bestselling author) then you know that one of his most popular mantras is "jump." Steve has had several shows related to people "jumping", taking a leap of faith and following their dreams and pursuing their

passions. This is no ordinary jump. People have been challenged to leave their jobs and all of their financial security to start that business that's been burning in their chest for years, get married and a whole hosts of other things.

Jumping into your dreams and flying high on your faith until you are guided by that parachute that lands you safely into your passion sounds beautiful. Or does it? Don't get me wrong, I love the concept of people following their dreams and pursuing their passions. However, one day as I was watching the show, I had an epiphany. I took a mini trip in my mind down memory lane and also evaluated my current situation. I realized that I AM NOT A JUMPER. If you've read any of my previous blogs, then you know that I've achieved some major milestones and have overcome

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great obstacles in my life. But, guess what? I didn't do those things because I jumped. I did them because I flew after I was pushed. See, I realize that not everyone follows the same route to accomplish their dreams. Jumping may work for you, but flying after I've been pushed has always worked for me. I guess because I am such a risk averse person. I've always erred on the side of caution. Everything I've ever done and accomplished is because I was pushed to do something more, something greater for me and my daughters. I made the decision to fly and land in greener pastures for me and my girls. You may be asking the question, Tasha, how were you pushed? My circumstances pushed me. Although I was a young mother, I knew I didn't want to be an uneducated welfare recipient. The thought of

living that way pushed me into going to school and earning my degrees. A few months ago I lost my job at an organization I truly loved. Although I loved the organization, I was not happy with my new work assignments. I had actually started to become miserable on my job. I didn't know what to do. Being as though I'm not a jumper, I tried really hard to make the most of it and tried to stick it out. However, it didn't work out and my position was eliminated leaving me unemployed. While I don't enjoy being unemployed (I'm diligently looking for my new season of employment), I don't have the anxiety I felt going to work every day stressed. Some people may say I should have jumped and left prior to my position being eliminated, and perhaps they are right, but again, I'm not a jumper. Right now I am flying and

when I land, I know my next opportunity will be the right one.

Whether you are a jumper, a flyer, a cruiser or a sprinter, dreams and passions are important. It doesn't matter which route you take to get there, what's important is that you get there and you are happy.

Nu's News  
Person of the Year  
2016

Carmen L.  
Hendrix



*"My 2016 was probably one of the best years of my life. It isn't because it was prosperous, or even that it was chock full of great moments. It's because it was the year I learned to truly trust and believe in the talent*

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*God has given me and I got a chance to experience love in many forms. I traveled more bumpy roads than I can count, but I traveled them and learned how to maneuver through. Now I am stronger, happier, and ended the year with a "newness" that I can't explain. The moon, sun, and stars aligned for this one. Thank you God in Jesus' name!"*



Born and raised in Jackson, Mississippi, Carmen Hendrix began writing at an early age. She is an avid volunteer and very active in the community. In 1996, she moved to Coral Gables, Florida and attended the University of Miami where she studied English Creative Writing and Broadcast

Journalism. Having faced personal trials while there, Carmen left in 1998 and has lived in Dallas, Texas, and Houston, Texas where she currently resides. The road to becoming a published author was not an easy one and has included a series of obstacles that began after her twelve-year career in corporate America abruptly ended.

Throughout her life, Carmen's love affair with words never wavered, she further cultivated her relationship with writing through the poetry circuit in Mississippi and Texas. She now shares the first installment of the *When Honeysuckles Fall* collection with you.



*When Honeysuckles Fall* is Carmen's debut collection of short stories which serve as personal tales, and include characters that are designed to connect with the audience in different ways. Please take a journey with Michelle, Donna, and Chase as they navigate through important milestones in their lives.

My vision is to contribute to the world through mentoring and philanthropy to create a better culture and life.

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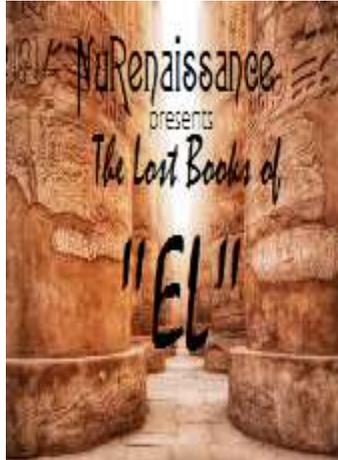
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My mission is to help others find the other side of their goals by writing and delivering value-add literature my readers can use for years to come.

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



*I want to say "thank you" to everyone in my life. You've shaped me, molded me, encouraged me, loved me, hurt me, and most importantly, showed me who to take with me into 2017.*



## Beyond Tuition Risk

by RaSul Tahir Hijaz El

Silver:

"I can't seem to keep these bitches of mine off the phone. Much as I stay With It, they are always takin' it and putting it somewhere, somewhat out of place."

Roland:

"I never let a bunch of some bitches dissect and hurry me . . . You dig? See? –Use! Whatever I need to say, I have it!

"Bitches know, "Hello?"? Don't know bitch ever answer on my phone, "Hello?"!! Huh!? I say, – "Bitch! What the fuck! you think this is? Shit! Give the Phone!!! up . ! ." – And I take it. To tell 'em who in fuck it is!

"Don't let them question you on nothing . . . I Don't worry, And keep 'em minding they own Business! You understand? That's the technique. You got to tip some hoez's hand. Hozz'll on my dime, my time, my way, say "Yes." Or "Yes?"

"See? "Hello?"? That's too much like "No!" No don't pay. My bills always say Yes or i have questions.

"Ignoring the law, in some cases, is just as bad – if not worse – than breaking the law. Never advise a client

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to ignore the law. That's trouble. When you have a license and he and or she does not?? Now who's wrong? Texting is trouble –talking ain't.

"That way, they – this once a bunch of some bitches – will become instantly more sure of themselves and ladylike – so to avoid danger – and expectantly use conversational words such as –

"Good."

"True."

"Of course."

"Absolutely."

"Clients adore a way of talking always like that. The mind works best in that zone."

Silver:

"So what about shoes? I got one 'bout dead off in the ass and the other one ready to split! By the alphabet, of course."

Roland:

"... Shoes ... Shoes ... shoes Is a big thang. . . ! . . . Shoes is a thang I won't never get caught up in, though. Purity over Banishment. Be ready for it.

"Them bitches of yours got a modern day folktale comin' to 'em . . . – 'cause you ain't wrong . . . No sir.

"Here's the way I see it, though. Once a bitch'll tell me – and I ain't in love with her ways – She Need some new shoes!?! I just look at her. You know? Like she stupid!!! . . . Extreme, but dependable .

..

"I say, "Bitch?!?" – 'Cause I'm busy right then. You know? I say, "You know where they at by now, don't you?" 'Cause she want a problem she can afford. One which is not for show.

"I ain't the one to solve somebody which has already been solved. This

hoe wants management money to be an issue on Something? - Anything-Else . ? . I let her have that way. "Bitch! You the problem!" See? Let her be that wrong. That is the show . . . just so she remembers.

"Shoes cost what they cost and most some hoe's ain't easy and gonna let a shuffle alone. I don't have time to store up some bullshit and slow down my money and get comfortable with something else –like Value.

"That way, that hoe'll go and get the shoes and be back or she won't. My money has already been made And I got time to scout a different problem . . . Just so some hoes' luck don't run out! Nine? Ten O'clock? Shit?! Shit is just an equation. The mall ain't got nothing on fish.

"I th'ow them old shoes in the bin and go. I don't give one fuck if she has ten mo'

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just like 'em. Two-inch, Three-inch, Fo'-inch heel . ? . Same shoe!? No. Not the same shoe. I don't make the mall my problem.

"Flamelessness and portionalisms . . . Be wary of that swine. The reason is beyond just a basic tuition risk.

"Smoke from the grill will cure the common cold. Get them all a plate of rib-tips. Helpless is helpless. Do that and your problem is solved."

Silver:

"Rib-tips?"

Roland:

"That's right. Some money is made only for the street. You can't use that at home. Fish is your answer there. Hoes are business-women. There are allowed repercussions. Independence like that meets the necessary. Not one of them is willing to risk not using a four-year

degree. A woman like that will make adjustments, but they need You to feed them sometimes. A woman will not commemorate anything which she does not find acceptable."



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## The Element of El

1858



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

## Face to

## Face

by RaSul Tahir

Hijaz El

"My crack

– and I'm not like anyone  
You know . . .

– not like some white girl,  
of course . . .

But my crack

– It goes all the way up."

All this she said from  
behind a closed door. I

hadn't watched her put on the dress she was trying out. I heard the latch. The dressing room door slowly crept open of its own accord. It opened inward.

"What (the fuck) are you talking about?" I said to her backbone. I let the thought slide. . . . sky blue panties . . . I think that they call them turquoise . . . some . . . The zipper narrowly went that far, to catch a short V window of the color. Sky blue. Maybe that's baby talk, though.

She reached around behind her back with both arms to raise the zipper and fasten the dress closed. I never get tired of watching that. . . . Amazing how offhandedly flexible she was . . . I didn't have a girlfriend anymore. Not that I had not been looking. I didn't seem to be that lucky.

"Oh . . . don't worry about it. Do you like it?" She did a slow spin move – three hundred and sixty degrees

– and then turned back around to face me. "You see?! . . . How about it? I like this dress. What about you?"

Red. It caught my attention. "Looks great." I was comfortable with that.

. ? . goes all the way up . . . I guess I'm a bit slow. She didn't buy the dress. I still didn't know what she was talking about . ? . I dropped her off at school.

It must have been her boyfriend. Maybe her brother . ? . It was the size of the guy, maybe – that finally tipped me off.

"What's going on?"

He wasn't salty or anything – the way he said it – grinning at me like I was his dog or something someone. She hadn't asked me to zip her up. He didn't look alarmed. . . . like he was used to seeing her with other guys.

They didn't embrace . . . not right away . . . No kiss.

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My guess was that she was trying to make this interesting for me. I couldn't really know who he was. No strain. I decided to skip it.

... and split ...

Oh ... Greek letters. I noticed that now. Didn't catch it at first.

– Still didn't prove anything.

... Maybe this chick was just bait . ? . I'm not homosexual or gay curious or anything. I left them right there – surprised – I think.

... Didn't really know her though ... Too much leg work. "See you." I waved her away and took the next traffic opening. The way I figured it – he'd likely be in trouble up to his ears dealing with her. I

wasn't trying to screw that up.

Once there were these couple of dudes standing around. Talk was that one of them was in trouble. It had been said that he stayed with difficulties no matter the people who waited to help him.

"Walk with cake . ! ." His girl advised him to help him relax and take control.

He had been sold on being kind of like a jackass.

"Ughm huamm . ! ." 'd everything – every studied piece of advice that came his crybaby way. ... walk with a piece of cake ...

sage advice for his Down-and-Out-Nigger attitude. It's the only thing which might work for him – walking with cake –

His girl thought that it should keep him out of trouble.

... as long as he kept at being that Black.

... Nobody should actually give a spit or pop about his discordant ways. The later discussion – if there was one – was more uncomplicated that way. "Good, isn't it?!" Mmmm ...sounds a whole lot better than gum.

. ? . Selling dope ... on a college campus, half a block from a police station – and about the same from a high school . ! . ?

That kind of dress.

That kind of security.

That kind of access. I guess her and his crack really did go all the way up.

"Walk with cake." ... eventually anyway ... Like a change of plans – Puts a new spin on life ... in whatever event ...

Thanks for the interview. Maybe I'm not so sophisticated . ? .

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## Nu's News Artist Spotlight



Graphic Designer/Illustrator

## DEVONN ARMSTRONG



As an artist, I seek to not only express myself with creativity, but to have the spirit of excellence in all of the work my God given creativity is able to produce. Be it fine art, graphic design, or illustration, I will bring the fires of my talent and dedication to fruition (that's a school word).



Click [HERE](#)



## Where is the Love

by Talk2Q



A friend of mine is an artist. He is a very

skilled painter and he puts on an art display every December. Yesterday was the 14th year he's had his show. I've been to 13 of them. Not only do I enjoy the art, but I enjoy the story behind each piece. The artist loves to allow people into his mind as he discusses the inspiration and meaning to each piece. It's probably the most enjoyable part of the showing, if you ask me.

However, this year wasn't the turnout that I expected. I'm not sure what his expectations were, but they were definitely below mine. There could have been a lot of contributing factors to that like low temperatures or whatnot, but I won't go through all of them.

None of that matters to me because barring a blizzard, I just expected more people to come and enjoy

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themselves. And to the people who didn't, I ask: where is the love?

Each and every one of us has a talent. If we're fortunate enough, someone is able to discover it early enough in life for us to perfect it. For those who have discovered these talents, it's important that others support them. And for the life of me, I can't understand why some of us choose to not do that.

My blog started almost 7 years ago. No one knew about it, so I told some of my Facebook friends. Over the course of a year or two, people started reading and commenting on my blog posts, but they were people I'd never met. My biggest supporters *were not* my Facebook friends, but strangers.

Don't get me wrong. A few of my friends read my blog regularly (or did at one time). But, it was

the people from all over the world, that I'd never met, who were commenting and circulating my material. Why weren't my friends doing the same? Why were my emails and inbox messages to them to "Like" my fan page sometimes not even being met with a reply? Why were some of the women I was dating not reading or supporting my blog? It made me ask myself over again, "where is the love?" Why is it that strangers propel you to fame while friends wait to claim you afterwards? Shouldn't it be the other way around?

My homie put on a really good art show this year. He always does, but he was feeling it this year. He had a lot of new pieces that were making their debut. I even bought one of those pieces to give to my brother and his wife

for Christmas. It's the first piece of art I've ever bought from him. I also brought someone with me to see his show for their first time. To me, that's what "showing love" is all about. You not only show up yourself, but you expose others as well. That's how you help to grow the fan base.

I have always supported his talents and he's always supported mine by passing on my blog posts to some of his followers. I know that he will read this post and agree with me about how support is so hard to come by these days. Despite that, he will keep doing his thing and I will keep doing mine. And if it takes a bunch of strangers to make it feel all worthwhile, then so be it. We'll take the love however we can get it.

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The Talk 2 Q Radio Show is a show for adults to get together and rant about whatever the trending topic may be. From men vs. women, black vs. white, old school vs. new school, etc. If you have something to get off your chest, then join our chat room and / or call in and let your opinions be known! Unlike most shows where you simply

listen to the host, I allow **you** a chance to do the talking. **You** have the opportunity to express an opinion or rant on a subject. I want to hear what **you** have to say which is why I named the show "Talk 2 Q" and not "Listen 2 Q."

-Q



"No experts. Just opinions." Tue/Wed @ 9 PM ET! Call-in # is **(347) 202-0215** (chat room available).

**I Dropped the Ball** by  
Talk2Q

I made a mistake. I bobbed when I should have weaved. I leapt when I should have ducked. I felt that being comfortable was more favorable than trying something new and now I'm kicking myself. I let a woman get away from me because I was distracted by someone who didn't really want me.



I met a really nice woman quite some time ago. I'll refer to her "Woman A." We usually only saw each other in passing, so our conversations were always limited. Most of the time she was with her mom or her daughter, so it's not like I really had opportunity to get her know her on a more intimate level. But I had chances to at least try and secure a date with her. I just never did.

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There was another young lady who was very much pursuing me that I'll refer to as "Woman B." Her and I had known each other for a very long time and had actually stolen some kisses here and there in the recent past. She wasn't trustworthy though. In my mind I knew that she wasn't, but I was mesmerized at the thought of ultimately being with her because she had a lot of qualities that I liked.

My mistake.

So when I finally decided that I was going to ask Woman A to go out on a date the next time that I saw her, I got distracted by Woman B asking me to give her a chance to show she could be all that I needed. I thought about it: do I try something new with someone who appears to be made for me or do I go with

someone who really isn't my type, but I'm very familiar with her?

I thought that fate had made the decision for me. I didn't see Woman A again for over a month. We used to run into each other at least one a week, but her routine changed and I went a very long time without seeing her. I thought about reaching out to her on Facebook, but I didn't want to come off as "that inbox guy," so I didn't. I went with Woman B.

My mistake.

I wound up in a very unfulfilling relationship for a few months with Woman B. Things were awesome for a month or so and then the real untrustworthy side finally showed up. I eventually found myself single again and I can only assume that she moved on to the man she had waiting for her.

But I wasn't sad by any means. True, I wasted my time, but it wasn't a big deal. I'd lost what I'd felt for her and it was clear that she didn't care if I was with her or not, so I didn't sweat bailing on the relationship.

Unfortunately, I've had to bail on quite a few relationships in the past year or so. I know that I have issues with being patient with people, but sometimes people do immature things that are hard for me to overlook. Once I see immaturity in conflict resolution or acts of selfishness then I'm probably going to emotionally check out at that point. Is it fair? Some may not think so, but having immature conflict resolution techniques and/or being selfish is a deal-breaker for me. Communicate with me like an adult or leave me alone.

Anyhoo, I was more

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determined to reach out to Woman A and ask her out after failing with Woman B. I decided to go ahead and request friendship on Facebook and she accepted within just a few minutes. I got ready to start my inbox message to her to ask for her number to call and I decided, "Well, let me look at her page first."

I was never sure of her age, so I wanted to check her "About" section to make sure she was within my preferred range and then I saw it. "In a relationship with (Dude)."

"Oh," I thought as I slumped into my seat. "I never knew she had someone already."

Then I continued to read the next line to see the start date of their relationship. It was a month *after* I'd decided to give Woman B a try. Woman A was

available when I wanted her, but now she's not. Not only is she not as of now, she's been in a relationship with this dude for months now.

Good for her. I'm actually happy that she found someone who appears to be treating her right. Not so good for me though. I chose comfort over something new and I guessed wrong. For someone who believes in strategy and planning, I didn't do either when I made my decision on who to try.

And don't get me wrong. It's not like I'm sitting home depressed over this. It does suck, but this is just a part of life I wanted to share and a tough lesson for me to learn. Lord knows that I've encountered quite a few liars. I've crossed paths with so many girls masquerading as women. And I've unfortunately dealt with so many indecisive

females who have successfully discouraged me from ever leading with kindness again.

Dating was not this crazy in the 90's.

But I still go out on dates regularly and I enjoy myself when I do. I just haven't found someone who I'm interested in long-term or who is interested in me long-term. I find myself attracting 20-somethings who are intrigued by my perceived financial stability and potential travel opportunities or 40-somethings who spent the last 20+ years making bad decisions and are needing yet another do-over.

I don't have time for either. But I don't want to date just to be dating. I actually want to be married. I know that sounds odd for a guy to say, but I'm serious. I love having someone to come home

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to every night who will give me a big hug and kiss upon seeing me. That's where I am at 45 years old. All I can do is pray that God sends one my way who is actually on the same page that I am. I'll be patient and focus on other things I need to work on (like my patience) in the meantime.

Woman B is engaged from what I've heard and I wouldn't be surprised if I see that FB status update on Woman A being engaged at some point in the future, too. Although I had no way of truly knowing if Woman A would have even given me a shot back then, I should have listened to my heart instead of taking the easy way out. Now I'll *never* know.

For someone who is a firm believer of "a closed mouth never gets fed," I ended up starving to death before I decided

to open mine. Lesson learned.



## Carmenisms

**vol. 3** by Writer/Author

Carmen L. Hendrix  
(from.carmenhendrix.com)

### The Domino Effect: Practicing What You Preach

I am a strong believer that everything happens for a reason. Everything. It was no mistake that I experienced the series of events that led to me writing again. It was no mistake that I met some wonderful people who have encouraged me along the way. And, it was no mistake that I wrote yesterday's post about making peace with people who have wronged you, including family. So today I want to write about my experience yesterday and how taking my own advice

is a hard pill to swallow. I am sure that you all have heard of the Domino effect. Oxford dictionary defines it as, "a situation in which one event causes a series of similar events to happen one after the other." The events that led me here began in 2014 with the uncertainty of my job lying in wait. Certain incidents had me often distraught and in tears, while others left me angry. All of them served as polishing tools to prepare me for today. Yesterday, however, was an event for which I wasn't quite prepared.

As a young child, I was molested. It is amazing that being molested has happened so often that it does not set you apart from anyone else. The real difference is how you choose to deal with it. For years, I agonized over the remnants of some of the demons I had to face because of my experience. My baggage was heavy, leaving little room for trusting someone, among other things. Hours turned into days and then years, and I finally found myself in a good place

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when I get a Facebook Friend request from my childhood molester. I have to admit; it was a mood changer. I had a flood of emotions; anger, frustration, bitterness, if you can name it, I probably felt it. But the one important thing I felt was the need to find peace and let it go. After all, I can't tell someone else that they need to do something that I have no desire to do. So here I am, following my own advice and pushing my first domino. The questions I posed in yesterday's post, and my answers are below.

1. **How is your relationship with your family?** *Solid. I have a close relationship with my family.*
2. **Do you have unresolved issues?** *Yes.*
3. **Are you willing to restore a relationship with the person who has wronged you?** *No.*
4. **Are you willing to forgive this person?** *Yes.*

5. **Are you still hurt or have you made peace?** *I said what I had to say to this person. Now I am letting it go and finding my peace.*

Now you know that I am truly following the advice that I give you. I hope this serves as a testimony that you can do anything and everything you set out to accomplish. I am doing it each and every day, along with the help of a wonderful support system. So in our 2nd day of the New Year, I am asking you to push the domino to start the ripple effect that will lead you through this year. Be your own catalyst for the change you want and making peace within yourself, is a start.

Thank you for allowing me to share my personal story with you. I look forward to tomorrow. Until then, I will continue to cross my T's and dot my I's. Period.

All My Love,

Carmen

## Accountability and You

Having personal accountability can have positive results on you and your goals. It will help you garner the respect of your peers and employers and it will provide you with an opportunity to manage your process as you complete the goal. I want to begin by posing two questions? What does accountability mean to you and do you think it is important? Do you hold yourself accountable for your actions? Let's look closely at how you can be more accountable in your daily life.

### What is Accountability?

Before we begin, Thesaurus.com gives some interesting words that are synonymous and antonymous to accountability.

Let's list some synonyms for accountability:

1. Responsibility
2. Answerability

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3. Trust
4. Commitment
5. Culpability

Now let's look at antonyms for accountability:

1. Flightiness
2. Reprieve
3. Irresponsibility
4. Silliness

Looking at the preceding lists of words, which would you fall under? To dig deeper, which list do you think describes the traits of a leader? If you had to list all of these traits in order from 1-9, where would these words fall when describing yourself? Accountability means that you are not only willing to take responsibility for your own actions, you do so without question. You understand that it is your obligation and you are ethically bound to do your part. Merriam-Webster defines it as *"the quality or state of being accountable; especially: an obligation or willingness to accept responsibility or to account for one's actions."* Make sure that this describes you. Accountability and

expectations are two words that are strongly connected and both are crucial in ensuring that everyone is performing their tasks efficiently and effectively. This goes back to many of my posts that provide tips on helping you achieve your goals. Make a plan, set a schedule, and get a calendar to help you organize and prepare to successfully accomplish what you have set out to do. Let's take this opportunity to set a goal to help you establish how you will be accountable. Below is an exercise to help you put your thinking cap on as you take the necessary steps towards full accountability.

*The exercise:*

Answer the following questions:

1. What can I do this year to make it better than the last?
2. Now that I have already set my goals, what is my strategy?
3. What can I do to implement my strategy?

4. What is my timeline?
5. Who is my accountability partner and how will they hold me accountable for reaching my goals?

## **Get an Accountability Partner?**

Having accountability means you will be able to do several things. An accountability partner can help you remain on track as you walk towards your goals and your purpose. Select someone that you trust, and who will keep you on track even when you do not want to hear what they have to say. This person will periodically check your progress and won't hesitate to be straightforward with you when necessary.

I have touched on finding a mentor throughout several posts. Today is no different. Having a mentor will help you accelerate your success by giving you tips they have used in order to be successful in their positions. Your mentor and accountability partner together can help you break through any

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limitations you may face, keep you honest and ethical, and they will help you achieve the success of your dreams.

These tips will help you on your journey towards a successful year. If you are truly serious about being at your best, take these tips into consideration and you will find yourself on the other side of your goals every time. Until next time, I will continue to cross my T's and dot my I's. Period.

All My Love,  
Carmen

## **Service and the Dream: Remembering Dr. Martin Luther King, Jr.**

I was thinking about the observance of Martin Luther King Day today, a day designated to honor a man who dedicated his life to service and unity among all. He was a peaceful man who preferred to turn the other cheek, as opposed to fighting

back. When I was in the fifth grade, I loved Mrs. Hines, my teacher who was so full of life that it was infectious. You could tell that she enjoyed being a teacher and, even when we were little hardheaded kids who didn't want to participate, she found a way to make it fun to learn new things. One tool she used to teach us was in the form of song. One January, she decided to do a lesson on Dr. King and the song went like this:

"Dr. Martin Luther King

Was a mighty, might man  
and a mighty, mighty man  
was he.

He was a preacher,

A teacher,

A man of God,

And he loved both you and me."

The song was short, sweet, and to the point. I can still see her smiling and hear her singing the tune as she walked up and down the aisles to make sure each of us were learning the song. She had

decided that we would have a part in the school program now that we knew the song. I remember sitting close to a big window and our classroom was on the 2nd floor of the building. I still remember the sound of the cars as they drove past the open windows and can't help but think about the fact that all we had to worry about was making sure we passed all of our tests; unaware of the struggles that Dr. Martin Luther King, Jr. and many other Civil Rights leaders faced in order for us to have the opportunity to have an equal education. Fast forward to today, and I am saddened. Dr. Martin Luther King has a street named after him in just about every major city and I have yet to see one in a neighborhood where people truly honor his legacy on the street. Actually, it is usually in a downtrodden neighborhood and riddled with debris and trash. So I decided to use this medium to remind everyone of the wonderful things Dr. King was able to do to help us take steps towards equality for African-Americans.

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On August 6, 1946, Dr. King wrote a letter to the editor of the Atlanta Constitution. To read the letter, you can click [here](#). In the letter, he stated that black people "are entitled to the basic rights and opportunities of American citizens." As a result of the arrest of Rosa Parks, the MIA (Montgomery Improvement Association) was formed of which he became its president on December 5, 1955. On January 30, 1956, his home was bombed. Thankfully, his wife and daughter were not injured. He still implored people to practice non-violence. Today, I see the news of violence for reasons as small as someone wanting a pair of Air Jordan's; senseless killings that should never happen. Click [here](#) to see an article about this senseless violence.

On November 13, 1956, The U.S. Supreme Court affirms the lower court opinion in Browder v. Gayle declaring Alabama segregation laws unconstitutional, which led to Dr. King's ride on the 1st integrated bus On December 21st. On

December 10, 1964, Dr. King receives the Nobel Peace Prize where he vowed to use all of the prize money for the struggle against civil rights. Until his death on April 4, 1968 from that fateful shooting in Memphis, Tennessee, Dr. King served as a pillar in the community. He believed in peaceful demonstrations. His legacy continues on as many of us use it as a day of service in the community. It should not stop there. Dr. King fought for equality for all people. He says, in his *I Have a Dream* speech,

*"And when this happens, and when we allow freedom ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual: Free at last! Free at last! Thank God Almighty, we are free at last!"*

I hope that this has inspired you to incorporate service as a part of your life's work. We all have dreams and visions but it is powerful to also be able to help someone else's dream become a reality. Dr. King lives on in all of us. Let's keep his legacy alive.

Until next time, I will continue to cross my T's and dot my I's. Period.

All My Love,

Carmen



## An Opus of Analogy

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## "Look Like"

by My Mind

In the South back in the day, elders would customarily use the term "look like", when making references to something that seems to be out of order, unreasonable or seemingly not right, spring forward 40 to 50 years, now we have countless teen pregnancies and STD's with all access to contraceptives - look-like- this wouldn't be the case now, you have a urban public education system in total disarray, now we are no longer in a

gotdamn cotton field-look-like- this wouldn't be the case now, you have Blacks with no clue on managing, spending, owning and establishing credit after all these years of total access and freedom-look-like- this would not be the case. Now we are no longer being chased and killed by cracker Klansmen but doing the fucking work for them -look-like- this would not be the case, case closed Blacks stop acting like Niggas!!!.

## Featured Artist Jackson City Council Meeting



[Watch](#)

## Hearing "No" Is Sometimes Helpful

by Talk2Q



As a 45-year old guy, I've heard the word "no" so many times in my life that it's not even funny. I heard it from my parents. I heard it

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from my teachers. And I've *definitely* heard it from the opposite sex.

Despite all of that, I didn't die. I was able to move on with my life and get past it.

Some "no's" came with an explanation. Some came with a lie. Some didn't come with anything after it at all. Yet, I'm still here.

However, there are so many people in the world who are afraid to hear the word "no". Why is that?

Is it parenting? Because I've stated time-and-time again on this blog that 70's babies dropped the ball on parenting. Especially in the black community. We spend so much time trying to please our children that we fail to teach them anything. "I want my kid to have the things that I didn't have."

But at what cost? To the point that they don't know how to handle rejection?

Hearing the word "no" is the best thing for any child to hear. It teaches them patience. It teaches them restraint. It teaches them that you can't have everything you want no matter how much you want it. No matter much you think you deserve it. Not hearing "no" breeds entitlement. Why do you think people like the Donald Trump feel as if they can "grab" what they want? It's not his money that makes him a jerk. It's not learning restraint that makes him one.

And the only adults worse than those who can't accept "no" are the parents who are afraid to say the word "no". You cannot be your child's friend. I've encountered so many

parents who allow their children to run their households. I know a kid who is in elementary school with an 11 PM bedtime on a school night because her mother wouldn't "make" him go to bed. Or a set of parents I know who are basically a taxi service for their daughter who participates in almost every existing activity there is. She plays soccer, she's a cheerleader, a gymnast, and a girl scout. Her dad complains all of the time that he and his wife don't even have time for basic things, but neither of them wants to "disappoint" their little lady.

SMH.

I'm not a parent. Because of that, people tend to dismiss what I say when it comes to parenting. However, getting / getting someone pregnant

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doesn't make one an expert either. Parenting skills come from paying attention.

It's true that experience is the best teacher, but who says that it has to be *your* experience?

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## The Element of El

1858



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

## A Romance of Amaranth

by RaSul Tahir Hijaz El

A Romance of Amaranth

Amaranth – the wilder type – grows by the roadsides near to open fields. Footpaths adjacent to these support this communal system. Amaranth is sensitive to recurrent, or loud and sustained noises, but developmentally, takes satisfaction in shelter from that daily parliament. Amaranth does well at the ears in support of balance and hearing. Lauded as a grain, amaranth, though it tastes like spinach, is – with some consideration – actually a squash relative (. . . Hmmm . . .) – Clearly, that is, if I were to have my particulars and believe all that could be seen from my viewpoint. Grains, typically, are more punishing for the Homo Sapient Human Being.

The attraction of amaranth is plutonium. In the body, amaranth is adept at the kidneys for the sake of ammonia especially where it has been proven, by observation, that plutonium is not a resource, but an obstruction. The improvement of amaranth is its subsidy to mechanical engineering and the

regurgitation and solicitation of that knowledge belonging to the prospect. The hazard of the plant is its summons to agriculture. However, if left alone, amaranth should, in time, establish a field.

Amaranth is productive in restoring testosterone equilibrium and increasing speed and endurance.

Completion of this regimen, by amaranth, qualifies a retrieval of the division of labor to ascend and restore a positive opportunity for alignment of male and female thought processing normally accepted to be adequately true where the art and science of gender-based tallying systems find fault or surety within the precepts established

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by cognitive surveillance.

In support, theoretically (not so much, though):

Increased fatty tissue storage and, subsequently, resistance to weight loss – especially in the male of the species – which denies reversal by caloric restriction alone is a tell-tale indicator of medical voyeurism – fits the pattern of a planned attack which results in replacement of testosterone with a portion of estrogen to assist the body in nullifying an unforeseen or improbable attack on testosterone. Cooked well – Lemongrass, Basil, and Sage provision this operation of reversal

of the condition with a livelihood all their own. Together and separately, each appears to possess a potent key to unlocking this understanding. If there is such a thing as "spinaches" in the world and in the works, it may be that the hero of the tale is amaranth while his friends are somewhat tame.

For Example:

The "limp wrist" syndrome – a disorder often, by allusions, regard symptomatic homosexuality a handicap and stressor to an important heterosexual dominance. Some advantage to reversing and overruling the disorder might be reasonably treated with various infusions of herbs and hand or field work. Plants cannot stand it when a man must work the soil to their green advantage and so, despite

jealousies, must find a solution to a congregational foul. Homosexuality – delineated by those superintendent or frequently overriding asides, which by exaltation, assemble to disburse those more-or-less freestyle and anticipated signals – alleged to be reliable by society – which link homosexuality to a preferred list of convicting appearances and irritations. The Satan-God – a demon of deceptiveness – would rather take his own life in preference to accommodating heterosexual logic.

The point of this distraction – homosexuality – concerns fellatio and its progress, which, when trusted to a point of absurdity – processes the central nervous system of a developing fetus to accept as a resource the contrary of its opinion for functional operation. A male fetus would not like to be charged to accept estrogen as an active collaborator to growth. Resentment of his worth as a testosterone producing organism would

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

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

be increased if a request was made by the mother to accept testosterone as a food source. This fetal infant would die, accept death, or the brain would make an unlucky change and consent to use estrogen as a (fit)ter though less useful hormone resource. Female offspring, therefore, are much the normal result from this industry. Be aware of cunninglingus, however. Kissing during this activity may also challenge the unborn infant female to eczema or nervousness. Homosexual tendencies and sexual dysfunctions can occur from this effort when cocaine, in the vehicle to this nightmare, sponsors a diseased infant rather than one which is fit. To a newborn, death of the spirit is usually as unacceptable as an ailing body. Cocaine does not make the fetal infant happy.

Blockages due to drug and physical abuse respond favorably to amaranth.

In some children's fables amaranth is anthropomorphized as a beggar at the crossroads or a stranger waiting to make a trade or sale with the hero of the tale – a point where the protagonist might could would stray from his appointed task. Here the person, Amaranth, the wise man turned wise guy turned wise-guy – if the champion listens well – that somebody becomes the hero's fairy godfather. His previous instruction or preparation – supervised by Neem (perhaps a yam relative) – though consisting of menial tasks (learning to recognize this tree) – becomes his best friend and guide against a gossiper. If the hero does not attend well, a switch-a-roo occurs and the fairy godfather instead becomes a witch (a deadly mushroom) or a disguised wizard (a hallucinogen) and the hero must rely on his investment, his instruction, and his wits to make the correct purchase

or trade from this misleading character assortment.

Typically, amaranth and thusly its mischaracterized, floundering nature, has connected it to a wide range of magical properties. Its reputation as a lover's aid for the sick at heart is a normal requirement for stew potions (kallaloo) which are often high in good cholesterol and protein from seafoods. . . . And the tale ends favorably for the hero.

### **Amaranth and bees are near relatives.**

Why did the chicken cross the road? Expect the growth, development and spread of amaranth as it edges the roadway to answer this brainteaser. Amaranth and some species of chickens are, in accordance with this riddle, adjacent relatives.

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