

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

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**ODO NNYEW
FIE KWAN**



Adinkra symbol
meaning

**"Love never
loses its way
home"**

Symbol of the
power of love

**Basketball
Baby Mamas**
by Off The Record



You all know that I hate reality shows. I hate them because I think that they're either scripted and / or the drama is manufactured. Although I can understand the allure to these shows, since Americans love train wrecks, I also get frustrated when someone passes one of these shows off as "positive" or "real."

This is what Shaunie O'Neal did in a recent interview with CNN discussing her

garbage of a show, *Basketball Wives*. Here's a quote from it: "I do believe some of the shows featuring African-American women have positive story lines and are not meant to tear black women down. Shows like *Tiny & Toya* and *Monica: Still Standing*, *Lisa Raye: The Real McCoy*, *What Chili Wants* and *The Braxtons*."

I won't comment on any of those shows because I've never watched an entire episode of either. Well, I did watch 10 minutes of *Tiny and Toya* and I thought my SAP (Secondary Audio Programming)

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was on because I don't think they speak English.

But, I did watch the first three episodes of the first season of Basketball Baby Mamas. Now, the reason I call it that is because I think only one of them is even married to an NBA player. They are either long-term girlfriends/baby mamas or ex-girlfriends/baby mamas. How many of that is "positive" is beyond me. I thought the show would actually represent some behind the scenes look at the NBA, but it's quite the contrary.

The show promotes

this glamorous lifestyle of women who want to be socialites and self-inflicted drama worse than any episode of *Maury Povich*. For O'Neal to say that she wants the show to be powerful and uplifting to black women is like me saying I want *Family Guy* to be a tool of learning for children. BBW's promotes fighting, cursing, backstabbing, and materialistic things. They leach off of their baby daddies (most who are not even recognizable players in the league anyway) and they basically remind the world that a-holes come in female

forms, too.

I used to wonder if people who watch the show only do so for entertainment. I no longer think that about most people after hearing over-30 somethings talking about the show as if they're talking about their neighbors. They believe it so much that it's as if they know the ladies on the show. They are that much invested in something that doesn't represent anything legitimate about how people are supposed to interact with society.

Now, check out another previous quote from Shaunie in an interview from

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Sister 2 Sister
magazine:

"And, I had some other original choices that just didn't work out after we got a mini kind of casting reel of them. It was like, eh, not so exciting anymore. It was one wife I talked to, she said, "All I do is take my kids to school and pick 'em up and cook dinner and have it here and go to the game." Well, that's not going to work for TV."

Sadly, this hypocrite is absolutely right. We only want to see drama. We thrive off of it. That's why this Casey Anthony trial

has blown up like crazy. The media has pushed it on us so much for so long that people exploded emotionally when the verdicts came down. Mission accomplished.

So, how do we reverse this trend? How do we keep our kids from thinking that this is the way to live? How do we disprove that fighting, pouting, and seeking materialistic things are what life is about?

Just like Shaunie said, if you put a nice, respectable person on TV, who's gonna watch *that*?



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What are you communicating?

by Q Topilous

The road to self-awareness can lead one into many unexpected turns and curves. Subtle lessons are learned on a daily basis. My most recent lesson learned seemed to highlight an even larger

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lesson that has reared its head time and time again. That lesson has to do with the power of what Lauryn Hill dub's mis-education. The education of life not learned in the classroom. It is this kind of education that separates managers from owners, the intelligent and broke from the savvy and wealthy. Just the other night a friend mines was helping an extremely bright kid with a college admissions essay. This 18-year old teen had figured out (on his own) how to write binary code and produce video games...from scratch. Impressive. If I was an 18-year who had that kind of

ability and skill, I would think nothing less of me than Isaac Newton must've perceived himself. That's how this kid felt, and it showed in his essay. His essay basically said that he planned to use his skills to build his own business, mass produce and sell weapons and medicine, and still produce amazing video-games, lol. Quite ambitious. There's nothing wrong with ambition and there's nothing wrong with dreams. Ambition is my middle-name, but sometimes we communicate our dreams, ambitions, and goals THE WRONG WAY, AT THE WRONG TIME, TO THE

WRONG PEOPLE. Therein lies the difference in between simple intelligence and shrewdness. I'm in no way saying this kid deserves a reprimand for his essay, he's kid, he will grow and learn and for a college essay it wasn't that bad. But what happens when he takes all of his video-game producer money and seeks out investors for his up-start business? Trust me, they are not going to want to hear his haughty and ambitions dreams, they are going to want to hear and FEEL an efficient and practical plan that will produce results....

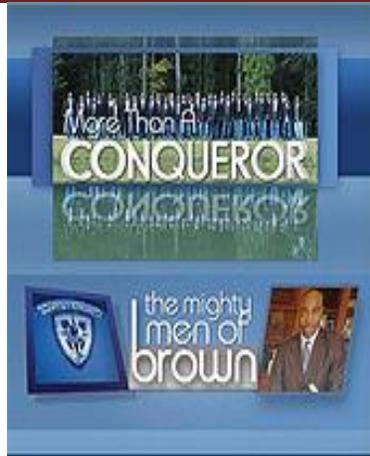
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Don't You Crave Fresh Meat? by Off The Record



It's time to limit terms in Congress across the nation. Congress has single-handedly destroyed our country over the past decade. People always blame the president when the country fails, but the one consistent thing about this country's demise has been Congress.

Out Bush, in Obama? Have things changed?

No. After Obama, will they change?

No.

Because Congress will still have the same dirty crooks in office because of idiot voters, Voters who make their decisions solely based on seeing a "D" or "R" beside a candidate's name. They don't know anything about the candidates or their track record, they just vote for them. I understand wanting to vote for someone who shares ideas of your own, but does that "D" or "R" guarantee that they do? I mean, how would you know if you didn't bother to find out?

We also have to blame those who choose not to vote. They play a big role in this, too. By not voting, they're basically saying that

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they're cool with the state of the country. Ironically, they also tend to be the biggest complainers.

So, we all know that this country is going through some things, some really bad things. Our jobs are being sent overseas, the country is in debt and we're fighting two or three wars overseas that have gone on longer than World Wars I and II combined. **Longer than the two World Wars, people!**

It will only get better once we get rid of these career politicians, these people in Congress who have crawled into the White House and embedded their claws deep within the walls for a long stay. Strom Thurmond was a

Senator from 1954 - 2003. He was 100 years old when he died in January '03. With all due respect to the elderly, do you really think a person who is 100 years old is fit to help run a country?

Maybe he got re-elected because he ran on the Democratic ticket in 1954? Nah, it can't be that because he became a Republican in 1964. I'm guessing that he just continued to get re-elected because his name looked familiar on the ballot. Robert Byrd was also a virtual lifelong politician for West Virginia. Byrd became the longest-serving member in congressional history with 56 years of

service.



So, here we are rolling up on another presidential election in 2012. We've spotlighted this upcoming election, but yet ignored the last Congressional election which is actually *more* important. Congress has done an excellent job of distancing themselves from Obama. I'm not just talking about Republicans either. Democrats have

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shied away from supporting Obama as well.

Why? Because they have the mindset of: the best way to keep *my* job is to say that someone else sucks at doing *his* job.

People with common sense know that the POTUS is basically a figurehead.

Congress is the real driving force when it comes to getting things done in this country. But, if every day people knew that, they would direct their anger towards Congress and not the President, right?

And since Obama has a limit of how long he can be

president anyway, then why not sacrifice him to get another term for yourself? The pay is great; lobbyists woo you constantly, free travel, TV face time and benefits galore.

Members of Congress become eligible for a pension once they reach the age of 50 (with 20 years of service) or are eligible at any age after completing 25 years of service or after they reach the age of 62.

They also control their own pay raises. You read that correctly! They have an automatic "cost of living" raise kicks in every year. In 1989, Congress passed an

amendment allowing for the automatic raises, unless they specifically voted to reject it. Which Congress did, until 2000, the year the greed became an epidemic. Why else would someone spend millions to campaign for a job that pays less than \$200k a year?

When was the last time you voted on *your own* raise?

I read some where that as of the end June, Apple, Inc. had more cash and marketable securities than the United States of America. I'm not sure how accurate that is, but the thought of an

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electronics company being in better financial shape than an entire country is ridiculous!

Then again, with the tax rate on American corporations being so low, maybe it's not so surprising after all...

I want to send my readers over to visit Mooner and Squatlo.

If you want to read some good, quality, political blogging, then check them out and tell them that Q sent you. Be sure to ask Mooner how he feels about Rick Perry! Oh, and also, while you're there, ask Squatlo what his name means for me.

Bella's Bulletin

by Bella Boo

**Tears will initiate the process of healing and whether you believe it or not, one day you will fall in love again.*

**I rather fuck with the truth than make love to a lie.*

**Anybody can say something real, but not everybody is about the shit they talk about.*

**It's not hard to move on. It's just hard to leave behind what you're not supposed to bring along.*

**Once u understand that nothing lasts, u find that you're no longer imprisoned by this truth...but freed by it.*

**I'm a leader not a follower. Unless it's a dark scary place then fuck that, you go first.*

Bounced Out of Contention

by Off The Record



Bounce TV is a new television station scheduled to launch on September 26th. It is majority-owned by and will cater to black people. Being that I'm black, you would

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probably think I wouldn't have a problem with this, now would you?

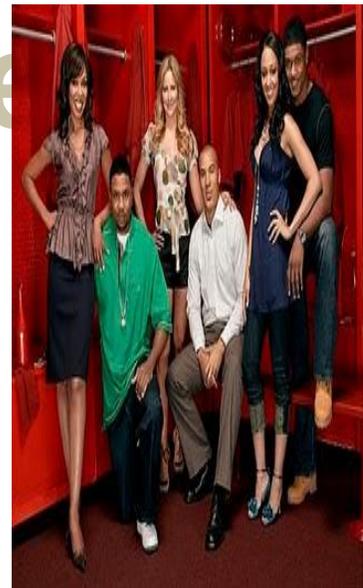
Well, I don't. Kinda.

First, let me get out the good things about the station: it claims that it will feature positive programming for black people which is something that is lacking on television now. Pretty much every show on TV that stars a majority black cast is usually a comedy. They did try a crime-time drama on NBC last year called "Undercovers," but let's be honest, that show just sucked. I've seen better writing on bathroom walls than what their script contained. At least they tried, right?

And let's not talk about

B.E.T. That station is junk and has been for over a decade as far as I'm concerned. B.E.T. was once a reputable media outlet for black people to be entertained, but it eventually turned into an outlet that is detrimental to the black community (along with mainstream radio). Their only focus now is broadcasting as much violence, materialism and sexual exploits as possible because of its selling power. So, although they're very successful in pushing crap into the black community, they fail to understand the concept of ethical responsibilities. But, I do think that black parents (or lack thereof) are the true failures when it comes

subjecting our children to the media's poison. So, I'm not placing blame on B.E.T. for their selection of greed over cultural responsibility when I rant about them. And I also think Bounce TV can pick up the slack and possibly make B.E.T. even more irrelevant.



BET's meal ticket TV show, "The Game."

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Having a TV station featuring movies like "The Wiz" and shows like "Judge Hatchett" isn't a bad thing at all. Mix in documentaries, specials, sports from HBCU's (historically black colleges/universities) and you have something positive for black people to watch, right?

Here's where the "kinda" comes in. I don't like media that is strictly marketed to black people and I'll tell you why and give you an example:

BlackPlanet.com

Over ten years ago (along with AsianAve.com and Migente.com for Hispanics), BP started and greatly contributed to what we now know today as

social networking. Before MySpace, Facebook and Twitter, BP allowed you to have friends in a community in which to connect with on a regular basis. In fact, the creators of MySpace have even credited BP for influencing their site.

Now, MySpace, FB and Twitter each more than double BP's current subscription base. Why? I think it's because they didn't limit their marketing to one race.

That's what I dislike about black-owned media's. Why limit yourself to only one race? Imagine if Black Planet would have just been "The Planet." Could they have been the first Facebook? Could the story of Mark Zuckerberg been

replaced by the story of BP founder, Benjamin Sun? It doesn't mean that the site could not have catered to and promoted black material, but why announce that a media outlet is *for* black people *by* black people and reduce the incentive for other races to join?

ABC, NBC, CBS and FOX don't carry what I would call "black programming," yet black people watch these stations just like everyone else. But, what if ABC changed its name to W.E.T. (White Entertainment Television)? How many black people would even bother to flip to that station to see what's on? I doubt that many would even give the station a

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chance. They would think that the station doesn't contain programming of their taste thus eliminating viewers who may have found something that they liked or at least given it a chance. Think of how many white people would have never seen "Sanford & Son," "The Jeffersons," "The Cosby Show," "The Fresh Prince of Bel-Air" or "The Bernie Mac Show" had they all aired on B.E.T.

Do you see my point?



"Hey, Uncle Phil! Follow my man, Q's blog!"

So, Bounce TV, I wish you so much success. You're launching in quite a few households across the country, so a lot of people will have access to you. But, with the marketing targeting only black people in a country full of so many nationalities, how many people will watch? I hope that your early promotions catering to only blacks don't bounce you out of contention before you even get started.

Now that I think about it, I just don't see how we can ever find equality if we're still promoting exclusion.



The Talk 2 Q Radio Show!

Some things just need to be said.

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• <http://www.twitter.com/Talk2Q>

• [http://www.facebook.com/
http://www.facebook.com/
profile.php?id=100002123
815693](http://www.facebook.com/http://www.facebook.com/profile.php?id=100002123815693)

Are You a Rat?

by *My Mind*

The following term is a word EVERY male of

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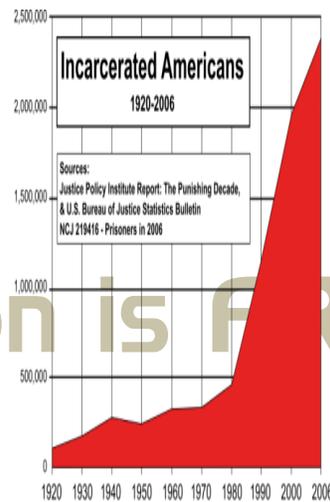
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color should become very familiar with

From Wikipedia

"Prison-industrial complex" (PIC) is a term used to attribute the rapid expansion of the US inmate population to the political influence of private prison companies and businesses that supply goods and services to government prison agencies. "The Prison Industrial Complex" is the title of a recorded 1997 speech by social activist Angela Davis. The promotion of prison building as a job creator and the use of inmate labor are also cited as elements of the prison industrial complex. The term often implies a

network of actors who are motivated by making profit rather than solely by punishing or rehabilitating criminals or reducing crime rates.



US incarceration time
line-clean.svg

UNEXPECTED
by CammieThaGreat

It's like I loved him emotionally I have like this emotional tie to him somehow. I let him inside unexpectedly it's like he gave me so much more than I was expecting. I was only prepared for sex I received so much more than that there was such great passion, great conversation, great emotional feedback. I told him my hopes my dreams I even told him what excites me & him he understood me like no one else has before never judging only listening and encouraging me to move forward towards my goals. We even had a lil dilemma the first time but I was so

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intrigued by his conversation his intuition the lust in his eyes the way perfection rolled off his lips his kisses were the best the way he hugged me was sheer perfection at its best.

So I definitely couldn't say I wouldn't see him again he was so comforting yet so exotic at the same time has always been so hard to find someone you can converse w/but this conversation umph this conversation took on levels w/each word spoken he moved higher. The next time we met I had the most amazing sex ever like an adventure that I never wanted to end but as all great things

in life somehow have to end it did but when it was over I couldn't stop thinking of him. He had won by surprise at that moment I realized I could love him so many emotions love?? Huh really?? So many questions How?? Why?? When?? Seriously?? At this point I was weak but somehow had to find a way to control this situation so I tried I tried so hard but I failed I let him have me yet again but this time I gave him all of me my mind body soul my spirit my entire being. At this point I'm like damn I can really give myself to this man never felt this way before but at the same time thinking I'm not

what he wants although he says I'm perfect he says I'll do anything for u if you need me just call. The emotional torment I'm experiencing at this point let's me know I have to let go I know it's gonna be hard but I can get over it just can't let it linger on any longer b/c then I may not be able to let it go. So at this point I'm like it's all or nothing he chose nothing those weren't his words but his actions said it all I told him how I was feeling the way he responded wasn't bad but wasn't what I wanted it to be so I let it go but it still hasn't let go of me but I must be strong so he text and calls I wanna

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block his num but I
can't I wanna tell him
how much I hate him
for making me feel this
way but I'll never give
him the satisfaction of
knowing how much it
hurts I did cry but I'm
so over it now at least
I think I am....

The Prettiest Female

by Off The
Record



Some idiots overseas did some research to try and determine the best-looking race of women. Long story short, the *Asian* doctor who led the study concluded that *Asian* women looked the best. Imagine that.

I personally think the study was a waste of time, money and effort. There is no such thing as "the prettiest race of women." Beauty is in the eye of the beholder, right? How do you think Patrick Ewing ever got married?

Beauty means something different to everyone. What may look good to me, may not look good to you. And it goes even further than just judging people. My

father is a fan of antique cars and because of that influence, to this day, I love seeing antiques on the road. Someone who grew up without that same influence might not have the appreciation for a '64 Impala like I do. Does that mean an '09 Impala is ugly? Of course not! So why waste so many resources trying to determine what can't be measured? I guess because someone will read it and say to themselves; "Hmmm... That makes sense!"

It never fails. There are enough morons in the world to take what they read and assume it's the gospel truth. After all, it takes *too* much effort to actually form your own opinion,

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right?

The good doctor also concluded that black women were the ugliest race of women. His "scientific study" determined that they possess more testosterone in their bodies than other races of females and those create masculine features that render them unattractive as a race.



There's nothing masculine about this cup of coffee.

Wow. Is that why

we're bombarded with the Snookis, Kardashians and Hiltons of the world on TV and in magazines? Because the majority of the country thinks sistas are ugly? Nah, that study can't be correct, can it? If so, how could it explain that Sandra Oh and a few actresses in Verizon commercials are the only Asians I see regularly on TV?

Okay, I'm being a little sarcastic, but you get my point. Besides, I see beauty in all races of women. I love my dark-skinned sistas, Latinas are hot, Asian women are exotic, Indian women are majestic, and I have a fascination for white women with red hair (I was jealous of Ricky Ricardo as a child).

I guess what I'm trying to get to is this: It doesn't matter if you're a curvaceous Latina in the Bronx or a size 0 white women in the Bay Area, you are beautiful to someone. Don't let some nut and his "scientific study" is yet another reason to lower your self-esteem. This country is way too vain as it is with how we place who we consider "beautiful people" on a pedestal. Don't let the media dictate what defines "beauty." Take beauty pageants at face value and understand that it recognizes a concept and not a reality. Instill in your daughters that they're beautiful ladies and should ~~expect~~ demand that they be treated as queens.

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Letting GO.....

by CammieThaGreat

Soooo I decided last nite that I'm not going to smoke anymore until after my cousins' wedding, bc I kind of realize it's kind of becoming an issue like I leave early to smoke on the way to work and gotta have it on lunch break after work it's getting way to crazy I gotta let it go for a while and if I can let it go for a

while then I can let it go for good?? Like why do something so great as stopping only to go back to the way You once were it's like somehow at this point I've convinced myself this is the only way I have to deal w/life but in reality there are so many other ways, ways I actually at one point enjoyed so I really guess the thing here is to get back to me the real me the me I really want to be and it's definitely not the girl that's always high always trying to sober up just enough so that no one knows I'm high that's really not the me I want to be!!! I gotta change but how? And the real question is WHY?? I guess it's not why change it it's

why did I feel like I needed it In the first place why did I surround myself w/this disease w/this sickness why did I convince myself it was ok and that I was in control??? Yea a lot of questions some of which I don't have -have the answer just yet and others I do....Change is the hardest especially when your set in your ways especially when u feel like this is your way the way You made for yourself but why- WHY Is this the kind of way You made why not something way better?? Is it that u feel like your not worth another way or is it that your somehow someway feeling like this is your way of punishing yourself fo

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all those small little things that God already forgave you for but for what you never forgave yourself???? Yeah it hurts when you think hard!!! Wow it's really hitting home now I hate it when this happens but it just makes me a better me its like when I smoke that's all I want to do all day just chill and smoke I forget about reality and that I have responsibilities it's like I take chances that I never would've taken if I wouldn't have been smoking I just need to leave it where it is I saw two old friends this past week and they were exactly the same nothing about them had changed it's like no motivation no nothing just all talk and one not

even any talk and I'm like OMG what if this was me one of them smokes way more than me and life for them is like complete and utter misery so I'll rather give it up so I say looking at that there was purpose behind the situation letting me know that I never want to go back there or ever go that far this is so crazy got me like all outta bounds and stuff like I really hate the feeling so when life gets hard an I want to give up this is what I have to think of this is what fuels my

Motivation this is WHY I can't do this forever so why not stop Now and It's like when I smoke I look old in my face and then I stop for like a day or so and my

beauty is back I don't exercise or eat the rite way when I smoke bc I really only eat when I smoke like I can't eat during other parts of the day most times when I smoke I can't eat at all don't even eat then most times definitely don't exercise like I'm supposed to I had to quit drinking to get this far now I got to stop smoking to continue on my journey Dear God please help me to let this go so it can let me go, Thanks in advance Cammie.....

Coping

by Pretty Political

Going through the motions
It has become the norm

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I've encountered the good
and the bad
Life has become routinely
inconveniencing
Time keeps ticking and
won't turn back
I have to move forward
and vaguely stay on track
Surrounded by troubled
water; I dare not go near
Ready to turn my dreams
to reality
I'm actually closer than I
think
My opportunities have
become obsolete
And yet my journey is
almost complete
Call me a "Cope-a-holic" ...
Oh wait maybe that's an
understatement

My Mind's: Message by My

Mind

**Ok this is real
simple and it won't
be the first time I
said it... 2 things
that will instantly
empower African-
Americans in less**

**than a decade.
First and foremost,
"Responsible
Reproduction" see
it's a precursor for
all our major ills
not braids, sagging
pants, and tattoos
a 13 year simple
can't properly
raise or take care
of a baby, no
fucking' way
possible, no
disrespect to
church, mosques,
and community
organizations who
work diligently to
make a difference
including myself,
but this simply is
barely putting a
bandage on a
bullet wound.
Secondly,
understanding the
power and benefit
of "Being
Independent" (not**

**as a black nation
but as a
community), its
like why does the
ghetto look like the
ghetto, we sit on
our ass and hope
the government or
civic group rescues
us from what we
can easily do
ourselves, example
if everyone picked
up 3 pieces of trash
a day what would
"the hood" look
like in a week, a
month, and
definitely a year. If
gangstas and thugs
settled their street
business and beefs
in desolate areas
verses in the
middle of the park,
community/school
events, or
basketball court?
We can enforce
our own**

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neighborhood laws in non-violent manner but we can threaten the use of violence if necessary in protection of the innocent and helpless. Get my drift, this shit I'm saying will work and can work if we collectively promote it strongly and enforce it by indoctrinating this in uniformity.

Life's Collections

by CammieThaGreat

Life's collections of wrong doings far out weigh any good that

one can oblige Our minds are constantly considering the wrongs of the world Daily life becomes this constant struggle If you're not careful you lose sight of what's important. Losing site of all your hopes, now your dreams no longer exist Now you're merely existing, day to day, week to week, month to month, year to year Life's depleting right before your eyes. Now you're caught in this never ending cycle of lust and deceit you find yourself wanting that in which you can't or shouldn't have while selfishly refusing that which is given freely no longer embracing the fact that the best things in life are free! Doing the wrong things just to become someone you were never really meant to be Meeting new people

only to forget them Creating more problems just so someone else can fix them Thinking your winning when in reality only losing Still being too selfish to only never gain Always being naive to only be used up again Forever trying to get over to never move ahead Still trying to do it your way and Never Trusting God Instead Sadly merely existing barely even living Now the good isn't so good anymore Sitting here mad at Karma when she's only doing her job Wanting the world to feel your wrath not realizing your only creating a more destructive path Fighting against your flesh a battle no man has ever won Now your worldly desires know no limits Hurting the ones your supposed to love

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and loving the ones
that don't love
themselves So now
your just sitting here
waiting for it all to end
You think there can be
no happy ending to your
world filled
w/sin.....But God says
come as you are and He
will wash your sins
away Only once you
come go the Father will
you experience a
brighter day!!!

Casey Jones



<http://www.youtube.com/caseyjones71>

privilege of seeing the
fruits of its labor come
to full harvest and
fruition in front of its
eyes, oh how
wonderful it must be
to cherish this
accomplishment, given
the obstacles of
survival from natural
and unnatural
occurrences. Hence, to
ponder and resolve to
behold what was
worked so hard to
achieve. It's life, it's
the most beautiful, it's
the original and it's the
prettiest in an act of
bliss, its ugliest in an
act of foolery it's the
unfinished work of The
Highest intention.... It's
an African or African
descendent being
removed and
exterminated by the
hands of a Nigga.

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Gala**

*Coming this December
Stay tune for official date
and time*

**Risen Recordings
artist**

Provocation of Thought: An Opus of Analogy "The Lesson of the Learned" by

My Mind

Oft, not often in a
lifetime an earth being
has the benefit or

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Challenges!

by Q Topilous

I love challenges, but sometimes you have to ask yourself, is it worth the battle? There are many things not worth fighting for. Learning to live in the moment, not worry so much about the future, and focus on the task at hand.

What's Defined

by My Mind

The only things defined are those things with a tangible or visionary tangibility of definition. We

view things of the abstract as indescribably or intangible because we don't understand them or it. Just simply surmise to the notion that obtainment of better understanding is not given but an awakening that **MUST** be earned through mental fitness and cognitive discipline. Henceforth, nothing can be illuminated until it is cast with light.

Will You Be Ready?

by Unidentified E

To those who read the Holy Bible, according to Daniel's dream, which kingdom do you think we are living in? I personally believe that we are living in the fourth kingdom. Daniel 7:23 ..."the fourth kingdom will come on earth. It will be different from all the other kingdoms and will destroy people all over the world..." I feel that this kingdom refers to the United States, for many years we have as a nation destroyed people lives all over the world. My take on this is that Christ will soon return, so will you be ready?

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