

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

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

## BESE SAKA

"Sack of cola nuts"



**Adinkra  
symbol  
meaning -  
symbol of  
affluence,  
power,  
abundance,  
plenty,**

togetherness  
and unity

The cola nut played an important role in the economic life of Ghana. A widely-used cash crop, it is closely associated with affluence and abundance. This symbol also represents the role of

agriculture  
and trade in  
bringing  
peoples  
together



**NuRenaissance**  
10<sup>th</sup>

**Anniversary show**

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Fall 2012 Edition  
**Issue 010**

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**Bella's**

**Bulletin**

**#4** by Bella Boo

Tell me I'm not  
fat

Screw me like  
I'm skinny  
I've tried to lose  
20 lbs

But I haven't  
lost any

My weight is a  
problem  
I'm losing  
confidence

I've never been  
this size

I've never been  
this big

How can I fix  
this?

Diet pills don't  
work

Guess I'll cover  
my weight

By wearing  
dresses and  
skirts

Gotta do  
something quick

There's not  
much time left

I have gotten so  
outta shape

That I often lose  
my breath

This is a fat  
girl's cry

What must I do?  
Push the plate  
back

And skip a meal  
or two

I'm gonna work  
it out

I can't live like  
this

I'm coming up  
with a plan  
& I'm gonna  
stick to it...

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When I lose  
some weight  
How happy I  
will be  
Then I won't  
complain  
When I look at  
me

---

---

**Just A Few  
More**

**Thoughts** by

Q-Topilous

They say time is the great equalizer...well, I believe it is so much more, especially when it's on your side.

:) A lot can come with patience and perseverance, like learning a new function in Google Analytics, or losing 20 lbs...I don't want to take too much credit, because in a lot of ways the things I do and the goals I set are non-negotiable. I feel as though I have no choice. We write our destinies each and everyday with the words we speak, the thoughts we think and the actions we take, there is only a matter of time before those

words, thoughts, and actions begin to manifest themselves, for the best or the worst, time always tells the most honest tales, it is men...and women who twist the truth. And yet I'm still a man, who wants to twist the truth in my favor, lol. I didn't say lie. I just want to write my own fate, just as easily as I'm sitting here, on a cloudy Chicago day, writing this blog entry.

In a lot of ways what I do is not

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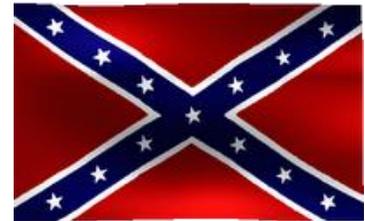
for me, as it is so much for those I grew up with, and most importantly, my future children. I would be lying if I said I didn't want to enjoy the finer things in life, but my focus side tracked...by something bigger. I see my children in the distant future, I simply don't want them to go thru the same things I had to go thru, charting an uncharted path and living thru the pain and humiliation that comes with

mistakes and failure. Well, mistakes and failure are relative, to some I have accomplished much, but I judge myself by high standards and sometimes lofty goals. Yet, I know cant shield my future children from every obstacle, but guidance is what I so desperately needed more than anything else, and I have found that area of my life, well lacking. Don't worry; I've made up for it with sheer ambition,

determination, and will power. So thanks for reading, that's all I have to say at this point, have a great day!!!

## **I Pissed Off a White Man Tweeting with**

**Q** by Off the Record



I've been hanging on to this story for a while. Almost two months ago, I went to the doctor for a check up and got into a staring contest with a

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guy wearing a rebel flag cap. He was in the waiting room with his son who appeared to be mid-20's and unable to fill out his paperwork without assistance.

For those who are new to my blog, I am a black guy. That's important as I tell my story. So, rebel flag guy stares at me as if he wanted to dissect me with his eyes. I stare back until I realize that he's way too ugly to stare at so long. Out of the restroom walks a very attractive blonde. She was around 5'4" with an athletic build. She was like a miniature version of [Laura Prepron](#). She sits next to me and the fun begins...

"Hi, how are you? My name is Quincy!" I say emphatically.

"Hi, I'm Becky and that's not much of a pick-up line," she replied with a smile and while extending her hand for a shake.

I started thinking to myself, "Okay, cool. She's friendly. This should be fun."

"Ooh," she starts, "I have a cell phone just like yours, Quincy!"

I now have the full attention of Mr. Rebel Flag. Although he's too far away (12-15 feet) to hear our conversation, he can see that Becky and I are enjoying each other's company. As I'm tweeting, Becky

grabs my hand to get a better look at my phone and notices that I'm on Twitter. I look up and sure enough, RF Guy doesn't look happy that she's touching me.

She laughs at my tweet and then looks up and notices RF Guy turning redder by the minute. I look up at him with a huge smirk and then back at her. "What's wrong with him?" she whispers.

"I don't think he likes the idea of you talking to me," I reply.

Becky realizes that she's part of a show and decides to play along. She takes my phone from my hand and starts typing.

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She gives me back the phone and flashes a huge smile. "Thank you," I started, "you just started the ball rolling on the sequel to "A Time to Kill"

"I'm sorry," she said erupting in laughter, "I couldn't resist after I realized what was going on."

By now, this guy is mumbling to himself and his son is looking over at us trying to figure out what's going on. RF Guy is still staring at Becky and I to the point that I'm starting to feel uncomfortable. She seems to be getting a kick out of it and she asks me about what I do for a living to continue the conversation. Before I

can answer, the nurse calls her name to go to the back to see the doctor. "It was very nice to meet you," she starts, "You're funny."

"No, I should be thanking you for that Oscar-winning performance," I said quietly.

She smiled, glanced at RF Guy and then disappeared behind the double doors. I look back over at RF Guy and he looks like a lobster. I can't believe this guy is so upset. Does he hate black people so badly that a conversation with a white woman blows his lid?

A few minutes later, the nurse calls my name. I don't even

look the direction of RF Guy and his son as I make my way to the back. Hopefully, I won't need a police escort to get to my car in the parking lot once I'm done. I'd hate to get outside and find RF Guy and six of his friends standing next to my car. After all, this is Mississippi.

I come out of the doctor's office and look around the waiting room. No RF Guy. I walk to my car smiling to myself thinking about everything that happened. I probably ruined that racist's day. I can't wait to get back to work and tell someone how I pissed off a white man. How people let other

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people's business  
affect their lives is  
beyond me

## The Talk 2 Q Radio Show!

Some things just need to  
be said.



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- 

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T2Q!

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**She  
wasn't  
enough**

by JC Hampton the  
Messenger

She didn't love  
him from the  
first time she  
met him.  
She loved him  
after the first  
hour of  
conversation.  
She was careful  
he had values  
He believed in  
God  
He was kind,  
gentle and  
respected women  
And most of all  
he loved family

You see she has  
been hurt  
before and  
thought she  
Was a little  
wiser and knew  
to look deeper

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You see she was  
no longer so  
young a girl  
She knew if she  
didn't make a  
proper match  
soon  
She was in  
danger of  
growing old  
along

This was her  
one deep rooted  
fear  
She wasn't a  
beautiful girl,  
but by no means  
was she ugly?  
She was a short  
girl the color  
of honey  
She wore her  
brown hair in a  
sassy short boy  
cut

She didn't have  
big breast but  
she had what  
every ass man  
loved  
A backside that  
was wide, plump  
and juicy

She was aware  
that boys,  
young men and  
old men watched  
when  
She passes by  
But she was of  
a different  
mind because  
she knew lust  
was not enough  
Her mother had  
been a  
beautiful  
A woman -who  
she watched  
grow old alone.  
She knew beauty

Alone was not  
the key to  
making a good  
match or  
Making the  
match last

---

## Bella's

## Bulletin

### #5 by Bella Boo

I love my life

-so I'm just trying  
to live it

Others want my  
life but I'm not  
trying to give it...

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People sometimes  
look at me  
-and call me  
different names  
I just shake my  
head at them  
-cause I'm not  
gonna change

They see my  
confidence  
-and wonder  
where it's from  
Me looking in the  
mirror &  
Being proud of  
whom I've  
become...

Yes I've made  
some mistakes  
I haven't always  
done right  
My life is not  
easy  
It's a constant  
fight

But more good  
days than bad  
So I will never  
complain  
Can't learn to  
appreciate  
sunshine  
If I don't  
experience rain

I'm happy with  
myself

I just love me  
some me  
I'm gonna keep  
doing my best  
And be all that I  
can be!

**Once  
Again  
-So  
Why  
Not?**

by *My Mind*

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Let's look at it  
for what it is  
on the  
surface, it's  
your body  
when it comes  
to tattoos, its  
your body  
when it comes

to piercings,  
its your body  
when it comes  
to drinking, its  
your body  
when it comes  
to smoking, its  
your body  
when it comes  
to eating fast  
food cooked  
in saturated  
fat, its your  
body when it  
comes to  
drinking

sugary drinks,  
your body  
when it comes  
to working  
overtime or  
two jobs, your  
body when  
deciding when  
to get medical  
treatment  
when sick,  
your body to  
carry or  
terminate an  
embryo BUT  
not your right

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Issue 010

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to benefit  
financially  
you're your  
body- come  
on get  
real....this the  
pot calling the  
kettle black!  
**This shit is  
not illegal  
make love  
not war  
legalize it  
jack.**

## The Green Chimp



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**Damn Fool  
of the  
Week:  
Dear Mr.  
Eastwood** by  
The Green Chimp

From: Things -The Green  
Chimp Tells Me to Say  
Friday, August 31, 2012

As we all may or  
may not know,  
The Democratic  
National  
Convention kicks  
off next week in  
Charlotte, NC with  
several guest  
speakers slated to  
appear. It will be  
interesting to see  
how they respond  
to the things that  
were said at the  
Republican

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National Convention this week. I'm particularly interested to see how they respond to the damn fool known as Clint Eastwood. If you don't know what happened, here's the gist of it. Eastwood came out as a surprise speaker at The Republican National Convention with an empty chair and proceeded to pretend to speak to an invisible President Obama in a very disrespectful and degrading tone. He even went so

far as to pretend that the invisible President used the F-word twice during their exchange.

As bad as that was, what really set me off about his whole appearance was when he said "We own this country", while pointing at the people in the room and it was received with thunderous applause.

The question I have for you Mr. Eastwood is Who is the "we" you were referring to when you said

"WE own this country"? Is it the descendants of Native Americans whose ancestors were here first and doing just fine living off the land until the Europeans showed up and pilfered its resources?

Or is the "we" you were referring to the descendants of slaves who were forced to come to this country and work, yet politicians so conveniently keep lumping them into their "we are a nation of immigrants"

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rhetoric?

Who exactly is the "We" Clint?

Is the "we" the 23 million unemployed Americans who can't find work because President Bush allowed so many of our jobs to be outsourced to other countries? And not only did he not try to stop it, but he gave the companies tax breaks that did so.

Or is it the 50 million uninsured Americans who still don't know if they will have

healthcare coverage because The Republican controlled House has voted on 31 different occasions to repeal the Affordable Healthcare Act but not one single time on President Obama's jobs bill?

Maybe it's the 46 million Americans living below the poverty line. Or the 40 million Americans who decided that rather than continue to toil in a broken educational system that is more concerned

with standardized test scores than they are with children actually learning something, they'd try it on their own and are now relegated to minimum wage jobs that don't even come close to making ends meet. Children aren't standardized so why should their tests be?

Is the "we" you're referring to, the children and families of the men and women who died serving our country in Iraq and Afghanistan?

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Undoubtedly WE have ALL made sacrifices of blood, sweat and tears for this great country of ours. So before you go throwing the word "we" around as if it pertains to some elite exclusive club, make sure it's understood who the "we" you're referring to is. Better yet, instead of using an empty chair to mock and disrespect the office of The President of the United States, why don't you put it to its intended use and sit your ass down?

You have always been a talented actor, but now you're a bit long in the tooth and maybe senility has reared its ugly head or perhaps all of the roles you've played all came out at one time during your speech in some kind of twisted Sybil sequel, who knows.

But, there's no wonder "The Outlaw Josie Wales". You'd Wail too if every time you drove your "Gran Torino" through Arizona, some big

"Dirty, Harry (hairy)" cop stopped you and asked you for your papers. And while Mitt Romney may have a "Fistful of Dollars", "The Good, The Bad, and The Ugly" of it all is that most Americans are struggling just to earn "A Few Dollars More". Until you realize that, you and that empty chair can take a leap off of "Coogan's Bluff" and take "Thunderbolt and Lightfoot" AKA Romney and Ryan with you. Please know that the Democrats

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and Oprah are going to turn you "Every Which Way But Loose", so you'd better apologize "Any Which Way You Can". When you decided to do that speech you put yourself "In the Line of Fire" and for your antics you will be "Unforgiven". Your shenanigans certainly made a "Sudden Impact" but definitely not in the way that Mr. Romney might have hoped. So, perhaps you should drive your "Pink Cadillac" back across "The Bridges of

Madison County". Because if you have any thoughts or inclinations that the Republican Party is going to have your back on this, unless you have a "Million Dollar Baby", you can "Hang 'Em High"!

So go ahead Clint, make all of our day and stop being a damn fool. That makes me wanna go deep, find where the truth of it lies, souls intertwined... It's blowing his mind. The feeling the smell, the taste that he can not describe

## Dinner Disruption

by Off The Record



I'm guilty of something. There's something that I'm constantly doing *at least twice a day*. I didn't even do it at all as a teen, but now I always have it in my hand fiddling around with it.

Wait. Ewe. Seriously? That's so gross. Not that!!!! I'm talking about checking my cell phone at the dinner table, you perv!

Anyway, it's a problem that I'm trying to do a

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better job of eliminating. Growing up, cell phones weren't mainstream, so dinner was for spending time with family. Besides, even if they would have been mainstream, I'm pretty sure my father would have snatched it out of my hands if I broke it out at the table. I wasn't even allowed to bring my handheld Coleco Total Control 4 Football game with me to the table. Dinner was a time that my parents played 20 Questions with me and my brother to see what the heck we've been up to at school or something. Every now and then, we'd get a treat and we were allowed to eat in front of the TV, but most of the time, it was all about family. So, being that I was raised

like that, what has changed that has caused me to not be able to stop myself from grabbing my cell phone at a dinner table?

**1) Being single** - From the age of 24 until the age of 30, I lived alone. Within those six years, I easily developed the habit of eating in front of the television. There wasn't anyone else in the house with me, so to sit at the dining room table alone made me feel stupid. By the time The Mrs. and I got married and she moved in, the habit of being distracted while eating was already six years into existence.

**2) Cell phone evolution** - At one time, they were *only* for making calls

(imagine that). Then all of these cool and addictive things became possible with the advancement of technology! I can send a message to a friend without having to actually speak to them? Sign me up! I can go online and get the scores of the NBA game that's showing in the other room? Winning! I can read and respond to a "blog froth" from the Reckmonster? Done! I can see Instagram photos from @SoLynnieLike without being at a computer? Holla!

Do you see my problem? Like many of the young people that I criticize, I *also* want instant gratification. I can't even stuff my face without a dinner disruption of my own creation. Well, a

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restaurant is attempting to help me get over my problem. A restaurant in L.A. called Eva's is offering discounts for those who check their cell phones at the door. 5% doesn't sound like a lot, but when you consider that some of their entrees are \$45, then dinner for two can save you \$10 if both of you check in your phones.

And although I live nowhere near L.A., the precedent is being set by Eva's. They're trendsetters! What starts as one location and 5% today could turn into restaurants across the country doing it for 10% or 15%. At Eva's, they want people to enjoy what *we all* used to enjoy as kids (for those around 30 and older): "We're trying to

create an ambience where you come in and really enjoy the experience and the food and the company," says Eva's owner and chef, Mark Gold (quoted from an article in Gizmodo).

Dinner with only food and conversation, who would have guessed something like *that*, would be a throwback?

He is FREE  
**Doesn't  
Want a  
Relation  
ship** by Cherry  
Letters

You're dating this wonderful guy; he is kind, thoughtful

and generous. Has great taste, a romantic streak and he fits the bill in every way but then one day he says those 6 fatal words that sends a blow to your heart "I'm not looking for a relationship."

Many would say that what he really means is that he doesn't want a relationship with you. Others may reason that he really isn't looking for a relationship and would rather fish for sport at the moment. Whatever the reason may be, it

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**Issue 010**

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doesn't matter, he doesn't want a relationship...but you do.

It's not as big of a problem as you may think. He has actually just saved you a lot of money on your car insurance. Just joking, but really he has just saved you a lot of time and energy, **IF** you are willing to **accept** what he has said.

Imagine you've been dating this guy for 3 months and then suddenly he springs this bit of

information on you. It would be very confusing and quite frankly very inconsiderate of your time. So if he says this upfront isn't that something to be grateful for. Whether he is being an asshole or not he is actually being a great help. Now he isn't a main option and he doesn't get the same privileges you afforded him before. The energy you spent on him can now be applied to other romantic

prospects or you can start your dating stride again. Don't lose heart he has just disqualified himself, leaving room for you to qualify or rather allow someone else to qualify themselves.

For any relationship to prosper the two parties have to be in agreement. If he doesn't want a relationship and you do, you two are not in agreement. Don't get caught up in the notion

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**Issue 010**

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that you will be the one to change his mind. His mind is made up and no amount of coaxing is going to change it. Fall back from him and continue your dating stride.

Now I know him not wanting a relationship can be a blow to your ego but don't hate the man for his lack of interest in a relationship. Allow him his right to live life the way he wants and in turn live the way that you

want. I once dated a man who didn't want a relationship but wanted to keep me in his life. When I say in his life I mean he wanted to talk to me all day everyday and see me each week. I who wasn't accepting anything less than a relationship didn't see the point in it. In my opinion he was just holding up space in my life and trying to prevent me from moving on to the next. I wouldn't allow it.

If he wasn't a main interest anymore there wasn't any need for him to have my full attention. You have to do what is right for you. He doesn't want what you want?

Fine, but don't let that stunt your growth. Push his ass to the side and continue your stride. Always maintain the mindset that there is no half stepping when it comes to your life and don't fool yourself into thinking you can

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**Issue 010**

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change his mind.  
Do yourself a  
favor and change  
yours.



-Until Next  
Time... Stay  
Sweet. ♥ Cherry

---

---

**F\*\*\* Your  
Football  
Team!** by The  
Green Chimp

From: Things -The Green  
Chimp Tells Me to Say  
Wednesday, July 25, 2012

Dear Penn State  
Apologists and  
Sympathizers,

At some point you  
have to stop being a  
fan. You have to  
stop being blinded  
by the school's colors  
or deafened by the  
team's fight song.  
You have start  
looking at situations  
for what they truly  
are.

Some people have  
the audacity to decry  
the sanctions that  
the NCAA imposed  
on Penn State as  
unfair, extreme or  
biased. Some even  
dare to call the  
decision made by  
collegiate athletics'  
governing body,  
knee jerk and media  
driven; when in fact,

that couldn't be  
further from the  
truth.

First off, the  
university hired its  
own investigator to  
get to the bottom of  
a scandal that  
rocked Penn State  
and agreed to accept  
any sanctions that  
were meted out by  
the NCAA. Secondly,  
because of certain  
rules and regulations  
set forth by certain  
government bodies,  
the media's hands  
were tied when it  
came to properly  
describing the  
heinous acts carried  
out by convicted  
child rapist and  
former defensive  
coordinator Jerry  
Sandusky. The  
media was forced to  
use words like oral

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**Issue 010**

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sex, fondle, masturbate, molest, and sexual intercourse. So perhaps, many of you didn't quite understand the severity or how heinous these acts were.

Well, I'm not governed by those same entities on this show and I feel like it's my duty to describe in layman's terms for those who possibly have the vocabulary of a brick, what Sandusky did, AND what the school's president, vice president, athletics director and beloved and legendary head football coach turned their backs to for nearly 15 years.

Jerry Sandusky fucked little boys in the ass! He jerked and sucked their dicks. He lathered himself up with soap and rubbed his dick all over little boys' bodies. He put his finger up little boys' assholes. He groped little boys' testicles. He forced his dick into little boys' mouths. All the while, President, Graham Spanier, Senior Vice President, Gary Schultz, Athletics Director, Tim Curley, and Head Football Coach Joe Paterno, worked to cover it up in the name of protecting their beloved Nittany Lions football program.

You see, they were blinded by the school's colors, they had allowed themselves to be deafened by the team's fight song and they let this monster ruin life after life after life, year after year after year.

If you can't see what's wrong with that, and you still want to sympathize with Penn State, then I can't help but to believe that you're either apt to do the same things to little boys as Sandusky did, or you're willing to cover them up like so many others did. Either way, you don't deserve any sympathy when

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you're caught up in something like this, and neither do they.

What if this was your kid?

Signed,

Fuck your football team, I got kids motherfucker!



[Mylauney's Store](#)

It's almost Election Day and you can tell its close by all of the ads showing on TV each day. I always wonder just how much better the economy would be if people would put the money spent from campaigning into actually creating jobs.

*Cherry Letters*

**"Sweet Notes For The Soul"**

**Things That Affect Your Daily Life**

Record

by Off the

(Sigh)

Oh, well. I know it's just a pipe dream, but maybe one day politics will make sense. Who am I fooling? It never will. We'll continue to put people in office who only have interest in keeping their jobs. Every now and then you'll

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**Issue 010**

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find someone genuine who truly wants to help, but they usually don't last long. The other politicians will find ways to get rid of that person or vote against everything proposed.

The best way for us to fight selfish agendas locally and in Washington is to vote for people who have our interests at heart. And no, I don't mean someone who may or may not ban guns, or who may or may not have a war on drugs/terrorism. Those aren't interests, those are *political platforms*.

There is a difference and the state of our country depends on you knowing the difference.

Your interests are *things that affect your daily life:*

Can you buy groceries?

Are your bills being paid on time?

Do you have enough for retirement?

Are your kids getting a decent education?

Is your environment absent of pollution?

Are your neighborhoods safe?

Yet, we argue over a war on the other side of the world, whether rape victims can get an abortion, apples in vending machines and if marijuana should be legal. The list goes on.

Do you see how stupid that is? Every day, our focus is on things that do not affect the average person's daily life. I don't know about you, but I don't know anyone who gets daily abortions, but I know people who need to eat three times per day. I don't care if you want to believe in a religion different than

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mine or none at all, but I care about my god kids being able to afford college. I don't care if my taxes are raised as long as I have a salary fair enough for me to afford it.

Do you see where I'm going? Each day, we're beaten over the head by "news" that tells us what we *should* be upset over. They tell us that only a Democrat or a Republican can solve our problems. Two rich parties that spend more money campaigning to get themselves re-elected than you'll

ever make in 200 lifetimes.



I'm not telling you to abstain from voting. That's probably the absolute dumbest choice of them all. If you don't vote, then you don't count. What I *am* saying is to vote responsibly. Don't let family tradition lead you down another generation of

stupidity. Do your homework and vote to promote your daily life and not these fabricated political issues.

Don't be the fool who brags, "I helped get marijuana legalized" and you can't even afford to buy it because you're unemployed.

Don't be the idiot who pumps his chest over voting for/against gay marriage and your kid has a metal detector at his/her school because of recent classroom shootings.

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Don't be the nut who jumps for joy that 25,000 more soldiers are sent overseas while 35,000 jobs go with them.

**It's time to put on your big boy/girl pants and think for yourself for a change.**

Stop letting CNN, MSNBC and FOX News put thoughts in your head. Learn how to separate the real from the manufactured. These people rely on you being emotional about what they're saying instead of logical. That's why they have these

outrageous stories and headlines to push your buttons. Emotional people make stupid decisions.

**So, the next time you turn on one of those "news" channels, be sure to take the time to ask yourself after each segment of the show, "is who a person is praying to, sleeping with, etc. affecting my ability to put food on the table and keep the**

**lights on?"**



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one.



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## Releasing the Beast

by Q-Topilous

Time resolves all issues and balances all equations, it's the ultimate equalizer...and patience is its stewardess. That's something I know, but I have yet to demonstrate competence in. As anxious as I

am to put the past away, it wanes at its own rate somehow taunting me on its way out. My certification study is going as planned and everything is looking well, just unbearably slow. I can't at all be unhappy with the realization that my future lies in science, technology, and management. I have nothing

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**Issue 010**

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against art, but is has plagued me my entire life trying to bond with me on a level that I can't reach. I am, and will always be a rational thinker who is obsessed with getting things done, designing for efficiency, and solving problems. Maybe MY world didn't know how or where to place me, so I got caught in

some weird art-related, infinite loop in life that has refused to let me see my full potential and has yoked me with people, situations, and environments that stifle my inner ambitious, competitive self. Or maybe all this is fate. Whatever the case I now I feel as though I have my life back in my hands, I've made some

hard choices...and neglected making some even harder ones...either way,

VBLOG by TrueSpeech



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**Bitching...**  
**Man Up**

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## The Seven

## O's

by Cherry

Letters



*"There are "7" Different types of Orgasms.*

*Fantasy, Tension, G-Spot, Multiple, Blended, Relaxation & Pressure."*  
*~Freaky Facts*

Seeing this post blew my mind! \*7 types of orgasms? I only knew of 4! So of course curious minds inquired and I jumped into study mode so that I could break it down for myself and relay it to you... Lets jump right in shall we...

Pressure orgasms,  
Tension orgasms,

Combination orgasms, Multiple orgasms,

Relaxation orgasms, Fantasy orgasms, G spot orgasms

Pressure orgasms:: Occurs when indirect pressure is applied on erotic areas, for instance pleasure caused by pressing against an object. No hands are used to induce this kind of orgasms

Tension orgasms: Orgasms caused by direct stimulation of the

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erogenous zones causing a quick build up and release.

Relaxation orgasms::  
Orgasms that arise following deep relaxation after the release of tension. Intense stimulation causes the release of tension. The best way to experience Relaxation Orgasms is with a partner.

Combination or mixed orgasms:  
One sexual encounter could lead to multiple types of orgasms,

for example clitoral and G spot, more common among women. Although there are 7 types of O's there are four basic categories: Pressure, Tension, Relaxation and the Combination...The Combination orgasm usually combines elements of the first three.

G Spot orgasms:  
Orgasms sourced from the G-Spot, Usually described as intense and superior than any other type of

orgasm.  
Multiple orgasms:: More than one orgasm during a single sexual encounter. Women are known to experience multiple orgasms back to back, as for men it may follow after a brief rest period between orgasms.

Fantasy orgasms:  
Orgasms that emerge from fantasy and mental stimulation alone, without any physical stimulation.

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Now I'm wondering... From your own experience which orgasm would you rate as the Queen/King O?

-Until next time  
Stay  
Sweet..Cherry

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An Opus of Analogy  
The Artist and the Universe,  
"The Artist is the Universe" by  
My Mind**

**A vast vessel of vacant vivacious vacuum of vacuity...yet so revealing with resolve resound and resonate with endless consummation of possibility**



**igniting it feverishly and**

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**burgeoning its  
conductors  
uncontrollably  
basting a  
climatic closer  
and  
completion of  
*accomplishment*,  
only to recycle  
more intently  
on *amelioration*  
and  
furtherance of  
creation.**

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## **How to Use**

### **Men** by Off the Record



Him thinking: "How can I sleep with her?" Her thinking: "He's such a dear friend."

Okay, maybe the title "How to Use Men" is a bit misleading. I'm not referring to using them for money, sex or anything like that. I'm talking about ladies using men as a resource to understanding other men.

I have a lot of female

associates. Luckily, The Mrs. understands this and isn't the jealous type, but I've always attracted women. Not because I'm a Denzel or anything because I'm far from a 10. It's because of the educational value that I offer that benefits my female homies. They're able to use me to help them with their personal relationships with potential suitors. How so? I'll explain.

I've always been one to get caught in "The Friend Zone." Because I was not the aggressive type as a youth, I tended to fall into The Friend Zone rather than The Boyfriend Zone when it came to women. If you're too passive

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**Issue 010**

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around some women, then they start to view you as a brother rather than a lover. It's an unfortunate thing that I had to deal with until my mid-20 when I started asking for what I wanted instead of waiting for it to be offered. But, that's another story for another day. One of the things women are able to appreciate me for is #1 on the list:

## **Honesty**

I've been told that I'm brutally honest. Some will even argue more brutal than honest, but whatever. I don't care to sugar-coat anything, for what? Some things just need to be said. It's not to hurt anyone's feelings or anything, but it can

be just as hurtful to make something that *is* bad sound not so bad.

## **How to let things go**

Men don't normally hold grudges like women. Well, these Millennials might since they tend to be more emotional than the generations before them. But, most men tend to stick to archaic ways of resolving problems. When I have an argument with another dude, it may get heated, but it normally ends with us talking sports 20 minutes later. It's no big deal to us.

Women, on the other hand, tend to take something simple and turn it into "The Grudge." I think that

my female friends learn to let things go by following my example. I don't have time to spend being mad at someone. If someone can upset you for more than 20 minutes, then they're controlling you.

## **Solution-oriented**

If a woman comes to me with a relationship issue, then I normally ask the following question: "am I a shoulder to cry on or do you want feedback?"

If it's the latter, then that's exactly what she'll get. In other words, once she lays out what happened between her and her significant other, then I will let her know (in my

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opinion) where things went wrong. That includes if *she* is part of the problem. A lot of women I know tend to be cheerleaders when it comes to their female friends' problems.

"Girl, he was wrong to that to you"

"Girl, I'd leave him if I were you"

"Girl, all men are dogs"



Side note, ladies: You male friend WILL sleep with you if you slip. LOL!  
([Source](#))

Nope - not here. I'm not a rah-rah type of guy. If *you* did something wrong, then I will tell you about yourself. A friend isn't supposed to be on your side all of the time. Sometimes it takes a good friend to let you know when *you* are wrong. If he did something vile to you, then I'll tell you to leave him. Not, "it will get better" or "give it a chance." If it's a vile act, then "push on like

Flintstone" and find someone else. I can't understand unmarried people who waste time in a relationship only to be in the same spot a year later.

So, to the ladies out there, there are some guys who are more than willing to help you have a better relationship. Men are not as complicated as you all make us out to be. In fact, we're quite the opposite. It's good to have someone in your corner to remind you of that when you start over-thinking things. "Paralysis by analysis" is the best way to put it.

I want to be the guy to help you ladies out. I will offer you the best

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## Be You!

by Solomon Feva

Be you!

Even In the  
midst of the  
abyss

Never forsake  
this

For nobody else  
can be a better  
you

Or know the  
inner working  
that makes that  
fact true

When they  
question your  
style, your  
motives or  
sense of fashion

Rest on the  
knowledge that  
you were  
specifically  
chosen for the

human-mask  
you're wearing  
  
When you wake  
in the morning  
and look in the  
mirror; fear not  
  
Deem yourself;  
Hot!  
If they don't  
like it...So What,  
So be it!

For He chose  
you to be you;  
If they don't see  
it

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

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

They can play  
like Michael  
Jackson and  
BEAT IT!

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## Vagina on Fire

by Lady Estrogen from  
[Adventures in Estrogen](#)

It's like my vaj's  
dying  
I hope no one's  
around  
I shouldn't be  
scratchin'  
But I'm  
scratchin'  
Applying the  
lotion

The hubs want  
to play  
But I'm cock  
blockin'  
Blockin'

**Yaa-ho**  
**My vaj is on  
fire**

In the darkness  
of my valley  
There'll be no  
foreplay  
This yeast is  
thrivin'  
It's thrivin'  
I'm really hopin'  
That Vagisil's on  
sale.  
It feels like I'm  
dyin'  
I'm dyin'

**Yaa-ho**  
**My vaj is on  
fire**  
**Consumed**  
**With an itch**  
**that is dire**

Hot as a fever  
Down in my  
zone  
Don't taste it  
What the fuck is  
wrong with  
you?  
It's not forever  
It's just my  
current plight  
I just had the  
greatest,  
The greatest. . .  
Scratch of my  
life.

**Yaa-ho**

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My vaj is on  
fire  
Yaa-ho  
My vaj is on  
fire

Yaa-ho  
My vaj is on  
fire  
Consumed  
With an itch  
that is dire

---

---

**Is It  
Stupid If  
You Can  
Afford It?**



"They cost how  
much!!!!????"

Lil' Wayne was spotted at last month's NBA All-Star Game with custom Beats by Dre headphones on his head. The headphones, which were made with 114 carats of diamond by Graff Diamonds, were worn courtside by the rapper with a value of over \$1 million dollars. Yes, you read that right.

Now, why someone would wear headphones to an all-star game is beyond me, but maybe he likes listening to music in crowds. The average person would read this and say that "it's the dumbest thing they've ever seen." They would probably also say that "only an idiot would spend that much money on headphones."

However, Lil' Wayne is rumored to be worth roughly \$85 million dollars, so will this \$1 million hurt him? Only if he allows himself to fall into the same traps that an Allen Iverson

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(blew \$200 million) or MC Hammer (lost \$35 million) did when they threw away their bucks. Iverson played 15 seasons in the NBA and was rumored to *never* take luggage on road trips. His teammates have even said that he would *buy a new wardrobe in every city* and just leave everything he bought in the hotel room when they left. MC Hammer had a *waterfall* in his swimming pool on top of buying elaborate gifts for his dance team (Rolexes, cars, etc.)

Lil' Wayne has been reported to own

close to \$4 million in vehicles and another \$6 million in jewelry. That's \$10 million dollars out of \$85 million. Does he own property? Does he have investments? Who knows? He's rumored to be pretty smart with his money when it comes to making dollars from producing other rappers. Only time will tell if he goes broke or not.

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**It's not  
Him!!!,  
and You**

## Thought It Was Him?

by My  
Mind

When you see me, I'm at my absolute peak, when I smile you can feel my calmness a mist discord, when I stand I neither lean right nor left, forward nor backward, because of my unwavering

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titanium crutch  
and all this time  
you thought it  
was him? Nah  
Barack became  
Mr. Obama  
because of her,  
a free mind  
from bullshit is  
like pollination  
to a bloom or  
nourishment to  
an infant  
being...It allows  
growth...where  
as bullshit is like  
adding salt to a  
wound it never

heals just  
preserves and  
scares, now  
that you know  
the formula you  
can become  
President, you  
can become a  
CEO, you can  
become a  
leader, you can  
become a role  
model, you can  
become a  
future builder,  
can pursue your  
dreams to the  
ends of the

seemingly  
unreachable  
parallels ... the  
missing link of a  
man isn't the  
easiest to find  
but when he  
does everything  
comes together  
and properly  
aligns in place...  
Way to  
go...Mr.  
President  
You lucky  
fellow!

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