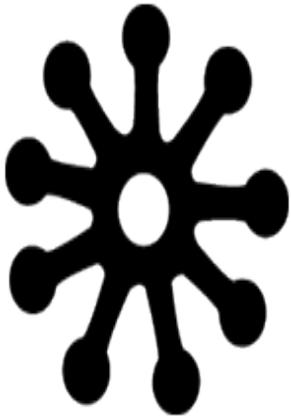


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FOFO

"Yellow flowered plant"



Adinkra symbol meaning - jealousy and envy
"When the Fofo's petals drop, they

turn into black spiky-like seeds. The Akan liken the nature of this plant to a jealous person."

Shackles and Chains

by Pinkie Davis

Chorus

From shackles and chains on their hands and their feet

Over two hundred years living tortured and beat.

Many would dream but never live to see

No more shackles and chains claim victory.

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<i>From African majesty Middle Passage travesty Destitute in slavery Fight for human dignity. Proud and rich the legacy Of our ancient ancestry By faith, hope and unity</i>	<i>We're nobody's property. Chorus Frederick Douglas broke the rules Got tired of being a fool 'Cause his master was so cruel -Treated him worse than a mule.</i>	<i>Fought his master tooth and nail Nearly starving and so frail Back scarred with knuckles scraped Twenty years old he escaped. Chorus Harriet Tubman went through</i>
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*The
Underground
Railroad to

Do what she
had to do

To help others
to freedom
who

Put their faith
in God to trust

For our
struggle to be
just*

*More than
history we
must

Keep our
minds on you
Jesus.*

**Chorus
(Repeat)**

**Revamp
No more
shackles and
chains claim
victory.

No more
shackles and**

**chains claim
victory.**

*Written by Pinkie L. Davis 14 January
2002 & revised 5 February 2002.
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Memo to Black Women

by Talk 2 Q



Black women, I'm
still down with you.
Despite the negative

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things that you see on social networks, view on television, or hear on the radio, I'm still in your corner and so are plenty of others. I just think that you just need to refocus your attention in order to see that.

I recently came across a few Instagram photos of R&B singer, Maxwell. In the photos were two white ladies.

Maxwell received multiple comments, from black women, criticizing him for not enjoying his time with black women instead of white women. As you can

imagine, he lashed out at his fan base and essentially told them to mind their own business. I think that he was within his right to do so. A man's preference in dating is absolutely nobody's business.

However, here's my two cents in regards to black women negatively reacting to black men dating white women: the reaction Maxwell received is contributing to the angry, black woman stereotype that gives black men the excuse to seek other races. No one wants to be publicly

criticized for who they sleep with, date, or love just because of that person's race. Whether it's fair or not, being too critical (especially in public) is the reputation that black women have had ever since neck wagging and hand snapping originated.

That fear alone is what a lot of men have when it comes to black women. Blame reality TV, blame rap music, and blame whatever. Unfortunately, it exists and it's not going away until enough people do the exact opposite of the stereotype.

My advice to black

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women is to abstain from commenting on black men at all if they step outside of their race. You're doing more harm than good. What's the point anyway? When was the last time you criticized someone and expected them to love you for it? If they wish to stray, regardless of reason, then let them stray.

There are still plenty of black men in this country who appreciate the love of a black woman. Stop letting people tell you that we're all in jail, gay, or dead. We're not unicorns. We're as real as the

air that you're breathing. There are plenty of us out there hoping for that special someone with a dark complexion, but she hasn't noticed us yet. We're just waiting on you to stop focusing on the men who *don't* love you and for you to focus on the men who *do*.

YOU CAN'T COUNT ON ME (A Sad Tale of Dumb and

Dumber

2013) by The Elderly
Lady with Glasses

On Friday (8/17/13) I went to the local Movie Theater here in town to see, "THE BUTLER." I was so excited. I walked up to the window and excitedly said, "One ticket for the Butler!" The cashier said "that will be \$6.50." I handed the

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young woman \$10.00. She turned to her associated in the booth and said, "How much change do I owe her?" She brilliantly whips out her cell phone and pulls up the calculator and says, "Give her \$3.50." I wanted to break down and cry.

PARENTS teach your children how to count.

They need to know how to give correct change in dollars and cents. If they are unable to learn then buy them a calculator and tell them to hold on to it for dear life. OMG! There is a surge of this type of behavior going on. Many years ago a lot of people couldn't read as well as they should have but they could count like heck.

True story my friend here at work went thru the drive thru window and gave the girl \$20.88 for an \$ 8.88 order, the young cashier asked my friend, "How much change do I owe you?" "My friend said, "12.00! Little girl you better go home and practice and learn how to count." Restaurants and other store need

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to give applicants a general test that involves basic math questions. This is a shame! $1 + 1 = 2$
I am really concerned. Why our children are unlearned? What are parents doing that they cannot teach children to count? "WHAT you can't count either?" OMG! Our children need to have basic skills. I call

the same theater a week ago to ask if The Butler was playing tonight. - The reply, "no Butler not here this week." I thought I was back in a scene from *Gone with the Wind*. -"I don't know nothing' 'bout birthing no baby!" Diction, grammar, enunciation, and punctuation they are not optional but a MUST if we

are to excel in this life.
I loved the movie, "The Butler!" I commend Lee Daniels for a job well done! I really enjoyed the movie I know the Butlers are sworn under oath to keep quiet I just wished we could really know what went on behind closed doors.
I guess this will be all we get as Eugene Allen aka

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Cecil Gaines isn't talking. I was thankful he could witness God's gift of justice to the black and the impoverished. He got to meet the First of many to come Black Presidents: Barack H. Obama. This was an opportunity of a life time! The Butler is a great movie. Critics will always have something

to say but I gave t a 5 star rating. Lee Daniels has talent. Good to see a film where we are not clowns or every 4th word is profane.
Now for the other matter mentioned at the beginning of my article, PARENTSPARENTS!!!!!!
Get to it!!
Signing off,
The elderly Lady with Glasses



by The Elderly Lady with Glasses

Listen up Y'all. I have a rule. I am NOT admitting to nothing! A Comedian caught in Adultery asked his wife, -"Honey who you are going to believe me or- your lying eyes?" You have to have enough sense to save yourself. I am not volunteering any information. As a rule of thumb I don't lie, but if you have a gun to my head and ask me where is the Elderly Lady with Glasses? I

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am going to kill her!
My answer is I don't
know! ☺

The Bible says
confession in good for
the soul but my slogan
is -don't be a fool.
Paula are you nuts?
Girlfriend I am not
going to trip over your
using the N-word
because I feel no one
should use it not even
the dumb, rich,
illiterate rappers. I
wish I could time
travel them back to
the 1800's then thru
the mean 40's, 50's,
and 60's, just one
week would change
their stupid little
minds. Jay Z says he
took the word and
took the power out of

it. Sir you DID NOT.
When black people say
it they are just being
dumb and unlearned,
but as I see them kill
each other in the
streets day after day,
WHAT is going on?
This past week a 13
year old male bashed
another child's head in
killing him?

There is nothing
positive on television
anymore. Everything
revolves around killing
and violence. We
need some good
family shows on where
kids are respectful and
there are rules. We
need something of
substance. We need
to save our younger
generation.

Oprah was against the
use of the n-word
until rich man Jay Z or
one of the other rich
black men, you know
we all look alike stated
he incorporated it in
his music for some
dumb reason and the
poor Oprah fell for it
she should have taken
a newspaper and
whacked him. We
have enough problems
and stupid doesn't
have to be one of
them. I think he said
something about so
the man can know
what we are saying.
White men know
generally speaking
that you (we) are
dumb. We need to
learn to talk, read and
write proper grammar.

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We need to get an education and make something out of ourselves. Stop robbing and killing, just disgracing our rich black American heritage. We have a black President and should be as proud as a peacock. The violence and ignorance should have stopped 5 years ago. We need a wakeup call.

I Know the n-word flies like Air Force one all around Washington DC but they have certain places they can say it like at home and with friends, it make them feel powerful and good, but the word is a derivative of

oppression and hatred. LET IT GO! Let go of evil and the past. I look at our lost young people with their lost families who let them go anywhere. What in the world is a child who is ages 1-18 doing outside of their homes after dark? The teens can work if they are getting their homework maybe on weekend but I see minors on the news robbing homes holding families hostage. I could slap their parents. It is too late to call home when someone has just died and you are to blame. This new generation is ridiculous. I know some great young

people, but on the other hand I know the other group also. It is very sad. We have to do better.

I saw last week where the police shot a young man in his prime who lived in Lexington, MS. He brought a weapon to church and disobeyed a direct order to drop his weapon. He is now among the dead. Isn't it funny the police don't want you to whip your children or discipline them but will shoot your child dead if he or she disobeys a direct order from them? No questions asked! YOU BETTER ask questions

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and take actions. Stop raising fools, and if you are a fool let someone else raise the child. I know you say I am mean. SO WHAT?

I am not worried about Paula Deen or the rest of the people who feel the way she does. I am worried about myself and every day my goal is to do better, get better and get richer. Small people worry about other people, big people worry about things. My thing is success and every day I am working towards that goal. God bless Paula Deen she has said she is sorry and I am sure she is sorry she has

gotten caught but I have nothing against her.

Money changes people! REAL TALK an actor and play write names Tyler who was broke as two left shoes made it rich decides to come to Jackson for his famous stage productions and while here he patronized a Black gym. He walked in the gym head in the air and never spoke. He was very rude to my friend when she asked him to pose for a picture and snapped, "Hurry up!" Cuz looked like he swallowed a brick on that photo I would have thrown that crap in the trash.

In fact I am sending a letter to his studio.

Another rich damsel named Sandra came to Jackson, MS several years ago to film a movie. Her staffed booked her in a non-full service hotel, seriously? She acted like a royal rude idiot. They transferred her to crown plaza. There was a stove in the suite she was in she is very skinny, (maybe can't cook.) ☺

People forget when they were dirt poor. Money changes people. They don't realize it is just God's grace that they made it

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out of the struggle instead of being thankful they act a donkey. That's why when they go broke no one cares.

I have a lot to say always I am just writing on the spur of the moment. I am never in front of the computer when my thoughts are flowing. I have a lot going on.

Until next time!

Don't worry yourself with what they are doing you just make it happen

Sincerely

The Elderly Lady with Glasses

The Fleur-de-lis *Tasha Mac* *Chronicles* *(Daddyless* *Daughters)* by Tasha Mac



Recently I was watching Iyanla Vazant on the Oprah Winfrey Network. Her show was about "Daddyless Daughters". I was watching and listening to her, Oprah, the panel of black, male guests and the audience

comprised of women of all ages, and ethnicity. All the women who spoke each had their own story, their own pain and heartache over being a daddyless daughter. And the ones who didn't speak didn't have to because their anguish was written all over their faces. This one particular young lady stood up and asked a question (I'm sorry I can't remember her name or the exact question.) She was a young, black woman with 3 kids by 3 different men. She was immediately brought before Iyanla and before I knew it I was in tears for her. She was saying how she tries to overcompensate with her kids to make up for the mistakes she made as a result of being a daddyless daughter. The cycle has repeated itself with her children because they are daddyless kids. (She has 2 daughters and a son).

I immediately had an epiphany. Daddyless

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daughters often times raise daddyless daughters themselves. Although I had a stepfather whom I loved dearly even after he and my mom divorced I still considered him my dad but it didn't remove that longing I felt for my biological father. The pain and rejection I felt for years caused me to gravitate towards those who didn't care about me at all. Now I'm a mom raising four beautiful girls but they too are daddyless.

nice things of this world. If it's new to her and a guy introduces her to it then she will immediately think she owes him something because no other man has ever treated her special before. Then a cycle will start that spirals out of control with low self-esteem driving that force. That is not what you want for your daughter.

ourselves.

X-pression is FRE

We all know that the first relationship a girl has with a man is with her father. I have always said that promiscuity is procreated when a guy comes along and shows a girl something she has never seen before. Dads, don't allow a guy to be the first to introduce your daughter to a nice dinner where she can sit down with a knife and fork, or introduce her to shopping sprees, traveling and other

And ladies, life happens. We don't all get Heathcliff Huxtable for a father. It's hurtful and disheartening but we can't allow not having a father be an excuse to make poor choices with a dyer, lifelong consequence. It's time to rise above it and show the fathers what they missed out on and can't take credit for. It's time to break generational curses and stereotypes and press forward. And in pressing forward let's forgive. Let's forgive the daddies who weren't there and more importantly let's forgive

**Nu's
Featured Book
of the Quarter:**

**"Recommitted:
It's Not Too
Late"**



Do you desire to experience

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a deeper level of intimacy? Ever battle with feelings of unworthiness or insecurities?

Do you desire change especially as it pertains to your sex life and relationships (with both men and God) but just don't know where to start? Or perhaps you just have some questions as it pertains to sex and need a sister's advice? Well you are not alone. As a former pageant queen, model and public figure it appeared that Ms. Dean had it all together. Beauty, intellect, charm and talent. But behind the crown glamour and smile she was dealing with her own struggles with past hurts sexual desires, relationships and low self-esteem. This book reveals Celi's personal experience with relationships, feelings of unworthiness, forgiveness and coming to the place of experiencing ultimate

intimacy! Ms. Dean gives a very transparent and real account of her journey while

also offering sisterly advice that has helped her get to where she is today. "Ms. Dean does not shy away from talking about issues that she has dealt with and that other women whether inside the church or outside of the church are dealing with."

"Recommitted: It's Not Too Late" is a book that is truly inspiring and an outlet for those who like Ms. Dean have fallen, but are ready to get back up and move forward on the road to

healing, deliverance and recommitment! "This indeed my Sister is your time of love. To

come back to your First Love be transformed and experience the most life changing intimacy you will ever encounter on this journey called life. Will you

join me on this walk...we can take it together". - Celi Marie Dean

By AUTHOR



Celi Marie Dean

is a native of Minneapolis, Minnesota and the namesake of her grandmother whose roots stem back to Monrovia, Liberia. She is an international servant, engaging speaker, author and entrepreneur.

She was Miss Black Minnesota 2005 and Miss Black USA 2005/2006. She traveled and continues to travel extensively nationally and internationally speaking

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to children, youth, and women about the importance of education, self-love and pursuing their dreams.

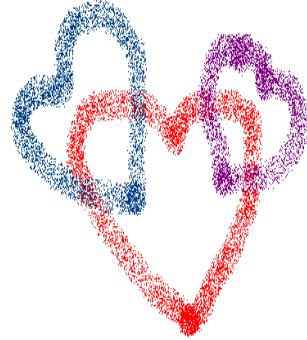
As a former Miss Black USA 2005, Goodwill Ambassador to the Republic of The Gambia and Co-founder of non-profit "Community Aid Liberia", Ms. Dean travels nationally and internationally empowering women and youth. Celi holds a Master's in Social Work with a concentration in Management and Community Organizing from the University of Maryland, Baltimore. Ms. Dean is an entrepreneur at heart and a true world changer!

Celi's mantra is "To the world you may be one person, but to one person you may be the world" Bill Wilson By spreading the love of Jesus Christ and empowering women and youth all over

the world to never give up, she is fulfilling this call.
ORDER: [HERE](#)

*Aftermath: Chronicles of the Other **FREEDOM!!!** Women (2)*

by Pretty Political



*Still trying to
fill the*

*emotional
void;*

*I have become
so in tune
with being the
other woman.*

*I promised
myself time
after time that
it's the last
time;*

*It won't
happen again.*

*Each time I
take the risk*

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of becoming a failure;

He makes it so easy to feel this way.

I want to let go but I'm too-caught up;

In the physical attractions, and mental emotions of this reality

Yes, I am the other woman.

I'm dancing to his rhythm and marching to the beat of my brutal heart.

It is inevitable that I've become a hopeless romantic.

I'm my own worst enemy...



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

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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."

The Call-in Number:
(347) 202-0215.
There is also the aforementioned chat room where you can interact with other listeners and ask questions to the host and / or guests.

Okay, enough of that. Let's talk about what I'm really about. Where do I start? I'm old school. That's an understatement to

any of you who have followed me for a while, but it's a true statement. Being blessed with a two-parent household as a child, I was raised with many traditional values from the Old South.

Examples: taking my hat/cap off before entering someone's home, holding a door for a lady to enter first, a firm handshake, making eye contact when speaking with people, and being accountable for my actions to name a few.

As crazy as it sounds, those things are becoming a lost art.

Too many boys out there lack the man training that is necessary to continue the dwindling cycle of main components of manhood. Pride, responsibility, and accountability have been replaced with entitlement, dependency, and deflection.

These are the things that fuel the passion for my radio show. I want to bring Old South values back to mainstream America one show at a time. - Because although there are plenty of outlets for people to express themselves freely, there isn't one quite like T2Q.
-Direct

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-Real
-Uncensored.

Why? - Because
"some things need to
be said."



**Trayvon
Benjamin
Martin** by The
Elderly Lady with Glasses
July 13, 1913

July 13, 2013

SATURDAY THE
13th

The trial last week was a travesty of justice. The jury has spoken and so did juror B-37. I was offended by her statements and bias. The defense attorneys for George Zimmerman were so nasty. Their comments were lude, rude and plain nasty. I was amazed at the fact a dead child would be put on trial. They gave Trayvon a toxicology test but the murderer George Zimmerman was allowed to go

untested. He had to be high on something to be able to chase a child and kill him in cold blood. George Zimmerman has to live with his sins that no amount of drugs or alcohol will ever erase. I owned and operated a 7-11 convenience store for a decade downtown.

One of my customers told me a true tale of murder and sin. I will call him, "Will." Will stated he was stopped by a highway patrolman. Will over powered the Officer took his gun and killed him. Will stated that every time he closed his eyes at night to

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sleep he saw his sins revisited every night. Needless to say Will by this time was a full fledged Alcoholic. He said his crime was his nightmare. Will had gone to prison for his crime but the stain of sin ran red. The innocent blood of the officer he shed would never leave him.

I thought I was seeing a scene from "ROOTS." We have a black President who is doing a great job I might add and still racial prejudice floats like a hot air balloon all across America. George Zimmer may be released on paper but his life will be

forever changed it matters not how many people send him money, and praise him for his crime; he can never wash the blood of Trayvon Martin from his hands. Trayvon is the modern day Emmett Till. It is amazing that African brown skin in America determines IF a person is human or not.

History is trying to repeat itself. America is unfolding the WILD - WILD WEST. Men use to challenge each other to a duel in the streets and shoot a woman's husband down like an animal in the street. Stand your ground is a license to

kill aimed at the destruction of the Black race. Its authors knew when this bill was originated, just who the recipients would be; the black community. I was very sad at the joy that many prejudice people relished when this poor child was murdered. The jury had already made their minds up. No human is that dumb to see such a high profiled case and not already draw a conclusion. Many of the potential jurors were brutally honest. I don't believe the current 6 were. I feel they already had their

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minds made up and the 3 not guilty votes at the beginning of deliberation proves 3 people were already biased to the point of no returned and took the other 3 weak jurors and twisted them like pretzels getting the results the original (pro Zimmerman) three wanted. There was no reason to cry you weaklings. You let a domineer lord over you and twist you like tissue paper. Crying doesn't change a blank_____ thing (fill in the blank! B-37 called him, "George!" Wow they are friends already bonded because he murdered

a black child. Children should be protected. Adults should also be protected from Stand your ground. I guess the Man who shot the child in a car right after that will get away since they were playing loud music in front of a store!
REALLY...
REALLY what fool would craft a law; and what fool, would sign it into law that just gives Florida a license to kill? I know the answer to both of these questions. My heart was so heavy and broken after the verdict but I wasn't surprised. I was appalled that there

not one black person on the jury. Society is against the black race. Sometimes Blacks are against themselves. Some parents DO need to do a better job of raising their children and create an environment of safety and security. Stray men need to left out of the family home for those who are single moms and provide protection for their children. Set a good example and that goes for every race. All are guilty of being lonely and sometimes putting the children in danger of being sexually assaulted. I was at the store last year June 2012 and saw a young

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child during the summer being kept by the Mom's boyfriend she was just the right size to be sexually assaulted, if the mom was working, why wasn't the sorry man at work???? Dummy!! A lazy joker can take his hind part to the restaurant and wash dishes. Lazy bum!! It's the parents fault. Parents love your children. They don't need your car to ride around all summer long, if they are not working, privileges should be earned. I saw a parent on television last summer saying children need something to do, then

pay them a \$1.00 to mow an elderly person's lawn. Establish a clean- hood program and clean the neighborhood of litter and debris. Paint the community center. Be constructive not destructive. I went on a tangent but I am telling all parents you HAVE to save your children. I was at church Sunday and The Bishop stated that George Zimmerman will have to answer to God. I say Zimmerman on CNN or FOXX and he said it was God's will and he didn't feel sorry. Idiot God said, "Thou shall NOT kill,' – ah TEN Commandments.

George Zimmerman should have been struck by lightning when he made that fool statement. He doesn't even know God. At least not the Lord Jesus Christ. There are many God's which demonic one is he serving???

Parents have to save their kids. There are some great black kids, and then there are the one who have gotten lost. Some of our children do need help. Black kids aren't the only ones who get in to trouble. I know people from Every Walk of Life. The other kids get in trouble and society

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looks the other way.
Marissa Alexander on the other hand is the woman in Florida who shot over the head of her abusive Husband got 20 years for aggravated assault.

The stand your ground ----kill a black person law doesn't apply to black women. A man can just beat the crap out of her??? REALLY

She needs to be set free. She was sentenced 5/11/12 by a judge equally as biased as her jurors.

The great news every one reaps where they've sown bad news it takes so long.

Pre-Thanksgiving 2012
I was at a local grocery

store here in town. The youthful stock male clerk left his cart down the isles which reduced us to one lane. It was touch and go. Two women who were a couple were shopping for the holidays. They could have parked their buggy behind the stock persons cart but chose to leave it blocking the last opened Isle. When her mate mention maybe it would be a good idea to let others past, she was not having that she cursed at all who were on the isle with a barrage of harsh profanity.

No one responded to her insanity. The sheriff department was in charge of security. None of us needed to get into a brawl and spend Thanksgiving in the tank. We all walk out side just upset over being called every profane word in the book. Several of the shoppers including myself decide to get gas before going home. Ms. profane lips decided to get gas also. A driver and her husband was in line to get gas but her tank was on the other side as soon as she whipped her car out to pull back in Ms. Profane lips whipped

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in her spot. She it taking over like she did inside the store but... The woman opened her door and gave her 1 minute to move or she had a remedy that would assist her with moving and had some profane utterance for her. She whipped her butt out of the way and got in to another line and dared not even look at the woman. Hooray-Hooray!!!

We cheered and were quite Thankful. I know I was. I was glad to see the evil people get theirs. In her case it came just a few minutes later. I wish God would get them

all in this manner it would sure help our pain. The Bible says we shouldn't rejoice when they (evil workers) get theirs, sorry Lord, but hip- hip hooray!!!! ☺ I get tired of it.
George said it was God's will. (He meant the god in his fat belly). Zimmerman just wait until you get the as you sow so shall you reap (reward)! Just keep living-- soon enough. Trayvon had the right as a US citizen or human being to go to the store and return safely, thus enjoying his life liberty and pursuit of happiness. His life and

rights were violated by George (cop wanna be) Zimmerman. Funny some Floridians were haters of Hispanics especially the GOP but since they hate African Americans more they opted to adopt Killer G. (George Zimmerman) over Trayvon martin. Parents let's do a better job of teaching our children by speaking in a good tone and remember you are the parent not the buddy and keep them inside at a descent hour. When I grew up, we couldn't be outside after dark.

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We need to adopt this process again.

Sincerely,

-The Elderly lady with Glasses.

Jay Z vs. Harry Belafonte

by Talk 2 Q



It's been a couple of weeks now, but it appears that I have more to say on this Jay Z / Belafonte argument. We touched on this subject on the radio show, but it's still getting a lot of press. Here is what happened for those who are unaware: performer and Civil Rights activist, Harry Belafonte, publicly called out Jay Z and Beyoncé for not doing their part in regards to Civil and Human Rights. He basically stated that with their presence, they could accomplish a lot. Jay Z responded by dissing Belafonte in a song from his newest album.

Here's my take:

Belafonte didn't have to call out Jay publicly, but I don't have a huge problem with that. This country became as great as it is because people challenged others to do great things. However, I do have a problem with how Jay Z handled it. Dissuing an 86 year old Civil Rights activist in a rap song? What are you, 12? You can't even address the man like an adult or release a statement?

Some of you are saying, "Well, just because he's 86 doesn't mean that he can't get dissed!" I totally disagree with you and that line of "thinking." The fact that he's 86 is the main reason Jay Z

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should have handled this differently. You don't treat older people like you do younger people. And if you don't believe that, then punch an old man in the face and see what happens to you. The cops will throw you a "blanket party" on the way to the jail house.

Older people are treasured in other countries, but that's not the case for the United States. Regardless if you sacrificed your life for the freedom of others, fought for equality or the right to vote, there are plenty of young people out there ready to push you out of the way. "You had your time, now it's *my* time.

Never mind the fact that I can prosper today *because* of what you did 50 years ago."

That's beyond sad and ignorant to me. Harry Belafonte grew up during an era when people tried to leave the world better off than how they found it. Jay Z comes from a generation that tries to leave the world with enough money as humanly possible. Because of attitudes like that, the world is spiraling out of control. Companies are steadily sending jobs overseas. Politicians are more corrupt than ever. Racism is still rampant around the country. We still have plenty of problems in this country, but no

one with the stature of Jay Z is willing to risk speaking out against it. After all, why alienate people and ruin the opportunity to turn \$600m into \$650m?

Belafonte comes from a time where a "village raised a child." So, being chastised by someone older other than your parents was commonplace. Respect was something you worked for to earn the title of "man" or "woman." Jay Z comes from a time where parents instruct their kids not to listen to other adults. Respect is expected just from existing. You can even call someone a "hubby" or "wifey"

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without being married.

So, there's a huge gap in thinking in just 40 years between Belafonte's generation and Jay Z's. I'm from Jay's generation, so I'm one to not criticize him for how he lives his life. He says that he's a "symbol of hope" to many. That may be true. It's not true in my case, but it could be true to others. Besides, what he does with his money and his time is his business. But, I do have a problem with him calling out a real hero. Jay Z calling Harry Belafonte a "boy" and dissing his contributions to the world is the equivalent of LeBron James calling Muhammad Ali

a "has been."

Jay Z donated to Katrina victims and participated in eradicating water shortages in the world. He also became a pioneer in how money is made in the music industry. Harry Belafonte was a successful singer and actor. He bankrolled Dr. Martin Luther King's family when he was on the road. He bailed MLK out of jail. He helped finance the Freedom Rides and more. All of this ultimately led to black people receiving their Civil Rights.

Jay Z changed the way rappers do business in the rap game, but Harry

Belafonte changed the world.

Who do you think owes the apology in this scenario?



Dorothy Dandridge and

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Harry Belafonte (1954)



IITH Annual
NuRenaissance

Art Showing &
Gala

December 14th 2013

Venue TBA

Provocation
of Thought:
An Opus of
Analogy
“Death
Bestows
Life”

By My Mind

Anarchy
rages, like a
torch of
destruction
sparing no
innocence
absorbing the
ambitions of
the future
strangling the

fortunes of
the
unwarranted
the unwilling
to
engage...unrest
richted to its
own but
conscious of
the wrath of
the opposite....
And how do
we resolve
this easy—

Death of the
cannibal birth
of the just!!
Resurge of
the Black
Community

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The



Tasha Mac Chronicles (Can Football Help or Hurt My X-pression Relationship?)

by Tasha Mac



Well it's that time of year again; pass the pigskin, grind on the gridiron. Football season has officially

begun across the country. This can be a great time of year for couples who both love and appreciate the sport. There are many events and activities couples can participate in together to enjoy this great sport such as attending games together, watching games on TV, participating in online fantasy leagues, tailgating and of course engaging in conversation. For women, having a significant other or husband who's a football fanatic can be enhancing or horrifying depending on your level of

interest.



I am a southern girl so football was embedded in me at an early age. I have very fond memories of watching the games with my daddy. When I was really young, we had one TV and from August to the end of January (back in the days when the Super Bowl was at the end of January) our TV was on football. Personally, I love the

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sport. But that doesn't mean I want to live, eat, sleep and breathe the game. I know everyone is not into football. And I can't imagine why. But ladies if you'd rather be scrubbing the floors with a toothbrush than engage in football activities that doesn't make you a bad person. And you can survive the season; keep your sanity and your man's attention all at the same time. I have a list of Do's and Don'ts that will keep you winning this season:

DON'T: Schedule events, outings or

give him errands to run during game time. Ladies this is a big no, no. Don't play those "I wanna see if he loves me or football more games." First of all, you're an adult and should be in an adult relationship or marriage, so leave the game playing up to the professionals on the field. Secondly, your man has loved football long before he ever knew you existed. Don't try to come in between him and his enjoyment of the game. Football is way more than just a game for die-hard fans.

DO: Make his favorite snacks. We all know men love food, and eating their faves while watching football is like cake and ice-cream or peanut butter and jelly. Sit down and watch with him. Now I know some of you are saying (I knew she would say that.) Hear me out. You don't have to watch an entire game with him, but at least watch one quarter with him. He will appreciate your effort and attempt to participate in one of his favorite activities. And if the thought of watching any part of the game makes your

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insides hurt, then think about that wedding you dragged him to that he attended because of his love for you, or the family outing he attended out of town that he'd much rather had not. Relationships are comprise, sacrifice, consistency and selflessness. So get over yourself and watch a few minutes with him. During the commercials ask him a couple of questions and smile lovingly at his extensive knowledge of the sport.

DON'T: Social network about him

ignoring you during the games or how much you hate the sport. First of all you shouldn't post on social network about the troubles or not so good moments in your relationship anyway. But that's another blog for another day. Negativity brings contention and resentment to a relationship and you putting your negativity on social networking sites are childish and will probably bring up a conversation you could have avoided and don't want to have.

DO: Find something to do while he's participating in sports activities. If he's out with friends watching a game or at a sporting event this is a great time for you to do something you enjoy. Instead of focusing on this is the 3rd game he's watched today, you could be catching up on some of your favorite shows, making phone calls to friends and family you don't talk to often, spending time with the kids or something else that is of your interest. To score extra points with your honey, if he's out text him and

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ask if he's having a good time or go in the living room and ask him if he needs anything. These small gestures go along way.

So ladies, follow these do's and don'ts and you will score every time.



Now, I don't feel the pure anger that some do and that's not to say that I don't care. What's sad is that I don't feel the outrage because I've seen this before. I've seen minorities suffer atrocities at the hands of non-minorities without convictions being made. And I stress the word "minority," because this doesn't just apply to blacks. It applies to anyone who looks black from Haitian to Dominican.

I've also seen inconsistencies on how convictions are made. A black woman named Marissa Alexander, who we have discussed on [my radio show](#) before, got

X-pression is FREEDOM!!! Trayvon Won't Be the Last of #Racial Profiling (from Sunday, July 14, 2013) by

Talk 2 Q

Last night, we witnessed yet another tragedy in the court room. We witnessed a man being absolved from a situation in which he clearly instigated. Last night, George Zimmerman was found not guilty of anything in regards to the death of 17 year old Trayvon Martin.

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20 years for firing warning shots at her abusive husband. Warning shots! This also happened in Florida. Where is the consistency in the law?

There is no consistency when it comes to minority victims getting justice. However, there *is* consistency when it comes to the outcome of cases involving minorities: Amadou Diallo, was followed by cops because he looked like a rape suspect, shot at 41 times, hit 19 times, for pulling out his wallet to show his ID to plain clothes cops. Someone yelled "gun" and they start shooting.

Sean Bell was killed as he and his friends were shot at 50 times by plain clothes cops the morning before his wedding. He, too, was followed to his car because someone thought he mentioned that he was "going to get a gun" to settle an argument.

Patrick Dorismond was approached by a plain clothed cop who asked him for drugs. When he got offended at the notion that being dark skinned and standing outside of the club made him a drug dealer, there was an altercation. The undercover officer said that Patrick swung at him, but even if that were the case, the cop

had failed to ID himself at that point. A second cop arrived and stated that he heard Patrick yell to his friend, "get his gun." The scuffle resulted in Patrick being shot in the chest and killed.

Now, there are more details to each of those stories, but the constant is that all of the victims had dark skin. All of the victims were being followed or approached for *looking* suspicious. All of the victims were accused of having a gun or being some sort of immediate threat. All of them are dead.

None of the shooters who followed had dark

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skin. None of the shooters were correct in their assessment of the victim's intent or presence. None of the victims saw the suspect with an actual gun. None of the shooters who profiled them were convicted of any wrong doing.

**He didn't have a gun,
"Oops, sorry."**

**He wasn't a rapist?
"Dag, my bad."**

**He didn't sell drugs?
"Whoops. My fault."**

So, excuse me if I'm not jumping off the walls in reaction to this verdict because I've seen this mess before! This is a recurring living nightmare that we as minorities have each day of our lives when we leave our

homes. It's the reason why my father taught me how to talk to a cop before I was even old enough to get my drivers license. It's the reason why my mom taught me about being respectful in public because of how I may unknowingly intimidate people around me resulting in police presence. I thought those lesson were about respect, but little did I know as a pre-teen that my parents were teaching me survival skills!

**What's so sad in all
of this is that
Trayvon Martin will
never get to tell his
side of the story.
Neither will the next
victim...**

Water Under the Bridge



I use to always say there were 2 places in the world I never, ever wanted to visit, let alone live in; Africa and Mississippi. People say that God has a sense of humor. Well that joke was on me because 8 years ago today I was lying on the floor of my aunt's house in Jackson, MS after a

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long 13 hour drive from my hometown of New Orleans. And I've been a resident of Mississippi ever since. Normally a trip from New Orleans to Jackson, MS is approximately 2 1/2 to 3 hours. But multiply that times an impending storm, and hundreds of thousands of locals from New Orleans to the Gulf Coast of MS trying to evacuate and suddenly that trip has become a journey.

It was Friday night and I had just gotten home from a meeting. I'm sitting on my sofa watching the 10 o'clock news and the meteorologist starts talking about a hurricane. I literally said to myself

"hurricane? What hurricane?" Because you see, I'm a news junkie. And I couldn't believe this was the first I was hearing of a hurricane. My 2nd thought was, it couldn't be that bad since this was the 1st I am hearing of it. Fast forward to Saturday morning and this hurricane is major in a big way. The call for evacuation has started. At the time I was working for the state of Louisiana for the Department of Health and Hospitals, Office of Public Health issuing vital records. The Director called all employees early Saturday morning and asked us to "volunteer" to move the manual records from the basement

where they were stored to higher ground in case flooding became an issue in the Central Business District of Downtown New Orleans. Me and my loyalty both went and moved records from 8am until 8pm Saturday night. By Sunday morning I had to make a decision to leave New Orleans with my four daughters and get to safety. My cousin called me and asked where we were going and offered us to come to Jackson to his mom's (my aunt) house. So off we went to Jackson. -Me, my four girls and my then fiancée'. (Who I'm no longer with- Thank God. --Even though that info has no

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relevance on this story.) It's ironic how he was having car trouble the Friday night I first heard of the story and my vehicle was not working. So we are traveling in turtle moving traffic in a vehicle that was stopping on us like every hour. -Making an already uncomfortable, unbearable trip even more cumbersome and frightening. Not to mention my mother who at the time was living in Denver, CO. She kept calling with worry. My daughters at the time were ages 10, 8, 5 and 3. They were tired, scared and hungry.

The vehicle couldn't take anymore of the

ex-fiancée' stopping and putting river bank water in it to keep it alive. After 2 jumps (or boost offs as the Mississippians say) it finally quit on us in Hattiesburg, MS. My cousin met us in Hattiesburg and we were forced to leave the vehicle there. We made it in my aunt's house approximately 11:30 pm after leaving New Orleans around 10 in the morning. All I could do was collapse from sheer exhaustion. She had an empty room with a nice pallet on the floor and I promise it was like the Ritz Carlton to me because anything was better than dealing with what was going on outside with the storm coming.

It's Monday, August 29, 2005 and Katrina hit. And oh boy did she hit. She made landfall as a category 3 storm and she tore up some stuff from New Orleans to the Gulf Coast. She destroyed any and everything in her path. And sadly she took many lives with her too. For many left behind she took dignity, strength, peace of mind and frame of mind. When I realized what happened to the city I grew up in, the city I loved so much I was devastated. People; neighbors, friends and even some of my family were stuck on bridges, roof tops, in houses and worse the Superdome and the Convention Center where they were

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treated like less than human and heinous activities with on. Some so heinous I may start crying if I type it. Katrina left many people broken and shattered. We scattered and were separated from our loved ones. Some boarded buses to neighboring states. I didn't know who was alive and who was not. When I was able to see the news (my aunt lost power for a week) I saw some of my friends and church members standing in Red Cross lines in other states. For weeks I was glued to my cell phone waiting on texts and calls from people I had yet to hear from. - The whole time praying to God that they made it out

unscathed. I spent many hours on the phone with friends crying to me because they didn't know where their parents were, or some who didn't know where other close relatives were. It was gut-wrenching to say the least.

Eight years have gone by and I remember the devastation like it was yesterday. It will always remain with me but it won't define me nor has it ever been a crutch to me. There are still some areas in my hometown where you can see visible signs of what occurred there some 8 years ago. The people of New Orleans are steadily rebuilding, replenishing and

restoring what was once lost. They called us refugees, savages and looters. But in essence we are survivors, warriors and conquerors.

As for me, moving to Mississippi has been a blessing. I graduated from one of the best colleges in the state in 2009, my oldest daughter is now in college and my other 3 are thriving and doing well and I work for a great Accounting Firm. I've also met wonderful people along the way, including a great guy I'm dating and a great church home. Katrina made me realize what I was capable of. She did for many people. She was a nightmare in the beginning that

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

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

turned into a blessing
in the end.

something an
associate of mine put
together and I shook
my head almost during
the entire 32 minute
video.

However, it didn't take
me long to figure out
why there was so
much bitterness and
anger in them. In fact,
it stood out to me like
a "quadricon." The
one constant that I
saw in the video was
the reference of sex. -
Almost all of the
women in the video
subconsciously
considered sex as a
bargaining tool. I
heard so many
examples of it:



"None of this until you
mow the lawn, Mr.!"

Sometimes, I
understand why some
women are single.
They have the
complete wrong idea
on what it takes to
establish and maintain
a relationship. I
watched a YouTube
video recently of

Seven women were
sitting around acting
like they were "know it
alls" when it came to
men. The women
appeared to range
from ages 25-40 and
the amount of
ignorance in their
speech was
staggering!

There was so much
bitterness and anger
in some of their
voices. They talked
about not giving
engagement rings
back, men and
strippers, and other
things.

"He won't take me
out to eat, but he
thinks he's getting
sex?"

"I'm not giving his
engagement ring
back if I don't marry
him. He can't give
my sex back!"

"As long as I'm
'putting it down' in

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**the bedroom, -he
ain't going no
where!"**

Those are just a few of the things that I heard that opened my eyes to why so many women are single. Someone once told me that "sex is a weapon that always misfires." That's a very true statement. The moment that a woman says or insinuates that she's "giving" a man something, when it comes to intimacy, is the moment she lowers herself in the eyes of the man. The guy may not even realize it himself, but it happens.

She may *think* that she's the "best he's,"

but that doesn't matter. Keep in mind that **men don't cheat for "better," they cheat for "different."**

You can have Grade-A stuff and he may still cheat with Grade-C stuff just because her hair color is different or she's six inches taller.

A man can have sex with no emotional attachments. That's why it's so easy for guys to go from partner-to-partner with no conscious. If a woman treats sex as a conditional reward, then how is she separating herself from the masses? I hate to put it this way, but the analogy fits: "A dog only begs when he knows that he's

getting a treat." No treat? No effort. That's what's being created in that type of environment.

Sex is an intimacy that should be *shared*. If you and your man do not experience sex as one, then you're voluntarily grouping yourself with every other woman out there. You're reducing yourself to: quid pro quo (this for that). That isn't healthy in a relationship. If the two of you aren't getting enjoyment out of sex, then maybe you're not for each other. However, if it's enjoyable when you do have it, then why hold on to it until the light bulb in the kitchen is changed?

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Don't take the mindset of, "if I can't have what I want done then no one is happy." What are you, 12?

A man should treat his woman like a queen because he feels that she *is* one. Not only because he wants sex. Because once he realizes that she's treating sex as a reward, then he'll start rationing out his good behavior only when *he* wants intimacy

Coochie Coochie Choo!

By The Elderly Lady with glasses

Now I was looking at Jay Leno Last night (Thursday 9/20/13) and Dwayne Wade was on the show. I will miss you JAY! Anyway Jay was questioning Dwayne about his love life and he reaffirmed that He (Dwayne) and Gabriel Union were going strong. LeBron James got married recently and I was surprised that he married his high school sweet heart. She was also black. When I think of marriage I think of thick and thin.

Have you been there for me through thick and thin? Do you love me really and do you love my people? I have been told by other races, "I like you but I can't stand those other black people in Yazoo City! "YES she did say that. Do you like to cook, since I love to eat? Do you have moral character and values? Are you going to name my children Dunk and Gump? Is there a moral compass? Are you a chase keeper of the home? Do you party like and animal and do drugs? Are you going to bring the family name to shame? CAN I TRUST YOU? None of this is ever mentioned! AND....the grand daddies of them all: Do you love and honor God? Know God know peace: no God no peace!

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The other night at my restaurant one of the Caucasian bus boys was being pursued by a plain Jane Black female; He was cordial and sweet and smiled then honestly stated to her that he doesn't date outside of his race. I said, "Well I don't either and it is not because I am prejudice it is just my preference."

He said, "I can't break the rules? BUT I would break every rule if it was Halle Berry, Mariah Carey, or Rihanna. So basically what he was saying, "Hey it must be the money." I love every one. My best friend of 2 decades and her entire family are just like my own family and they are not of African descent.

If you pass by most none Africans and speak you will not get a reply. You can

wear a mink coat and Gucci purse to the hills and still you will not get a reply. BUT just be rich and well known you will be bombarded, color wont matter. Most women who pursue the athletes are trained to get 2.3 babies and they are set for life.

Men look at a woman for beauty and sex APPEAL.

They don't worry about the trivial things women snip at each others heels for. Men are on a whole different plateau than women. You hardly see a white rich male or female star vigorously pursuing

a poor black male or black female for marriage. BUT black athletes' feel they have bought the farm to be seen with a blonde. That same blonde wouldn't even look at any of them if they weren't rich. I hear black men saying see black women are hard to deal with they only complain and gripe all the time.

Barney Fife told you how to deal with it: NIP IT IN THE BUD! It is the same crap as dealing with kids stop it right now!!!! You have to stop bad behavior in its tracks. I saw a nice man date this short bully.

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