

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

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Sankofa, one of two Adinkra (West African) symbols meaning

“Return and get it” symbolizing the importance of learning from the past.

Keep Your Legs Closed!

by JC Hampton

Keep your legs closed.

You want a husband and wonder why you are not married yet.

Keep your legs closed

You meet a cute guy who has his swag on and that same night you give in.

Keep your legs closed

You say these are modern times and

waiting is old fashion.

Keep your legs closed.

After the sex is done what do you have in common?

Keep your legs closed

Where's the friendship and companionship?

Keep your legs closed

Anything worth having is worth waiting and working for

Keep your legs closed

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Edition

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Invoke a 3 month rule and get to know a person

Keep your legs closed.

You say you just can't keep your legs closed

You're addicted to the feeling then...

BUY A VRIBRATOR

Keep your legs closed.

Who's Next In Line? by Off The Record



I can only speak for black men, but we have a standard when it comes to beauty. For almost two decades now, that standard has been Halle Berry. Heck, I even watched that garbage of a movie, "Monster's Ball," just to see her. Many times I've heard black guys (and some women) say,

"She looks good, but she's no Halle Berry."

Halle will be 45 years old come August 14th. Now, she still looks stunning, but I do think it's time to name a successor.

I want to nominate five black women (in no particular order) to replace Halle Berry as the next "standard." This person will be referred to whenever someone wants to make a comparison to a beautiful black woman. Who's next in line to be the next Halle?

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#1 - Beyoncé Knowles

Pros: She is known on a first name basis like Halle, so that helps. She's a world music icon and she has music videos that sets tons of trends in the dance clubs. Most under-30 somethings would argue that she took over the title from Halle at least four or five years ago.

Cons: Is she likable? She tends to have controversy follow

her and accusations of arrogance. "Sasha Fierce" was even recently booed by paparazzi. How do you get booed by paparazzi?



#2 - Serena Williams

Pros: Also has first name fame and is a worldwide icon. Her fashion is eccentric and considered a trend setter by some. She also represents some of the dark chocolate goodness a lot of us love.

Cons: Is she a tad bit too much to handle physically and emotionally? She has biceps like Rambo and an attitude to match (given that she's threatened to do bodily harm on a tennis judge once).



#3 - K.D. Aubert

Pros: With lips that would bring a lollipop to tears of joy, Karen Denise started small as the strawberry girl in the Fanta cola

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commercials. She became more popular after her role in the horrible movie, "Soul Plane" and has now appeared on TV shows, commercials, and movies. She's young enough and has the personality and look to become "the standard."

Cons: She's yet to go mainstream. She doesn't have the name recognition as the others on the list and could get lost in the shuffle unless she has a major movie role coming soon.



#4 - Megan Good

Pros: Physically, Megan possesses some of the same qualities as K.D. She's much more accomplished in television and movies with her latest appearance in a recent release called "Jumping the Broom." She's curvy and has the sex appeal to carry the torch for the next decade. She is gaining steam as a "horror babe" with appearances in "The

Unborn," "Saw V," and "One Missed Call."

Cons: Also like K.D., she isn't mainstream yet, but she's on her way. She still has a long way to go to compare to Halle, who is a household name and has done countless of major movies with leading roles.



#5 - Jennifer Hudson

Pros: She doesn't have that iconic first

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name, but she definitely has full name recognition. Jennifer Hudson slowly became a household name thanks to her performance on "American Idol" and her first movie break, "Dreamgirls." Hudson won 29 awards for her role in "Dreamgirls." She's also a success story with her weight loss after losing 80 lbs. A beautiful woman to match the voice.

Cons: Doesn't have that "boom boom pow." Hudson is more cute than she is sexy. You would be more inclined to pinch the cheeks on face rather than below her waist. She

just doesn't have that "come get me" in her.

So, after going through the five that come to mind for me, which one do you think should carry the torch? If it's not any of the five, then list your write-in candidate in the comments below.

So many of the black sex symbols that came to my mind when making this list were over 35 years old: [Stacey Dash](#) (45), [Lisa Raye](#) (44), [Sanna Lathan](#) (39), [Gabrielle Union](#) (38), [Leila Arcieri](#) (37). I thought that maybe I was stuck in my generation, so I

Googled some Top 10 Black Women lists and on three different lists, six of the 10 were over 35.

Maybe it's too soon to pass the torch. Maybe Halle has some "Lena Horne" in her and can hold her beauty for yet another decade.



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Information

Overload by Q

Topilous

Today I posted as my status the statement: So here's a question worth asking, what do we do about information overload? When are the stats, billboards, ads, ad banners, websites, msgs, posts, e-mails, blogs, tweets, google searches, books, readings, assignments, phone calls, surveys, packages, examples, tutorials, directions, how-to's, and etc just too much??

My expression of information overload is undoubtedly a personal one since it occurred to me while

I was doing a marketing research project at school.

There was information and answers everywhere who do I trust? What is valid? What is out of date? What is relevant...and hence the overload. But the overload wasn't an isolated incident. At the current time, I was also overloaded with information of the very methods in which I was to take on this project.

Studying as a entrepreneur/consultant there are specific methodologies in which business must be handled to reach certain milestones and goals. Certain marketing techniques and positioning that are as specific as how do you shake the buyer's

hand...even the term "buyer" carries with it a certain weight and knowledge that makes the difference in between landing a new client or simply shooting the breeze.

My point is this. The vast majority of us live in a world full of messages, symbols, and contexts that shape our day to day existence in unimaginable ways. Our mind is constantly being feed so much information that under normal circumstances it would be impossible to carry simple tasks like eating if we were to consciously process it all. Our mind compensates by simply leaving the groundwork up to our subconscious and our amygdale to process and connect the dots.

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And as you can imagine, a lot of those connections are far from accurate, but are highly efficient on a practical level. Picture a caveman suddenly being brought into our times in the middle of a large city. If the sure exhaustion from millions of unknown sensations, images, sounds, and smells doesn't raise his heart rate and blood pressure to unsafe levels than simple shock would certainly finish him, unless of course he is seized and feed like a wild animal. He wouldn't have any idea on how to obtain food, where to go, or where to walk. Even the pavement will seem like a threat. He probably would attempt to escape to

some form of familiarity so that his brain could at least attempt to put to some pieces of this puzzle together, much like our brains compensate for our blind spots by simply filling in the blanks.

If you are an entrepreneur and/or champion of personal development, this has far reaching ramifications. A lot of the time we need to go within our heads and question, or pick apart what our subconscious and amygdale have hardwired us to believe is true. Most of the time, our beliefs harbor half truths that allows living trapped within freedom less lives. Too much information can paralyze our rational

brains and we simply begin to "go with the flow". One example could be the bald guy who just assumes that women don't like bald guys or the more disastrous belief of a young woman with low-esteem who simply beliefs she has no worth. As far as entrepreneurship goes, we can really hold ourselves back with widely beliefs that won't serve us well. Here's a site that would serve you well for reframing limiting beliefs. Also visit my personal development page for books and coaches who have experience dealing with these issues.

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You're your Enemy by JR

Hampton –The Messenger

I have been in church all my life and have been taught about Satan (the devil). It took research for me to understand where Satan came from. I was taught he was evil, crafty and a formidable enemy but I never understood his true origin.

Did you know that Lucifer (Satan's original name) was an angel? Did you know that Lucifer was a high ranking

Archangel? Did you know that Lucifer was GODS right hand angel before his fall from grace?

Before I researched Satan (which means adversary) I held on to my childhood imagines of him.

He looked like the images I have seen on television. The dark ugly image with a pitchfork, pointy tail and ears or, some ugly grotesque looking beast. These images are comical because it is so far his real appearance described in the bible. GOD created

Lucifer in splendor and beauty. He was perfection to behold. He was created to be perfect.

Lucifer (Bearer of Light) was to bear the light to Jesus Himself. Jesus is the true Light.

Satan was created as a being with power of personality and the freedom of choice. He was an angel with honor and leadership in heaven. When Lucifer was tossed from heaven he took one-third of the angles with him.

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... so what happened to God's perfect angel?

Satan was casted down because he wanted to raise above his creator, GOD. His own ambitions got the best of him.

Satan's main purpose is destroying GOD's plan. He receives gratification from the years of misery and pain he has caused. The saddest truth is that when Christ died upon the cross to wash away mans sins, there was no

provision made for Satan and his host of rebellious angles. They will be casted into the lake of fire with no hope of salvation.

Satan's fall from grace did not take his attributes as an angel. Satan has intellectual ability, emotions and an active will that he uses to destroy mankind.

Have you ever done an action that was out of character for you? After the act you wondered what your mind set was

because the act was not you.

Satan is alive, well and very real.

A PLACE CALLED LOVE

By Rene' Mystique

*Love is something that I never take for granted
Every time I see you face and hear you voice
Love takes control of me
Each day Love and I daydream about you*

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*We dream about
waking up in your
arms*

*Kissing your soft
lips*

*I almost always
never want to stop*

*Love and I walk
through the deep
recesses of my mind*

*Erasing the
memories of my past
So that memories of
my future with you
will last*

*Love and I sit and
think about the
loneliness we use to
share*

*We are glad we are
no longer there
Then thoughts of
you begin to
circulate until a
whirlwind*

*Of Joy, Happiness,
Peace and Love
grows and grows
We are swept away
to place my mind
never wants to leave
A place where it is
you and I and I and
you*

*The place where
Love lives
Beyond like and
infatuation
This place is Love's
humble abode
A place where Love
is all the time
A place in my mind
A place I go to all
the time
A place where I
want to stay
Because.....
Love carries me
through the day*

*Love wipes my tears
away*

*Love is my one true
friend*

*Love is something
that will never end*



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<http://www.twitter.com/Talk2Q>

<http://www.facebook.com/profile.php?id=100002123815693>

Freedom's Cost?

by Q-Topilous

I'm convinced that there is no greater feeling than freedom, sadly most trade freedom for security, which may temporary comfort an individual, but does nothing for the advancement of a race, or more importantly the human species.

Women Just Can't Win

by Off The Record

Women have it bad. They are always held to a higher standard than men. That's not always a bad thing because I do think there are certain things that are acceptable for a man that's not acceptable for a woman:

I definitely think that women should always be more on-point with hygiene and I think they should maintain some mystery about themselves with certain things.

Having said all of that, I think women

catch the short end of the stick when it comes to a lot of things, but especially sex. Women are always held to a higher standard and although it is commendable, I do think there are times when a woman expresses herself sexually that men (and some other women) criticize unnecessarily.

Here is an example:

A man should be happy to see a woman with a top drawer of condoms next to her bed.

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A guy goes out with a lady and they have a vibe going. It's a first date, but the tension is high and he can tell that it could lead to something later. He arrives at her house and before you know it, the clothes hit the floor and she's ready to do the horizontal mambo. He then pause and informs her that he doesn't have a condom. She tells him not to worry and goes into her top drawer to pull out one.

(record scratches)

To a lot of guys, this is what comes to mind: "Uh, oh. If she has condoms readily available in her top drawer, then she must be a ho."

(buzzer)

Wrong answer. A woman who would let you "[smang it](#)" *without* a condom is more likely a ho than one who has one. Maybe this lady is just *prepared*. Guys need to get the image out of their head that a woman with condoms is a ho. I mean, it's a possibility, but it could also mean that she's just responsible.

Most babies are conceived and most diseases are transmitted from people who are not prepared. Maybe this lady should be applauded rather than criticized.

Fellas, don't assume that a woman with a condom in her purse has a longer line than [In-N-Out](#). Okay, maybe I should have used another restaurant name, but you get my point.

Ladies have it rough because in a country where men made the rules during the days that women were not even allowed to vote, there are still a lot of things that men think are unacceptable for

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women, but are acceptable for men. Let's do away with the prehistoric thinking and recognize that rules that were created 200 years ago on what a woman should be do not apply to today's female.

While women *should* act like queens in order to be treated as such, we men have to do away with some of the double standards.

And to the ladies, **stop** letting society dictate the things you do. You can be you without worrying about what some shallow-minded person thinks.

**Stop letting people
guilt you into
thinking you're a
bad person when
you're not.**

My African King by Puzzles

Of all the African
Kings
None is more
beautiful

Than the one that
stands before me.

With eyes that
glisten like

The grandest of gold

And a smile as
massive

And bright as the
Sun itself,

His arms are as
strong as Samson's
with a chocolate hue
and sculptured

Biceps and forearms
that lead to

Manly, yet warm and
loving hands.

The most gentle of
souls,

He speaks from his
pure heart

With a charismatic
charm and wisdom

Rarely exerted.

He is manly mortal
perfection.

None have there
ever been,

None will there ever
be

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With the ability to capture my heart as he.



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Living. This is more than just a new movement and just a cool new lingo; it's a way of life.

My Mind's: Top Picks (Articles of Cognizant Suggestion of Intrigue) by My Mind

Pick one

pick two

pick three

Pick four

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You Marry Their Family

By Off

The Record

**When you marry
someone, you
marry their family.
There's no way
around it.**



So many happy
couples have the

absolutely worst in-laws and it causes problems. I'm so happy to have in-laws who are wonderful. My mother and father-in-law are great people who have treated me like a son. My brothers-in-law have all accepted me and have been a lot of fun to hang around from time-to-time. My nieces and nephews are bright kids ranging from ages 12 - 25 who will grow up to be good people. My family also loves my in-laws. In fact, my parents and The Mrs.' parents have known each other for over 40 years and they get along very well.

But, I lucked out. So many others have situations that they "married into" that they are regretting now. I remember dating a lady back in the mid-90's who had a brother with a drug problem. He was a user and a dealer (which is never a good combination). He would smoke his own product and get so high that he'd forget that he smoked it. Then he would accuse everyone in his household that they stole it from him. Her mom was an alcoholic who spent most of her days on the front porch. It was very sad and

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the end-result was a very short relationship with that girl (roughly six weeks). I didn't want to subject myself to those types of people on a regular basis. Besides, I saw some of those bad habits in her as well. She was always looking for a fast buck and she wasn't motivated to work. Despite the fact that she was cute and was really into me, I had to do what I felt was best long term.



Over the years, I've met some people who have had similar, if not worse, situations, yet they chose to "ride out the storm." Almost all of them ended up separated, divorced, or stuck in a volatile marriage. You may think that you're marrying the person and not their family, but that's not the case. Unless it's a

situation where you live far away from that family and have little contact, you could be subjecting yourself to inherited drama.

So, know your limits on what you can and cannot endure. Understand that your family may have to interact with your spouse's family regularly. So, it's important that they all be on the same maturity level and get along.

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Is it absolutely necessary that your spouse's families are perfect people? No. But, be prepared for a lot of gray hairs if everyone doesn't mesh.

Provocation of Thought: An Opus of Analogy

"The New Black Celestial Hole" by My Mind

What is desolate, what is empty, what is unfulfilled, what is a becoming state of not becoming, what is loss of loss, what is the gain of nothing, what is inheritance of the none existing inheritance, what is rhyming without the rhyme, what is visible form yet invisible in substance, what is the being without a clue of its being, what is an intricate

fiber without the fabrication of its intricate existence, what is it is- is the current African American state of mind!

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It is, whatever you say it is

by Q Topilous
Today I reflected on the value of the relationships within my life. On the road to success it is

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crucial to develop long lasting relationships with people walking down the same path as oneself. Without these relationships, the road can be long, hard, and overwhelming. I know, I've been there and in a lot of ways I'm still there. But everyday is another day to make more progress, turn it all around, or to simply win it all! And just everyday is another day that could present dire circumstances before one's life. So what can you do? Live! For me it's the only choice.

I started the day

rather blandly, went to class as usual, on edge, in fear of an exam I had in Spanish 2. I felt the pangs of eminent failure. My first to classes didn't help. After completing them I made the decision that they must be dropped. My super-liberal teacher in my view has made a mockery out both my political science and economics classes and basically uses them to preach his "America is doomed" dogma with absolutely no logical solutions to the problems he's so eager to exclaim. Not that I am so blind to America's

problems, but it's just that those problems ARE the reason why I'm sitting in that classroom, to learn how to better address them. Instead of leaning about how microeconomics works or how our government works we're forced to listen to how other nations around the world have better family ties than Americans...

He just illustrated the very core of human strength and weakness. The reason why it is so hard for some to understand others. We have brilliant people with brilliant minds

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who get too caught up into their own emotional parades to solve the problems or at least contribute to the solutions for the problems they seem to lose so much over. It's my belief that extremism is nothing more than reasonable beliefs high-jacked by irrational emotion. Either way it made me understand the power of positive and negative forces within our daily life and how they can affect our overall well-being. Sometimes no matter how much a person may seem to be contributing

materially, they may be draining you mentally, emotionally, and spiritually...I know I just did a 360 with the subject matters, but these are just the thoughts going on in my head, it's all related, trust me, everything is everything! :)



Secret Shared by My Mind

Source of Power is the source of light, light awakens those in the subliminal state of comatose....

Conception goes far beyond the womb and when properly enacted transcends the emptiness of the tomb

To Get Knowledge Get is to Beget Knowledge

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