

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

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

HWE

MU

DUA

"measuring
stick"



**Adinkra
symbol
meaning -
symbol of**

examination
and quality
control

This symbol
stresses the
need to strive
for the best
quality, whether
in production of
goods or in
human
endeavors.

My right eye
sees your left
eye

My right hand
strokes your
left thigh

My heart
beats closely
to your soft
chest

My body
shivers quickly
from the
closeness

**The
First
Time**

by Solomon Fever

Summer 2013
Edition
Issue 013

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My whispers
are quiet so
no one else
hears

My lips
breaths
warmness

near your
outer ear

My hips lead
yours in a
slow rhythm

My mind
seeks
direction and

your body
gives them

My soul is
grateful that
your soul took
this chance

My words
were,

"would you
like to" and
your words
were

"Yes"...to
this first
dance.

**42" Isn't
Black
History...
It's
American
History** by Talk 2 Q

CHADWICK BOSEMAN | HARRISON FORD

42

THE TRUE STORY OF AN
AMERICAN LEGEND
APRIL 2013

IN A GAME DIVIDED
BY COLOR, HE MADE
US SEE GREATNESS.



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I recently saw the movie based on Jackie Robinson's life, "42." For those born under rocks, Robinson is credited with breaking the color barrier in America's Game, Major League Baseball. Now, I'm not one to do movie reviews, but this movie was so important to me, that I felt compelled to blog about it. I grew up a Los Angeles Dodgers fan in the 70's, not even knowing what Jackie had done as a Brooklyn Dodger in the 40's. In fact, I was almost in my teens before I really knew the story of Jackie Robinson.

I'm not going to literally break down

plots or spoilers of the movie, but I do want to discuss what the movie represents: "42," written and directed by Brian Helgeland, didn't simply present the movie as a focus on Robinson's life. He presented the movie from multiple perspectives so that anyone could appreciate it. "42" isn't black history, its American history.

If you go to see this movie, and I hope that you will, then be prepared to pay close attention to everything.

Not just what Jackie went through, but how it affected *everyone* around him from family to teammates.

By the time the two

hours and eight minutes are up in this film, you will have experienced the following:

- How Jackie felt just simply trying to play the sport that he loved as a black man.
- How black people once encouraged one another to succeed.
- How athletes once inspired youth based on their on-the-field play and not their off-the-field style.
- How many white people wanted to see change in the U.S. in regards to racial equality
- How a man benefited from and showed

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love to a loyal and confident wife.

- How racism is a learned behavior.
- How Jackie's teammates unfairly suffered simply from being on the same team as a black man.
- How one man's bravery literally changed the lives of millions

Now, that's saying a lot, but that's exactly what I got out of this movie and more. Will the movie win an award? Well, Harrison Ford wasn't too shabby and may be considered for an Oscar. Chadwick Boseman was great as Jackie Robinson and Nicole Beharie was flawless as his

wife, Rachel. My long shot to win an award is the sportswriter, Wendell Smith, played by Andre Holland. I truly enjoyed his role in the movie.

Jackie's life didn't just change baseball. It changed the

country, just as a lot of historical moments in sports have. We may not have seen Arthur Ashe or Tiger Woods had it not been for Jackie Robinson.

Sure, someone would have broken into those sports, but it may not have been them. It may have come later had Robinson not already set the stage.



In fact, one reason I'm not a fan of Tiger Woods to this day is because of Jackie Robinson. Back in 1997, Tiger was invited to be the speaker at the 50th Anniversary of Robinson breaking the color barrier in Major League Baseball.

President Bill Clinton invited Tiger to attend the event with Jackie's widow, Rachel, and be the guest speaker.

Tiger refused because he was going on vacation with his friends.

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Excuse me?

Jackie Robinson was the difference between Tiger Woods *putting* on grass instead of *cutting* the grass.

Reread that sentence again and think about it for a second.

Robinson paved the way for people like Tiger and to me, nothing short of Armageddon should have prevented Woods from standing on that podium next to Rachel Robinson and

honoring the man who set the standard.

Tiger can play in a white man's sport and win an event, which is ironically called "The Masters," because Jackie opened the door. In fact, Tiger had won The Masters just two days before the Robinson anniversary. The timing would have been perfect. But, he was "tired" and wanted to relax. For that, I will forever smile when he loses a Major event on the PGA Tour.

I have a poster of Jackie Robinson that will go up in my man cave as soon as the frame arrives for it.

I'm not a new fan of Robinson. I've had his jersey for as long as I

can remember. But, this movie not only made me a bigger fan of his, but it rekindled my affection for baseball as well. A sport that I'd left for dead after the 1994 strike.

Jackie Robinson became much more than a player. He became a hero. He became an icon. He became a source of inspiration. America can still be a great country if we simply had some people brave enough to spark change. That includes removing the teaching of racism in this country. Pee Wee Reese, Jackie's teammate, once told him that, "maybe someday, everyone will wear number 42

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so that we can't tell each other apart."

He never knew those words would be prophetic.



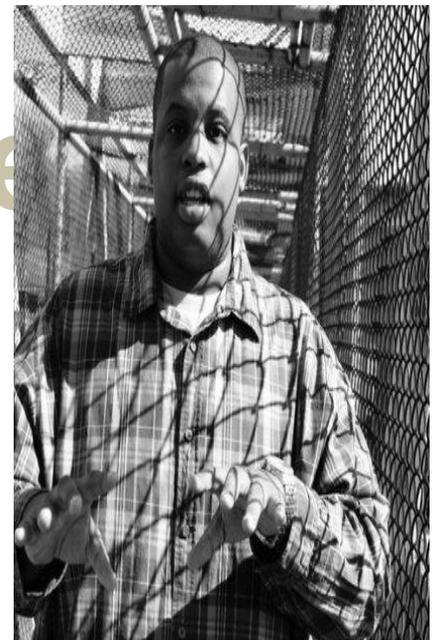
Every April, every team wears #42 in honor of Jackie Robinson

Nu's Video Feature:

THECA JONES

From the capital city of the state many claims to be "The Birthplace of American Music" Theca Jones is an energetic and unique artist. Blending various aspects of music, he has a sound he can truly call his own. From his synch driven songs, complex lyrics, and personable style, Theca is seen as a "leader of the new age" of Rap. Since the age of 17 he has been perfecting his craft. Not one to run away from the title of "rapper" he sees it as a

label to be proud of. Finding the new trend of disregarding the title as a marketing mistake many artist constantly make; it is a testament to his "my way or nothing else" approach he takes to his music.



In The Wind

(Official Video)

View: [HERE](#)

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PAULA DEEN Y'ALL

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 are you going to believe me or you're 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 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

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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. 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.

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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 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

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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 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

*Tasha Mac
Chronicles*

(Deter-) by Tasha

Mac



I remember in 1999 being pregnant with daughter number 3. I lived with my two older daughters on Touro St.

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in my hometown of New Orleans. I was looking for a job to support my two kids and the one on the way. I remember praying in my bed asking the Lord to bless me and forgive me of the mistakes I had made. I promise as soon as I ended the prayer Harrah's Casino called and offered me a job as a Parking Garage cashier. Talk about being an on time God. A few days later were orientation day for my new job. I was broke and didn't have any bus fare or for lunch that day. I was six months pregnant but I knew I had to get to this job. I put my trust in God and I walked from Touro St in the 7th ward to Harrah's Casino 6 months pregnant and I made it to work on time. Orientation was all day and like I said I didn't have any money for food. But God blessed

because they served pastries and coffee and water all day. That kept me and my unborn baby full all day. After orientation (which was 8-5) I walked back home and didn't think anything of it. I knew I had kids depending on me no matter what the circumstances were.

I shared this part of life because I was recently talking to someone I love dearly who lives in my hometown and they were telling me they didn't have a ride to work and didn't know how they were going to get there. I immediately flashed back to this point and time in my life when I was so determined to get to work I used the 2 feet God gave me to get there. **I couldn't understand the lack of determination by this individual.** Why people are so quick to give up when they can't

get a ride, or don't have bus fare, or someone doesn't answer their phone? I had a conversation with my oldest daughter earlier about being diligent, tenacious and resilient. I'm not saying everyone should do what I did or do what I do. This is who I am and what makes me, me. It's how I'm bred, it's a force that drives me and pushes me beyond even what I think I am capable of. I just can't understand why people live in this "I'm waiting on somebody world." Don't get me wrong we ALL need help at times. And God will place people in your life to help you. But I can't imagine where I'd be right now if I hadn't taken that walk to Harrah's over 13 years ago.

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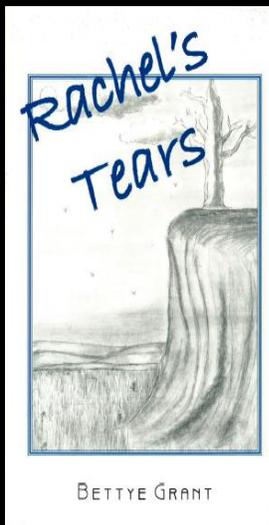
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Nu's

Featured
Book of the
Quarter:

"Rachel's
Tears"



By **AUTHOR**



BETTY GRANT, born in Flora, Mississippi where her parents were both farmers who later worked in the public sector. She has several sisters and brothers. She attended Velma Jackson HS, in Camden, MS and graduated with honors, ranking 4th in her class. She attended Hinds Junior College before transferring to Mary Holmes College in West Point, MS where

she graduated with an A.S. in Computer Science. She later graduated from Jackson State University with a B.S. in Business Management.

She has always possessed a passion for writing poetry. She wrote a play in high school and acted in several plays during her school years. A member of the junior and senior high school choirs, she still loves to sing and write songs.

She had her first taste of Hollywood when she visited Universal Studios and was selected for a skit during the Studio tours, playing an astronaut in the skit.

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She liked the notion of being in the spot light and later played an extra in the movie *Ghost of Mississippi*.

She currently resides in Jackson, MS.

Rachel's Tears is her first book.

\$15.95 US

\$20.95 CAN

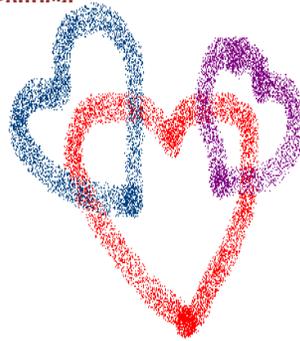
ISBN 1-56167-721-3



9781561677214

Aftermath: Chronicles of the Other Women by Pretty

Political



*Caught off guard by
temptation;
In my lustful state it
felt so right.*

*I'm torn between
what's right and
what's wrong.
The emptiness in my
body is yearning for a
touch other than his;
Not thinking of the
consequences this may
cause;
I have entered an out
of body experience.
Caught in the moment
when nothing even
matters;*

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Only to be awoken to

reality and negative

criticism of others.

I'm intimidated by my

own actions;

Not willing to accept

who I've become.

My soul has been

tormented

I have

reluctantly

become the

other woman...

NuRenaissance
Spotlight Visual Gallery

Featured artist



**Tony
Davenport**

View his works

HERE

Ink

About It

by Talk 2 Q



I remember in the 80's when the only people you saw with tattoos were gang members and soldiers. They used to represent something, but now, I'm not so sure. Now you see tattoos on kids not even old enough to vote.

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Have tattoos lost their meaning?

Kids are rushing to the tattoo parlor as soon as their old enough to go to get some ink. Why is that? Why is there a need for someone not even capable of making an important decision getting something permanently engraved on their body?

I personally think that the legal age for someone to get a tattoo should at least be 21. Even if you have a parent's consent, 21 should be the age. What makes it so bad is that the people who need jobs the most are the main ones doing it. The

governor's son isn't getting tattoos- at least not visible ones. The mayor's daughter doesn't have a rose vine taking up 40% of her back. It's the inner-city and trailer park folks who are yet again separating themselves from success. They're the ones who have to get neck tattoos and ink sleeves.

Look, I'm not saying that tattoos are wrong. I'm just saying that not everyone is making the best decision when it comes to getting them. People need to think about it seriously before they do it. That includes the people who work for Rapid Realty. Rapid Realty promised

a 15% commission increase for those who get the company logo inked on their person.



40 employees did it and got the ink to increase their pay.

The tattoos can be any size anywhere on the agent's body, so it doesn't even have to be visible.

Uh, okay. 15% is a significant raise, but I'm not inking myself for a raise. What if the company lays you off tomorrow? I'd have to get some guarantees with my ink!

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Too Close

by Solomon Fever

He touched you; I
cringed!

I felt all my insides
crumble in

I died silently and
hope to never feel
that again

What was my sin?

Did I deserve to
serve such a harsh
punishment?

First, utter
abandonment

Secondly, a non
reluctant
disembowelment

My hands
spontaneously
wrenched

My legs
immediately lost
strength

My neck undeniably
tensed

My mind
incoherently lost all
sense

I felt dense

Such agony from
such a light touch

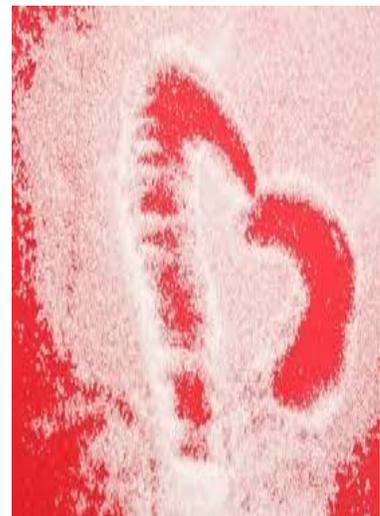
If he held you close,
my blood would
rush

And surely, my
internals would
burst

I'm cursed.

Revenge

by Cherry Letters



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Revenge is best served with a smile, not malice, not bitterness and not hate. The hot coal you pick up to throw is the same coal that burns your very own hand. Karma goes both ways. If someone does something to anger you and you decide to do something to hurt them, yes they get what they deserve but you also cheat them out of learning a harder lesson that karma has a way of delivering. You are also giving karma a different

target...YOU. Success really is the best revenge. There is nothing like watching the one you tried so desperately to hold or hurt brush you off and live fruitfully... - Nothing that hurts more than ignored phone calls and text messages. No greater torture than watching the one that got away living life with a trail of dust flying behind them. Their plan to break you only broke your ties with them, leaving you in the perfect

position to start new ones.

You don't have to hurt a man or break his pride even if you know you can. You do not have to wreck havoc on a man just to show him how powerful you are. Your power lies in being blameless. You see, if you have done them no harm and they harm you, when you walk away, all they can do is watch you walk away. But if you do something to get them back they now harbor

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hateful feelings for you and think "Good Riddance". You don't want the person who harmed you to get off that easy, do you? Of course not, you want them to always wonder "What If", to always regret the day they did what they did. You want that person to always have a good image of you so that they will always remember what they had and lost, not what they got rid of.

I use to look back at an ex who treated me like

gold without any reciprocation from me. When it was all said and done, I knew I couldn't get back what I had discarded. You see he didn't fight me, he didn't get revenge, he dealt with whatever he felt on his own time, enjoyed the majority of his life and I got to witness it all. There was nothing I could do but kick myself in the ass for messing up with him. If he had gotten back at me, we both would have hated each other and it

would have never eaten me up inside. Instead it would have been a relief.

So you see it isn't breaking a window, making them lose their job, damaging their reputation, airing out their dirty laundry, bleaching their clothes, spreading rumors and vicious lies or attacking their weak spots. It is walking away leaving them with uncertain hope that someone like you will take pity on them and take

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them back.
However my advice to you is to make sure when you shut that door, you lock it. Last thing I want to say before I end this entry is that good karma comes around the same way bad karma does. The difference is what you're putting out into the universe.

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

Women in the Kitchen

by Talk 2 Q

Hopefully, too many women won't get upset when they read this. If they read the entire blog post, then I wouldn't expect them to be mad.

Anyhoo, growing up as a 70's baby, I only knew about women in the kitchen when it came to cooking. I didn't know any men who cooked for the family. Sure, the occasional cookouts would have men on the grill, but in the kitchen? Nope.



Fast forward to 2013 and it's a whole new world. Women are no longer expected to rule the kitchen in many modern households. Although this is the case, I'm not sure that a lot of men got the memo because I know plenty of them who cannot cook!

And that's what is so tripped out about it. You would think that

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as women evolved to not being able to cook that men would catch on and take up the slack, but that's far from the case. I have two friends who are single fathers and of course, they can throw down a nice meal at the drop of a hat. But, I know tons of other guys who are microwaving frozen dinners at age 40 and don't even know how to make a pot of coffee. A typical dinner for them is either a Salisbury steak with a frozen center or a bowl of cereal.

So, fellas, step things up in 2013 learn how to cook, especially if you're under 30. The odds' of you finding a

woman who enjoys cooking is a lot slimmer these days than when my dad was dating.



How Can This Be? by My Mind

The intent of the *Standards* can be expressed in a single phrase: a "measuring stick" for all who set them.



Educationally the phrase embodies both excellence and equity.

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The *Standards* apply to all students, regardless of age, gender, cultural or ethnic background, disabilities, aspirations, or interest and motivation in a subject. Different students will achieve understanding in different ways, and different students will achieve different degrees of depth and breadth of understanding depending on interest, ability, and context. But all students can develop the knowledge and skills described in the *Standards*, even as some students go well beyond these levels.

By emphasizing both excellence and equity, the *Standards* also highlight the need to

give students the opportunity to learn. Students cannot achieve high levels of performance without access to skilled professional teachers, adequate classroom time, a rich array of learning materials, accommodating work spaces, and the resources of the communities surrounding their schools. Responsibility for providing this support falls on all those involved with the education system.



Now that we have established what a Standard is, let us look at the actual application of its use. We collectively as a community have failed in all the phases aforementioned as responsibilities. What is so troublesome is that people who make the decisions know exactly where the weak attributes to succeed are. It is been suggested by many including myself, that the systematic breakdown of the

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educational public system is by design.

Let's solve this problem once and for all, the answer is very simplistic, theirs is no need for an extended budget, no need for a high profile yet expensive consultant group to come in a give pointers to the educational professionals, no need to fire anyone for total school failure, no need to use location in the city as an excuse, no need to bring back corporal punishment, no need to go to virtual classrooms as necessities of quality, no need to home school, no need to switch to private schools, no need to

become a single gender school.....Answer, educational law makers allow school districts to "segregate" there schools after the 3rd grade based on reading levels, High Performing, Performing, and Low Performing, this would benefit the retention as well as lift morale of teachers and most of all it will keep the self esteem of the low performing students to a manageable level, verses let them go on and on getting further behind and falling into that got-damn prison tracker of illiterate kids ultimately becoming future prisoners or teen welfare moms, but has

**we all
know
admittedly
or un-
admittedly
this shit is
by design!**

When to Leave

by Cherry Letters

o

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When it comes to relationships you never really know how it's going to turn out. It's a risk two people take with their hearts and even though we'd like to think it's a sure thing nobody really knows. But when should you let go? When is it time to exit? I've come up with my top seven

reasons for leaving. Yours may differ so I encourage you to find your own deal breakers however the ones I have listed are deal breakers you should really consider.

1. Abuse

Abuse of any kind, be it emotional, mental, financial or physical is cause for your relationship to come to an end. It does not get better. Things will get worse. Abuse isn't something that should be

tolerated or overlooked. Get out while you can.



2. Cheating

I view cheating the same way that most men do. If you cheat it's over. I won't look nor pry but if I find out that I have been cheated on, it changes the game for me. With std's floating

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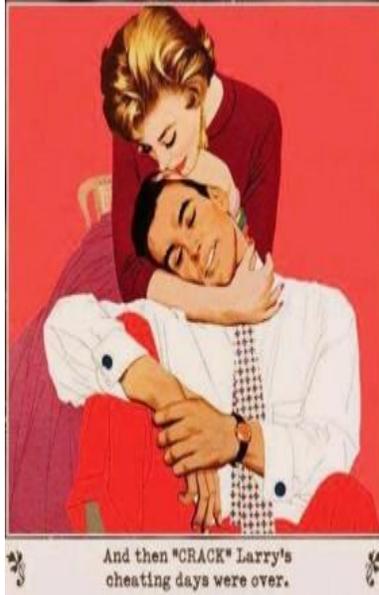
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around cheating puts you in a potentially dangerous position and personally, I couldn't stand thinking that someone had what I had while I still had it.

Besides, most of these men are giving side chicks ammo to shoot their girl straight through the heart with. Don't be his fool. If he plays you for a joke, leave him like its funny. Yes, cheating breaks the deal.



3. Disregard
Disregard for your feelings is just a different form of disrespect and ultimately it is abuse. If they truly care about you they would never want to see you in pain. If they show you that they don't

care about your feelings no matter how much you have expressed them, it may be time to exit stage left.



4. Sleeping with the Enemy
-When your partner becomes your enemy they can do more harm than good. If they inflict pain and suffering on you

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purposely they aren't any good for you.

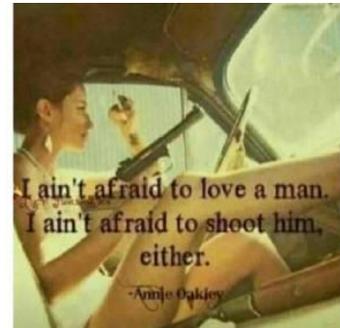
Relationships go through its ups and downs but neither you nor your partner should purposely hurt and/or sabotage each other.



5. More Pain than Pleasure

Life is short, so short that you shouldn't waste it being unhappy. It's one thing to be unhappy about something; it's another to be unhappy period. When the mere thought of them makes you sad, angry or homicidal then it's

time to rethink the relationship you're in.



6. Abandonment

If you are in a relationship were your partner abandons you in times of need its time to go. He has no real regard for your safety or well being and any man that truly loves and cares for you will be their when you need

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him. The man that abandons you is not worthy of the long haul.



7. Messing Around With Friends or Family

Any man that targets your friends or family is a snake in the grass ass ninja. He doesn't deserve you, period.



I started out writing seven reasons to end a relationship but I ended up with eight. The last reason I believe someone should leave their significant other is when they know in their heart that their relationship is going nowhere. Whether you don't consider them long haul material or you just don't feel the same way about them anymore, when

you find that your relationship is only headed towards a dead end street, it's time to put your ass in reverse and back up out of there. All in all when it's time to call it quits, you'll know.

Figure out what your deal breakers are and stick to them. It will save you a lot of time and heartache.

So what is your number one deal breaker?

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Stay Sweet ♥
Cherry



Biblical Law by Pretty

Political

It is necessary to note that before understanding biblical law and its principles one must consider its

foundation. God is the creator, law originated from God, and it is imposed by God himself. Therefore, in order for any command, order, rule or any other acts to be called law, it must conform to the essential biblical principles set forth by God. Biblical Law

should be considered in all legislation with regards that government actually comes from God and he places limits on it. He is the ruler over all men and nations; therefore; no one is free from Him. Since all men are corrupt, all legislation should reflect

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biblical law. It not only creates structure but exemplifies that God still has political power of all creation.

**Provocation of Thought:
An Opus of Analogy
"Contemplation of Bliss"**

by My Mind

**Venturous
Endeavors,
Adventurous**

Reality, Blinded by the misunderstanding of purpose, lost in a momentary explosive impulse, release of the inner atoms of the cognitive matter, Void of morality and consequence, the failure not too in a constant turmoil with an unrelenting urge, the impasse of its possible result. Choose wisely and be rewarded, choose wrong and face self-damnation.

Change and Growth are the Evolutions of Life by

Soulphisticated Lady



I talk a lot about becoming a butterfly.

That's because butterflies undergo a cycle that many of us

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as women also undergo. Butterflies start out as caterpillars (as a child/teen/early twenties) and morph into adults.

How does that work?

A caterpillar stays pretty close to home when it's young, like you did as a child/teen/young adult.

You're guided by the principles your parents/guardians or elders put in place.

You are living your life based on values you've had instilled in you for years. But like the caterpillar, when it's time for you to become an adult, you may need to wander from what is traditional and native and find a safe place to

perpetuate your change. We all need a safe space of transition so that we can grow, figure out ourselves, our core values that we know will work better for our present lives and the room to spread our wings when we come out of that safe space. That is why I liken the process to that of a butterfly.

How can women from all different walks of life come into their full potential?

They change some things!

There are tons of great resources out here that talk about changing

your attitude, changing your lifestyle and changing this, that, the other and the third. They are resources put in place by people who want to help you actualize your goals. They are solely designed to help you make a difference in your life that you didn't think you'd be able to do alone. But, many people flip through, look at, and discard self-help tools.

Why? If you didn't want the change why did you buy the book? Stop and peruse the book in the aisle? Struggle to hold your temper while your child was yanking on your arm so that (s) he could go to the kids section of the bookstore? Because you haven't actually

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committed to change,
you're still waffling.

One of the core principles of a life change is commitment.

You have to be committed to the goal of waking up in the morning and consciously doing things differently. Your thoughts control just about everything that you do and when you make a deliberate effort to move into a different direction, that's the part you need to start with.

What are your inhibitions?

What prevents you from truly taking the

first step into the cocoon?

ACT: Write your reasons out on separate sheets of paper and when you have overcome those obstacles, cut them into shreds and watch them disappear from your newfound reality. Once you've gotten rid of your self limiting beliefs, nothing will be able to hold you back!

So now that you've made the commitment and let go of harmful beliefs about yourself, it's time to attract everything that you want in this new lifescape. You have now become the butterfly and you will attract others to you that are awed by your beauty, the knowledge you possess and your

newly actualized ideology.

Opportunities, once sparse in number will begin to come your way and your ideas will be more plentiful (I know that sounds like a fortune cookie).

But despite that, you have earned it, you deserve it and I wish you the best success in living a new lifescape.



Visit: Jaha Website [HERE](#)

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