

Miss Lady magazine

Vol. 1, Issue 2

THIS SUMMER:

- * Ride Like a Nu Millenium Ryder
- * Shop and Look Great AROUND TOWN



*Sister-Friends United celebrates 5
years and honors*

“Women of Excellence”

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OUR MISSION

TO ASSIST IN THE TRANSITIONING OF YOUNG WOMEN IN WOMANHOOD ON EVERY LEVEL. OUR SLOGAN, “STEEPIN’ INTO WOMANHOOD” & “WHERE WE’RE EVERY WOMAN” ASSURES THAT THIS MAGAZINE CAN EVOLVE A LADY INTO MORE THAN JUST A WOMAN.

OUR POLICY

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These are the Times...

I can definitely say that progress doesn't differ from work. The time in our lives are so valuable, but can be easily wasted. Congratulations to all graduating classes of 2012! Please take the time to focus on yourselves and open your minds to new endeavors and things that are of a positive nature. I



I wouldn't say that I'm the "Right on Time" type because I've had days where time ticked into the future before I realized it. Before I could utilize my time, I watched it pass right by me, and the decisions that I made either broke me or made me. And that's what our time here is all about it: making it or breaking it. This summer, be sure to ask yourself, "What do I have time for?"

It was such an honor that time was made and I met the women before this issue. The bountiful ladies of Sister-Friends United not only took the time to give back to the community, they also honored women of growth and excellence within the community. And as this season is the best time to give back, it's the best time to spruce up your summer fashion as well! Check out the many boutiques that express that southern, sunny and sassy look for that hot sizzling weather. But don't forget the new seasonal trend for men: bowties *and we like those a lot*. There is much more throughout the pages and in between the lines that make summer the open season for success!!

Again, congrats to all the 2012 grads and Happy Father's Day! I hope you find this June/July issue to be exactly what you need for this summer. Thanks for reading and as always, continue to "Step In, Step Out, Step Around and Step Up into Womanhood!"

Jas Chyrel
President & Chief Editor
missLady magazine
missLadymagazine.com

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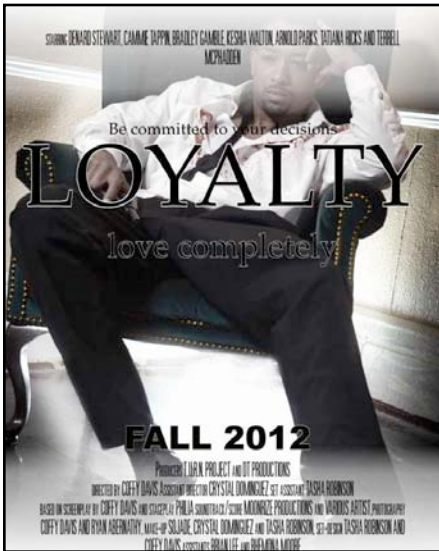
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This & That

What we call
"entertaining"



Love is blind. Patience is a virtue. Communication is key. Loyalty is love, patience and communication all in one heart. That's what this independent film is all about. Written and directed by Jennifer "Coffy" Davis, the movie, Loyalty, depicts the ties of brothers and the company they keep. Raising each other from boys to men, four brothers (Leonard, Ray, Andre and Tyrone) reunite to celebrate Ray's forthcoming wedding. In the midst of rejoicing love, hell breaks loose and drama, secrets and feuds take over. Loyalty is a movie that shines the lights on men and their deepest truths as they try to find their

way in the world. Davis, who has previously produced movies and stage-plays, takes on a broader horizon as she depicts the walks of men that are usually overshadowed. The movie is presumed to premiere this fall and that's just a beginning for the loyal journey of Davis and Turn Project.

missLady magazine: What made you choose this specific concept on men to film?
Jennifer Davis: I was talking to some male models and they wanted a story about black men.....and most of my stuff is geared toward women, so I figured that this will be different to jump into.

mLm: What have you realized working with men?

JD: I relate to women stories and the women are very easy to capture. It was interesting looking through another lens and telling their [men] stories. They seem to be real appreciative of it [the movie] and the guys that are in the film are real hardworking and easy to work with"

mLm: What results do you hope to get out of the movies?

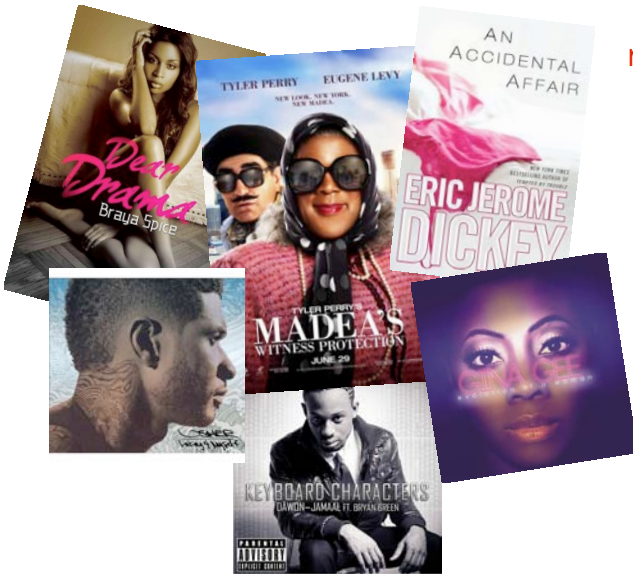
JD: I would like to get some funding to actually be able to fund my next project and participate in film festivals. I also want to get the cast recognized on a larger level.

mLm: Do you plan to make another film?

JD: I really want to get back into writing more books and screenplays and selling them on a bigger level.

mLm: Do you look forward to staying in Arkansas to pursue your dreams in writing?

JD: Yeah, I actually came from California...but I like it here so I don't see myself going anywhere unless I'm traveling for the sake of doing productions but I will always come back here.



Kick your summer off right and enjoy more than a sunny day with these delightful releases!

- Dear Drama- Braya Spice
- Looking 4 Myself- Usher
- Madea's Witness Protection- The Movie
- An Accidental Affair- Eric Jerome Dickey
- Evolution of a Woman- Gina Gee
- Keyboard Characters- Dawun-Jamaal

WE GET AROUND...



* Issue Release Carwash. * Interview with Senator Joyce Elliott at Women of Excellence Ceremony. * missLady magazine host Gina Gee Album Release Listening Party

NOT SO ENTERTAINING....

It's to the point where the identity of rights has the world at an all-time war. As women's rights have resurfaced, so have civil rights, labor rights and financial rights. One right that has taken lead among all rights is the vibrant, loud and sketchy gay rights! Gay rights have been a pivotal issue since the late 90s and now the issue has sparked yet another major conflict thanks to President Barack Obama. Campaigning for another term as President of the United States, Obama stated that he supported same sex marriage and since his PROvision, America has been on a frenzy, 'yaying' and 'naying' his comment. His main opponent, Mitt Romney, has taken the initiative to not support same sex marriage and now another needless debate has led the country to choose their leader for the next four years. Is it not evident enough that this country as a whole is in support for gay rights, as same-sex homes are already being built through marriage and adoption? This election, our citizens must focus on the more important issues at hand that will keep the nation in one piece and at peace. So please choose wisely.

Now that another season of Basketball Wives is over, can we say women are the rise and fall of other women? Or are



those ladies from another era of sisterhood? We, personally, watched this show for entertaining and scrutinizing purposes but the support we have for women, who take on bullying at such a golden age, is not the support that brings joy. The reality of reality shows have begun to make you think: are they serious? As entertaining as many of these shows are, it has led our younger generation to become wrapped in the inevitable state of mind. What we're really trying to say is that there is more important shows that need immediate attention to keep the woman's eye focused. The truth of the matter is that we need more women to like more women. Not that the basketball wives don't like each other, they just have no idea how to love each other. Maybe Golden Girls should premiere one more good season.

ON A TWO-WAY STREET

Nu Millenium Ryders



When most women “ride,” they usually have their choice of music and enough mirrors to enjoy beautiful views of themselves. But these ladies, in particular, ride with style and grace....on two wheels with loud motor pipes. Standing tall as Arkansas’ first all women’s motorcycle club founded by a minority, the Nu Millennium Ryders take pride in their motorcycles on and off the road.

Founded by LaTonya Williams in July of 2010, the Nu Millenium Ryders were introduced at the SugarTown Annual Field Meet and currently has 14 members. Williams, also known as 2-Cute, built the club for women riders only, bridging the gap between male and female riders.

“I made the decision to become an ‘all women’s crew’ to build a new foundation among women riders. The motorcycle community is a male dominated society,” said Williams (2 Cute). “However, women



The Social Club includes: Skillz, Dimples, Unique, Brik House and Seductive

The Motorcycle Club includes: Heartbreaker, Mz Pretti, Scorpion Queen, 2Cute, Dark Chocolate and Exotic



F.A.M (From Another Mother)

riders are becoming a major factor in the motorcycle club and social club community.”

Nu Millenium is branched into two clubs: the motorcycle club and the social club. The motorcycle club includes the ladies that are licensed to ride motorcycles while the social club involves members who assist in community and business development. Although the clubs share small differences, they have bonded a sisterhood that could hold strong even on one wheel.

“Although we function as one big club, there are not any Ryders in the Social Club, but members of the Social Club always have the option to cross over to the Ryder side once they have purchased their motorcycle and gained their license. There are a few of our members that are in the process of doing that now,” said Temeca Wiggins, president of the social club. “Becoming a part of Nu Millennium Social Club is fairly easy. You prospect for 2 to 3 months, and during this time the club is getting to know you as person, and you are learning the ins and outs of being a part of our sisterhood.”

The club utilizes their time in the community among other riders as well as participating in charitable events and strongly supporting the Cancer Society. Their values are highly based on support, respect, growth and knowledge. Celebrating two years of riding and giving, the club looks forward to adding more members to ride and commute socially. Anyone can join...but under one exception: no men! But of course, the club is opened to any interested party through application and an initiation period.

Nu Millenium is not only a leading organization of females on bikes, they're also determined in establishing a foundation for the next generation. Members range from age 23 to 45 and strive to be positive role models for younger women and men. So what's riding like a girl all about?

[continue on 26](#)



Excellence is what Excellence does

As the world evolves and continues to transform and differ, how will women continue to succeed? What keeps a woman strong and consistent throughout the many alterations of life? The answer is simple as the spirit of other women lifts the next upcoming lady in today's course of success. Sister Friends United, an organization based on service within the community, assists in keeping a woman in her path to success simply by supporting and lifting women and others throughout the public. Celebrating five phenomenal years of leadership

and service, Sister Friends United commemorated and honored women that are making a difference and serving as an inspiration for others to follow.

"I am thankful for each person that has contributed their time and money to support our efforts to help make our community a little better and brighter for someone in need," said Rhonda Aaron, President and Founder. "Our motto is 'United We Stand, United We Make a Difference' and together with support, we have truly made a difference in our community."

The 4th Annual Women of



From left to right: Senator Joyce Elliott, Shewn Scaife (Scholarship Coordinator), Idonia Trotter, LaShonda Wade, Rhonda Aaron (Founder of SFU), Elder Sheree' Evans and Dr. Michelle Wright.

Excellence Awards was held in honor of five women who have set out and left footprints in various means. Also honored were Tykyerah Alexander and Alexandria Chapple, as they both received scholarships from the organization, with ambitions to obtain a higher education. Both recipients will further their education at Henderson State University with goals to reach out to their community through the medical field.

"It's just amazing for the young women who are receiving scholarships because every little bit makes a difference and we're just honored and proud to be able to do this for the women in the community...we're humble to be able to help the scholarship recipients," said Aaron.



Scholarship recipient, Tykyerah Alexander.

2012 Honorees include Idonia L. Trotter, Pamela Smith, Senator Joyce Elliott, Elder Sheree' Evans and Lashonda Wade. These women were honored for doing their part throughout the community including Health and Social Service, Media, Education, Religion and Business.

"If you keep Christ first and others at the center of your service, I promise you're going to do great things in life as you grow."

As the Executive Director of the Arkansas Minority Health Commission, Idonia L. Trotter puts her service to the community through health awareness. She is a strong programmatic community advocate and was the first student in the world to complete a concurrent Master's of Public Service and Juris Doctorate of Law degree in May 2009. Trotter's enthused leaderships has increased awareness for HIV/AIDS and sickle cell disease throughout the state. She continues to work to increase awareness of minority health. And for her service, Sister Friends United honored Trotter with the Health and Social Service Award.



Idonia Trotter

"It's amazing to be selected by your peers with the thought that the work that you have done is noteworthy so it's a real honor," said Trotter.



Joyce Elliott

For over 30 years, Senator Joyce Elliott taught high school students throughout the south including Florida, Minnesota and Texas. Focused on improvement through education and the state's next generation, Elliott has sponsored, directed, served, represented and passed legislation to better programs, funds and people throughout Arkansas.

"We talk a lot about the achievement gap in education, but really it's not so much the achievement gap that I'm concerned about, it's the excellence gap because if we just close the achievement gap I'm not sure if we honored the capabilities that our kids have," said

Elliott.

Elliott was honored with the Education Award for her dedicated spirit in making a difference. Elliott has previously served three terms in the state House and now will be serving another year on board as a State Senator.

"We tend to want to celebrate all the things that are about money, fame and glory," said Elliott. "For us to have the recognition and place importance on education, which I think is sometimes lacking, it's very rewarding me."

Lashonda "Bad with the Blade" Wade's love affair with hair was evident early in her life and she was encouraged by her mother to pursue owning a salon. Over the past 12 years,

LaShonda's cutting edge hairstyles and innovative contributions to the world of beauty have been featured on many runways and magazines. LaShonda continues to push the boundaries of her creativity and has become an inspiration and successful business woman.



LaShonda Wade

Awarded as the Business Honoree, LaShonda's reach to her community and growth within the city brings much funk, style and class to hair and good looks.

Honored as the recipient of the 2012 Media Award, Pamela Smith has put much worthy news into her



Pamela Smith

community as she covers needy and at-home topics. As a previous co-host of Good Morning Arkansas and weekend anchor for KATV, Smith now serves as the Communications Director of the Little Rock School District. In her journey of reaching her surroundings through news, Smith has become an advocate of volunteerism, analytics and various communications.

Being a woman of excellence is just the icing on the cake, as Smith has received first place honors in the Associated Press for her three-part series, "From Arkansas to Africa." She also received the same honors for her spot news related to KATV's storm coverage of the 2003 tornadoes, which received an Emmy nomination.

"I'm so excited because this is actually the motto by which I live by, to try to pursue excellence in everything I do so that they would think enough of me to put me with these phenomenal, accomplished and talented beautiful women," said Smith. "I'm so grateful and appreciative for the opportunity."

Sister Friends United could not have found a better way to praise someone who gives praise throughout the community and leads through a spiritual path. Elder Sheree' Evans, radio personality at 106.7 Hallelujah FM, was honored with the Women of Excellence Religion Award as she serves as a preacher, teacher, psalmist, songwriter, recording artist and a community leader.

"It's a wonderful feeling just to know that people are watching your life and they are affected by your life," said Evans. "I had no idea that people were watching my life so much to the point to give me an award for it."



Sheree' Evans

Giving much of her time through ministering, counseling and teaching, Evans is passionate about seeing people blessed as they worship the Father in spirit and truth. Her gracious altitude in spirit has given her honoring statuses including being recognized as one of "Arkansas' 25 Most Powerful and Influential Black Women" by the American Banner news publication.

"God's not gonna let your faithfulness run its course...it may seem like nobody is paying attention but one day somebody's gonna say hey, we're gonna honor you for what you do," said Evans.

Dr. Michele R. Wright, a 2010 Women of Excellence honoree, was awarded the service award amidst the handful of women for her service with the community and organization.

"It makes you feel good that your work is not in vain and the only way to make a difference is making a difference," said Wright.

Sister Friends United not only honored these women of excellence, they sponsored higher education to young women and highlighted the fact that it takes your sister-friends to lift you up when you need it most.

"We just continue to grow, continue to have faith and we just want to continue to be that beacon of light in the community," said Rhonda

Aaron. "We help give back to those not only in need- whether it's the holidays for families or Ronald McDonald house...we just want to continue to do our part."

News gathered from Sister Friends United (www.sisterfriendsunited.com) and mLm

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GIRL NETWORK

Kamille Marie

Fashion Vault

TrendSetters

SnS Celebrity Styles

Are you one of the many shoppers who takes a wild guess at boutiques? Do you find yourself wondering what's beyond the window?

We're bringing you the exposure to keep you from second guessing local boutiques. Look 'from the outside in' no more and get ready to turn your summer into a special party for neighborly fashion. Check out these few and selected boutiques of stylish alterations that fits one's character, mood and southern presence. Ladies, take a look pass the windows.

~mLm

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{GIRL NETWORK}



6221 Colonel Glenn Road, Little Rock, Arkansas 72204

Fashion Occasion: Couture, Moderate, Unique Clothing

Girl Network brings you a personal style that brings out one's character and glow. The boutique focuses on character, styling every woman who walks inside. Networking within their community, the ladies of Girl Network markets today's trendy fashion and beyond.

"If you shop within your own community, nine times out of ten, your money will come back in your hands more than seven times," says the owner of Girl Network. "It's just all about supporting one another....once you go outside your community or city, your money will rarely come back into your community but if you stay within your community, that money will roll around in your hands a couple of times."

The "Wear" : Anything worn can be unique in some form or fashion...it's just your own personal style how you feel about yourself and how you come across people...you can wear a paperbag and look cute if you feel good about yourself...it's all about the way you present it.

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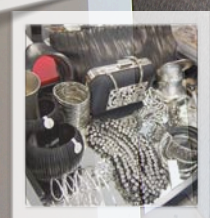
Fashion Occasion: Classy, Sophisticated and Edgy Clothing

Kamille Marie is owned by Dakeata Walker and has been in the works since the beginning of this year. Located in North Little Rock, the shop is a distance from most local stores but the amazing trends that are worth the trip. Ranging from dresses and shoes to clutches and unique jewelry, Kamille Marie can be the ideal shop for many occasions.

“We mixed higher lines with moderate designer lines so that we can be accommodating to many different kinds of women,” said Dakeeta. “I select pieces for one’s own individuality whereas it feels more like its made for you.”

Specials: Giving a personal shopping experience, Kamille Marie currently offers wardrobe consultation, giving women options with their looks and expressing the many styles within particular pieces.

The “Wear” : every woman should own a black dress, a pair of leggings and a dress with a shoulder pad and any awesome bag...especially for the women that I’m accommodating and for the women that bodies are taking on that transition... shoulder pads give a more of the ump that we need...dresses give us that youthful look and leggings sort of insinuates and makes us look smaller.



Fashion Vault



*7415 Baseline Road
Little Rock, Arkansas 72209*

Fashion Occasion: Trendy, Chic and Affordable clothing for women of all ages.

Celebrating 4 years of business, Fashion Vault recently reopened with a new scene and look for fashion. Owned by Tonya Burton, the all new store is set for one to come in and feel comfortable where your individuality can be unlocked.

"I actually wanted to give back to the community and open this store in an area where I grew up in," said Tonya. "I want everybody to have a place where they can go and feel comfortable and where they have a familiar face."

Specials: Fashion Vault allows other businesses to share interests within the store by hosting fundraisers and networking events.

The Wear: Accessories- bracelets and earrings, you can take a simple dress or a simple shirt and dress it up with bold earrings a bold bracelet or necklace.



Trendsetters

6681 Colonel Glenn Road
Little Rock, Arkansas 72204

Fashion Occasion: Trendy, Colorful and Fun Urban styles

Trendsetters, owned by Yolanda Cooney, has been in trend for six years and was originally an urban clothing store for both men and women. Currently, the store caters to women only and has added more to detail including shoes, hats and more jewelry.

"I give customers what they want: honesty," said Yolanda. "I let them know what doesn't look good on them, what material doesn't fit right, what undergarments to wear with the outfit and they [customers] like that."

Specials: Trendsetters also offers hair styling techniques and will soon showcase a make up artist to help keep one's trend intact once they walk out the door.

The "Wear": The best fashion statement is the whole outfit

SnS Celebrity Styles

7521 Colonel Glenn Road
Little Rock, Arkansas 72204

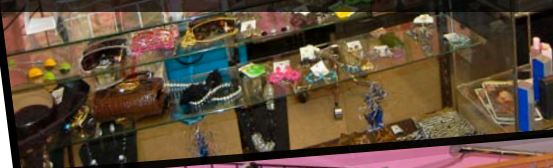


Fashion Occasion: Trendy Stylish Clothing, 8 months in the making

SnS is owned by Shannon Piggee and her fiancé Shaun. Switching from online sales to physical personal shopping, this boutique has fashion designs with the ideal customer in mind. When you enter this fanatic shop, you are bound to leave with the celebrity style you were looking for. "Everybody has a little celebrity in them," said Shannon. "When you go out, you can come here and the pieces that we pick give you the confidence to go out and be that celebrity."

Specials: SnS also offers a salon that fulfills the ultimate celebrity look. Get the complete package that includes hair styling, a facial, manicure and pedicure.

The "Wear": anything that catches attention, from a pair of earrings that stands out with a plain t-shirt or she has a dress on...she sometimes don't have accessorize the dress, it just compliments her so whatever compliments that woman's body.





Exercise and weight-lifting may not be your ideal source for staying healthy and losing weight. The best way to stay in good physical shape is to simply eat right and avoid endangering your health. The key to eating right is to know WHAT you're consuming, not how much or what flavor. These simple tips can help turn your bad eating habits to good, nutritious ones.

🍷 Maintain a healthy weight- Being too big or too small doesn't necessarily mean that you're not eating right. Weight primarily depends on your age, sex and heredity. Trying to lose or gain weight can be wearisome especially when the results are slow. Instead of attempting to change sizes, pay attention

to the foods you eat, times of day you eat and how your food is prepared (fried, grilled, baked, raw, etc.).

🍷 Eat reasonable portions and reduce certain foods- Sometimes our eyes are bigger than our stomachs, which can lead to overeating. Sometimes you should convince yourself to eat half a meal or order small portions. It's easier to stick with 1 serving when eating foods you like to keep yourself balanced. Also, you can sense when your stomach is getting full so it best to find you stopping point and not overeat.

🍷 Balance your food choices-If you're familiar with the food pyramid, you know that it's always best to try to have all levels of nutrition on one plate. Also, a whole meal does not have to be fried; Try getting something baked, grilled or sautéed to add to a meal instead.



🍷 Make changes progressively- Of course, you won't change overnight if you start today. But pay more attention to what you're eating and how you're eating it. Pretty soon it will turn into a natural pattern.

🍷 Eat with self-control- Foods are not really good or bad, it's all how you and your body take it. When eating foods that make you feel guilty, drink water with it or make sure you can work it off afterwards. Try to eat light snacks at night especially if you

FOR MOTIVATIONAL PURPOSES ONLY...

Tis the season to work even harder on your body. There are so many new ways to get the shape and weight you want including Insanity, Zumba, martial arts, weightlifting, etc. Well, some have considered **Exotic Expressions**, the routine to get your body to it's 'desirable' point while looking and feeling foxy. Tammy Simmons, coordinator of **Exotic Expressions** designed the voluptuous course of routines to enlighten a lady's confidence while shaping up her body and creating a stronger desire for her results.

"I have always been comfortable about expressing myself with music and I love to dance," said Tammy. "I have never been an entertainer or anything....I decided to teach people that they can build self confidence and build a more intimate and colorful relationship with their husband or fiance."



continue on 27

Although Simmons is not a personal fitness trainer, she does associate fitness in her work.



HEALTH, SPORTS, & FITNESS

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bow down to BowTies



You can't simply define a man by the type of shoes he wears, his style of dress and his confident pickup lines. Nowadays, a man's sense of intellect also can be viewed head-on by what he wears around his neck. As today's fashion sense continues to revolve back and forth, the phenomenal look of bowties is back and from the looks of it: it keeps a man's head up.



"I love menswear. All the different aspects of the design process," said Chike Atu. "I landed on bowties because I saw the style beginning to change amongst young men and the desire to dress like their predecessors, but with a twist. I wanted to provide that twist."

Atu created the incredulous twist to design Alfred Julius, launching a collection of fashionabe bowties. Normally one would think, a tie is just a tie. With Alfred Julius, a tie is a sense of respect that adds to the definition of any man's persona. Currently online, Alfred Julius solely offers bowties made from luxury fabrics. Atu, who takes his fashion sense very serious, began designing ties while in college and even worked throughout fashion entities to become a creator of menswear.

"One element I knew I could make and have quality control over was neckwear. Alfred Julius bows are all made of unique quality fabrics, but it's not too "cute". My father likes to the fabric selections just as much my co-hearts do. That's a span of 30 years of menswear we cover with the fabric selection and that means alot to me and what I want to execute with Alfred Julius."

Gaining his fashion sense from his family, Walker (originally from Springfield, Arkansas) made his mark in New York pursuing his dream in fashion. From internships with Coogi to now doing freelance design work for Cole Haan, he has put the cherry on top by simply adding a bowtie to suit an outfit. The bowties are just the beginning to Alfred Julius.



Visit alfredjulius.com and view the limited collections.

He Say

"My father was a mentor to many young men across Arkansas and during this time, he exposed me to many different things. I am in the process of working on a mentorship program for young men in high school in the Bed-stuy area," said Atu. "The Men of Alfred Julius Project, it is very much in the early stages of planning, but it will help expose young men of my neighborhood in Brooklyn to things that are considered the norm across different cultures."

Although the line is primarily based on bowties, Chike Atu plans to expand the line, offering some other products that exemplify the Alfred Julius lifestyle. This summer, the line will offer a limited edition bowtie for summer festivities and he is currently creating seasonal designs to fit the fall and winter season. Besides accommodating to the man's neck, Alfred Julius also looks forward to pursuing clients through a new music venture.

"I'm actually working on an Alfred Julius: Summer Jukebox. It will be a mix of music expanding from 1945 (Alfred Julius was 26) to today (I am currently 26). Music is dear to me and I want to share that part of the gentlemen lifestyle. This will be launched virally on the alfredjulius.com website as well as a limited amount of physical copies in circulation."

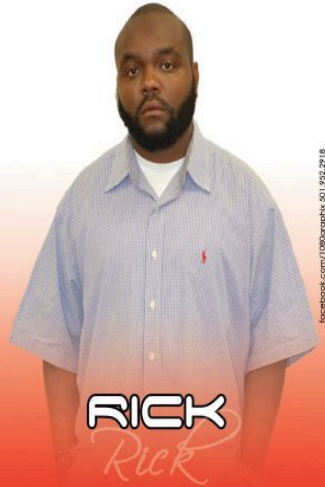
What does a bowtie define about a man? It defines character, attitude and the ability to add fashionable taste to you wardrobe. The bowtie speaks of timeless style in mens fashion and can be found by Alfred Julius, created by Chike Atu.

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As Told By. LaVitta

Do you love me honey? Yes, sweetie I lust you dearly....



At times, you can feel as if you're truly in LOVE. However, when things get rough, you realize that it wasn't really love-it was just what you wanted for the time being. Yet, while you were yearning for the attention of your "temporary" someone, you come to realization that you never really cared for that person nor their feelings. It was most likely for their physical appearance, and you knew it was something you just had to have.

Well, my friend I hate to be the bearer of bad news, but you were not "IN LOVE" you were only "LUSTING." Throughout life we all seem

to get the two sisters of "Love and Lust" confused. Now I can understand why you may get the two disoriented. Let me give you my brief description on the difference of the two: LOVE-is undesirable. It is unconditional and it's something that not only you know about, but you feel as well. However, LUST-is when you are wanting something you can't have.

Love will set your HEART on FIRE. LUST will set your body on FIRE. See the difference in the two. I can honestly say that I have been guilty of mixing these feelings as well. Majority of the time when someone says they're in love early in the relationship, they are more than likely in strong "LIKE," or pretty close to LUSTING. Because nine times out of ten with a male, he will be yearning for the appearance of a female whom has a big butt or big breast. Even females are guilty of just being attracted to someone because of their physical appearance as well.

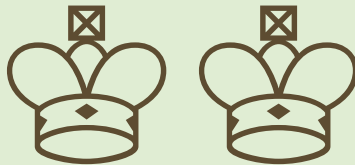
Remember, when you think you're in LOVE or close to it, question yourself. Do I really love this person? If so, why? If you can't give a good reason on why you are in love with this person you might want to rethink the expression of LOVE. If your answer is because of one's physical appearance rather than their character, motives or insights, you are in LUST. In your current relationship today are you in LOVE or LUST? Which sister do you choose?

So It Has Been Told,
LaVitta

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Nu Millenium -continued from page 9

"My mom inspired me to ride before she passed away and I had to realize that motorcycles wasn't just designed for me; they are designed for whomever have the thrill to ride," said the youngest member of Nu Millenium. "They [the other members] have taught me loyalty, great interpersonal skills, growth and development and communication skills. I've never been the female to communicate with other women so they have helped me to understand the same gender."

"Women have always been a part of the bikers' world, behind the scene, and now more women are riding, which opens the door for all women," said Kaneika Hall. "It goes to show how culture, time and society has changed."

Riding a motorcycle takes alot more focus than just driving a car and a lady on a bike carries herself in a different stature when riding. The Nu Millenium Ryders can appreciate changing their makeup later and listening to the winds of the roads while riding their motorcycles and networking with potential riders.

"It's not all about membership numbers with us, but instead about keeping the tight bond that we have as sisters. We always invite women that we meet to come out and hang with us, so they can get a feel of what being a part of Nu Millennium is all about. Anyone interested in becoming a part of Nu Millennium Social Club, can feel free to contact us," said Vice President of the Social Club.



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HOW you eat - continued from page 20

plan on going to sleep shortly after. Choose foods to provide the balance and variety that are vital to good health.

🍌 Enjoy fruits, vegetables and whole grains- For the sake of good health, practice eating one fruit, veggie or whole grain food with each meal whether it's straight from the root of the earth or processed into a meal or snack – Honey Nut Cheerios, yogurt, side salad, etc. Your food selections should always include these three essentials.

🍌 mLm

Motivation

-continued from page 21

With Exotic Expression, one can benefit weight loss as well as define major areas on the body including the abdomen, triceps, biceps, hamstrings and calves. Most routines include much leg movement and stretching of arms and abdomen and are done in sets, similar to regular workouts. Currently located in Lulav's throughout the week, Tammy plans to step it up a notch in the future.

"The routines are nothing major...it's just a lot of attitude and confidence along with a few body movements and you have got it down," said Tammy. "I would love for this class to become something that women want to do every week, at least two to three nights a week."

~mLm



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