

sheen

Fall 2009

ISAAC KEYS

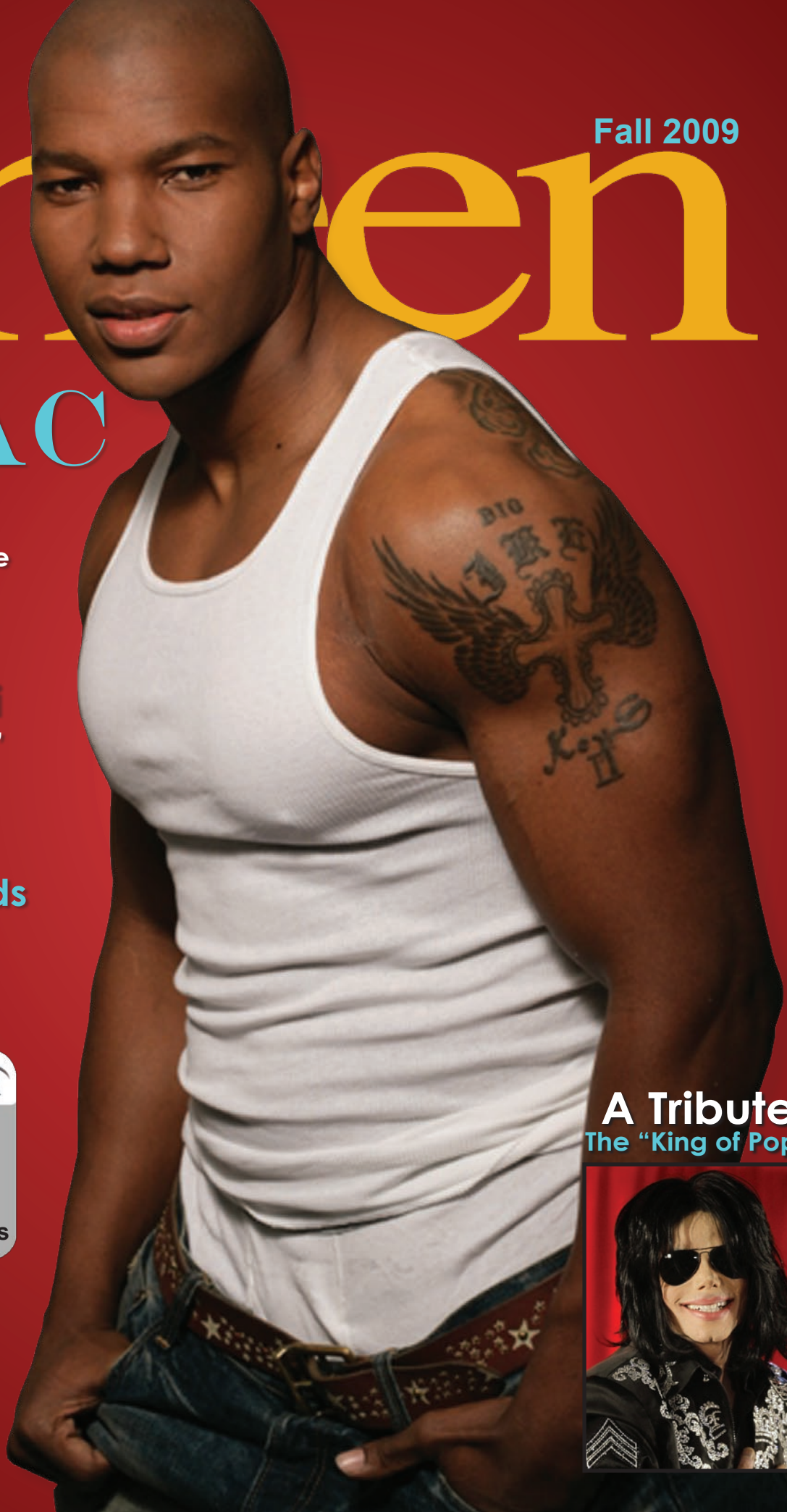
From The Field To The Runway

Shree Moni
"Spring In Paris"
Collection

The BET Awards
Showcased a
special tribute to
Michael Jackson

sheen Watch
Professional Stylist
Nitaki Minix
The stylist of choice
for high profile Celebs

A Tribute
The "King of Pop"



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Letter From The Editor

sheen



I recently went to one of the best beauty shows in the nation, The Orlando Premiere in Florida. When I was there I noticed that as bad as the economy is these days, it has not stopped the beauty industry from moving forward. Just like the beauty industry has moved on despite all this, we have to do the same. We have to move on no matter what the circumstances, we have to know that nothing can keep us down. Whether it is money, relationships, death

in the family, we have to keep going.

In this issue we have stories that talk about just that; moving on. Veronica McNeal helps you to find your purpose in life, Isaac Keys talks about how he is moving forward after playing in the NFL, and international stylist Naz Kupelian talks about how he moved forward in his career. Take a piece of everything and try to apply it in your life. We need to take everything in life one day at a time, explore the possibilities that are in front of us, and choose the right one for us! Enjoy!

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Pushed To Your Purpose

Overcoming Negativity and Using It To Reach Your Goal

Are you being pushed into your purpose? Do you sometimes feel that a person or circumstance has been put in your way just to cause you grief? If you answered yes to these questions then you are not alone. Do you sometimes ask, “God don’t you see what this person is doing to me, why are you letting them get away with this?” Perhaps God is using that person or circumstance to push you into your purpose. Unfortunately we all have at least one difficult or toxic person in our life. Difficult people can only do one or two things. They can either pull you into their mess, or push you into your purpose. The great thing is the choice is solely your own.

In every good play or novel there is an antagonist. Usually the story or plot ends with the protagonist learning how to deal with the antagonist. But the end result is not their action towards you, but the sum of your reaction. Most importantly when we know the characteristics of difficult people we face, we can then know how to recognize and react.

We all wish we could have only well-adjusted, peaceful and harmonious individuals in our lives; however that reality is far from existence. When we begin to recognize whom we are actually dealing with, it is only then that we can learn to recycle that negative energy into a positive. You can begin to use it as fuel to propel you closer to your purpose. Difficult people can be so overpowering that we sometimes react out of character, which is normally the reaction they are seeking. With spiritual wisdom you begin to learn the process of pushing into your purpose. Remember no one can steal your shine. If you are currently dealing with a difficult person, situation or circumstance, ask yourself what is it that God is trying to push you into. “Am I sleeping on my purpose, am I delaying my dreams?”

Difficult people are very cunning and can be somewhat cowards. They manage

to blindsides and knock the wind right out your sail. Difficult people hide their insecurity very well behind titles, positions, and possessions. Difficult people always recruit allies. They can be the co-worker, friend, or family member. After they start the fire, they then recruit others to help fuel the fire.

I will admit sometimes it’s not easy to recognize the push immediately. Usually our immediate reaction is defense and there is where we get pulled in. Difficult people can have a tremendously negative impact on our lives. Just like any other life’s situation we must learn to recognize and learn to deal with these difficult people we encounter in our lives. Yes they can be very toxic to our well-being, happiness and sometimes our self-esteem.

Here’s a list of characteristics of some difficult/toxic people we may encounter.

Manipulators: These individuals will manipulate any situation to benefit themselves. They will never tell a story exactly as it happened. Manipulators are the most dishonest of them all. They take great pleasure in manipulating others. They are the ones to come up with a plan, but manipulate others in carrying it out. Everything is centered on their wants, priorities and needs. They are good at robbing you of your identity. Manipulators are good at recruiting allies. Manipulators will sabotage marriages, careers, and relationships to get what they want. They are great at turning people against one another whether in the workplace, in the family or business. This individual is good at talking about others behind their backs.

Narcissists: These individuals are so self-centered and extremely self-glorified. Everything is about them. Every conversation is about them; they love to hear their own voice. They seek pleasure in letting everyone know what deeds they have done, how much money they spent, whom they loaned money to. Their conversations are always about what they do,

what they own. They are solely focused on their needs, wants, and desires. Others only fit in their lives where they see a need for you. They are energy robbers at best, they put no value on other peoples time, it’s all about them. Narcissists are very superficial; you never really know whom you are dealing with from day to day.

Dream Killers: These individuals will shut down any idea another person comes up with. They will give you every reason why it will not work. If you continue on with your idea or dream, they then flip into the non-supportive role. They will offer no help. These types only see what is in front of them. Dream killers are content at just existing; they are not interested in what is ahead, or what could be. They put no value in others who dream. They don’t care too much for progress or change. They are content to stay just where they are in life, doing the same thing but expecting different results.

This is a much-abbreviated list of difficult people, but the most encountered. Some difficult individuals do not necessarily have just one characteristic trait, they can have a combination. Now that you know the characteristics you can better learn to not get pulled in. Choose to take the push instead. Even at times when you feel yourself being pulled in, you can always retreat, regroup, and reroute yourself towards your purpose. Sometimes our encounter with difficult people forces us to refocus our, dreams, goals, and purpose. God sometimes uses difficult people and circumstances to stir up our dreams, or cause us to increase the size of our dreams. We all have at least one difficult person in our lives so we must learn to deal with difficult people. The choice is always our own whether we allow ourselves to be pulled in to their mess or pushed into our purpose.

Veronica McNeal

Shrimp Tortellini Marinara

Feta Green Beans With Dill

Meal Time - 30 minutes

Cooking Sequence

**Prepare green bean recipe and chill - 10 minutes.*

**Prepare shrimp and tortellini recipe; serve - 20 minutes.*



Shrimp Tortellini Marinara

1/2 pint cherry tomatoes (rinsed)
1 tablespoon extra-virgin olive oil
1 lb large peeled/deveined shrimp (thawed, if needed)
19-20 ounces refrigerated cheese tortellini (or use frozen)
1 3/4 cups tomato pasta sauce (marinara)
1/2 cup white wine
4 ounces re-sliced mushrooms (rinsed)
1 teaspoon dried Italian seasoning
1/4 teaspoon kosher salt
1/4 teaspoon pepper

STEPS

1. Fill large saucepan half full of water. Cover and bring to a boil on high for pasta. Cut tomatoes into halves or quarters; set aside.
2. Meanwhile, preheat large sauté pan on medium-high 2-3 minutes. Place oil in pan; swirl to coat. Add shrimp (wash hands); cook 1-2 minutes or just until shrimp turn pink and opaque.
3. Stir marinara sauce into shrimp; then stir in remaining ingredients (including tomatoes). Cook 1-2 more minutes or until thoroughly heated.
5. Drain tortellini; then stir into marinara sauce. Serve.

Feta Green Beans With Dill

1 (12-ounce) bag microwavable fresh green beans
3-5 sprigs fresh dill (rinsed)
2 ounces feta cheese
1/8 teaspoon pepper
1/4 cup Greek vinaigrette

STEPS

1. Microwave beans in bag on HIGH 4-5 minutes until crisp-tender or desired tenderness. Meanwhile, chop dill finely (2 tablespoons); place in medium bowl. Chop feta coarsely or crumble while adding to dill.
2. Remove beans from packaging and immediately plunge into cold water to stop the cooking process; drain and pat dry.
3. Add beans to dill and feta; stir in pepper and dressing. Chill until ready to serve. Stir once before serving.

State of the Beauty Industry

Stylist, Naz Kupelian Uses His Know-How To Improve The Beauty Industry

In an industry where stylists and styles alike come and go, Naz Kupelian, owner of his self-titled salon in Lexington, MD, has been a key player in it for over twenty years. But there are no tricks up Kupelian's sleeve that keep him in the industry's elite. He simply follows a recipe of professionalism, honesty, and education with his clients, which assures that his chair, as well as those of his employees, is never empty. With a no-nonsense demeanor and a fearless attitude, Kupelian is single-handedly giving the industry a much needed face lift. Recently, Kupelian was able to speak with *sheen* about his thoughts on maintaining success as a stylist.

"Education, education, education," said Kupelian. "You should get as much as possible. Education equals confidence, and confidence equals success." He notes education, or lack thereof, in part with having an honest relationship with clients, as a golden rule. "Honesty is important. Don't give clients something [products] you do not believe in. Our jobs as stylists are to be honest and open, to tell the truth. Just don't give service for the sake of giving service."

Another principle of success that Kupelian practices and preaches is communication. However, this may cause stylists to have to deviate from the traditional "the customer is always right" way of thinking in the salon.

"Work with the clients, and give them what they need, not what they ask for,"



he asserted. "Communication is key. The client may ask for something but need something else. Be involved." According to Kupelian, this involves the stylist helping the client to fully understand their hair, from how to take care of it between salon visits as well as what products to use on it.

"It starts with the hairdresser. Take time to explain to clients, how to transfer looks from day to night," he explained. "In the salon, we talk about everything but hair. It's our job to educate clients."

In addition to running his salon, Kupelian also serves on the creative design team for Rusk hair products.

"After seven years of working in the salon, I wanted to do more," said Kupelian. So after a chance meeting with a Rusk representative at a hair show, he came on board as a Rusk educator. He soon worked his way up to a position on the creative team. This position allows him to travel internationally and do hair demon-



strations, his next show being in October in London.

Both of Kupelian's jobs tie in to his love of styling hair. "I like seeing hair a mess, then seeing the client leaving the salon looking and feeling good."

For more information on Naz Kupelian and the Naz Kupelian Salon, please visit www.nazkupelian.com

Holly Clay

"After seven years of working in the salon, I wanted to do more"



Foot Fancy

Shoe designer Shari Gray speaks about her new collection.

Shari Gray and her Shree Moni shoe line are both relatively new names to fashion; however, her cutting edge shoe designs are beginning to pop up on the feet of some of today's hottest celebs. At her spring/ summer 2009 collection unveiling in Atlanta at the W Hotel's Whiskey Blue Lounge, Gray spoke candidly with *sheen* about her spring collection, "Spring in Paris."

What was the inspiration for your spring line "Spring in Paris?"

The spring line was inspired by Paris. I went to Paris a year and a half ago. I went when I was fourteen, but this was my second adult trip. I kind of just fell in love with the whole atmosphere. A lot of the art inspired me. All of the shoes are named after the culture, the monuments.

How long have you been designing shoes?

The brand launched in 2007. That was my first collection.

What were you doing before then?

I was a song writer. I've written for



LeToya Luckett, Mario, Christina Milian.

Do you design clothing as well?

Not yet. I eventually want to grow the brand into a lifestyle brand, but in time. Take it step by step.

Do you have a formal education in fashion design?

I took classes into it. I also took public relations and marketing. I've always sketched. So the opportunity came along for me to start a brand and I just hit the ground running and went for it.

So where can we purchase your shoes?

In Atlanta, Seven over Escape carries them. Fifty Fold in Chicago sells them. They are also sold in New York and Los Angeles.

What can we expect from your Winter line?

Winter is going to have color, but heavier color. I am really getting into a lot of texture materials; using python. I'm doing a lot of intricate designing with the leather in the shoes, and mixing materials. Its going to be fun.

Are there any celebrities in your shoes?

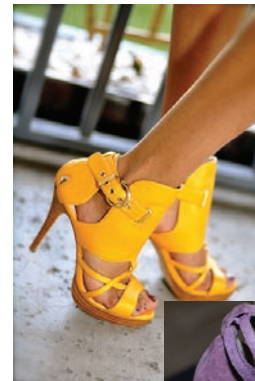
En Vogue just recently wore them when they were on "The View."



Keri Hilson just requested a pair. Judge Hatchet has a pair. She loves them!

To learn more about the Shree Moni footwear line, visit www.shreemoni.com.

Holly Clay



Ben Evans

Corporate Man to Full Time Photographer

Ben Evans is one of the “hottest” and most sought after photographers in Atlanta. He is the Owner and Principal Photographer of Atlanta based, Photo Images By Ben, (PIBB). He has photographed some of “HOTLANTA’S” most well known celebrities that have graced the red carpet to include: “The Real Housewives of Atlanta” fame, Dwight Eubanks, Deshawn Snow, Sheree Whitfield, Lisa Wu-Hartwell, Kandi Burruss, and other well known figures such as Chilli of TLC, Jazze Pha, Young Jeezy, Dallas Austin, Jermaine Dupree, Chris Tucker, Slim & Q from the Group 112, Louis Gossett, Jr., Dick Gregory, Bernice King, Tom Joyner, Xerona Clayton of The Trumpet Awards, The Honorable Andrew Young former Mayor of Atlanta, Holly Robinson-Peete, Raven-Symone, Boris Kodjoe, Paula White, Vince Carter, Emmanuel Lewis and Mychael Knight of Project Runway among others.

Ben learned the art of Photography at a very young age by watching his own father photograph him and his sister growing up in South Carolina. “My father was always snapping pictures of me and my sister. He captured every moment in our lives and our childhood was very well documented. I have a 2-year old son of my own now and I love photographing his every move. To date I have over 5000 images of him,” he says laughing.

This former corporate professional

who turned his love and passion of photography into a lucrative business spent 12 years with the Hewlett Packard Company and IBM Corporation before venturing out on his own. He has covered a number of local events and among them the covenant Trumpet Awards. He was recently named “The Official Photographer” of The 20th Anniversary “Real Men Cook” Atlanta Celebration which was a huge honor and he was also an Atlanta “2009 Fashion & Style Honors Nominee.”

Ben’s work has appeared in a number of local and national publications, online media outlets and television shows to include: The Atlanta Journal and Constitution Newspaper, Essence Magazine.com, Atlanta Social Season Magazine, Access Atlanta.com, MTV Teen Cribs, The Peach Buzz, Xtra Magazine, Sheen Magazine, Trendsetter To Trendsetter Magazine, The DryerBuzz, BlogTalkRadio.com, The Chattanooga Times Free Press, The Rome News-Tribune and The South Carolina News and Press Newspapers to

name a few. Ben has also served as a Photographer for The DeKalb County, Georgia Chamber of Commerce.

With all of his accolades, Ben has still remained humble and com-

mitted to giving back. He is a community partner and is heavily involved in the community in which he lives. He was recently appointed to the Board of Kym Kares Foundation, an Atlanta based non-profit organization dedicated to providing financial, emotional, medical, residential support and mentoring services to low income families and single parents.

He has photographed for a number of worthy charitable causes and Foundations to include: The 100 Black Men of Atlan-

ta, Children’s Healthcare of Atlanta, The Atlanta Area Ronald McDonald House, The Atlanta Children’s Shelter, The DeShawn Snow Foundation, Children’s Pride Foundation, Medlock Bridge Elementary School Foundation, Tapestry Youth Ministry Adopt-A-Youth Home For The Holidays and he has raised funds for The Metro Atlanta Area Chapter of The March of Dimes March for Babies and Autism Speaks/Cure Autism Now.

He is married to Monique Berry-Evans who is the President and Founder of Children’s Pride, an Atlanta based Children’s Foundation. To learn more about Ben Evans and his company, visit his website at: www.photoimagesbyben.com

Marsha Younger



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The sounds of Will Downing, Boney James, Warren Hill, Nick Colionne, Brian Simpson, Nils, Jackeim Joyner, and Roman Street were in the air April 16-19 as Seabreeze Jazz Festival made its mark on Panama City Beach.

Held at the newly opened Pier Park Amphitheater, the festival welcomed music lovers from around the nation to take part in the culture-filled event.

Guests lounged on lawn chairs and cuddled up on blankets, as the festival area is grass filled, and listened to the melodies of many returning musicians, as well as a few up-and-coming artists.

Some of the other artists included: Wayman Tisdale, Eric Darius, Joyce Cooling, Brian Simpson, Alex Bugnon, Four 80 East, Jackiem Joyner, Shilts, Urban Jazz Coalition, Althea Rene, and Jones and Company.

The annual festival cruise set sail on the opening night. Guests dined and enjoyed entertainment on the yacht, The Solaris, which featured 5,300 square feet of passenger space, two climate-controlled din-

ing salons, full service galley, full service bar, and tunes by Bugnon.

This was a smooth way to kickoff the weekend, according to many of the guests.

Following the daytime events on April 17, the festival hosted its Under the Stars After-party, which featured Urban Jazz Coalition and Friends.

Audience members had the opportunity to see them “turn it loose” with their energizing signature sound of smooth jazz, funk and instrumental R&B, that got the crowd moving to the beat.

The festival continued April 18 at 9 a.m. with food and jazz all day long. The after-party featured Four 80 East with Shilts and Matt Marshak, which had guests repeating the fun from the night before.

Based on the turnout, the 2009 Seabreeze Jazz Festival will definitely go down as a success.

Stephanie Lambert



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Orlando Premiere

Stylists came to witness one of the most anticipated hairshows of '09

Many professional hairdressers look for a great product, great technique, great tools and great networking. Well, on June 7th thru the 8th, at the Orange County Convention Center in Orlando, hairdressers came to witness one of the most highly recognized shows amongst beauty professionals; the Orlando Premiere. The Orlando Premiere Hair show brought willing hairdressers from around the country to find out about new techniques, new tools, new products, as well as to network with their fellow stylists.

As you entered the convention center you could see and feel the excitement of the people. There were crowds of people that knew what they were going to do once they entered, there were others that still did not know what to expect but willing to explore the possibilities. The Orlando Premiere brought many things to the stage. Anything that had to do with beauty, you found it at the Orlando Premiere; make-up, nails, spa, and of course hair. Every booth filled with curious people checking out their favorite hairstylists on stage Naz Kupelian, Nick Arrojo, Sam Villa and also up and coming hairstylists. Everywhere you turned there was some-

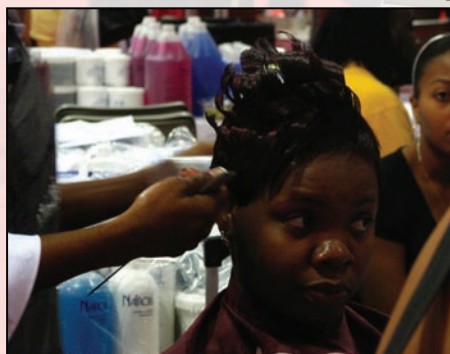
thing exciting happening, so much that it was hard to sit and watch something without missing something at another booth.

Some of the most impressive booths there was that of Paul Mitchell which had a store-style set-up. Also Nioxin, TIGI, Rusk, Nairobi Professional, Mixed Chicks, Global Keratin and a few others showed their presence at the Orlando Premiere Show.

Apart from having booths set-up everywhere, and having stylist show a skills on stage, the Orlando Premiere also gave the opportunity for stylists to sit down at a class and learn hands on about color, cutting, styling, nails, and make-up. So if you were there, you experienced one of the greatest shows in the beauty industry and if you were not there, be sure to put it on your calendar for next year (June 5-7, 2010). It is sure to be even better, save the date and be sure to be there.

To find out more information about the Orlando Premiere visit their website at: www.premiereshows.com

Obed Santiago



Lights, Camera, Action!

The 15th Annual L.A. Film Festival Highlights Independent Cinema

Every year, the L.A. Film Festival (LAFF) serves as a pu platter of documentaries, movies, animation, and even music videos for cinema lovers. Not only can attendees watch their fill of movies throughout the Westwood Villiage area, they also have the opportunity to attend Poolside Chats and Coffee talks, where they can hear movie makers, actors, and directors give their viewpoints on different aspects of the business. This year having been the festivals fifteenth year of existence, the festival wanted to create more of a V.I.P. appeal.

This year's festival was an evolution of previous years' festivals. We sought to "eventize" more films by providing our audiences with added features at our screenings, said L.A. Film Festival Director Rebecca Yeldham. For example, we premiered Spike Jonze's new Kanye West short at the Ford Amphitheatre screening of All Tomorrow's Parties, invited Mike



and Gael Garcia Bernal introduced the Ambulante Mexican documentary series and Jon Voight and Dustin Hoffman presented the 40th anniversary of Midnight Cowboy." Although the festival showed the premiere of mainstream movies such as Transformers: Revenge of the Fallen, the majority of the films shown were independent films, or films made without the financial backing of big movie studios. According to Yeldham, many films of this nature rely on festivals such as the LAFF to show their work

Film Festivals are critical these days to the independent film community. As theatrical distribution opportunities continue to elude many specialty films and filmmakers, Festivals not only provide a means for filmmakers to get their films in front of audiences in a theatrical setting and gather important marking information about their films but also provide a community platform for discussion, congregation, and support for those artists and the issues that impact them, explained Yeldham. By continuing to show work that is artful, challenging, and not typical genre fare, festivals also serve a vital role in continuing to cultivate audiences for expressive, audacious, adult cinema!

In addition to showing these independent productions, the LAFF also gives awards to some of its movies and directors for their work. Amongst many awards distributed, The Target Filmmaker Award was given to Sam Fleischner and Ben Chace for Wah Do Dem (What They Do), a film about a young man's adventures traveling alone on a cruise. The Target Documentary Award went to Juan



Carlos Rulfo and Carlos Hagerman for Those Who Remain (Los Que se Quedan), a documentary chronicling the lives of family members left at home while other relatives travel to find work. Both of these awards consisted of a cash prize of \$50,000. Other honorees included Cyrus Nowrasteh who received the Audience Award for Best Narrative Feature for The Stoning of Soraya M., a movie about the practice of stoning in Iran. Jeffrey Levy-Hinte won the Audience Award for Best Documentary for Soul Power, a documentary about the concert that was to be held in conjunction with the histori-



cal "Rumble in the Jungle" boxing match in Africa between Muhammad Ali and George Foreman.

The unique mixture of movies, discussion, and the L.A. atmosphere came together this year, much like in years previous; to create the magic that is the LAFF.

"LAFF has its own distinct personality which in many ways mirrors the personality of the city," said Yeldham. It's dynamic, eclectic, a little bit Hollywood, a little bit independent, and reflective of a vast range of cultural, ethnic and artistic influences that infuse our city's lifeblood.

To learn more about the happenings of this year's LAFF, visit www.lafilmfest.com.

Holly Clay



White to conduct the question and answer portion of Paper Heart with director, Nick Jasenovec and Charlene Yi. We also had the subjects present for the post-screening conversation at the documentary, Those Who Remain. Diego Luna



TOUCH DOWN

Former Professional football player Isaac Keys discusses his new career change

For seven years, Isaac Keys lived his life as a professional football player. Playing for the Minnesota Vikings, the Green Bay Packers, and the Arizona Cardinals, he was part of a profession that most men can only dream of being a part of. Yet abruptly, 30 year old Keys found himself in the midst of a career change.



“Life is a journey that is full of ups and downs”

ball that many fans do not get to see. He describes it as a sport where you have to be “aggressive” and focus on more than glitz and glamour. This same aggressiveness he uses in getting his career off the ground, and he is not afraid to put in the work that needs to be done.

“Life is a journey that is full of ups and downs,” he explained. “It has made me very humble, as well as very persistent.”

Holly Clay

“People were always telling me that I should model,” said Keys. “I reached a point where the phone calls [to play football] were not as prevalent, so I prayed on it.”

Shortly after, Keys’ prayers led him to begin his current career as an aspiring model and actor. This may seem like a leap from his previous profession, but for Keys the move seemed natural. Describing himself as a man that did not want to sit behind a desk and do a regular 9-5, he moved to Los Angeles, where he is taking the steps necessary to become a big name in the business. He even has the support of previous teammates.

“At first my teammates cracked jokes,” he reflected. “But in the end, they were pulling me aside to ask me what the process of becoming a model is.”

As a new comer to the modeling and acting industries, Keys is keeping his aspira-

tions high as to what work he wants to do. When it comes to posing before the camera, Keys would like to see himself walking the runways in urban wear from lines such as P. Diddy’s Sean John, and when it comes to performing on the big screen, he looks to his role models for inspiration such as Jaime Foxx and Bill Cosby.

Yes, for a young, handsome man straight out of the NFL, the sky is the limit as to how far he can go in Hollywood. However, it is clear that he still has a soft spot in his heart for football.

“Now that I am not playing football, I still feel like there is no closure. I did not stop playing football, football stopped playing me,” he said honestly. He spoke candidly about the ten-hour days and holidays he spent playing the game, a side of foot-



A Legendary Tribute



This year's BET Awards honors the life of Michael Jackson

The original undertone was one of grief for both attendees and viewers of this year's BET Awards ceremony, which aired live just days after the death of international pop superstar Michael Jackson. Taking place at Los Angeles' Shrine Auditorium and hosted by actor/musician Jaime Foxx, the schedule of the show was taken apart at the last minute to make room to pay tribute to Jackson, leaving many clueless as to how BET would be able to address his death without making the show a sad occasion. However, with an opening by New Edition who performed The Jackson 5's "I Want You Back" as well as performances by Keri Hilson, Ciara, Ne-yo, and Beyonce, which honored Jackson, the ceremony was one celebration that held tons of surprises.

One of the biggest acts of the night came from Best Female Artist Award and Video of the Year Award winner Beyonce who performed Ave Maria as well as Sarah McLachlin's "Angel" in honor of Jackson. "Thank you Michael for being my teacher, my hero," she said earlier in the show during her acceptance speech. Presented as a surprise for Beyonce, Jay-Z performed his new single "D.O.A." after she received her award.

Ne-Yo sang Jackson's "Lady in My Life," and Ciara did a cover of Jackson's "Heal the World". There were also

some unexpected performances from old school acts such as Guy and Bel Biv Divo, and Queen Latifah performed "God in Me" with Best Gospel Artist winners Mary Mary. Alicia Keys and Wyclef Jean were also honored for their individual philanthropic work.

"None of us would be here without Michael Jackson," asserted hip-hop artist Lil' Wayne when he accepted his award for Best Male Hip-Hop Artist, followed by Jaime Foxx and T-Payne, who won Best Collaboration for their hit single "Blame It," Ne-Yo who won Best Male R&B Artist and Keri Hilson who won Best New Artist.

Legendary R&B group the O'Jays was awarded the Lifetime Achievement Award, and performed some of their hit singles after fellow R&B singers Tevin Campbell, Tyrese, Johnny Gill, and Trey Songs did covers of their songs as a salute.

Yet, with all of the upbeat performances, emotional moments could not be avoided. Jaime Foxx and Ne-Yo performed a very heartfelt cover of Jackson's "I'll Be There" after, to everyone's surprise, Janet Jackson thanked fans for their condolences, and spoke briefly about how her family was dealing with her brother's death.

"My entire family wanted to be here tonight, but it was just too painful, so they elected me to come speak with you tonight," began Jackson. "I'm going to keep it very short. But to you, Michael is an icon. To us, Michael is family, and he will forever live in all of our hearts."

Holly Clay



Fallen Superstar

Jackson's Doctor Pinned As Center Of Manslaughter Investigation

The only thing seemingly more mysterious than the life of the legendary "King of Pop" Micheal Jackson are the unanswered questions surrounding his death.

On July 25th in Los Angeles, Jackson was pronounced dead of a cardiac arrest at UCLA Medical Center at 50 years old. Since then, the media and rumor mills alike have been spinning with possibilities as to why the healthy star had a cardiac arrest, from suicide to even homicide. No matter what the technical outcome, all fingers are pointing at Jackson's personal physician, Dr. Conrad Murray.

According to ABC news, local authorities and the Drug Enforcement Agency (DEA) searched the doctor's Las Vegas home in relation to a manslaughter investigation. Authorities began suspecting Murray after reports that Jackson was addicted to OxyContin and Demerol. In addition to this, track marks were found on Jackson's arms that were consistent with IV drug use, and conclusions were beginning to lead to the possibility that Murray may have injected Jackson with a lethal dosage of Propofol, a strong sedative, that took his life. Apparently, sources suggest that Jackson was using the drug in order to sleep. However, nothing can be said for certain until Jackson's toxicology report is released.

Amongst other suspicious details is the fact that Murray did not call authorities until thirty minutes after he found Jackson with a weak pulse. He then began to perform CPR on Jackson while he was lying in his bed, and not on a hard surface, which is protocol.

"He noticed that he wasn't breathing, and he went over to him, felt his body, his body was warm, he checked for a pulse, he found one, a very weak pulse, and he

immediately started applying CPR," said Ed Chertoff, Murray's attorney. Yet Murray also admitted to performing CPR on Jackson while he was in bed, and not on a hard surface.

News websites have also begun reporting on Murray's finances. According to MSNBC.com, Murray was in debt by \$780,000 due to "...settlements against his business, outstanding mortgage payments on his house, delinquent student loans, child support and credit cards." After skipping payments on his \$1.66 million home loan, his 5,628 Square foot Las Vegas home is now in pre-foreclosure. Investigators believe that this is why Murray began working for Jackson in May, who was paying Murray \$150,000 a month. Although Murray's financial woes have not been reported to have anything to do with his alleged part in Jackson's death, it is being used to mold opinions about Murray in the court of public opinion.

Micheal Jackson began his career as a child as the lead singer of The Jackson Five. Since then, he went on to sell millions of records worldwide, his "Thriller" album being listed in the Guinness Book of World Records as the Biggest Selling Album of All Times, selling an estimated 70 million units. He is also in the Guinness Book as the Most Successful Entertainer of All Time. He is the recipient of 13 Grammy Awards, as well as the American Music Award's Artist of the Century. He has left behind three children, Prince Michael, Paris Michael Katherine, and Prince Michael II, who are currently in the custody of his mother, Katherine Jackson



Holly Clay

*This article is based upon the news media covering the investigation. In no way does this article reflect the ideas of Sheen or its staff.

Essence Festival

Culture, beauty, family, excitement, positivity, inspirational and reunion were all words used to describe the 2009 Essence Music Festival.

The annual event celebrated its 15th anniversary this year and featured show-stopping performances by Beyonce, Maxwell, Anita Baker, Robin Thicke, Charlie Wilson, Salt & Pepa, Jazmine Sullivan and more.

“There’s such a spirit and strength here, especially with the music history,” the crooner Robin Thicke said. “I think New Orleans is now getting the due that it has always deserved and attention for its music, people, and I just love being here.”

The 3-day music festival, which took



place the 4th of July weekend in New Orleans featured musicians, artists, and entrepreneurs from around the nation.

Daytime events were held at the Morial Convention Center, and festival participants had the opportunity to have meet-and-greet sessions with some of their favorite celebrities, dine in local New Orleans cuisines and take part in the free seminars and sponsored activities.

“The festival brings us closer and we can learn more about our culture through the specific artists,” said New Orleans native LaTanya Dandridge, who has attended the event since its inception in 1995.

Michelle Paul, from Philadelphia, Pa. received a free makeover provided by the Cover Girl: My Black is Beautiful booth, which featured the Queen Collection.

“I do feel amazing right now,” she said after her makeover was completed.

Professional Makeup Artist Kimberly Wilson, who applied Paul’s makeup, said she loves the Queen Collection because it inspires African-American women to embrace their own beauty.

“Often we don’t see good images of our-

selves, so this is positive for us,” Wilson said.

Bernadette Stanis and Ralph Carter, who starred as Thelma and Michael on the television sitcom, “Good Times,” held book signings for their fans.

“I have been shown nothing but love here,” Stanis said, whose book is titled, Thelma.

Actress Lisa Raye said she came to the festival because she wanted a “Girls Weekend.”

“I’m glad to be here,” Raye said. “I came here 8 years ago and I remember the vibe of us (African-Americans) just being under one roof with no fights, no fuss, no nothing. It was just grown and sexy, I felt like I wanted to be a part of this again.”

A topic of discussion for many celebrities’ was the death of Michael Jackson.

“We all miss you and thank you for all the beautiful moments,” Beyonce told the sold-out crowd. “Thank you for giving us all of those great times. We love you and there will only be one Michael Jackson.”

She then sang, “Everywhere I look around, I’m surrounded by your embrace, Michael I can see your halo, I know you’re my saving grace. You’re everything I need and more, it’s written all over your face, Michael I can feel your halo, I pray it won’t fade away.”

Wilson agreed. “Michael Jackson was one of the greatest entertainers,” said Wilson, formerly of the Gap Band. “Remember Elvis Presley? There was nothing after him for a long, long time. Mi-



chael Jackson came along when we were trying to get videos on television, and MTV wouldn’t look at anybody and he just broke all of that.”

The Essence Music Festival began in



1995 as a celebration of the 25th birthday of Essence magazine.

In 2006, the festival was moved to Houston due to Hurricane Katrina, but has since returned to the Crescent City.

“It feels great to have the festival in my hometown,” said Erika Robinson, 15, a native of New Orleans. “I feel special because all these people from different states are coming to our city and it’s a good feeling.”

The Essence music Festival is the largest African-American music and empowerment event in the country, with more than 270,000 attendees, according to the festival’s Web site.

“It is a very uplifting environment for the black community and black people,” said Renty Johnson, who worked in the McDonald’s booth at the festival. “They (Essence) are really trying to teach the community— the black community and the New Orleans Community— to come together and have good things to do. They have artists coming out and big companies are putting in a lot of money to give back to the community.”

He added that he thinks the festival is a much-needed vacation for many people during these tough economic times.

“A lot of people have lost their jobs, a lot of people are downsizing and a lot of people are taking jobs that they normally wouldn’t with lower pay,” said Johnson, originally from Savannah, Ga. “Essence is taking the stress away from them and they can actually come out, bring their kids and just enjoy a weekend.”

Stephanie Lambert

Remembrance in Words

Hollywood A-listers discuss the influence Michael Jackson had on them

Johnny Gill - Singer: "1983 was my first time going to the Grammy's. I was sharp as a whistle. I had on a two-piece suit with the wedding jacket we used to wear with the red cummer bun and the red tie and to set it off, I had the red boots. I go to the after party and Michael comes in with his whole entourage and he starts walking through and shaking everybody's hand and talking. He gets to me and he pats me on the shoulder and he says to me 'I like what your're wearing.' You couldn't tell me nothing! Michael Jackson said he liked what I was wearing."



I missed the first phone call. His assistant left a voicemail and I heard the voicemail and said , 'OK, I am not going to miss the call when he calls again.' I got on the phone, I didn't know what to say, and he was like, 'Hey, how are you? I want you to be a part of the song' and I said, 'no problem,' At the time, I was just out of it. I couldn't even respond properly. That is a moment I do have and I'm very proud of it because I was looking forward to meeting him and didn't get a chance to."



which lead us to our first Black president. I think he did those things long before he even knew that he was doing it...I think that his music will continue to live on. He's the biggest star that we've ever seen in the human race. What touched me is that I have an 11 year-old Goddaughter. She cried when she found out Michael Jackson passed away. How many other major stars do you know that our children's, children, children will be talking about forever? God forbid this ever happens, but if the human race ever ceases to exist, whatever culture that comes along after will dig something up of Michael Jackson's. A glove, a tape, the Thriller video-something!"

Latoya Lucket - Singer/Actress: "I didn't get the chance to meet him unfortunately, and that is really what weighed heavily on my heart when I heard the news because it was one of my dreams. To go on the Arsenio Hall show and sit on his couch, to meet Michael Jackson and to win a Grammy as a solo artist. That's my dream. And no, I didn't get a chance to [meet him] but I have his music and all his videos."

Taraji P. Henson - Actress: "In my opinion, in general, Michael Jackson made Black culture cool. He expelled the myth that Black men are bad to the world,

Ciara - Singer: "He [Michael Jackson] has always inspired me and will continue to inspire me. That's something that Michael has always been known for, his doing things and setting a tone of his own. I can say in my perspective that I definitely want to make sure that I do that as well...I actually talked to him on the phone. He wanted to do a song for Hurricane Katrina and he wanted me to be a part of it and many other artists. So I played my music kind of loud to relax before he called and



Skin Deep

Make-up Artist Karmika Danner Brings Beauty Know-How To **sheen**



For almost a decade, Karmeka Danner has made a career out of making women beautiful. Now, as **sheen** Magazine's new Beauty Writer, she will now be bringing her years of experience to keep women in the know about everything, from new make-up techniques to skincare.

"I became a make-up artist out of coincidence. I always loved to make women and men feel good about themselves," says Danner, who has worked for big name beauty companies such as Estee Lauder and MAC Cosmetics. "I don't feel like I am just a make-up artist but a teacher. I help people feel more comfortable in their own skin rather than wanting to be or look like someone else. There is nothing sexier than a confident man or women."

In the case of Danner, confidence is not just something that she tries to achieve with her clientele, but is also what has lead her in her career, to not only work with celebrity make-up artists, but to also open up her own beauty business, Za-Day, Defining Beauty and Empowering Women.

"It is a wonderful business venture that is very dear and near to my heart. I plan on opening a storefront by the end of 2009 that will become our main office and hopefully hire around five people to start," explains Danner. "Once that is up and running I will complete my cosmetic line and start my endorsements. I have several celebs already interested in my products which are not yet available

to the public so I am very excited to say that within the next year it all will be completed"

As for her celebrity client, Danner's lips are sealed due to contract obligations, yet she can tell us that it is a female in the music industry and that we will soon be seeing on the big screen.

Danner also believes that women can achieve celebrity looks at home if they follow some simple steps that she, of course, will be elaborating on more from issue to issue of **sheen**.

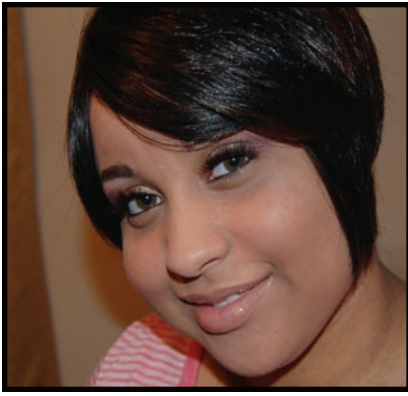
"Match, Match, Match!" she advises. "Also test one side of your cheek [with make-up] and let it dry to make sure it matches your skin tone. You want it to be as close as possible to your natural skin tone."

For more fun, easy beauty tips and much more, be sure to follow Danner in **sheen**. For more information on her, you can visit her website at www.msbarbe.com or you can email her at zadayinfo@gmail.com. She can also be followed on Twitter at [twitter/msbarbe](https://twitter.com/msbarbe).

Holly Clay



"I Don't Feel Like I Am Just A Make-Up Artist But A Teacher."



Make-Up Industry

How To Get Ready For The New Season!

As we go into the fall, beauty trends are bound to change, from this summers purple and aqua shadows to something more subtle for this fall. Now is definitely the time to go through that make up case and re-arrange things!

Here are some things that should be tossed and/or replenished:

Mascara (too often people try and savor this, for what? You don't have to pay top dollar for some good lashes!)

Recommendation: I am in love with MAC's Pro Lash Mascara. Geared to lengthen, thicken and with a non-flake and non-smudging formula you are bound to not touch these lush lashes up. My alternate cheaper version: L'oreal Volume Shocking Mascara in Blackest Black (does the exact same thing, in fact I love them just the same and remember coupons!!! If you don't have a coupon for it and it's not on sale, do not buy!

Foundation! (Need I say more? The

color for the summer time is not the same color for winter!)

Recommendation: As of right now I am wearing MAC's Studio Sculpt Foundation. This is a gel based foundation so it is not right for everyone, however, don't go for all the hype! I've used L'oreal True Match Liquid Foundation and have loved it for the last 2 years! And it's cheaper!

Brushes (make sure that your tools are in good shape and if not replenish)

Recommendation: Whatever can fit in your budget! I understand that money is tight for everyone so because of that I try to also give an alternative that is cheaper. You don't have to purchase a \$40.00 brush for it to do its job. Just be on the look out for starter kits and as your skills improve that's when I would upgrade.

Eye shadows (with the change of season make sure that your color choices reflect that as well.)

Recommendation: Choose the colors

that are right for you! It doesn't matter the brand. If you like it, buy it! Most stores will allow you to bring the used shadow back and exchange for something else. Just make sure to hang onto the receipt in case there is an issue.

FALL TRENDS

This fall watch out! Because purple is back! Berry lips are going to be in but be careful to pick the proper shade so you won't look like death has been here!

Greens, are also going to be in this fall so break out those quads of different shades of envy!

You may also want to consider smokey eyes for those evenings out. This has been a trend that doesn't seem to fade... Remember you can play with the purples and greens and create smokey eyes as well. Create your own look or play it safe with the basics.

Create a focus point of either the eyes or lips but not both! It is not only unfaltering but it's a hot mess! If you do a dramatic eye, play a nude lip or vise versa.

Stay oh so fabulous!

Karmeka Danner



KARMEKA'S FAB BAG

Call me crazy or just plain nuts! But I am a born make up freak! I have to have certain products at all times in order to stay fresh and shine free! Here are just a few of my favs:

- *Evian Mineral Water Spray \$11-16.50*
- *Make-Up Forever Microfinish Powder \$30*
- *Nars Lip Gloss \$24*
- *Harakjuku Lovers in G \$30-45*



sheen WATCH

As a celebrity hairstylist and owner of CoStars Style Studio, stylist Nakti Minix has definitely made a name for herself in the Atlanta beauty scene. Now she shares with **sheen** her tips on hair care and the story behind how she got into the business.

How long have you been the owner of CoStars? How long have you been doing hair?

I have owned CoStars since Oct. 2008, and I have been doing hair for ten years.

How did you break into the industry?

I held a three year apprenticeship and I once worked with Maurice Beamen. I also did Bronner Brothers hair shows. For four years I worked at a salon called Blendz where I built my clientele. If I would not have been there, it would have taken me longer to get where I am.

What is your advice on keeping your hair looking good?

The biggest piece of advice I have is wrapping your hair at night. Also, sleep on a silk pillow case. When you are in the shower or taking a bath, use a silk wrap as well as well as your shower cap.

What are the biggest hair problems that you see with clients that come to your chair?

I see a lot of issues related to over processing due to clients using too harsh of a relaxer or leaving relaxers in too long. Not keeping up with trims and color misuse are also issues I see a lot of.

Have you done hair for any celebrities?

I've done hair for Tamika Foster Raymond, Usher's wife as well the styling for Usher's videos for "Love In This Club" and "Mountains." I also did the styling for a promotional shoot for R&B group Cherish.

How would you describe your signature style?

My specialties are weaves and short cuts. I do natural weaves. My weaves don't look like you have on a wig, they look like natural hair.

What is your favorite Nairobi Professional product?

Nairobi Wrapp-It Shine Foaming and Conditioning Lotion is one of my favorites.



What is your advice for up and coming stylists?

Patience. Put yourself in an environment where you are around different stylists that do different things.

How can clients reach you?

They can reach me through my salon's website at www.costarstylesstudio.com.



Back and Forward

Try these simple and chic looks that transcend style from the past and to the future!



Vanessa, 90s Look

This style can take you from the boardroom to the ballroom. Simply barrel curl hair and set with pins. Afterwards, comb hair down and back.



Tinisha, 70s Look

Create this retro look by parting your hair into sections and spiral curling. Comb the hair out on the sides for bounce and volume.



Candace, Futuristic Look

Be the first to rock this due straight from the future by flat-ironing hair straight, curling the ends, then flipping the front.



*Hair Stylist- Nataki Minix
*Make-up artist- Zarielle Washington
*Photographer- Randi Wells

POETIC JUSTICE

Poet/Musician Jehmaine Edwards uses verse for expression



It is true that writers find inspiration in their life experiences. This has definitely proven to be the case for poet/musician Jehmaine Edwards. The unfortunate and painful events of his life have been the driving force behind the creation of his two poetry compellations, “Expression of Thoughts Part I” and “Expression of Thoughts Part II.”

“Everybody is going through something in life,” says Edwards. “I find a way to get my pain out by putting my thoughts on paper and writing.”

In both Part I and Part II of his poetry books, Part II still being a work in progress, Edwards draws deep within from experiences that have shaped his life as far back as birth. According to Edwards, both he and his twin brother were born with Hydrocephalus, a condition in which infants are born with water on their brains, which causes their head to be considerably larger than that of usual newborns. Babies born with this condition are more commonly known as “water head” babies. Although advancements have been made in the treatment of this disorder, when Edwards and his twin were young, it was believed to be an almost debilitating disease, leaving its victims handicapped and dependent.

“At the time she [his birth mother] was young and not from here [the United States]. She did the best she could by me and my brother by putting us in foster care.”

Once Jehmaine and his brother were placed into the system, they were soon adopted by a family of five brothers and four sisters that he describes as both “lov-

ing and Christian” at 13 months. Today Edwards has defeated his original prognosis, and is not at all dependent. He even plays the guitar and the piano.

“As time went on I got better,” he explains. “This was the same case for me and my twin.”

Yet in 2006, tragedy would strike Edwards and his family when his twin was shot and killed. His case is still open to this day, meaning that authorities still have not found who murdered him. Losing his brother was the influence of many of his poems, such as “Part of Me is Gone.” It is clear that Edwards uses writing about what happened in a therapeutic way.

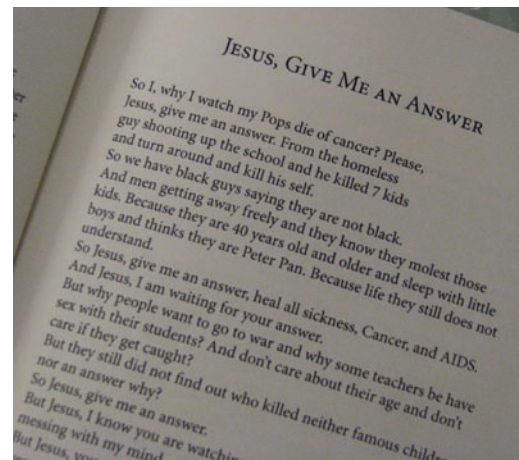
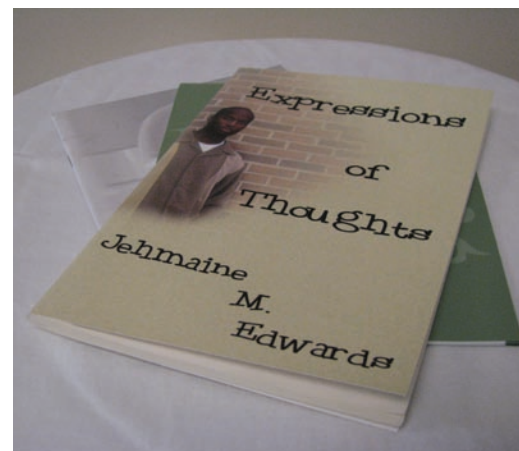
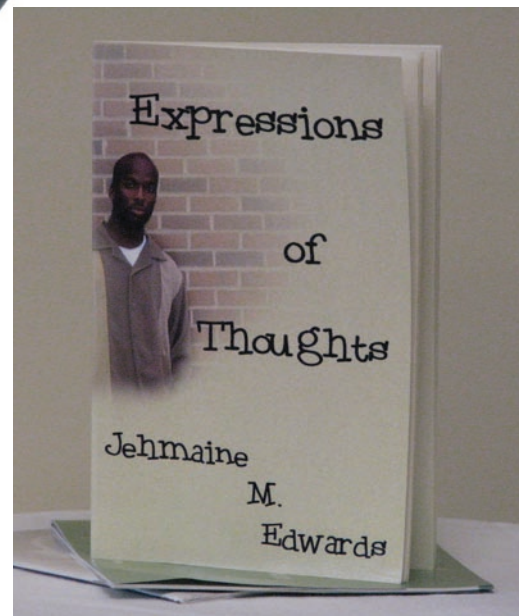
“I would definitely say that the death of my brother has encouraged me to write,” said Edwards, who has included his brother’s work in his own compellations.

Today Edwards is still dealing with the loss of his brother, and his writing serves as a catalyst in his healing process. He is currently working on an album as well as a recording of the reading of his first collection. In doing this and providing more insight into his life, he knows that he will not disappoint his readers.

“I keep it real and honest with myself,” he asserts. “If I write about it, it happened in my life. I write about real experiences.”

Holly Clay

“I keep it real and honest with myself”



The Norwegian Way

Retailer "Moods of Norway" sets up shop in the United States

International retailer Moods of Norway has stores located in its birthplace of Norway, as well as in Japan, Sweden, and Switzerland, and has now planted its feet in the United States, opening its first store in Los Angeles. Sheen had the opportunity to speak with one-third of Moods' ownership/design team Stefan Dahlkvist about the new store location as well as the Fall 2009 line.

Why L.A.?

Our mission is to create an international lifestyle brand. We wanted to establish a store in either New York or Los Angeles. L.A. is fun loving. We feel our crisp, happy colors go well with the L.A. lifestyle.

What is the inspiration behind the Fall 2009 line?

It's called Moods of Norway Cocktail Travels, inspired by Norwegian travelers and explorers.

What has the feedback been toward the new L.A. store?

We've been getting positive feedback. The press loves the interesting detail in the clothing. We're also surprised by the huge amount of Norwegians that have surfaced. On Saturday, we have waffles and Champaign, which is a traditional Norwegian treat.

Describe the Moods shopper.

The mood shopper loves crisp, happy, poppy colors. They like to radiate a sense of fun and good vibes. Many of them are musicians, actors, and hipsters.

What sets Moods apart from other retailers?

We are the only true Norwegian fashion label. This gives us a distinct position in the industry. Since Norway is a small, re-

mote country, people have an exotic view of it. Moods draws attention to Norway.

Like many American retailers, does Moods plan on branching out its brand outside of clothing and accessories?

Absolutely! We specialize in international lifestyle designs. We have some fun and interesting projects for the future. We've been doing eyewear in sixty countries and in October, we are coming out with a ski-wear line. Soon we want to open up a chain of cocktail bars, incorporating Norwegian heritage.

Holly Clay



moods of norway

Razor Sharp

Barber School Director Mary Neal Balances Family And Career

For nearly a decade, Mary Neal has been a major player in the beauty industry; however, her successes have not come easy. Having been adopted as a baby, her mother died when she was twelve years old, leaving her to be raised by her father. Yet early obstacles did not stop Neal from succeeding. She went on to become the first woman in the South United States Department of Labor/Bureau Apprenticeship Training program. Today, she uses her drive and love of the beauty industry as a catalyst to do her work as the director of the National Association of Barber Science (NABS) Independent Professionals School in Greenville, SC.

“My mother passed when I was 12 years old, but before she passed I went to work with her at a local beauty and barber supply store. I was fascinated by the beauty and barber equipment,” She reminisces. Later in life, Neal went on to become a Sunday school teacher. Doing so ignited her passion to help others, so soon after she went on to beauty school where she pursued a career as a cosmetologist, then master barber-instructor. She and her daughter, Rena, teach low-income students and have provided them with an affordable tuition. Every first Tuesday of the month, the school also provides free haircuts for people in need.

“I like the barber profession because it gives me an opportunity to share with others and give them a chance to gain skills necessary for employment in the hair industry,” says Neal. She is particularly proud of how many have been able to receive their beauty license under her watch, since, according to Neal, many

shops hire unlicensed people. “We offer them [students] a chance to become independent professionals and productive tax-paying citizens. This is my gratitude, helping them gain skills necessary for real employment in the hair industry.”

As director of the NABS for eight years, Neal not only oversees the day-to-day business of the school, but also recruits and trains students. It is hard to believe with a work load this heavy, Neal has time to do anything else.

“I am an Independent consultant with Ardyss International. I do professional skin care analysis and personal fitting for body reshaping garments to show men and women how to enhance their bodies, along with the nutritional drink Levice,” explains Neal. “I love the Ardyss business because it allows me to help others to look at their total self.”

With everything going on in Neal’s life, she finds that she keeps balance by following her own simple principle.

“This is my philosophy: GOD, Family, Career and NABS,” jokes Neal. However, following this mantra has proven to be the key to success, in business and otherwise. “I have been in this industry over twenty years, I have been teaching approximately



eight years. I’ve been married thirty-three years to a wonderful man, Willie D. Neal, and from this union we have four beautiful children, three sons and a daughter, plus eight grandchildren. I am very family oriented, passionate and dedicated to educational advances for other families and children.”

For more information on the NABS and Ardyss International, email Neal at nabsedu3@yahoo.com and visit website: ardysslife.com/healthierlife.

Holly Clay



Herpes Pandemic

An STD That Is Spreading Nationwide

STD's are sweeping the nation and one that is spreading rapidly is Herpes. As much money as is being spent in advertising for the prevention of STD's, the rate of infected people is growing every year. Nationwide there is an estimated 45 million people ages 12 and older that are infected with the Herpes virus, that is one out of five people that are infected.

Herpes is caused by the Herpes Simplex Viruses: HSV-1 and HSV-2. The difference between the HSV-1 and HSV-2 is that: HSV-1 is more common to cause sores on the lips, which is known as fever blisters or cold sores. The HSV-1 virus can cause symptoms of genital herpes infection as well. The HSV- 2 is most often related to infections and symptoms of genital herpes, but can also infect the mouth. Many people with herpes are unaware of the signs and symptoms of the virus because they vary from person to person.

Know Your Status

Not knowing is one of the main problems causing this STD to spread rapidly. Getting tested can be the best way to know and to prevent Herpes from spreading.

Some believe that using a condom can help prevent the herpes virus, but what many do not understand is that the herpes virus can be in other places of the body. One of the best ways to help prevent the spread of Herpes is to practice abstinence. Also be sure to consult your doctor if you feel that you may be infected, he will be the best person to advise you on what you can do to help.

The herpes virus is an incurable virus, but there are a number of treatment options that can help with outbreaks. There are many treatments that you can get pre-

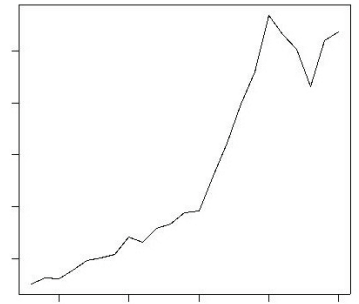
scriptions for as well as over-the-counter medicine that can help ease the pain of an outbreak.

Remember that it is up to you to take care of your body. Make sure that you take all the proper precautions when becoming intimate with your partner. Being infected with the virus should not cause you to feel ashamed, there are many other people that are infected, there are places that you can go and talk to people that have it. It can be a great way to help with the mental anguish of having the virus.

To find out more information about herpes you can visit: <http://www.herpes.com>.

Obed Santiago

“One out of Five people
are Infected.”



Get Tested!





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