

Spring 2009

# sheen

**Les Brown**

Thinking Like  
a **Millionaire**  
equals Success

**Dwight  
Eubanks**

Reality Star & Salon  
Owner Talks  
about **Career  
& Stardom**

Celebs Talk  
About The  
People's President

**Barack  
Obama**

**HONDA  
Battle of  
the Bands**

10 HBCU's Compete At  
The **Georgia Dome**

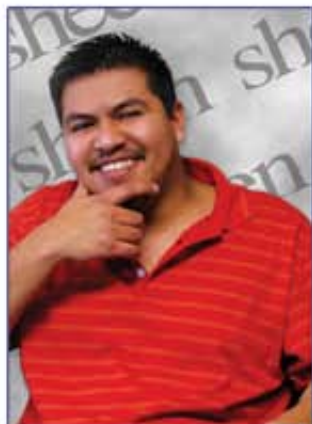
sheen Watch

Professional Stylist  
**Tracy Richardson**  
Shows off her hottest  
styles.

**Trumpet Awards** Honor those who have  
succeeded against immense odds



## Letter from the Editor



As the new year settles in, it is hard to not look back to the old year and think about what we didn't accomplish, but as the new year begins, we get to start all over again, a clean slate. We have the opportunity to forget all the hardships and disappointments that came our way, so **sheen** Magazine wants to help you get started off right. In this issue Les

Brown talks about how to do better with your finances by thinking like a millionaire, Dwyla Stukey shares that we should never give up when life gets you down, and we had a chance to speak with some celebrities about the new president, and how they have been inspired by this historic event. This year lets take time to get together as one nation to make it the best year ever. "Forgive and forget, and enjoy life to the fullest because it's too short to waste".

Happy New Year!

Obed Santiago  
Editor-in-Chief



### Letters

Your questions and comments are always welcomed. Let us know how we can better serve you. Send your thoughts, ideas, and suggestions to:

**[editor@sheenmagazine.com](mailto:editor@sheenmagazine.com)**

# sheen

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### WRITING OPPORTUNITIES

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# A Force To Be Reckoned With

*Andre White brings indoor football to South Carolina*

**T**he citizens of South Carolina are known for their fanatical love of old-fashioned football. Now, thanks to Andre White, Carolinians will also be able to enjoy the intensity of its new indoor football team, The South Carolina Force.

"I wanted to introduce quality, affordable entertainment to the community," said White, who is no stranger to the game, seeing that he played professional football in Canada. Now, as the indoor football team owner, White is up to the challenge of introducing S. Carolinians to a new version of the beloved sport.

The Force is the second indoor football team to come to S. Carolina, but White is optimistic that the community will embrace them. With the season beginning in March, Carolinians will now be introduced to football all year round. White describes the team as a high intensity professional sport, and with the first game on March 21, he is sure that they will take the community by storm.



"My prediction is that we will win a lot of games," White said confidently in regard to the games that will soon be



Pictured from left to right is the SC Force Staff: Andre Woolcock-Ticket Sales Assistant, Joe Arrowood- Account Executive, Bert Brown- Director of Sales, Alan Johnson- Webmaster Assistant, Bunny Brown-Scott-Administrative Coordinator/PR, Tony Wells- General Manager, Andre White- Owner, President.

played in neighboring towns.

However, White not only puts his focus on winning, but also on what the team can do in the community. Making sure that his team does not just take away but gives back as well; players of the Force are known for their community service endeavors. According to White, many of his players speak at local elementary school on regular basis.

"We're new to a lot of people, but we are not afraid to roll up our sleeves," says White. "We are trying to win over the community." White himself even donates his time to the Susan Koman Cancer Society, a charity near and dear to him because his aunt, Annie Pearl White-

Peague, recently died of cancer.

My aunt recently passed, so all my work is dedicated to her," says White. "She is affiliated with everything with the force."

The death of his aunt is a driving force for his success in regard to his team, as well as the birth of his son. Sadly, his son was not yet born to see his father playing professionally in Canada, so White sees this as a chance for his son to be introduced to

**"I wanted to introduce quality, affordable entertainment to the community,"**



The Bi-Lo Center will be the site of the SC Force home games. For More information on the Force, visit their website at [www.scforceindoorfootball.com](http://www.scforceindoorfootball.com), or contact A. White directly at 864-250-4918

an aspect of his life that he enjoys so much. It is also a means to provide for him as well.

"I'm excited to give my son everything that I didn't have, said White who, in addition to being the owner of the force, is the owner of the entertainment company, Real Entertainment.

Yet, for those that are not familiar with Andre White or this new team, A. White has made it an obligation to make sure that the people of the community are exposed to what he refers to as a "quality product" on the field. He is also more than confident that S. Carolina will love

the team as he does, and is looking forward to the beginning of a good season.

-Holly Clay



"We are not afraid to roll up our sleeves"



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# Inauguration Talk

Celebs Chat About What They Did To Celebrate Obama Becoming President

**F**rom the red carpet of the Trumpet Awards in Atlanta, Georgia, celebrities shared their opinions and views on the recent inauguration.



*"because I believe in God, and I think God sent this man for the world, everything is going to be accomplished that needs to be at this period. So we're looking forward to supporting him and helping him get it done."* - **Bobby Jones**- Host of BET's Bobby Jones Gospel

*"I didn't attend physically, but I was there on the tube. It was probably on of the most gratifying times of my life. I lost my grandparents and my mother. I just know how excited they would have been to be here to see this. This is one of the biggest years of my life."* - **Sean Garrett**- Music producer and recording artist



*"I'm still feeling it. I'm six feet off the ground right now!"* - **Tom Joyner**- Syndicated Radio Host

*"I wasn't able to attend the inauguration, but I hosted an inauguration party in Nashville. My expectations are extremely high of President Obama, and*



*"Being there first hand felt great. First off, this is an American moment. So this will go down in history."* - **Roland Martin**- CNN Analyst



*"There was an energy. What nobody's talking about was that it was six above zero [in Washington, DC], and people were standing in line from six in the morning to four in the evening. I was in line for three hours in my car for one block and no one blew their horn. What we witnessed was bigger than the pyramids because they were made by people. He [Obama] was made by the same universal god that created us. There's only one thing that could be bigger than what we witnessed there [in Washington, DC], and that would be someone landing from outer space."* **Dick Gregory**- Comedian and Civil Rights Activist



*"It [the inauguration] was amazing! I wasn't able to see the actual swearing in. I watched it in the lobby of the hotel. But to go to an actual ball and to see him in person, I was just excited to be able to take part in history."* - **DeShawn Snow**- Former Star of Bravo's "Real Housewives of Atlanta"

*"It was an awesome experience. There's not enough adjectives I can think of to really describe it, other than I felt so proud of the almost 2 million people who were there. We were all in sync, whether it was time to boo or to cheer. It was a melting pot of all different races and creeds together, and it felt like, for the first time, we were uniformed."* - **Lisa Lesley**- Professional WNBA player

-Holly Clay

# Finding The Right One

*Having The Right Stylist is Critical To Feeling Good About Your Hair!!*



**I** Know that everyone does not have aspirations of becoming the next hair guru. Most of us would prefer to have a guru do our hair at whatever the going rate of service is. While I cannot offer solutions to lowering your stylists bill, here are some pointers you can consider towards finding the right stylist.



1. Find out what shops are in your area. You would be surprised how that simple suggestion is not followed and most people flock to the most visible stylist on the block. There may be a little hidden location that is the perfect spot waiting for you.

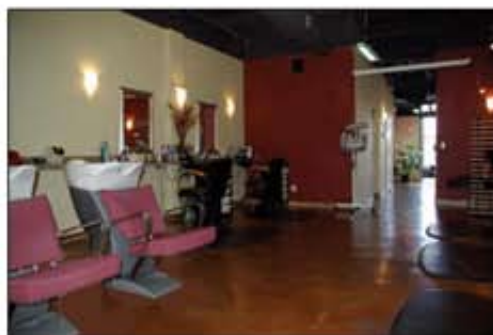
2. How many stylists do they have on their staff and what are their hours of operation? Does the shop work with your schedule?

3. Make them aware of any allergies or reactions you might have to certain products to include but not limited to scalp sensitivity.

4. Talk with people who have healthy hairstyles to find out where they go and what the pros and cons of their shop are. For example, "Child they do my hair right but I wish they would talk less and work more, I have other things to do."

5. Ask your stylist about their experience and specialties. Don't be afraid to ask what types of hair they work best with and how many years they have been in business and be specific about the cut you want.

6. Look around to decide about the cleanliness of the place you plan to invest your hard earned money in. You want a shop that sweeps the floor after each cut and disinfects instruments after each client.



7. If you are not happy with how your hair is being cut, switch to a new stylist. You have no obligation continue having a bad hair day.

8. Read articles on hair to learn more about certain processes before you engage in a service. Then have an informative conversation with your stylist to find out what they can tell you about how they do the same process. This is no different than having a discussion with a doctor you have just met for the first time that you are entrusting to do brain surgery on you or to deliver a baby.

9. The bottom line is you need to ask questions. Ask your stylist to be open with you about any issues they may notice. Some will not tell you that they see a problem for fear of losing you as a client.

10. When you have a good stylist, show some appreciation and ensure them that you want this relationship to continue with honesty so that you can make informed decisions about your hair. Remember they know when you've seen another stylist and it will cost to make things right.

-Steve Ragland



# Spic and Span

*Dentist Willie J. Hill gives advice on maintaining oral health!*

**F**or many of us, brushing and flossing our teeth is the extent of maintaining our oral hygiene. However, according to S. Carolina dentist Dr. Willie J. Hill, more should be taken into consideration when it comes to keeping our mouths healthy.



"One thing that's very important is becoming familiar with what is normal in your mouth," says Hill, who has practiced dentistry for over thirty years. According to Hill, doing so can help one identify abnormalities early that can lead to periodontal disease, better known as gum disease.

Hill also recommends regular brushing, suggesting making room to brush three times a day, or at least as often as possible after meals. He also points out the importance of proper brushing, which includes the removal of plaque, and concentrating on each individual tooth, as apposed to just filling your mouth with toothpaste.

In addition, Hill reminds us that our everyday habits could also have a negative effect on our oral hygiene. For example, smoking can accelerate the growth of calculus, or hardened plaque, on your teeth. Not only can smoking cause cancer but, according to Hill, it can cause what he describes as a "consistent irritation" in the mouth. Eating and drinking things that are too hot or too cold in access can also cause damage.

According to Hill, flossing and using mouth wash are also a dire part of keeping your mouth healthy. Flossing can dislodge food particles in areas missed by brushing, while rinsing your mouth with mouth wash can kill bacteria. Neither, however, should be replacements for regular dental visits.

"You should visit the dentist about every six months," states Hill, "or every three to six month if you have certain dental issues."

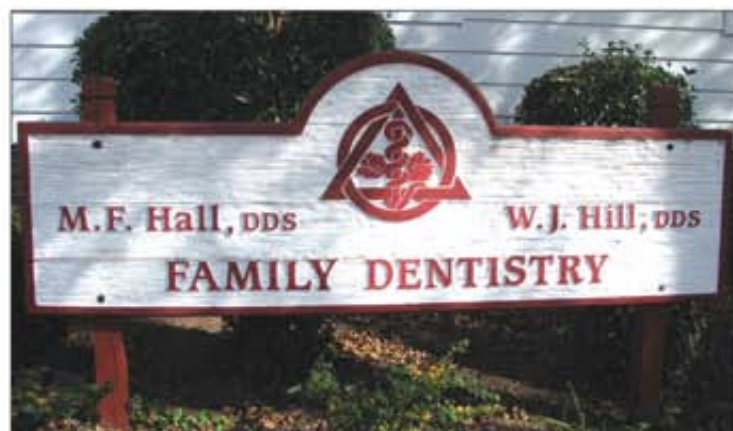
With this in mind, Hill reminds us that practicing these steps does more than make your teeth white.

"Your oral health is a part of your total health," says Hill. "Your mouth is the window to your body."

-Holly Clay



**"Your oral health is a part of your total health,"**



# Sound The Horns!

Community Leaders Receive Praise At  
The 17th Annual Trumpet Awards



**T**

he red carpet was buzzing with celebrities and community activists alike for the 17th Annual Trumpet Awards in Atlanta, Georgia.

Being the first Trumpet Awards show after the inauguration of Pres. Barack Obama, there was a sense of pride and accomplishment in the air as attendees came together to show support for award honorees from Living Legend Honoree Earvin "Magic" Johnson to Humanitarian Award honoree Pastor Paula White.



"I'm overwhelmed to be an honoree," said White. "The Trumpet Awards have meant so much to me; representing Paula White Ministries and the partners who decided to participate in the call of Christ making a difference with their fellow human beings...whether its building orphanages, feeding the hungry, or clothing the hungry, feeding the naked. I'm just here representing those who said that they were going to make a difference."

Success

Hosted by Co-Host of "The View" Sherrie Shepard and actor Anthony Anderson, actress Raven-Symone was awarded this year's Pinnacle Award.



Comedian Chris Tucker received an award for the work he's done in entertainment, Dr. Alvin Crawford took home an award for his accomplishments in medicine, the Tuskegee Airmen were named Trumpet Award Heroes, and businessman and author Michael Roberts was honored for the strides he's made in the realm of business.



"It's important for me to be here today because guys who have been successful as I have been...have to be the type of example, much like Barack Obama on the political space, on the business space," said Roberts.

This year's ceremonies capped off a weekend's worth of fairs, dinners, and receptions that gave participants the opportunity to network and become more informed on community issues. The Saturday before the show, the International Civil Rights Walk of Fame announced its 2009 inductees which included Rev. Al Sharpton, Rev. C.T. Vivian, and Earvin "Magic" Johnson. In doing this, the footsteps of the inductees were placed at the Martin Luther King, Jr. National Historic Site.



The Trumpet Awards is a yearly event put together by the Trumpet Awards Foundation Inc., founded by former television news anchor Xernona Clayton, which brings to light the accomplishments and contributions of community leaders.

-Holly Clay

Accomplishments

## One Step Forward

Dwyla Sturkey balances styling while giving back.

**D**wyla Sturkey has been involved in the beauty industry for 17 years, she and her husband are the owners of South Carolina's The Purple Door Salon "Your hair and body's royal entry way to beauty". She is known for more in her community than her ability to cut and color.

Recently, she and other local stylists and barbers offered complimentary styles and cuts for about 50 back to school students. She often opens her chair to single mothers and is delighted to service the young ladies at the local girls home as well.

Sturkey feels the community needs to see that there are still positive role models and leaders that care about them, who understands what its like to have a rough beginning.



Having lost her first business to a fire she kept strong, working in other salons. After a few months she and her husband found out that they were expecting their first child.

**"I'm Blessed To Be A Blessing"**

Once her maternity leave ended she felt like she needed to do something different, so she enrolled at Wilfred Beauty Academy in Brooklyn, New York. After graduation, she moved to South Carolina to do hair, and even though business was good, Sturkey was looking for something more. She then moved to Atlanta where she worked as a stylist assistant in several salons before moving back to South Carolina. Where after 4 years and a week from the day she lost her dream, her and her husband, Gary, bought a fully furnished establishment, presently: The Purple Door Hair Salon, where she has found great success.



The Purple Door does coloring, cutting, and hair weaving, just to name a few service, and is known for the way they treat clients. "Our specialty is customer service," she explained. "We offer to take your coat and purse and



offer you a signature cocktail." She also prides herself on the fact that clients can expect to get their hair done, but also get educated on their hair as well as have the opportunity to buy beauty products from Genesis One, her husband's all natural body products store that is also located in the salon.

Sturkey also uses The Purple Door as a stepping-stone for other young stylists. She has paired with a local high school to offer internships for beauty students.

"I always wanted to have a place where I could really help others who were interested in the beauty industry," said Sturkey. "Where I could offer myself to the community and show them [aspiring beauty students] a correct way to start."

The fact that Sturkey gives so much back to the community at her own expense is not only admirable but also virtually unheard of and Sturkey shows no signs of stopping.

"My trade is not only a gift but a blessing, I'm blessed to be a blessing," she emphasizes. "I use it to reach out and also as a ministry because that's what it is to me."

For Information or to schedule an appointment call: 1-864-574-6261 or email at [sdwyla@yahoo.com](mailto:sdwyla@yahoo.com)

-Holly Clay

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# NUTRESS HAIR®

# Hairstyling Housewife

*Reality star and salon owner Dwight Eubank's tells all about career and stardom*

**A**t the age of 50, Atlanta stylist and owner of The Purple Door Salon and Spa Dwight Eubanks has been a key player in the Atlanta beauty industry for over twenty years. Recently, after his stint on the Bravo reality show "The Real Housewives of Atlanta," I got to interview Mr. Eubanks in-between shampoos at his Greenbriar Mall salon location. After watching him on the reality show I knew him to be a no-nonsense wise cracker who prides himself on "keeping it real." With my hair not looking nearly as wonderful as that of his patrons, I could only hope he wouldn't keep it too real with me and show me the door. However, Eubanks was very approachable, and gave *sheen* the inside scoop on his career and future goals, what he really thinks about his fellow reality mates, and what it is like to be known as the sixth real housewife of Atlanta.

"I've been doing hair my whole life," said Eubanks before me, draped in a dramatic line of pearls with his hair wrapped in a chic scarf. "I played with my sister's dolls at the age of five. That's when it all started," he joked. "My Mama would beat the hell out of me for playing with dolls."

However, Eubanks has come a long way from being the little boy who played with dolls. Sticking to his love of fashion, he did not become a third generation minister, and dabbled in dancing and modeling before he began work at the Robert's Hair Salon, currently Robert's Cosmetology School, as an apprentice. Afterward, he went on to get his beauty license and work as a stylist at Leiban Hair Salon. He then served as style director for Sax 5th



Avenue for five years before opening the first Purple Door location on Atlanta's Lenox Rd. Now the Purple Door is celebrating its 20-year anniversary with two Atlanta locations. He accredits the success of his salons to not only a good staff, but also treating all customers like celebrities.

"At the Purple Door, we try to give them [clients] something that they can't get everywhere, and that's customer

service. Getting here on time. Getting them out at a reasonable time. That's how we do business."

Aside from the salon, Eubank's is using his business know-how and the doors that have been opened to him from being on the "The Real Housewives of Atlanta" to begin a tentative outline for other ventures in the beauty industry.

"Right now, we're [stylists] seeing a

lot of Alopecia [with clients] now, so I'm exploring partnership with Dr. Wesley Wilborn who is one of the top dermatologists in the city as far as female baldness is concerned," said Eubanks. "You wouldn't believe the amount of people who are completely bald."

With this in mind, Eubank's is also considering starting a wig line, Eubank's Designs, which is named after a hat line that he once designed. "A great collection of wigs, some made with synthetic as well as human hair. It's just in the beginning stages," he explained. "We would sell them in beauty salons. A lot of them would be custom made."

Tying into his love of fashion, Eubank's has also been approached to design his own European inspired men's loungewear line, Eubank's Inc. "It would be cashmere and very heavily embroidered robes and pjs," he explained. "I'm really fascinated with the European designers when it comes to men's underwear. They show really amazing things, and I want to introduce America to those things as far as socks, underwear, pjs, and bathrobes. That would be the first signature collection I'd work on, and we would do it every three months."

Although Eubank's is clearly branding himself as a business man on a global scale, most people know him as character NeNe Leake's friend on Bravo's reality show "The Real Housewives of Atlanta." Although his role was small, he made such an impact on the show that he was introduced as the sixth housewife of Atlanta on the show's reunion special. Even though the characters of the show received a somewhat negative backlash from the

**"You just never know how you affect other people's lives."**



African-American community because of their behavior on the show, Eubank's is currently in discussion with Bravo and other networks for his own reality show, and has found himself as an inspiration to others.

"I got an email from a young lady in Kentucky saying that I had saved her life. She was on the brink of committing suicide. I felt compelled to pick up the phone and call her...she just broke down and cried. You just never know how you affect other people's lives."

As far as "The Housewives" goes, Eubank's stresses that the negative backlash is uncalled for, reminding the public that the show is just entertainment. Yet this does not stop him from having his own opinions on his fellow reality stars.

"My advice to Deshawn Snow [wife of Eric Snow, captain of the Cleveland Cavaliers] is that we should start a congregation," he jokes. "Let her be that pastor and I'll be the assistant pastor, the treasurer, and the secretary. As for Lisa Wu Harwell [entrepreneur and wife of NFL player Ed Hartwell], I think she should put some ankle braces on her husband and lock him in the house because he his fine, fine, fine!"

"My advice as far as Kim Zolciak is concerned," he continues, "I would get her some voice lessons. We could get an album going. I could sing lead and she could sing back up."

When it came to character Sheree Whitfield, he had strong words for her on what to do with her up and coming clothing line, She by Sheree. "She needs to find the right [drag] queen to show her how to design, because as far as her designs are concerned, going to Michael Knight [Atlanta designer and previous Project Runway finalist] is like the blind leading the blind! He didn't do anything on Project Runway. He didn't do anything when he left, and he's not doing anything now."

With all that is going on in Dwight Eubank's life, and all that will soon be happening, it is hard to believe that he has time for it all, and even harder to believe that he can stay fabulous himself. However, he shared his secret with me.

"My beauty regimen is having sex three times a day," he said seriously. "You have to make time to do it. It keeps me young and beautiful."

-Holly Clay



# Jaqueline Fleming

Louisiana has become the “Hollywood South” as many movie companies are setting up camp to film some of America’s future blockbusters. It is not uncommon to look on “Craigslist.com” and find a surplus of casting calls for upcoming movies or commercials. During a movie being filmed in Baton Rouge, Louisiana called “Attack of the Governor” Co-starring with Billy Zane and Robin Givens, I had an opportunity to speak with a well-known African American Hollywood actress, Ms. Jaqueline Fleming. Most notably you will know her from her roll in “Last Holiday” as “Tanya” the zany sister of Queen Latifa’s character that wanted to be a country singer.

During my conversation with Jaqueline, we spoke a lot about the successes of her career and the initiatives that she is taking to reciprocate her achievements by starting a school in New Orleans called “Jaqs Acting Studio” which gives those that are interested in acting and have talent, an opportunity to develop the skills that they need to enter an exciting and competitive industry. With New Orleans being the Hollywood movie hotspot the possibilities are endless. During our conversation, I found her to be most inspirational and full of optimism about the future and talent of New Orleans future hopefuls.

## The Interview:

On a beautiful and warm Louisiana Saturday, I decided to drive out to her studio in Metairie, Louisiana to get familiarity with her acting school and hopefully gain an opportunity for an exclusive interview. Only armed with my camera and tape recorder, I walked



into her studio classroom. There were 6 young hopeful actresses getting expert instructions from Hollywood Groomed Jaqueline Fleming [herself].

She explains to the young hopefuls the importance of their posture, presentation and edict when they are trying out for casting calls. These things are the pinnacles of getting a part, she explains to these talented young actresses.

After class, she spent a few minutes with me to talk about her school and career.

Jamil- “Jaqueline, if I asked your friends “What kind of person is Jaqueline Fleming,” how would they respond.”

*Jaqueline- “My best friend Mikki Val, texted me this when I asked her this question, quote unquote “That Jaq (my nickname) is a fun, very nurturing, sweet, driven, inspirational person, but she doesn’t know it, with a “Ride or Die” kinda friend and I love her to death do us part! I am so happy she finally became the woman I knew she could be all this time, thank God!”*

Jamil- “Jaqueline, how did you get your start into acting and why?”

*Jaqueline- “It began as a child. I would sit and imitate commercials, and stare at the tv and mimic everyone. I started performing theatre by the age of 7 or 8 years. I was just fascinated by it. I remember when we would drive down Times Square and as a child I would just stare at the marquees on Broadway and knew I wanted to be a part of that.”*

Jamil- “You have a unique cultural background please talk about this.”

*Jaqueline- “I guess, maybe, my birth father is African-American, Black foot Indian, and Irish, and my mother is Danish German. I was born in Copenhagen, Denmark but came to America when I was 8 months, so I didn’t grow up there with my Danish German family.”*

Jamil- “Who were your influences growing up.”

*Jaqueline- “When I was a little girl my mother passed away, after this, my father remarried several times. One of my step moms was a school teacher and she could read a story like nobody’s business. I was captivated by the stories she told and I could picture it like I was right there. she also read, which influenced me to also fall in love with reading. She just had such an impact on my dreaming of places and people and it got so bad that she would have to monitor what I read because I would start acting and talking like the characters in the books. My brain was a sponge; whereas, I fantasized and dreamed all the time. In fact, my first TV job in Hollywood, I totally played the character with my mom’s resemblance and attitude and I got that from her storytelling to me as a child.*

Jamil- “I know that most of the fans would recognize your character “Tanya” who is “Georgia Byrd’s”(played by Queen Latifah) sister whom wants to go to Nashville to become the first African-American female to become a country western singer, from the movie “Last Holiday” also starring Grammy Award Winning LL Cool J, tell me, what was it like starring in a movie with these actors.”

-Jamil Jones

Get the Summer 09 Issue of Sheen Magazine to view the rest of Jaqueline’s interview.

# Poet On The Rise!

## “For You”

*I made up my mind, then started my quest. Like a baby eagle, being pushed out of the nest.  
There were many times I prepared for a fall. However, when a message was delivered I answered the call.  
The sweetest angelic sound penetrated my ear. Saying “Don’t be afraid I am here  
and your job is to write all the things that I say, the material is divine and it will come along the way.”  
At that very moment I new I was touched. “Heavenly Father, I can only say Thank You and I Love You so much”  
My goal is and what I promise to do is,.....Once I get there to come back For You  
Sanchez Marche Gardner*

**S**anchez Marche Gardner is a South Carolina native whose passion is writing poetry. Shortly after deciding to pursue his passion full-time, he quickly discovered he could use his poetry as a vehicle for inspiring and educating others. Having overcome many obstacles in life, his writings are drawn from his own life experiences and from observing those around him. His poetry reflects the African-American perspective on love, life, relationships, and politics. “Hidden Treasures” is his first poetry publication followed by “Breaking The Chains”. He has been inspired by writers such as, Langston Hughes, India Arie, and Prince. With over 4000 poems, he plans to publish more books and hopefully create songs.

Contact Sanchez Gardner at:  
chez.A@hotmail.com



“This is a Truth without a doubt, your ships can’t come in unless, you send them out!”



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# Spring Fashion Forward

Cool Colors and Patterns Make Up The Hot Looks For The Season.



## Dress Down

Suits no longer have to be solely for the office anymore! Pair a pastel colored jacket and straight-legged pants with your favorite Spring accessories such eye-popping scarves and Aviator sunglasses.

## Spotted!

The Polka Dot dress is back with a vengeance! Sport your dotted dress, jacket, skirt, or even swimsuit with a pair of platform sandals to maximize the look.

## The Gray Way

There is absolutely nothing gloomy about wearing gray this season. Feel free to accent this usually frosty color with an icy blue for a surprisingly warm look.

## Blue and Black Attack!

The black and blue combo of the season adds a sleek and sophisticated look to a season where soft and pastel is usually the rule off thumb. Do not be afraid to flirt with this new trend. Start off with a black and blue dress or solid blue or black slacks and shirts.



## Up, Down, and Around

Stripes made themselves at home; on the runways for this season, and should definitely be a staple in your wardrobe. Be sure to couple with a solid color of your choice so not to overwhelm the outfit.

## In-trenched

The trench coat rolls over into the spring from the winter, proving itself to be truly versatile. Be sure to get a trench in various colors to add pizzazz to your look.



## The Tan Tote

Purses polish off any outfit. This season, tan is making an appearance when it comes to our hand bags and purses. Feel free to mix and match them with your ensembles this spring, particularly those with hints of pastels.



Professional Stylist  
**Tracey L. Simmons**

**Tracey L. Simmons**, of Heads and Faces in Jacksonville, Fl. is a stylist and make-up artist of 23 years. She is a 3rd generation stylist that has some history behind her. Her grandmother was the first African-American to have a salon in Charlotte, NC and to have a float in the local Carossel Day Parade. "The legacy that my grandmother left me is the type of legacy that I want to leave for my children" states Tracy.



## WHAT DO YOU WANT OUT OF LIFE?

When was the last time you took a few moments out of your busy schedule to consider what you want out of life? To reflect on what is most important to you and your family?

Over half of all Americans recognize the need to protect their families against serious illness or death, as well as recognizing the need to plan for retirement.<sup>1</sup>

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# Les Brown

*Knowing the difference between you and a millionaire can increase success*

**A**ward winning author and inspirational speaker Les Brown is known for his speeches on becoming more in touch with your inner greatness. Adopted with his twin brother at a young age, Brown faced numerous learning, obstacles and was labeled as a slow learner. However, since then, Brown has used his inspirational personal story to fill arenas across the nation.

Recently in Atlanta, he spoke at a conference that encouraged patrons to become a part of Success University, an online personal development company. Among many self-help topics, Brown touched on building your financial wealth, and pointing out what he believes to be the primary differences between millionaires and middle class people.

"The difference between middle class people and millionaires is that millionaires are bold," he explained. "Millionaires invest in themselves. Millionaires take chances in learning something they don't know."

According to Brown, another difference between the two is that the middle class believes that school ends after they graduate. This, in his opinion, means that the middle class stops, "...studying, reading, and developing themselves," thus causing them to suffer from what Brown has coined as "mental malnutrition." In contrast to this, millionaires study and look for information that can help them to grow.

Success



In order for middle class people to obtain the same wealth as that of millionaires, Brown offered an approach that would first strengthen the mind, aiding one in realizing their true potential, which, according to Brown, would make you more successful.

One of the steps that Brown suggested was following a "Regimen of Empowerment." This includes training your mind so that it serves you, as well as creating a new cultural environment. A sure way to also begin a path to obtaining more success, according to Brown is gaining more control of your

surroundings, which includes upgrading personal relationships. He even suggests reading 10-15 pages daily.

Understanding the power of your aspirations is also a key to personal success and wealth for Brown. He encouraged patrons to, "live full and die empty." This, in other words, means utilizing your talents instead of keeping them inside.

All of these things, according to Les Brown, can aid one in obtaining more mental and financial wealth.

-Holly Clay



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# Grilling Steaks, Mushroom Risotto, and Sugar Snap Peas

## GRILLING STEAKS

### Ingredients

- 1 tbsp Worcestershire sauce
- 1 1/2 lb Grilling steaks (such as: ribeye, strip, or top sirloin)
- 2 tsps Montreal steak seasoning

### STEPS

1. Preheat grill. Brush Worcestershire sauce over both sides of steaks; then sprinkle seasoning over both sides
2. Place steaks on grill (wash hands afterwards); close lids (or cover loosely with foil). Grill 3-5 minutes on each side or until internal temperature reaches 145°F (for medium rare). Use a meat thermometer to accurately ensure desired doneness. (Grills vary widely; adjust time as needed.)
3. Let stand 5 minutes. Cut into 4 portions and serve.



## MUSHROOM RISOTTO

### Ingredients

- 4 oz. fresh gourmet blend mushrooms (rinsed)
- 2 tbsp frozen diced onions
- 1 tbsp diced pimentos
- 1 1/2 cups Arborio (or risotto) rice
- 2 (14-oz.) cans reduced-sodium chicken broth
- 1 Tablespoon Worcestershire sauce
- 1/4 teaspoon dried thyme
- 1/4 teaspoon seasoned salt
- 2 tbsp grated Parmesan cheese

### STEPS

1. Preheat medium saucepan on medium-high 2-3 min. Reduce heat to medium; add all ingredients (except cheese). Stir until blended. Cover and cook 10 minutes, stirring occasionally.
2. Reduce heat to low; cook 10 more minutes, stirring occasionally.
3. Remove rice from heat; stir Parmesan cheese in vigorously. Serve. Makes 6 servings.)

## SUGAR SNAP PEAS

### Ingredients

- 2 (9-oz.) boxes frozen sugar snap peas
- 1 tbsp butter
- 1 teaspoon sugar
- 1/2 teaspoon seasoned salt

### STEPS

1. Place all ingredients in microwave-safe bowl.
2. Cover and microwave on HIGH 5-6 minutes, stirring once, or until hot. Stir and serve.

Compliment this meal with a fresh salad, some dinner rolls, and for dessert a pound cake with fruit and whipped cream.

*Bon Appetite!*

### Things You Will Need

Grill  
Grilling tongs  
Medium saucepan w/lid  
Microwave-safe bowl w/lid  
Basting brush  
Cooking spoons  
Meat thermometer  
Knife and cutting board  
Measuring utensils



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Age: 18-24 \_\_\_\_\_ 25-33 \_\_\_\_\_ 34-42 \_\_\_\_\_ 43-50 \_\_\_\_\_ 50+ \_\_\_\_\_

Barber \_\_\_\_\_ Hair Stylist \_\_\_\_\_ Cosmetology Student \_\_\_\_\_ Non Beauty Professional Consumer \_\_\_\_\_

\* Required fields)



sheen watch:

Scott Byrd says this Winter Black is Back!

# Battle Of The Bands 2009

One of the most anticipated events of the year was the seventh annual Honda Battle of the Bands 2009, which took place in the exciting atmosphere of the Georgia Dome, where more than 50,000 people attended this "Super Bowl" of Black College Marching Bands. A total of 10 HBCU's from around the country battled it out to show what they got. You could feel the anticipation and excitement of the fans, as they waited for the show to start. Hosts Rosci from BET's 106 & Park and Atlanta's WVEE evening drive time host, Ryan Cameron introduced the bands and pumped up the crowd. As the crowd at the Georgia Dome got pumped, the bands started making their way to the field: Edward Waters College, Fayetteville State University, Florida A&M University, Jackson State University, Kentucky State University, North Carolina A&T State University, North Carolina Central University, Texas Southern University, Tuskegee University and Virginia State University. The ceremony started with the bands playing the National Anthem and congratulating the 44th president of the United States; Barack Obama. As the show got underway, there seemed to be a theme throughout each of the bands. Each one had a special way of congratulating president Barack Obama. Edward Waters College had an



American flag with president Obama in a superman suit, Kentucky State University spelled out YES WE CAN with their marching band, and one of the most well known colleges FAMU had 44 tubas in recognition of as the 44th president and also spelled out Obama.

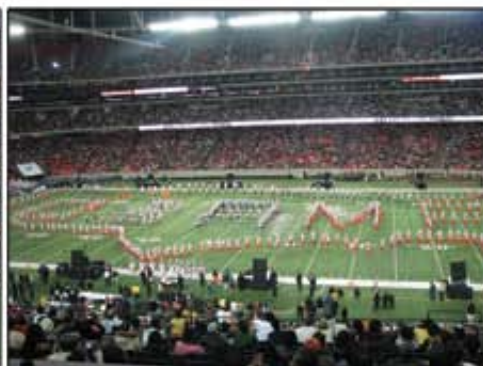
Although the fans did enjoy the appreciation of Obama they also enjoyed the sounds and performances of the bands. There were many sounds and styles at the Honda Battle of the Bands 2009. One of the best bands there was Tuskegee University, although they were one of the smaller bands, there sound was big. The sound of the trumpets filled the dome, their drum-line was spectacular, and the band overall captured the crowd. Texas Southern University's, Motion of the Ocean Band had a great performance, as well as a very comedic routine; a lady snuck through the band members as Ronald McDonald carried a McDonalds bag, the lady then pursued to get the bag that ended with Ronald McDonald chasing after her. Other bands showed a sexier type routine such as: NC A&T's Aggies where the ladies from the dance team

performed a lap dance to their drum majors as the band played Confessions from Usher. The anticipation grew as one by one, the bands played and soon it was time for the famous Marching 100 of FAMU. FAMU was the last band to play, but it was well worth the wait. Their band consisted of 440 talented band members that performed to please the crowd and they achieved it. Their routine was coordinated to perfection as the sound of their tubas, trumpets, flutes, drums-lines resonated through out the crowd.



The entire night was filled with great performances from each of the colleges and the crowd agreed as they cheered the bands final performance. All the bands once again got together on the field, joined by the 150-voice Atlanta chapter choir of the Gospel Music Workshop of America an ended the show on an inspirational note, as the screens of the Georgia Dome displayed pictures of famous African-American people who have helped shape this nation to what it is today.

-Obed Santiago





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