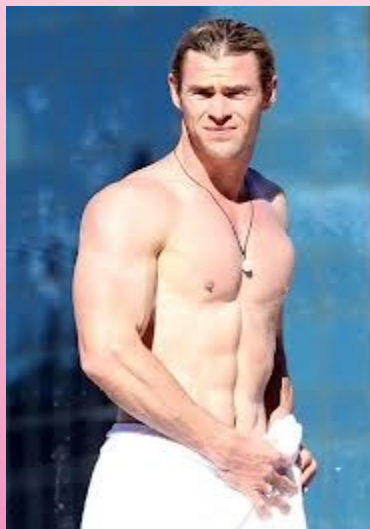




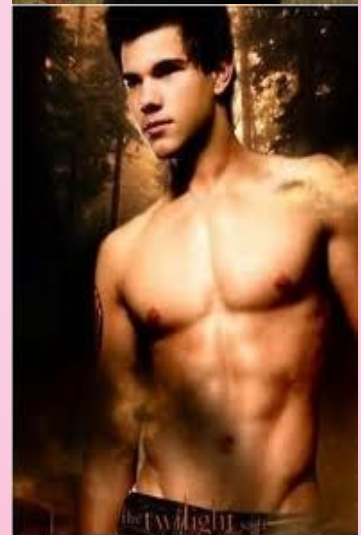
The Sexiest Men of 2012

This list has me thinking chocolate ice-cream with vanilla whip cream and caramel swirls with one big juicy fat cherry on top..... yummmmmmm!



Chris Hemsworth
Michael Ealy
Bradley Cooper
Paul Walker
Taylor Lautner

See page 2-3
for more...

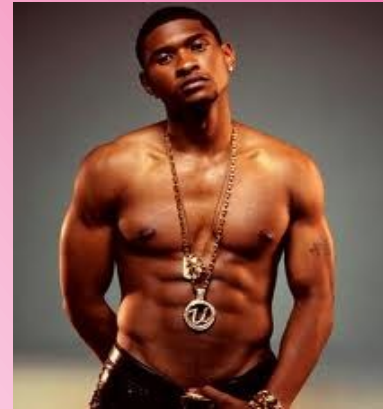


The Sexiest Men

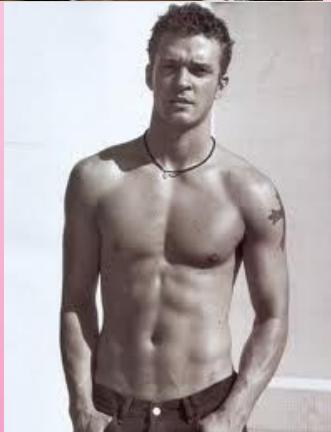
We may not have a picture of Christian Grey but everyone would agree he is the sexiest man today in our minds!



Trey Songz



Usher



Justin Timberlake

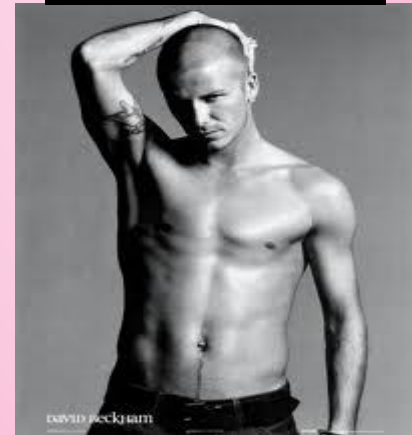


Tyrese



Boris Kadjo

David Beckham



Who would you vote to be the sexiest man on this page?

The Sexiest Women



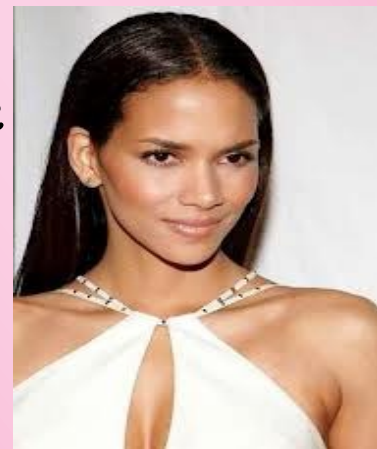
Rihanna & Beyonce



Gabrielle Union
&
Toni Braxton



Angelina Jolie
&
Halle Berry



Who would you vote to be the sexiest woman on this page?

Food For Thought!

In my home where Pork is the most favored meat, any opportunity to get the family together normally results in My Famous Roast being commissioned. I 'll normally come home one evening to see all the ingredients on the counter with mom saying "Oh, we 're having family dinner with your cousins this weekend". And no matter what my mood I 'm always ready to do the pork. So here 's my take on how to do one that everyone will love.



How To Prepare A Succulent Roast Pork

Ingredients:

- 1 8-10lb Pork Shoulder
- 4-5 Tbsp Coconut Oil
- 1/4 Cup Vinegar
- 1/4 Cup Honey Barbeque Sauce

Seasonings:

- 2 Lg. Onions
- 2 Lg. Stalk Escallion
- 6 Cloves Garlic
- 2 Tsp Salt
- 2 Tsp Browning
- 4 Tbsp Chinese Soy Sauce
- 6 Grains Pimento
- 2 Tbsp Mrs. Dash
- 1 Med Ginger Root
- Sprigs of Thyme

Food For Thought!

Preparation:

In a large enough container wash the pork shoulder with water and the vinegar.

Using a food processor or a blender, liquidize all the seasonings (except Thyme) until you get a paste

Using a sharp knife, puncture the meat at 2 inch intervals down to the bone

Work the seasoning paste along with a sprig of thyme into each puncture then after all holes are properly seasoned then coat the entire exterior with the paste.

Wrap the meat in Saran wrap and leave in the refrigerator overnight to marinate.

Cooking Instructions:

In a large Dutch Oven place the oil and heat. Once the oil is hot place the shoulder skin down to sear until golden brown. Rotate until all sides are seared.

Lower the flame to medium and combine barbecue sauce with water and pour into the pot until the meat is 1/3 immersed in fluid.

For the next four - six hours continuously rotate the roast in the liquid (adding more water as is necessary).

Serving Suggestions:

This roast goes well with Rice & Peas, potato salad and a coleslaw. The leftovers make excellent sandwiches.

Serves: 12

Plus Size Fashion Dos and Don'ts

Plus sizes are coming back now.

An average lady's size is now US size 10 which used to be like US size 6 or US size 8 before. A lot of plus size women always shy out their curves making themselves believe they don't look good in one dress or the other. I was doing my daily reads and I came across this post on plus size women.

When it comes to winterizing the full-figured wardrobe, many of us just want to hide beneath layers of bulky sweaters and puffy parkas. But Christine Alt, style consultant to the plus-sized collection, Woman Within, has a few things to say about coming out from undercover and showing off those curves.

Below are what to consider when buying or shopping for clothes.

- ◆ DO visit the petite or tall sections, depending on your height. If you're under 5'3, there's a great reason to suspect you should do all of your shopping in the petite section of stores
- ◆ DO visit specialty stores for plus-size women and learn what to look for in terms of fashion trends.
- ◆ DO dress to accentuate your best features. While some plus size ladies simply want to disguise their entire body or hide under a shapeless frock, it's important you play up your best features
- ◆ DO look for clothing that's tailored to fit. Instead of hiding your body under a dress with absolutely no shape, be daring and choose a dress with darting and style
- ◆ Do brighten up your winter blues with some colorful new tops, says Alt. "Deep rich tones will spice up your wardrobe. Set off black pants and a white tee with a bright blue pullover, or pair your everyday jeans with a deep rich brown sequined tee."
- ◆ Do look for flattering winter jackets. Alt admits it can be hard for women with plus-size figures to find flattering winter jackets. "Look for a piece that's tailored, form-fitting and that will keep you warm when the temperatures drop." Don't be afraid of double-breasted coats, she adds, as she finds they can actually be one of the most slenderizing looks for fuller-figured women.



Plus Size Fashion Dos and Don'ts

- ◆ Do stay warm and fashionable through the winter, even though it may seem like a real challenge. "That is why I always aim for comfort," says Alt. "Throughout the winter, I like to wear spicy browns and oranges, sparkling emerald green or ruby red, and any bright colors that beat away the blues."

- ◆ Do experiment with different trends. If you steered clear of dresses because the top and the bottom never seem to fit, try one of the new wrap dresses that gently flow over waist, hips and thighs. Empire-waist tops and dresses can also be flattering to plus-size figures.

A lot of plus size women always shy out their curves making themselves believe they don't look good in one dress or the other.

- ◆ DON'T wear clothing that hugs or clings to your body. The trick to finding clothing that fits is to select pieces that skim your body, but don't hug your body



- ◆ DON'T wear clothing and fabrics with teeny tiny patterns. Whether you are drawn to a tiny printed shirt or skirt, stay away!

- ◆ "Don't be afraid of color!" says the fashion expert. "I try to mix my basic pieces with more colorful tops. Winter blues don't have to be dreary and sad."

- ◆ Don't be afraid to layer. "The convenient thing about layering up is you can peel the layers off to reveal a great indoor look," she says. "You can wear a light blouse, warm it up with one of this season's cute vests, and top it all off with a gorgeous coat."

- ◆ Don't be wary of belts. I know this is a tough one for many curvy women to stomach, but often wearing a belt can define a waist and make you look slimmer than wearing clothes that are too big and dumpy. Match your belt to your top and you will create one clean line.
- ◆ Don't be shy. Remember bold accessories are perfect for bigger women. So forget the tiny earrings and the little bracelets. Go for the big danglers and the big bangles.

You can view these articles at
www.freebeautytips.org/plus-size-fashion and itsallpink.com/stories/235-24.

See You at the Movies.....

Well November has been one month that everyone has been anticipating from like last year. I know I have!

These movies are blowing up the box office (or will when they do come out), but for now, here is what's hot:

Flight

Cast: Denzel Washington, Don Cheadle, Kelly Reilly, John Goodman, Bruce Greenwood

This movie takes you for a ride with Whip Whitaker, a seasoned airline pilot, who miraculously crash lands his plane after a mid-air catastrophe, saving nearly every soul on board. After the crash, Whip is hailed as a hero, but as more is learned, more questions than answers arise as to who or what was really at fault and what really happened on that plane?

Opening Soon
Nov 16

Twilight Series: Breaking Dawn (Part 2)

Cast: Kristen Stewart, Robert Pattinson, Taylor Lautner, Peter Facinelli.

After being brought back from near-death by Edward after childbirth, Bella begins her new life as a vampire and mother to their daughter, Renesmee. But when Irina, a member of the Denali coven, misidentifies Renesmee as an immortal child, a human infant who has been bitten and transformed into a vampire, to the Volturi, they set out to battle and destroy the Cullens for their betrayal. In a final attempt to survive, the Cullens begin to gather foreign Vampire clans and nomads to stand and witness against the Volturi. With their allies, the Cullens and the Wolf Pack stand to prove their innocence to the Volturi once and for all.

Music Hit list for This week

Top Five Dancehall Song:

- ♦ Konshen & Dario—Siddung
- ♦ Lady Saw—Heels
- ♦ Tommy Lee—Psycho
- ♦ Movado—Caribbean Girls
- ♦ Popcaan—Food haffi run

Top Five R&B Songs:

- ♦ Frank Ocean—Do you think about me
- ♦ Miguel—Adorn
- ♦ Beyoncé—Dance for you
- ♦ Trey Songz—Dive In
- ♦ One Direction—Little Things

Top Five Hip Hop Songs:

- ♦ Rihanna—Diamonds
- ♦ Kanye West—Clique
- ♦ Alicia Keys—Girl on fire
- ♦ Kanye West, Big Sean, Pusha T, 2 Chanz -Mercy
- ♦ Juicy J feat Lil Wayne—Bandz A Make Her Dance

LIES TO NEVER TELL YOUR SPOUSE

"These jeans were only \$30!" "No, I don't care that your feet are on the coffee table." White lies don't doom a marriage, right? "We don't want to upset, annoy or scare our spouse, so it's easier to lie," says biological anthropologist Helen Fisher, PhD, Chief Scientific Officer of Chemistry.com and Match.com. But fibbing is a slippery slope. "When you lie continually, you won't be able to keep your lies straight. Your husband will find out you're lying, and then there's no trust." And a marriage like that isn't one you want to be in. Here, experts explain common lies women tell, how they can harm the relationship and what you can do instead of stretching the truth.

1. "I never talk about our personal life with my friends."

Some women tell their girlfriends about relationship problems, knowing their guys would be upset if they found out. "It's important for spouses to feel like their marriage is a secret, sacred space," says licensed marriage and family therapist Carin Goldstein, creator of Be the Smart Wife. Taking private information to a friend means you're running from a problem to avoid confrontation.

Venting about your husband's messy closet is one thing, but don't take serious issues public. "If you're constantly asking a friend how to solve a problem in your marriage, then you're going to the wrong source," says Goldstein. "You're stunting your relationship by trying to fix the issue with another person."

2. "Of course you're great in bed. I'm totally satisfied."

Whether it's singing his praises or faking an orgasm, lying about between-the-sheets fulfillment happens a lot. "Wives don't want to feel responsible for their husband's shame," says Goldstein.

Dealing with dissatisfaction this way actually deepens the issue. "If a need's not being met, the problem will get bigger," says Goldstein. So nip it in the bud. "First, ask yourself why you can't orgasm. Figure out what works for your body, and then say, 'I love it when you do this. Let's keep doing that.'" Positive reinforcement encourages your husband to continue doing the things you like in bed, which ultimately satisfies you both. Bonus: You build his confidence and spare his feelings.

***Names have been changed**

Original article appeared on WomansDay.com.

To be continued in next issue.....