

#### THE LIFESTYLE MAGAZINE FOR URBAN MILLENNIALS



### THE RELATIONSHIPS ISSUE

No Romance Without Finance? No Way!

The Way to a Woman's Heart

When You Can't Be With The One You Love

**Contraceptive Controversy: The Morning-After Pill** 

PLUS: MUSIC ~ PERSONALITIES ~ FASHION ~ CAREERS

VOLUME I, ISSUE I

SPRING 2015



### Welcome to the premier issue of FLOW Magazine

This urban lifestyle magazine was produced by students in The Magazine Article course during the Fall 2014 semester at Bowie State University in Bowie, MD. Students generated ideas, reported and wrote all of the articles presented in this debut edition.

#### **Contributing Writers**

Corey Austin D'Antre Cole Imani Davy Rachael Finney Nanyamka A. Shariyf-Green Brianna Jordan Lenny Le Chanelle Liggens Bangi Ofon Christian Spencer ShamTaylor Erica Townsend Stephanie Uzukwu De'Antre Woodland Adrienne Yancey

#### Karima A. Haynes

Editor and Art Director Coordinator, Print Journalism Program Department of Communications Bowie State University

Cover photo courtesy of Microsoft Office Publisher 2007

flow flo : v. intr. 1 glide along as a stream. 2 gush out; spring; be spilled. 3 a rapper's ability to vocalize a rhythmic yet complex string of rhymes that fit together in a logical and seamless manner. A move smoothly. 5 hang easily or gracefully. 6 circulate. 7 a rhyme that isn't considered just poetry or just a flow, but a mixed version of both. In a way, a poem that can be rapped.

# Contents

**URBAN:** of or relating to cities and the people who live in them .



#### Sights & Sounds

#### **Music Reviews:**

- 8 "The Miseducation of Lauryn Hill" By De'Antre Woodland
- 10 "Bevonce" By Rachael Finney
- 11 "Things Fall Apart" The Roots By Bangi Ofon
- 12 "The College Dropout" Kanye West By Brianna Jordan

#### Video Game Review:

13 "Hatred" By Christian Spencer

#### Relationships

16	No Romance Without Finance? No Way!	223
	By Chanelle Liggens	36
		232

The Way to a Woman's Heart 18 By Sham Taylor

- When You Can't Be 22 With the One You Love By Erica Townsend
- **Contraceptive Controversy:** 25 The Morning-After Pill By Chanelle Liggens

#### Personalities & Profiles

- Hands Up, Don't Shoot: BSU Students 28 **Protest Michael Brown Slaying** By Imani Davy
- 30 Washington Protesters Demand **Release of Kidnapped Girls** By Stephanie Uzukwu
- 32 Ugandan Diplomat's Life in the Foreign Service By Bangi Ofon
  - Out of Egypt: A Conversation with **Bashayer Abdelkhalik** By Rachael Finney
  - **Remembering the King of Pop** By D'Antre Cole

40

## Contents



#### <u>Lifestyle</u>

- 42 Making Better Dinner Decisions By Brianna Jordan
- 44 Getting in Gear: How to Drive a Stick-Shift By Lenny Le

#### On My Grind

- 47 College Student Chronicles: College Students Need a Break By Chanelle Liggens
- 51 Black and White @ White and Black By Bangi Ofon
- 53 Letter to a Freshman Girl By Rachel Finney
- 57 What Every College Student Should Know Before Graduating By Brianna Jordan

#### The Fashion Pages

62 Sometimes Less is More By Adrienne Yancey 67 Fashion Forward: Dre Smith's Cutting-Edge Style By Erica Townsend

#### Standing in My Truth:

Random Thoughts on Life A Collection of Personal Essays

- 70 What Doesn't Kill You Makes You Stronger By Corey Austin
- 71 Searching for Something More By Nanyamka A. Shariyf-Green
- 73 Why I Left By Imani Davy
- 74 From Death to Life By Sham Taylor
- 75 Through a Child's Eyes By Adrienne Yancey

Photo Gallery: 80 Our Destiny-Our World-Our Time

Photos courtesy of Microsoft Office Publisher 2007

PAGE 5



### **HEADED FOR HISTORIC GAINS**

Introducing Better Futures™—a whole new kind of investment with a greater return than money. When you invest, it helps kids go to college. Because a mind is a terrible thing to waste but a wonderful thing to invest in.™

C2013 UNC

Invest in Better Futures at UNCF.ORG/INVEST

NCF

errible



### **EARLY RETURNS ARE PROMISING.**

Introducing Better Futures™—a whole new kind of investment with a greater return than money. When you invest, it helps kids go to college. Because a mind is a terrible thing to waste but a wonderful thing to invest in.™

Invest in Better Futures at UNCF.ORG/INVEST

00013104

Ad