

## HAPPENINGS

### Get your yoga on with Russell Simmons

Just because it's June doesn't mean that it's time to slack off on your workout regimen. Sure you may have spent all winter long working that waistline down, but you've got



[www.getyogalive.com](http://www.getyogalive.com)

to keep it off. That's where Russell Simmons Presents Yoga Series comes into play.

Ten years ago Russell was out of shape and overweight. Then he discovered yoga, which has totally transformed his life. Through daily yoga practice, the hip-hop mogul has become healthier. Now he's introducing a line of videos that will assist others in having a healthier lifestyle, too.

Led by three of America's most inspiring yogis—Sara Ivanhoe, Elena Brower, and Jeffrey Cohen—Yoga Live is based on the physical (Asana) practice of yoga. It offers a complete fitness system comprised of four instructional videos available in VHS and DVD formats. Yoga Live offers a hip and upbeat approach to the practice and is set to 72 tracks of original hip-hop music. To purchase the videos log onto [www.getyogalive.com](http://www.getyogalive.com).

### Ki Toy and Vernon Forrest shoot pool to raise funds

Welterweight championship boxer Vernon Forrest and model/actress Ki Toy (best known for her role in OutKast's video, "The Way

You Move") are holding their 1st Annual Celebrity Pool Tournament Saturday, June 11th at Mr. Cue's II Billiards in Atlanta, Georgia. Two teams will compete in an 8-ball tournament. The event is an effort to raise funds for Destiny's Child

Foundation (not associated with the group), a nonprofit organization that Vernon, Ki and Clementine Burch formed back in

1997. The foundation provides residential services and training for clients with developmental and psychological disabilities so that they're able to live as independently as possible.

### Hip-hop has its own air fresheners

In an age where everything is being pimped out, why not create a line of pimped out air fresheners? I'm sure that was the thought of Tarik Edmonson, CEO of Urban Air Fresheners, Inc. The line comes in five different scents: Gangsta Lean (cherry), Ghetto Fabulous (new car smell), Hot Boys

(vanilla), Pimps Up (spice) and Passion (green apple). For more

info, log onto [www.urbanairfresheners.com](http://www.urbanairfresheners.com).

Urban Air Fresheners

### Spruce up your world with art!

Summer Dye is a full-time artist whose work just begs to hang on your walls. She specializes in mixed media painting, often



Artist Summer Dye

incorporating dirt, leaves, flowers, grains and even glitter.

So what inspires Summer? "My inspiration is definitely my relationship with the Lord, being in love, and nature." Her love of nature is evident in a lot of her pieces with its flowery themes filled with trees and birds.

Summer is currently displaying her work in numerous art exhibits and galleries in the Washington, D.C. area. The young artist also hopes to soon open a gallery of her own that she describes as "a place where people can experience the beauty of the artwork in an urban chic atmosphere, and clothing that reflects the art." She plans to sell her own couture clothing designs: "I'd describe the clothing as sexy with optimal class..." she said. To view and purchase Summer's work, log onto: [www.summerdyegallery.com](http://www.summerdyegallery.com).



Summer's painting titled "Honeymoon"



"Windows of Heaven"