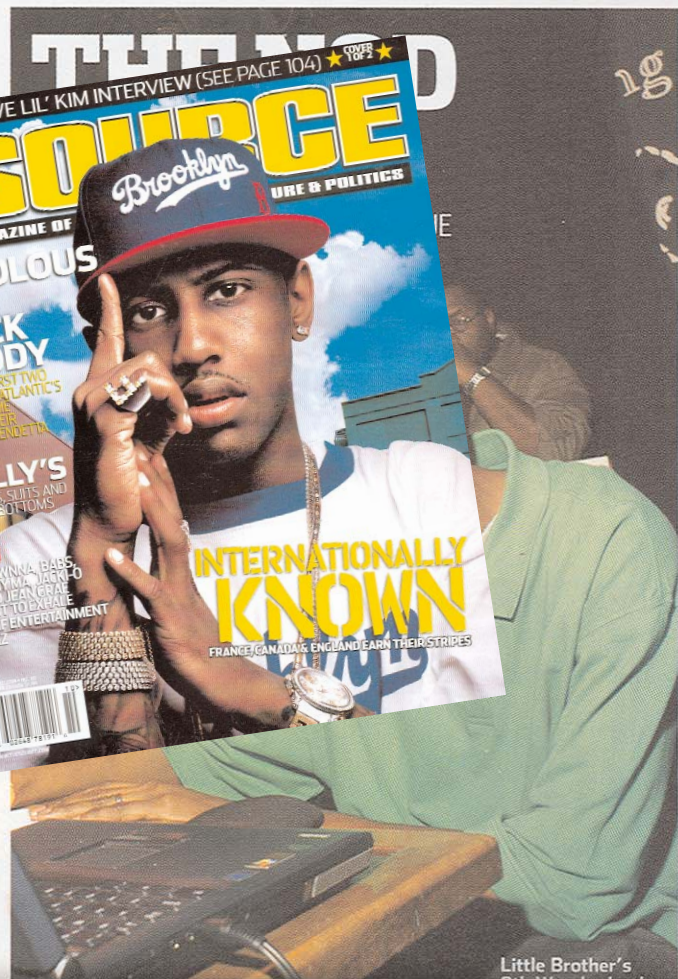
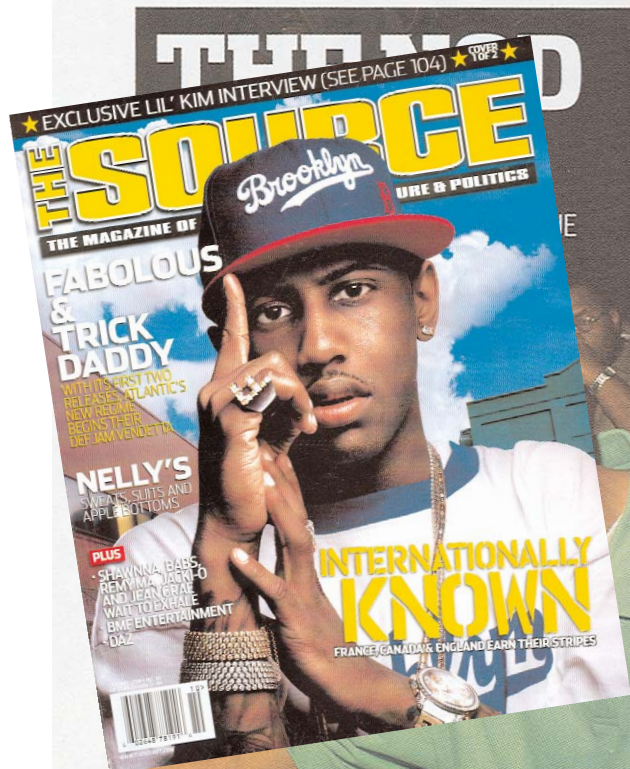


earstreet



Little Brother's

quickly evolved into a live monthly event in Philadelphia where producers took center stage and debuted their freshly minted beats to a gathering of Hip-Hop heads and industry insiders. The event has featured marquee producers Kanye West and Nottz and performances by Black Thought and Mobb Deep.

"Beat Society is a different expression of Hip-Hop in the live form," says Beat Society co-founder Sal Nistico. "Our hope was to create an environment that allows the audience to focus on the music."

The night's featured producers: 9th Wonder, Nicolay from Holland, who's a member of Foreign Exchange, and Kenwood and Chops, two heavyweights on the Philly Hip-Hop scene. After the first round of beats, it's obvious the Premier-esque tracks from Kenwood have the crowd open. Yet it's Nicolay who brings down the house with a beat that starts off in a '60s swing rhythm and then suddenly erupts into a

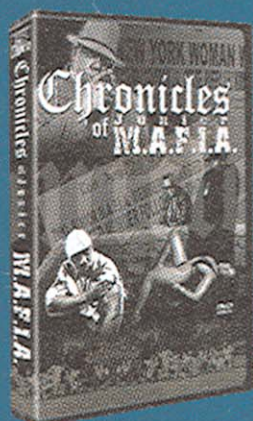


AB-NORMAL

How did LL Cool J, Usher, Ashanti and Ja Rule get those abs? Well, it wasn't by eating fast food or doing 300 crunches a day. This month we're talking about how to get tight, sexy abdominals. If you want to get that six-pack, get rid of your kangaroo pouch, and lose those love handles, here are some tips:

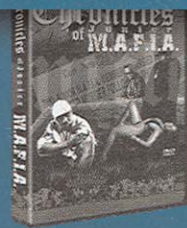
- Stay away from fried food (fast food, soul food).
- Stay away from sugar (juice, sweets, soda, alcohol).

VIDEONOMICS



Ever since the late Notorious B.I.G. died, his crew Junior M.A.F.I.A. hasn't been the same. The crew has stayed relatively quiet musically of late, but with the documentary *Chronicles of Junior Mafia*, Lil' Cease is finally breaking that silence. Addressing the controversy surrounding B.I.G.'s death, the infamous alleged Hot 97 shooting, and, not to mention, the group's split from Lil' Kim, *Chronicles* lives up to its name by recounting the personal and professional highs and lows of JM. The DVD also includes candid scenes with Mase, Jay-Z and Jadakiss, among others, and exclusive personal footage of Biggie. If you're a fan of the late Frank White and want to get insider info on one of Hip-Hop's most intriguing crews, *Chronicles* is a must-have.

—APRIL MAYIA



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Keep in mind that crunches only make your abs tight; it's the cardio and food intake that make it flat. Just remember, tight abs don't happen over night. It takes hard work and dedication. Send any questions to me at reignfitness@aol.com (subject: THE SOURCE).

—REIGN