



Ananda Lewis and Curtis Martin were also on hand to celebrate with Regina King.

prom or getting married again (up here)." **Ian** said, "**Regina**, I'm not gonna cry," but he couldn't control himself. He and little **Ian** got so emotional when he said, "I have a woman who works hard every day, but (still) comes home to me and my son (and) cooks and cleans and does everything. We love you, **Regina**." Here it was that **Ian** was just as emotional about **Regina** as **Cuba** was about her character in *Jerry McGuire*. She's so blessed to have a man loving her like that.

Martell Cognac sponsored the event as part of their "Rise Above" campaign. They support African-American achievement and excellence in our community. Chef **G. Garvin**, was allowed to bring his food into the hotel to serve there. I thought that was unusual, but talking to him later he explained that he had insurance for a gazillion dollars in case anything went wrong—enough to cover him and the hotel. But his reputation is so good, no one worried about that.

## Kimora Lee Simmons's confessions of a ni###a ch\*&k

**Russell Simmons** was supposed to be at the "Soul Train Awards" but when I saw his wife **Kimora**, she told me **Russell** had a speaking engagement: "He had to go speak to the kids, so I am representing for the family....**Simmons** Family in full effect!" Then she put up the peace sign. She's a mess.

When **Kimora** was growing up, her Japanese mother really had her hands full raising her. **Kimora** told me, "A Japanese mom with a little mixed Black baby; it's a lot. My mom raised me and she did a great job! I was always very outspoken, very fashionable...very tall and lanky...very funny." What wasn't funny was the names **Kimora** was sometimes called as a child. "They called me little ni###a chink. Was I a ni###a? Was I a chink? Whatever it was, I got the brunt of it all. So I had quite a colorful childhood growing up."

How did the soon-to-be beauty handle the racism and name-calling at the time? "I cried," she admitted. **Kimora** doesn't appear to be scarred by the name-calling. In fact, the ever-witty fashion diva now makes light of it and she considers herself empowered by who she is. "I learned to get over the tears and now I'm proud to

be a ni###a ch\*&k...a ch\*&ky ni###a. And my babies are ch\*&ky ni###as and we're all proud. I think I represent a lot of women who feel persecuted coming up when people don't understand you. All they know is you're not White and so it's wrong. I feel like I've shown them!"

When **Kimora** spotted an article on her Baby Phat clothing line that

our fashion editor **Walter Greene** had written, I couldn't help but ask the burning question of 2005: Who's reading *Sister 2 Sister*? "I am, **Kimora** snapped. "Always have been, always will. It's fabulous!"

## How Jamie lost weight and almost lost her pantyhose in L.A.

So, what am I talking about here? Well, I lost weight and was trying to be cute in Los Angeles during Oscar Week, but that was difficult because my queen-sized pantyhose kept falling down. This was all due to my friend **Jimmy Hester** coercing my hubby, **Lorenzo**, and me to come to Martha's Vineyard the day after last Christmas. **Jimmy** promised he would give us the gift of renewed life. He promised that his business partner, **Dr. Roni DeLuz**, a lovable, calm, patient, naturopathic doctor, would detox our livers, colons, lymphatic systems and kidneys. Wow! But here's the added bonus: You lose a pound a day for 21 days. Whoa!

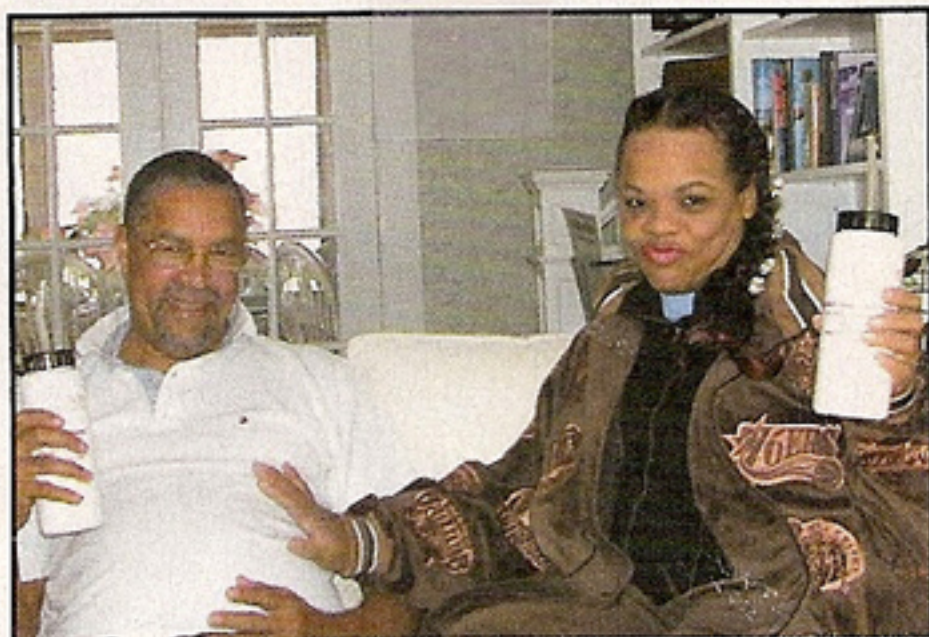
We flew up to Rhode Island and hired a car to drive 90 miles to the Martha's Vineyard ferry during a blizzard!! Lordy! Then we rode out into the Atlantic Ocean on the cold ferry to Martha's Vineyard, where **Jimmy** picked us up. He took us to a fast food Chinese restaurant. He told us it was our last supper before we would start the program the next morning.

Well, it started that same night with taking our shoes off at the door. The staff prepared a warm bubble bath for **Lorenzo**. I didn't want one because I was too tired. We were up the next day with an 8:30 knock on the door and our caretakers came in with concentrated berry juice and enzymes. Then all day long we were fed nutrients like concentrated green stuff, aloe vera, antioxidants and a special soup at the end of the day. The day ended with that soup at 5:30, as far as eating. We rested a lot. Resting helps the body detox. We had colonics, coffee enemas, detoxing massages, went into a heat tank, and did some exercising (not much).



Kimora Lee Simmons was criticized when she was younger, but she says the criticism has made her stronger.





Lorenzo and Jamie before their program. Lorenzo lost 27lbs. And Jamie lost 22 lbs.



(l to r) Jamie, Lorenzo, Dr. Roni DeLuz, and Jimmy Hester. Dr. Roni gave us a new outlook on life and Jimmy Hester was the one who convinced us to do it in the first place.

It was amazing! We didn't chew for three weeks, but we consumed good stuff to make the body happy and we weren't hungry.

Our skin got smoother and came to life. We looked healthy, as if we'd tanned in the dead of winter. I'd come there with dark circles under my eyes, which lightened because Dr. Roni decongested my liver! Eyes cleared up. Folks noticed our smooth skin and bright eyes. I lost 22 pounds in 21 days and Lorenzo lost 27. (Men always lose more faster. They make me sick.) Several of my friends have been so impressed that they've now entered detox with Dr. Roni. I'm happy. This was a blessing.

Dr. Roni says it's a shame that Black folks now have more money but we don't have our health. Lorenzo and I are so happy. We're eating regularly, but with health consciousness and getting our daily nutrients. Now we don't only feed our faces, we feed

our bodies. Yum! Wanna know more? Wanna get healthy? Go to [www.mvdi-etdetox.com](http://www.mvdi-etdetox.com), or call (800) 595-9996.

## Cassandra Mills hosts an Oscar party for Jamie

My friend **Cassandra Mills** threw an Oscar viewing party for me while I was in California. **Cassandra** is the creator of a high-end cosmetic line called Haute Face, which is sold at stores like Nordstrom and Saks Fifth Avenue. I really appreciated her doing this for me because she was in the middle of moving from suburban Tarzana closer in to L.A. to better conduct her booming makeup business.

When we arrived at **Cassandra's** house, the first thing I spotted was actor **Anthony Anderson** and his business partner, **Adam Glass**. **Anthony** started talking about how I need to leave because I haven't put him in *Sister 2 Sister*.

Diageo's (makers of Smirnoff, Guinness, Johnnie Walker, Tanqueray, Cuervo....) marketing genius, **Jacque Lee**, provided our drinks, chips and dips. Thank you, honey. Partygoers included PR ladies **Stephanie Abdullah** and **Jalliah Larsuel**, Nissan's **Terri Hines**, UTA agent **Mark Winkler** and **Tonya Kelly** (an architectural engineer who used to be in the beautiful group **Jade** when **Cassandra** signed them to Giant Records a decade ago). **Tonya** helped **Cassandra** decorate her home. **Evelyn Braxton**, **Toni Braxton's** mom, showed up looking sexy with blue jeans on. "Lord have mercy, Baby got her blue jeans on." You wouldn't believe she is a grandmother.

**Kym Whitley**, with her crazy self, was at **Cassandra's** along with **Keyshia Cole** (Interscope's next big star) and her manager, **Manny**, and his brother, **Alex**. Interscope executive **Ron Gillyard** is high on **Keyshia**.

**Kym Whitley** was an absolute cut-up. **Kym** worked on a movie, and when she came back from a scene, she cursed out the guy who was sitting in her chair, saying something like, who's this White boy sitting in my chair, he'd better get his a## up! The guy turned around. It was **Tom Cruise**! She quickly corrected herself, telling **Tom** he could keep his millionaire a## right there. He fell in love with her on the spot.

At this writing, **Kym** was filming with **Jim Carrey** and trying to lose weight for "The Catch," her new series that was scheduled to start on ABC on March 16. She told me she needs to tape down her ample bosoms with duct tape because she runs while playing a bounty hunter and she can't have her boobs hitting her up in her eyes. She was collecting business cards from men in the room and stuffing them in her breasts, but she quickly had to remove them because the cards' sharp edges were sticking into the sides of those bad girls. She became enchanted with **Courtney Benson**, who was **Nelly's** co-manager but has now started his own entertain-



We were too excited when they announced that Jamie Foxx had won for Best Actor in *Ray*.

ment establishment after cutting many deals for **Nelly**. He was giving her much good advice about her career, which seems to really be taking off.

We tried to watch **Keyshia Cole's** new video but the equipment wouldn't work so we ended up listening to another artist who was there, **Rissi Palmer**. She's managed by Us Girlz Entertainment Group. **Rissi** is an African-American country music artist.