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MILIAN

# CHRISTINA

The teen idol turned sexy adult siren is ready to show the world she can do more than just "Dip It Low."

**D**espite having only one major single off her last album, Christina Milian has managed to stay in the spotlight. From provocative magazine covers to a role in *Be Cool*, Christina has proved to the world that she is no longer the cute little teen we once knew her as. In fact, we no longer even point out that she's now a sultry young adult. She's way past being all grown up and ready to fully embrace her artistic endeavors. Having spoken with Christina a couple of times now, it was refreshing to know that she's just as humble and giggly as ever. She recently took some time out of her busy schedule to grace you, the *Black Beat* reader, with some info on what's currently going on in her life.

BY ANTHONY Q. CASASNOVAS

## CHRISTINA GETS CUT

If you want to dip it low, you should probably stretch first! Christina gives us her tips for a hot summer bod.

### SHOP SMART

Sometimes it's hard if you're trying to keep healthy, but you come home and there's junk food everywhere. Ask your parents to buy healthy stuff! Go with them to the grocery store and pick out the healthy food. Especially during the summer, you don't want to eat too many heavy foods, because then you're just going to get tired.

### PREPARE IN ADVANCE

Get the food prepared. Just spend a day preparing a bunch of chicken breasts or something, then put it all in the refrigerator and warm it up when you're hungry.

### PERSONAL FAVES

Eat a lot of salads, cut back on the carbohydrates and eat more proteins. I eat what I want, but fruit and stuff like that is probably best during the summer. Popsicles are great!

### DRINK A LOT OF WATER

You always want to stay hydrated throughout the year anyways, but especially during the summer. It's a great way to take care of your skin and your body.

### EXERCISE

In addition to eating light foods, I try to do normal, everyday activities. I go walking and swimming — light exercises that aren't too boring for me.

**Anthony:** The last time we spoke, you had just hit it big with your single "Dip It Low." We discussed people's perception of you and how you were just a kid one minute and then a full-blown hip-hop diva the next. How's that all seem in retrospect?

**Christina:** It's a little different now. I guess I still don't think about it. It's great seeing all the stuff pop up and to see that people [caught on]. For a second there it was a shock for people, but now they're used to it and realize that I'm more of a grown adult now. From the fans and people I've met, I think right now they're just waiting for more. At this point, they're like, "Okay, we know what you can do and we know that you're talented, but we want to feel you and understand you." I think — especially for me, musically — that's something I'm working on with my next album, just being a little bit more in-depth and not being so much about the image, but giving my audience more of myself. I don't really have anything to prove anymore. I'm at point where it's no longer like, "Gosh, I'm a grown-up!" [Laughs] They know what I can do and what I'm capable of, [so] now it's time for me to step it up to the next level.

**It's time for them to see Christina Milian: The Artist. Exactly!** [Laughs]

**You're all over the place now with your music and starring in movies, how do you handle balancing life and work?**

It's been crazy, because I've been really busy. [Laughs] But, umm, I don't know! I balance it in a very normal way. It's funny because it has

been crazy and it has been extremely busy — I've been traveling a lot, promoting and stuff like that — but, I still manage to do [my own thing]. I guess it's because I don't have a lot of friends and I've never been too active as far as my normal life goes. I don't like going shopping. I don't like going to clubs and all that other stuff. My life is normally just in the house. I'm just happy when I get to come home and hang out with my sisters, my mom and my best friends — and that's about it! We definitely find time to do that. I make sure that it's possible between the music people and the movie people to come back home. I used to find myself, back in the day, traveling without being able to come home for three or four month periods. Time like that passes by so quickly sometimes, that you forget life is short. Enjoy as much of it as you can privately. You know, I'm a work-a-holic, so that's something I do enjoy, but I do realize that I have family and people who do matter to me as well. So it's always important that I make time for me to come home.

“My father scared me one day. He told me I was getting on a choo-choo train, but it was a rollercoaster.”



You are really tight with your family and have those Cubana/Latina traditions.

Oh yeah! For me, like, when I come home we all cook, we clean together,

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we watch TV and catch up on reality television! [Laughs] TiVo is big in our household! We make sure that there’s time where can all go out to eat together and talk about what’s going on. But [that’s true] when I’m on the road too. My mom comes with me most of the time, because she manages me. Both of my sisters switch off and on too, so there’s always one of them with me.

**Were you working on your album as you were filming *Be Cool*?**

Last year I was. I was working on the album that came out this past



## A MILIAN SUMMER

### How Does Christina Have Fun In The Sun?

#### SWIMMING

I love swimming. I’ve been swimming since I was like four. Though, I haven’t been to the beach in a long time. I definitely want to go to the beach [this summer]. I spend a lot of time in the pool.

#### THE PARK

I love the park, especially during the 4<sup>th</sup> of July. There’s a park here in the Valley that everybody goes to and it’s really nice to go to during the day or at nighttime when the weather’s beautiful and you can just sit outside. That’s the best, when the sun has gone down but it’s still warm outside. Just chillin’ outside with your friends is great.

#### NEW JERSEY

I used to stay in New Jersey [with my cousins] and we’d be up ‘til like two o’clock in the morning just chillin’ in front of the house. It was normal, it wasn’t like we were up to anything bad, but they had a park down the street. All the kids would be hanging out, eating popsicles, chillin’, making jokes, playing hopscotch and stuff like that.

#### ROLLERCOASTERS

Every now and then [I go to an amusement park], but I am not rollercoaster girl! So it’s only every couple of years that somebody forces me to go! Then somebody tries to force me on the rollercoaster. I can’t stand the falling; I hate the feeling in my stomach. Goin’ all the way up, then falling [is the worst part]. It makes my stomach feel weird, but everyone’s always like, “You don’t like that feeling?!” I’m like, “No!” I think it all comes from when I was little. I used to like rollercoasters, but my father scared me one day. He told me I was getting on a choo-choo train, but it was a rollercoaster — I think that’s all it took! It was at Disney.

#### KIDDIE PARKS?!

Those are the best areas! I’ll get on the kiddie rollercoasters! I’ll play all the games that cost about a billion dollars and all you get is a little stuffed animal. I’ll do that, or sometimes I’ll go into one of those fun booths where you can make a music video or something. I do things like that when they have them.



summer. You know, just putting the finishing touches on it and also recording songs for *Be Cool*. I had a really busy schedule with that, because I was in the recording studio all the time. We made it work and the album came out. Right when we were done filming the movie, I swear, like two days later I was in Europe to start promoting the music. It all happened real quickly.

**Are the songs on the *Be Cool* soundtrack a preview of what we'll be hearing on your next album?**

I hope so, because honestly, the music that I did was so different from what I [normally] do. I think I really got to step it up. If you listen to the songs on the soundtrack, I feel that I had stepped it up on both a musical level and vocally by working with people like Alicia Keys and Will.I.Am — who wrote some of the songs. I'm more of a performer, but I've always wanted to be more of a performer-slash-true artist. It just shows, overall, the full talent and now, I think because I got to do that movie, it bridges over into my music career

and shows that I can experiment and do stuff like that as well.

**Think you'll be taking more movie roles anytime soon?**

I'm sure. I'm meeting with some directors now. There's nothing particular that is set in stone at the moment, but we should be finding out soon and shooting by the summer.

**What's the name of your upcoming album going to be?**

[Laughs] Don't know yet! I'm sure we'll think of it in the studios, but I don't even want to have anything set up. I've been thinking of ideas for writing the album and really just saying, "Not to be afraid." When this next album comes around, I just want to try to do everything that I can. Now, I think is one of the best chances for me — with the movies having happened — I think I just want to let all my inhibitions go! [Laughs]

**Do you know if you'll be working with any-**

**“When I come home we all cook. We clean together [and] watch TV and catch up on reality television! [Laughs] TiVo is big in our household!”**

**body specifically?**

I'm gonna work again with Poli Paul, who worked on my last album, he did "Dip It Low." I have a song I did with Twista called "Don't Wanna Lose Your Love." That's a hot record, but somehow it got out. I don't know how, but it's on the radio! [Laughs]

**Everything gets out now...**

So quick! I've been finding all these songs I had, that never went on my album that have people going, "Oh, this is hot! Where's this from?" It just leaks everywhere!

**It leaves you like, "Damn, I didn't even know I finished recording that yet!"**

[Laughing] Exactly! I'm telling you, all of them are not done either! So [at that point] I'm like, "Oh, whatever!" But, I have that song with Twista that Poli Paul produced. I'm also set to go into the studio with Timbaland. Basically, Jay-Z and LA Reid are both helping me make my album right now, so they're the ones behind me making it happen.

**Anything you want to add?**

Hmm... let me think! [Laughs] Well, my summer should be interesting. I don't know exactly what I'll be doing yet, but I'll be putting a single out. Everything is just getting set up right now, so I'll just wish everybody a wonderful year, even though it's kind of late for that! [Laughs] **BB**

## THE NICK CANNON CONSPIRACY .....

Though the question has probably been asked a few million times, Christina has always managed to carefully step around the one subject her fans may care about the most: What is the real deal between her and Nick Cannon? Seeing as how I've formed a special New York/New Jersey Latino band with Ms. Milian, she was comfortable giving yours truly the definitive answer.

**I've been begged to ask you a personal question by both my editor and your many adoring fans. Frankly, I think privacy is golden... hot, Nick Cannon — what's the deal?**

I knew that was coming! [Laughs] When I speak of my best friend, he's the guy I'm talking about. Basically, Nick and I are still best friends — the tightest of friends. We date — that's what I say — we definitely date. But it's not that serious. At the end of the day we're both young. We're just trying to pace ourselves as far as our careers, lives and everything else goes. He's a lot of fun.

**So he's like family?**

Exactly! Well... not kind of. [Laughs] I couldn't say like a brother, but...

**Well, that'd just be wrong! It's like an incestual family!**  
Yeah!! [Laughs]

**Eww.**