

The City

Issue 14 *Connection*

Magazine

**Memphis
Bleek & D'USSE**



Ja Rule
Will he record
again?

DJ Illmatic Beats

*Beauty &
Brains
Connect*

www.thecityconnectionmagazine.com

The City Connection Magazine

The City Connection Magazine

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Whats inside ...



16 Beauty and Brains Connect

5 Positive Kid Award

10 The Artist Grind DJ ILLMATIC BEATS

21 *Book of the month*

22 *Memphis Bleek*

And more

What's on the menu ?



Total Time:
2 hr 20 min

Prep: 15 min

Inactive: 2 hr

Cook: 5 min

Yield: 8 servings

Ingredients

Chicken and Marinade:

1/3 cup hoisin sauce
1/3 cup soy sauce
2 tablespoons grated ginger
1 tablespoon rice wine vinegar
3 cloves garlic, grated
2 boneless, skinless chicken breasts, cut into strips
2 tablespoons chopped peanuts (optional)
2 tablespoons chopped fresh cilantro



Lettuce and Fillings:
8 butter lettuce leaves
1 cup bean sprouts
1 cup thinly sliced red cabbage
1 cup julienned carrots
1 cup cucumber slices
1/3 cup sweet chili sauce
1/3 cup hoisin sauce

Directions

For the chicken and marinade: Mix the hoisin sauce, soy sauce, grated ginger, Sriracha, rice wine vinegar and grated garlic in a large bowl or resealable plastic bag. Add the chicken strips and marinate, refrigerated, for 2 hours.

Heat a grill pan over high heat.

Remove the chicken strips from the marinade and grill until cooked through, about 2 minutes per side. Transfer to a serving platter and sprinkle with the peanuts and cilantro.

For the lettuce and fillings: Set out the lettuce, bean sprouts, cabbage, carrots, cucumbers on the serving platter.

To assemble, use the butter lettuce leaves to contain the chicken and fillings. Add some chili and hoison sauce, then roll them up and eat! Enjoy





Positive Kid Award



This month Positive Kid Awards go to Omarion Dontell Melvin, he's 11 years old and attends Victory Elementary. He was once struggling with changes being a military kid and having some issues in reading and math. Omarion is now going to tutoring 5 days out the week, becoming active in sports, learning how to deal with day to day issues. He is now starting to excel. Go Omarion!

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The City Connection Magazine





DJ ILLMATIC BEATS

What's moving, what's moving? *The City Connection Magazine* is now in your area bringing the spotlight to the urban scene throughout Hampton Roads. Today we have a very special guest by the name of DJ Illmatic Beats of Hot 91.1 FM. Live out of Norfolk State University.

JJ. How you doing today brother?

DJ.Illmatic: Good man, blessed man, salute to everybody. Big ups, Big ups. Ya'll got me like right in the middle of the show. So that's what's up. I'm currently live doing the radio right now so big ups to everybody.

JJ. what was your inspiration on becoming a DJ?

DJ. Illmatic. Um... Actually there was a show that used to come on MTV called *The Grind* and this dude named DJ Scribble he used to

be up there all the time. He was showing tutorials pretty much live on how to DJ. He had the turn tables set up and he was just like this the first thing you learn is a scratch. He did that and I was like Oh Snap because I used to listen to the Buddha Brothers all the time. Rest in peace Law all day and Mike Lord all day, but I used to hear them in the radio and be like okay. I hear it but to hear it and to see it is two different things. So when I saw the mechanics of it I was like okay that's something that I can do. I like what I hear, I like what they're doing, I want to do that, and now I see how they do it. So went and hollered at them, ironically they were at a McDonald's. I went and talked to them, R and Big B and from there it's like they took me under their wing and I got to go to all the parties and stuff and I was only like 14 or 15. I was too young to be at any of them. They took me under their wing and taught me. So the first party I went to Law was like you have to stand behind the booth. Don't be out here dancing with anybody, don't get no drink, no nothing. So that was the best place for me. All I did was watch that man and watch him in turntables with records. It was between watching him and a slew of other DJs I was like wow, that's what really influenced me to continue to get better and do better. Take what I learned and make it my own. So that was my big influence. Big, big influence.

JJ. Shout out and rest in peace to DJ Law and Mike Lord to because those brothers have been a strong... shall I say a catapult for the hip hop scene and DJs such as yourself.

DJ. Illmatic. Law kept it alive man like no lie, Law kept it alive. For my generation it was like, revolutionary. Because as a kid to hear them

they made you want to listen to radio. Hearing the radio then was like oh snap. So salute to them for that they gave me a shot and I appreciate that.

JJ. Who is your top 5 DJs?

DJ. Illmatic. Hmmm.... That's hard. Gotta say B, Puff Dragon, Law of course, definitely Jazzy Jeff; Jazzy Jeff is number one. Like dude stop playing; that dude is amazing. Um... Stress DJ Stress. Like seriously them cats and other DJs who took time with me and took me under their wing. To watch them J, just the way their music knowledged. Stress, Puff, and B's music knowledge; the only cat that I seen that was like that was Law. Their knowledge of music was bananas. When I say they could hear a record and tell you how many artists sampled the joint and what sample it is. Yo blows my mind. I'm like yo you got it I'm not there yet. I'm getting there but I'm not there. Anytime they come on I try to listen because I just enjoy listen to them play.

JJ. What is your music preference?

DJ. Illmatic. I say as a DJ you have to be a lover of all music no matter what it is. Everybody has their certain type of music they listen to when they chilling. I'm definitely a hip hop head. I love hip hop, backpacker all day, but I also love like house music. I think that's a slept on genre that is just dope. I love house I love all of it. Whatever catches my ear I show love to it. Music period just the whole essence of it is a beautiful thing. It can take from one emotion to the next. It can make you day brighter. If you're a successful DJ you need to know all types of music. You can't just play trap all your life. Yeah I like trap but it has its place, yeah I love hip hop but it has its place, I love gospel but it has its place as well. But to have

a collected love for all of them to know when to play and mix it all together, That's being a DJ. So I wouldn't give myself one I'd just say I love them all.

JJ. Was your name inspired by the Nas' album *Illmatic*?

DJ. Illmatic. When I first started off they called me the Ill. I started learning backwards, I learned to scratch before I learned to blend. Most people learn to blend first. I told her I wanted to DJ and we went to go get my equipment; I told my mom I wanted to DJ and my father was like yeah this is what he gone need to get. We went to the Guitar Center and the equipment was way more then she originally thought. So she was like listen we gone get you this tape and you gone learn that then we gone get you a set. So she got me a DJ Quebert tape which was a Vaztech scratch tape. Back then we had VHS's that teach you stuff so I learned to scratch first. I would go to Mars music battles and that's all I used to do was scratch first. So cats used to be like that's ill dog that's ill, so I was like ight I'm DJ Ill. There was a Mars music battle that the Buddha brothers hosted and there was another dude name Illmatic that I had to go against. He was an older cat, so they put me against him and the category was scratching so that's how I ended up getting the name. They were like yo we gone battle for the name. I was like what I'm not trying to take his name. The dude that was announcing it was like they battling for the name and I was like yo come on. So I won and I said I didn't want to take his name so I put beats at the end because I like beats, producing, and learning production and that's how Illmatic Beats came along. @javonejohnson



Our fitness columnist Sarah Von Keck

Net Carbs: The Atkins Myth

Carbs, carbs, carbs.... All day I dream about carbs. A hot topic right now in the nutrition world is the topic of net carbohydrates. People often walk into Nutrishop Chesapeake and ask me about net carbs. A myriad of low-carb products are marketed at having "zero net carbs" or "only 4 net carbs" such as Quest Nutrition's Quest bars, but a closer look at the nutrition label reveals they are not so low carb after all. What is this wizardry? Before I jump into this article, let me first explain what a carbohydrate is and what it does for our bodies. The actual definition of a carbohydrate is: (n) any of a large group of organic compounds occurring in foods and living tissues and including sugars, starch, and cellulose. They contain hydrogen and oxygen in the same ratio as water (2:1) and typically can be broken down to release energy in the animal body. Starches, sugars and fiber are the three types of carbs and are further broken down into categories. Our body uses these carbs and breaks them down for the energy and are needed for efficient function of the central nervous system. The recommended daily amount of carbohydrate consumption is 45-65% of your daily caloric intake. If you are sedentary, you should stay

towards the lower end of the spectrum and if you are incredibly active, shoot for the higher.

One of the biggest misconceptions about carbohydrates is that there are good carbs and bad carbs. If there is one thing I want you to remember from this article, it is that your body does not see a carb as good or bad. All your body does is recognize the carb and biochemically process it into energy or store it as fat. What I think people have grown to consider a good carb, is a carb that provides us with micronutrients along in addition to macronutrients. You receive more vitamins, minerals and fiber from sweet potatoes and broccoli than you do a piece of candy, but in the physiological process of how they are broken down and are both the same. This goes hand in hand with the "If it fits your macros" diet principle. While micronutrients (vitamins and minerals) are needed on a lower scale than macronutrients (carbs, protein and fat) if you choose to over indulge in carbohydrates that don't provide you with enough micronutrients, your body will suffer. Some of you may have heard of the 80/20 rule: 80% clean eating, 20% not so clean. Alan Aragon, a well-known expert in the field of nutrition and highly regarded in the fitness industry, recommends people try an 80/10/10 approach instead:

- **80%** = Naturally occurring, minimally processed foods, i.e. 'clean foods'
- **10%** = Questionably 'clean foods'
- **10%** = Whatever you want (I like ice cream!)

I eat ice cream every night, but I also load up on veggies for my other 4-5 meals. It is all about balance and creating eating habits that are realistic and easily attainable on a day to day basis.

So back to net carbs... What the heck is a net carb? In short, net carbs are total carbs without fiber or sugar alcohols. The Atkins Diet, a low-carb diet popularized in the 90's, defines a net carb as:

"The Net Carbs number reflects the grams of carbohydrate that significantly impact your blood sugar level and therefore are the only carbs you need to count when you do Atkins. Foods that are low in Net Carbs such as nutrient-dense vegetables and fruits don't have a significant impact on blood sugar and therefore are less likely to interfere with weight loss".

So basically, what they are saying is that the total carbohydrates - dietary fiber - sugar alcohol = net carbs. While the idea of this makes sense from a weight loss stand point, eating foods that are low on the glycemic index chart will typically steer you towards processed foods (a huge factor in the obesity in

America). I would recommend eating your favorite carbs for variety (and sanity), but keeping an eye out on your actual intake. You can overeat in sweet potatoes just the same as you can overeat with poparts. Find a local nutritionist or dietician to figure out how much you should be eating daily.

So whether you choose to adhere to the Atkins definition or not, the bottom line is, carbs are carbs and it is how much and what type you put in your body that really mat-





Our fashion columnist Dymond Gaiters

Have you done your spring cleaning yet?

Any individual who is into clothes and wants to keep up with the latest trends may have a lot of clothes. If this is the case your closet may not be as organized as you want it to be. Unless you're one of those lucky few who has the closet of their dreams that's a gigantic walk-in, it's extremely organized, and everything has its place; you may be needing new ways to optimize your space or least get it in some kind of order. Some serious decluttering may need to be at the top of the list so you can see your item better and actually wear. If you're like me if you can't see it you won't use it. Also it's very easy to buy duplicates of something if you don't know what you have. So put on some music, some comfy clothes, and if you have a huge closet get some help.

First things first empty out your entire closet and organize them into three different piles. If you have a huge closet try organizing in sections. First pile is your keep pile. This pile is for things your absolutely going to wear and

you truly want. Second pile is for donating. This pile is for everything you feel you don't want and you don't mind giving away. Thirdly the last pile is for selling. This pile is for things that you know longer want yourself but are in very good condition and you wouldn't feel comfortable giving away. This ensures that you're decluttering your closet and everything in it will be put to good use.

Second, organize your keep pile into how you want to organize your closet. This is totally customizable to fit your needs. For example may be you want to organize them by color, shortest to darkest or vice versa, or may be by category. I personally organize by category because that's just easier for me. Here's a tip for clothes that you want to hang up. Try using the thin velvet hangers. This will provide you with more room and will ensure your clothes don't slip off the hangers. Also try folding things that are bulky like sweaters and put them in a separate area or bin because they take up much needed hanging space in the closet. If you have tons of things you want to hang you might want to add extra hanging rods so that you optimize your hanging space. Also try putting things away in bins for the off season so they are not taking up too much room.

Thirdly, decluttering your accessories. Getting your hats, jewelry, scarves, sunglasses, etc. in order can also help make your closet look ten times better. For you hats, get rid of any of them that are destroyed, out of style, or you just simply don't want. Then get some organizing items

for them so that way they'll be easier to see. Sunglasses are very easy to tidy. Buying a simple sunglasses display or rack can help you see the different sunglasses you have. Also things like jewelry displays and holders can help lay out all the jewelry you have. For scarves, leggings, t-shirts, jeans, and things like that they can be easily stored in a hanging closet organizer. That way you can just easily grab for them.

Last but definitely not least, shoes. Do just like your clothes and organize them into the same three piles. For the ones you're going to keep, if you no longer have the shoe boxes then you can put them on a shoe rack or you can put them in clear plastic containers with the lids. For added organization you can label them so you have a clear idea of what shoes you're looking for.

Once you do these steps and organize your closet that works best for you; you will be on your way to a cleaner and fresher looking closet. This way you can "shop" your closet and enjoy your clothes more. Another thing that might be helpful is a closet app. They have them free in the app store. This way you can take your closet with you and buy things to match specific items and ensure you are not buying duplicates of anything.

If you would like more details on my organization tips and tricks or just my opinion on fashion and the latest trends follow my fashion blog *Fashionably Dope* on Blogger which is also located in the magazines website. For any

The Entrepreneur Corner

How Savage Souls Came Along

Hello world! My name is Vero that's short for Veronica. I am the creator of Savage Souls both the Brand and Definition. The story behind my line I am going to tell you is what makes it unique and gives this line/movement a purpose. November 2015 I had made my very first T shirt for this line! I was so excited but it also was the worst day of my life....a tragedy had happened I literally watched my life and future burst into flames in front of my very own eyes. Months go by while I am trying to pick up the pieces from the tragedy I had just endured. Then an old friend of mine comes along, his name is Matthew (who is now my business partner) I told him about my line, I wanted just for him to buy a shirt and spread my name but dude went above and beyond for me! That is why he is my business partner today. However during our initial conversation he showed a lot of interest, and at that moment it hit me. I needed a purpose in life and this could be my purpose! That day Savage Souls had officially been born.

Savage Soul is a being that is not afraid to be themselves, they live to follow their dreams and will stop at nothing to achieve them.

I personally built this line and movement around my own tragedy. In which I chose to follow my dreams instead of being held back because of the pain I felt and things I have seen as well as gone through. I live life freely I do not care what anyone thinks about me because at the end of the day I know who I am and due to that fact I am here today following my dreams. The purpose of this line is simple, it is to show the world and anyone else out there going through it, whether it's life struggles, personal insecurities, fears, or any negative energy you feel blocking your path. Just know that you're going to make it through it all. You can be a Savage Soul too!

Welcome to the new wave. Savage Souls

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Ja Rule **Will he record again?**



Shown Above: Javone and Ja Rule (photo courtesy TCCM)

By Javone Johnson

JJ. What's moving what's moving *The City Connection Magazine* is now in your area, bringing the spot light to the urban scene throughout Hampton Roads. Tonight we are here JaRule who just killed Club Broadway tonight what's up my man?

JaRule. Ain't nothing man I'm chilling, out in VA. Ya know?

JJ. Word up man, what's the latest project, man I heard you have another album before retirement man what's good?

JaRule. Yeah man I'm doing my last album, Then I'm done it's titled **Coup De Grace**. This gone be the last one and

then um... I'm going to do um... a few other things. Ya know pay it forward to some of the young artists, new talent coming up.

JJ. Word up what's up with the reality show?

JaRule. Man you know I had a great time with my family man it was a lot of fun. Maybe I'll do a second season maybe not who knows?

JJ. True indeed. Aye listen man I know you went through the struggle in the system and all that. What's some inspiration for the brothers who just came home and looking to do the same thing you're doing?

JaRule. Well you know man it's tough out there ya know.

We need good leadership out here for our young black brothers ya know so... All I can say is when you come home keep your head on straight and try to do the right thing. If you got kids definitely try to do it for them ya know, for your family. Most importantly do it for yourself. I'm a part of a foundation for adult fund where we look out for young brothers coming home from incarceration, young men and women. Also young men and women who are getting that thing back together from drug addiction. So it's a really good fund and a really good cause. Ya know, we out here trying to help so if you got your mind right we will help you out and out you in the right track.

JJ. Word up. Any words of encouragement for the youth?

JaRule. Man vote for anybody but Trump kids. Just get out there and vote.

JJ. Ight man salute man. Appreciate that bro.

JaRule. Much love ya'll.

@javonejohnson

Beauty and Brains Connect

By Javone Johnson

JJ: What's movin what's movin the city connection magazine is now in your area, bringing the spot light to the urban scene throughout Hampton Roads. Today we have a very special guest. The Vice Mayor of Norfolk Virginia. Mrs. Angela Williams Graves, How you doing today?

AG: I'm doing well, how are you?

JJ: I'm doing great!

AG: Good.

JJ: First of all, I'd like to say it's a pleasure to have you be a part of our publication because our publication's goal is to bring Entrepreneurship, Culture, Education, Health and fitness and to raise the awareness of the youth whoreads our publication as well. Once again thank you for giving us the time and opportunity.

AG: Well Thank you for having me it is really an opportunity to interview with you and get to know more about your magazine.

JJ: Thank you. I'd like to start out with what is your Educational back round?

AG: My educational back round is, first of all I was born and raised here in Norfolk. So I'm a Norfolk native. I graduated from Booker T. Washington High School, went

on to Tidewater Community College and then to ODU. In the mean time I completed the 10 month political leaders program at the Sorensen Institute for political leadership at the University of Virginia and then I also completed the Alpha school of Real estate. I'm a Real Estate agent now

JJ: So tell me, as the current Vice Mayor...what are some the plans that you have to improve the overall culture of the city?

AG: Well that is a very good question. One of the things I would really like to work on in my next term cause I'm up for election on May 3rd . One of the things I'd like to work on more is bringing in the millennial crowd. I'm working with the young people getting them engaged in Public Service, political office, voluntarism. Just more civic engagement from the younger generation. I don't think that we as an...oh not that I'm an older generation. I don't think we've done a great job at engaging our young people. Especially if the younger end of your demographic at the age of 18-30 that age range...I don't know that we've done a really great job of making them feel included and making them feel like they apart of what's going on in the city. So that's what I would like to work on. To get more young people involved in the city of Norfolk and I also would like to get people from all of our areas involved in the things that are going on in the city of Norfolk over all. Because we have things happening all over our city. From Ocean View to Down-

town to this side where we are down in the Military Hwy. core door. So there are a lot of things that are going on in our city and I would like to see all of our residents engaged in the things that happen.

JJ: So tell me, what were some of the obstacles that you encountered as a African American woman that helped mold you into the successful person that you are today.

AG: Obstacles in my opinion are only the things that stop you. I would say that I have not had many obstacles because I am very strong willed but I have had some challenges. A lot of the challenges have come I think because even though I think things through I do my homework and I try very hard to understand all of the different perspectives. I have what I would like to call, a bubbly personality. Sometimes people tend to think that because I have a bubbly personality or because I smile a lot that I'm not serious. So they don't necessarily take me seriously and that could be a mistake. Hahaha Because I do my homework, I study hard; I try to understand all the different sides to issues. So I would say one of things has been just letting people know that Hey just because I have a pretty face, I smile, I'm happy it doesn't mean that I don't have a grasp for the issues that people face. It doesn't mean I don't care because I really do. I think the other thing would probably be just time management for me. I am really not an early morn-

ing person; I am a late night person. So I work until 12 clock at night and I don't always manage my time as well as I could but that's a work in progress as well. I think those are the couple of issues that I faced. Sometimes if there is men in the room...men tend to (and women ironically) tend to dismiss the woman if she is in the minority. So they will oppose a conversation or start a conversation and it will be directed to the men. So when I speak up and I have something to say they would be like oh we didn't know she could talk. Hahaha but anybody who knows me knows better than that!

JJ: That's very interesting and how do you feel about entrepreneurship?

AG: I think entrepreneurship is great. I think one of the things that's big for me is I went back to school as an adult and I really wasn't sure what I wanted to do with my life. So I am kind of an entrepreneur as a realtor because I am an independent contractor. I think the piece to entrepreneurship that sometimes people may miss is the education piece. Whether it's a formal training in education or whether it's just trade training in education or whether it's going back to a community college and taking specific classes in the area that you want to start your business in. That's very important, because you have to know what you are doing when you go out here, you can't just roll out of bed one

Meet the Vice Mayor of Norfolk

Angelia Williams Graves



Shown Above: Norfolk Vice Mayor Angelia Williams Graves photo courtesy of The City Connection Films

morning, decide hey I want to start a business and expect it to be successful. So I think the education piece to entrepreneurship is something that sometimes people miss. I think also that people miss the business side of what they love to do. So you have this love for something and you have this drive to do it and you forget that you have to keep the books and you have to do the accounting. As an entrepreneur a lot of times, your it. You're the book keeper, you're the accountant, you're the order in person, you're the creative person, you're the marketing person. You're all of those things until you're able to sustain your business and start to hire folks. To me I would say to entrepreneurs whatever your area of weakness is; you may love what you do and passionate about the work but there is always the business side. A lot of times not knowing the business side is what gets people in trouble, not knowing the marketing side. You might have a great product but if you don't know how to market it properly, if you don't know how to establish a demographic, if you don't know how to package what you sell. Then you will miss a lot of opportunity with your target market and with your potential customers because you didn't know how to take what you had and put it in a package and put it in a way that would be acceptable to the general public or to the desire of your target market or audience. So I love entrepreneurship I love people who start their own businesses because it really is a big risk to start your own business. I always say it's me and god, me

and god are not gone let me down. Hahaha ya know?!?

JJ: That's right Hahah

AG: When you start out your own business that's really all you have! You got you and you got God and that's really about the size of it. I would encourage entrepreneurs to not only to have a passion about your craft or your skill set but also have a passion about the business side of things. So that you could be sustainable and be profitable.

JJ: Are there any programs that you may implement in your upcoming re-election, that would help empower African American businesses in the city of Norfolk or any suggestions?

AG: We have a business café and it's mobile. We have it in the city of Norfolk; we've done it in Park Place we've been in Ocean View. The business café is great because it offers entrepreneurs and business owners the hands on opportunity to talk to the city. How do I do business with the city, how do I obtain a small business loan, what do I do, how do I fill out this paper work? You can get those questions answered at the Business Café. The other thing that I have been working with our Economic Development office on is having a corporate Customer Service. Corporate for the small businesses that are looking to grow and expand their business right here in the city of Norfolk. A lot of times again if you are a small business you are the everything and a sometimes that can be detrimental because you don't know everything.

Whereas you have people who have corporate money, they have lawyers, they have consultants, they have all these people. So they could spend some time researching the programs, the different grants and the different streams of funding that they may be able to get. As a small business your doing it all and with our cooperate customer service it would give small businesses the opportunity to work directly someone in the city with Economic Development to say Hey I want to expand my business in the city, how can they help me like they helped ADP, like they helped movement mortgage or like they helped some other larger businesses? Maybe not on that same scale because I may not be there yet but how can you take me in baby steps?

JJ: Is generational wealth important?

AG: Wealth in general is important, I think as African Americans what we have to do as a better job is making sure that our children don't have to struggle the way that we do or the way that we did. That's a two edge sword because sometimes I see parents go from one extreme to the next. So I either see parents who go, well I had to do this they should have to do it too. Well that's true to a certain degree. Then you have parents who want to Oh I don't want my kids to struggle the way I did. So they want to give their children everything and they don't teach them the value of hard work, they don't teach them the value of a dollar. I tell young people all the time that the only people who will

give you money because you exist are your parents. That's it. The rest of the world expects you to work for it, you have to earn it. So when we as adults have children and we amass some kind of financial success, it is our responsibility to not be foolish with our money but to invest it properly. Into vehicles that will take care of our children for the next generation and the generation after that. They may not have to struggle the way that we did, I listened to my mom (who is now deceased) she talked about how she had to walk to school and they didn't have a lot. When she got married she and my dad were just starting out. My brother and my sister who are much older than me they had a church pair of shoe, a school pair of shoes; they had a play pair of shoes! Hahaha by the time they had me I had a different pair of shoes for all of those categories! They provided for us to have the opportunity to do better, so if I had children they would never have to struggle like that. My sister's children don't have to struggle like that, my brothers children don't have to struggle like that. We have to make sure that we don't leave them in the same predicament but we have to make sure we don't give our young people so much that they don't value it and they don't respect it.

JJ: Describe your relationship with Mayor Paul Fraim.

AG: Oh wow, you know I have known the mayor since I was probably 11 or 12 yrs. old. My dad was a pastor in Norfolk, he pastored Antioch Baptist Church. Some of the people

The City Connection Magazine

who will read this article may know him, his name was Dr. I. Joseph Williams and when Paul Fraim was first elected as a city council member he asked my dad to pray at the opening session when he was sworn in. At that time we had a ceremony outside, they had ceremony outside on the steps. Paul tells this story that it was over cast, it looked like it was going to rain and all that other kind of stuff and my dad had this deep James Earl Jones voice. He said your dad just stood up to the podium and he started talking and the clouds rolled away the sunshine came in and all that! That's his story, I don't remember it but he says it so I'll go with it! Paul is a good guy, he has given his life, and he has served the city of Norfolk for about 30 years. In that I could imagine there were a lot of school plays that he missed, there were a lot of his kids basketball games that he missed, a lot of things he didn't get to do with his wife and his family. He did it for the citizens of Norfolk and it is a true testament to public service because it is a sacrifice. I posted on Facebook today that during campaign season you need a clone because there is no work life balance. It's just work work. We are part time law makers, part time council members. So we all work with day time jobs and mine is selling Real Estate! Today I had the opportunity to work with a client and help them buy a home. I got a little bit of work,work balance I did some campaign stuff this morning and I got to do some stuff with a client so it really is a sacrifice when you spend the time in public service. Especially

when you spent as much time as Paul has spent with the City of Norfolk. He has really given his life, he was younger then I am when he started, he has given 30 yrs. of his life to the citizens of Norfolk and our city is a better city because of him.

JJ: It's definitely encouraging to see the many hats that you wear. First being in public office, being a mom...

AG: I'm a step mom!...

JJ: A step mom, being married. You mentioned a little bit about real estate, tell me how you established yourself in that field.

AG: I started in real estate because my mom was ill and she had some mental health issues after my dad passed away. She didn't adjust to it well, adjust to being by herself they have been together for 50 yrs you know you don't see that very often anymore. I thought that if I go in to real estate it will give me the flexibility to take care of my mom. So I worked during the day I took my real estate class at night. I took my exam to get my license I passed it the first time and I started selling real estate. Now here's the thing, I got into the market in 2008. It was the bottom of the market and I had all these hopes and dreams, it was a disaster the first year I didn't sell anything! Again it was a challenge it wasn't an obstacle because an obstacle would've stopped me, I was determined that this thing was not going to defeat me that I was going to get it

.....
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..... **AG:** So I just worked. We probably make it look glamorous but it's a lot of work! I worked open houses I sat in the office waited for people to walk in. If they wanted to buy or sell something they'd call the office and I'd talk to people that I know. I started my real estate Facebook page, I just kind of talked myself up. I have been a part time owner in real estate since 2008 and I've been full time since 2010 it's been very rewarding. One of the things that I've learned about my personality is that I like people and I'd like to say that one of the things that my parents left for me is the people. It's one of the many things that is invaluable to me and they loved people, they left me with the same love for people. As I work with people and help them find their homes I like to shop and I like people so selling Real Estate works for me! Hahaha If you know your personality you can find the field that works for me and selling real estate works for me. I really do enjoy helping people and that's what real estate is all about. Whether it's helping someone buy their first home, helping them to sell their home and move up into another home. Helping someone who's under water in their home get out of their home so they can get a fresh start. Helping to make their dreams come true, that's what it's all about. So both my lives revolve around people.

JJ: With the election coming up on May 3rd are there any plans to run for mayor, if possible? I know you may have been asked this before!

AG: I have been asked this before; I will just say that God and I have not had that conversation yet. When we have that conversation I can make a definite statement on that. What my goal is, is to do the job I have well, to do this assignment as the council woman for superward 7. If I do that job well to the best of my ability then other doors will open for me. Politics is very interesting you just have to be in the right place at the right time, things just happen, doors open and you never know what door will open for you.

JJ: Last but not least do you have any words that are encouraging for the youth?

AG: Stay in school. The world is not getting any easier, it's getting more difficult. In order for you to compete and in order for you to be a self-sufficient adult you have to have an education of some sort. It doesn't necessarily mean you can't go to college but you can. It doesn't necessarily mean that you have to finish 4 yrs. And go on and get your masters and PHD. If you don't go to college then you could learn a technical skill, if you don't want to learn how to do a technical skill, learn how to do something with your hands or a trade. Learn how to do something that will make you productive and make it so you can take care of yourself. You can't stay at your moms house forever Hahaha life is expensive. Now this goes back to that generational wealth question that you asked earlier, we don't always teach our children how expensive life really is so we

Beauty and Brains Connect continued from page 19

give them nice things, we give them expensive things. I mean I see high school kids walking around with a coach pocket book! Really?? They don't get the gravity on how much that cost or what we had to go through to have the money to pay for them. So I would say to young people stay in school, at least finish High School, go to college if you want to go to college there is a way for you to go. If you feel like well maybe college is not for me, there are a lot of 2 yr. training programs, there are apprenticeship programs. There a lot of programs for you so you can

make a life for yourself and so that you can afford the nice things that you want. They are not cheap and it is not easy, if you don't take care of yourself and make sure that you educate yourself....Nobody else is going to take care of you.

JJ: Well Angela I want to thank you for your time, I know you've got a very busy schedule. This means a lot to me and I'm sure to the viewers as well. Your words are powerful, encouraging and inspirational. **@javonejohnson**



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Book of the Month

**As a Man
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James Allen

Mind is the Master power that moulds and makes, and man is mind, and evermore he takes the tool of thought, and, shaping what he wills, Brings forth a thousand joys, a thousand ills: - He thinks in secret, and it comes to pass: Environment is but his looking-glass.



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Memphis Bleek The D'Usse Don



Shown Above: Memphis Bleek, Javone, and award winning producer Bink Dog (photo courtesy TCCM)

JJ. tell us about your liquor brand man.

Memphis Bleek. Ahh man Duce that new movement man. If you ain't drinking that brown, it ain't really going down ad you might be drinking the wrong one. You need to cross over to that cross baby. You already know it's not your daddy's yack. Smoother than that mother f**king new Cadillac.

JJ. What can you tell some of the young hustlers man, young entrepreneurs trying to get it in?

Memphis Bleek. Stay the course man, don't ever change

up. Don't let nobody tell you, you can't. Stay away from the haters, them dudes is like cancer. You already know.

How ya'll like it in VA man?

Memphis Bleek. VA always been hometown. This all we do. VA so much hometown I can't even fly here I got to drive down here and chill a little bit, see the fam. Nah mean? [@javonejohnson](#)



Shown Above: Beanie Siegel, Mr Entourage, Pepsi, and Memphis Bleek (photo courtesy TCCM)

Model Spotlight



Cheyanne



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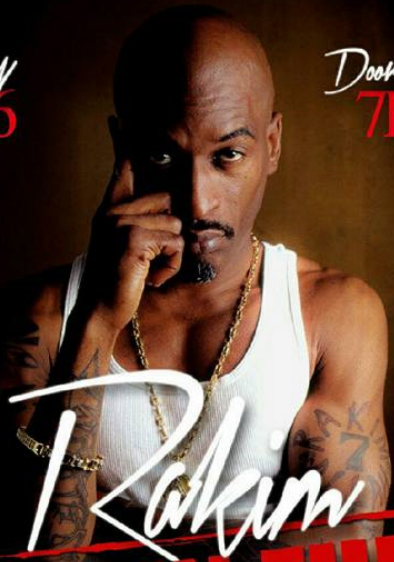
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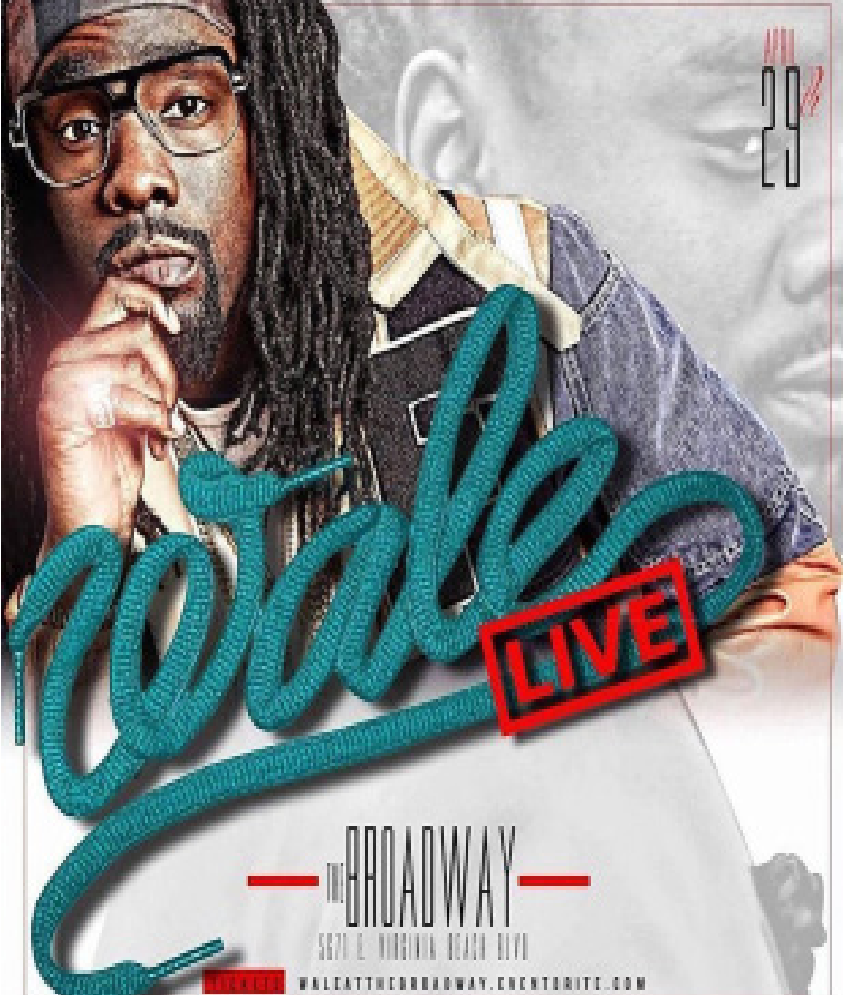


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29

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