

The City Connection

2016 Issue 13

Magazine



Philly Freeway
Free Will

Fitness News
Model Spotlight

The City Connection Magazine

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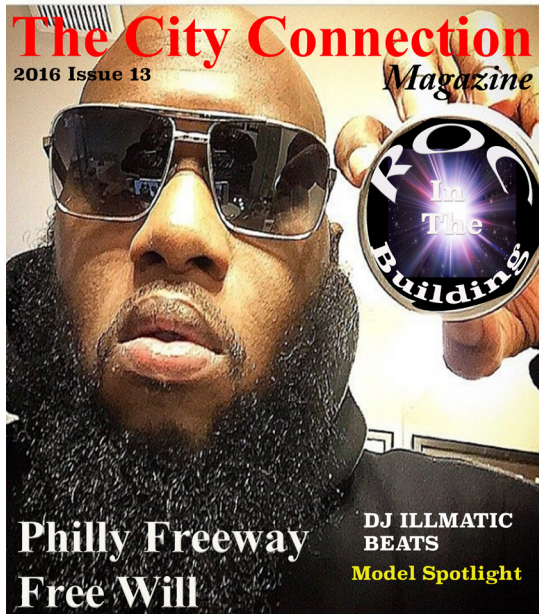
The City Connection Magazine

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Whats inside ...



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And more

What's on the menu ?



minutes or until tender. Sprinkle parsley and transfer potatoes to a plate, cover, and keep warm.

Grilled Asparagus

Yield 1 serving

Ingredients:

4 Asparagus

Kosher salt

Ground black pepper

1/2 tsp extra virgin olive oil

Directions:

Trim asparagus (optional). Toss asparagus in olive oil and grill for 5 minutes. Sprinkle with salt and pepper. Serve and Enjoy!

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Glaze and Salmon

Yield 4 servings

Ingredients:

1 to 2 tablespoons butter

4 (6-ounce) salmon fillets

Kosher salt

Freshly ground black pepper

1 cup dry white wine

4 garlic cloves, minced

1/4 cup orange juice

1/4 cup rice wine vinegar

1/4 cup honey

1/4 teaspoon red pepper flakes

1 seedless orange, thinly sliced

Directions:

Melt butter in a large skillet over medium-high heat. Sprinkle salmon with salt and pepper, and sauté 4 minutes on each side. Transfer salmon to a plate, cover, and keep warm.

Turn heat to high, and add wine to skillet. Scrape any browned bits from the bottom of the pan. Stir in garlic and remaining ingredients. Cook 5 to 7 minutes or until sauce

is reduced by half and slightly thickened. Serve over salmon. Store remainder of glaze.

Pico de Gallo

Yield 1 serving

Ingredients:

1 medium tomato, small diced

1/4 red onion

1 lime, seeded and juiced

Kosher salt

Ground black pepper

4 jalapeno slices (optional)

1 tsp fresh cilantro, finely chopped

Directions:

Chop tomatoes, red onions, jalapeños and cilantro. Mix ingredients and add lime juice. Sprinkle with salt and pepper. Set aside.

Shrimp Scampi

Yield 1 serving

Ingredients:

4 to 5 medium shrimp, peeled and deveined

1 garlic clove, minced

1 tbsp butter

2 tbsp extra virgin olive oil

1 tsp fresh parsley, finely chopped

1/4 cup dry white wine

Directions:

Melt butter in a large skillet over medium-high heat. Add wine and add remaining ingredients. Cook 5 minutes.

Transfer shrimp to a plate, cover, and keep warm.

Garlic Butter Fingerling Potatoes

Yield 1 serving

Ingredients:

4 potatoes

2 tbsp butter

1 tsp fresh parsley, finely chopped

1 garlic clove, minced

3 to 4 tbsp extra virgin olive oil

Directions:

Melt butter in a medium skillet over medium-high heat. Add olive oil and garlic. Sauté potatoes and cook 7-10

Positive Kid Award

Award of Excellence



This month Positive Kid's Awards goes to 12 year old Honor student **Leasia "Asia" Foreman** of Northside Middle. Leasia plays Basketball for Boo Williams Norfolk Express. She plays multiple positions because she can do multiple things. She has a lot of potential to be a great all-around player at the next level.



Photos Courtesy of Majestic Impressions



Freeway Live

@ Shakas in

VA Beach VA.

Feb 5, 2016

JJ: What's movin'? What's movin'? The City Connection Magazine is now in your area. Bringing the spotlight to the urban scene throughout Hampton Roads. Tonight I got a special guest, we got Philadelphia Freeway who just killed Shakas tonight. How you doing brother?

F: I'm good man, happy to be here.

JJ: How did you get your start in the game?

F: Just grinding. Beans from State Property pulled me in and ever since then we been grinding, making it happen.

JJ: How's your relationship with Jay-Z?

F: That's the big home. We got a great relationship.

JJ: That's wonderful. So you have come a long way since the classic debut *Philadelphia Freeway*, what can we expect from the new mixtape, *Fear of a Free Planet*?

F: My mixtape, *Fear of a Free Planet* dropped in January and I've been getting a great response from it. The streets love it. I'm dropping a new album called *Free Will* dropping April 29th. It's going to be electrifying, get ready!

JJ: It's my understanding that you have been diagnosed with kidney failure. How did that change your life?

F: In September I was diagnosed with kidney failure. The main thing that I changed in my life was changing my

diet. I got dialysis three times a week, Monday, Wednesday, and Friday for four hours a day. So it's a huge lifestyle change.

JJ: Who are your top 5 MCs right now?

F: Me, Me, Me, Me, Me.

JJ: Word salute! Any advice to any young entrepreneurs or upcoming artist?

F: Yeah, you just got to keep grinding, treat it like a job. When you see opportunity present itself you have to take advantage of it.

JJ: Who are your favorite producers right now?

F: Frank The Baby, Just Blaze, Take 1, Kayne

JJ: What's the most important lesson you ever learned in your experience in the game?

F: Just be true to yourself.

JJ: Salute!



Harlem Globetrotters own Corey Law

JJ: What's movin'? What's movin'? The City Connection Magazine is now in your area. Bringing the spotlight to the urban scene throughout Hampton Roads. Tonight we got a very special guest, The Harlem Globtrotters very own, Corey Law. What's good my man?!

CL: Chillin. How you feeling?

JJ: Really good. So tell me what it's like to be a Harlem Globtrotter. Give me some knowledge and history of your game plan.

CL: It's definitely a blessing. It's been going on for 90 years with a lot of history. From the guys Fred "Curly" Neal, rest in peace. To be a kid from Chesapeake, Virginia to be apart of an organization like this is a blessing. I'm excited to bring that joy that we spread around the world to right here at home.

JJ: How did you develop your skills? To be able to razzle dazzle, do tricks.

CL: It all started when I was hooping at Deep Creek, I would go all over Hampton Roads playing basketball. I would carry my basketball with me everywhere I went. Ended up getting a scholarship at High Point University then drafted by the Harlem Globtrotters. So now I'm living the dream as a member of the Harlem Globtrotters.

JJ: What was day 1 like on the team

CL: Day 1 was crazy because I grew up watching guys on ESPN. It's funny because I always wanted to go to a Harlem Globtrotter game when they played at Norfolk Scope. Never could make it though. Either I had a basketball game or I couldn't afford it as a kid. So I would watch them on ESPN. I remember my first day of training camp, I was standing next to Big Easy and Flight Tower and I'm like I'm thuggin now so you know I got to bring my presence, show em how we do it in the 757.

JJ: What's some of your specialties?

CL: I'm known for the long shots, highflying dunks. You know I got 3 world records now. All of them being long shots. World record longest basketball shot, world record longest backward shot, world record longest blind folded shot.

JJ: What does your diet consist of? Anything special about it?

CL: We have some of the best trainers in the world. My trainer is Robert Ortiz, one of the greatest to ever do it. He takes care of us. I went to 26 countries last year and you won't do that else where. I can't think of any other sport or team that has been to 26 countries. Think about the food we're eating, it can be all

unhealthy but they make sure we put the right things in our system.

JJ: So out of these 26 countries, which one was your favorite experience this far?

CL: Probably Australia, I love Australia. I love England, Greece. Greece has an amazing scenery.

JJ: Look, I know the ladies coming at you. You got a lady in your life?

CL: I'm engaged. I have 2 daughters. Met my fiancée in college.

JJ: Any favorite players that you look up to on the team?

CL: Of course, Anthony He's a leader. He's one player whose team I have been on for 3 years and I have never seen him take one day off. One of the greatest showmen I have ever seen. He brings it every night.

JJ: Going on a little spin of things. NBA players, any favorites?

CL: I don't really keep up too much with the NBA. Honestly I went to High Point University, got 2 degrees, and always had a dream of becoming a professional basketball player, whether it was overseas but luckily I was able to play for the Harlem Globtrotters. Now I'm living a double dream because I'm traveling the world, putting smiles on millions of

faces, and I'm still getting paid to play basketball.

JJ: How does your family feel about it?

CL: They love it. My mom will be at the show tomorrow at the Ted Constant Center.

JJ: For the young guys and girls that are looking up to you right now, what encouraging words can you say to them that want to live the same dream you have?

CL: For the young girls, the first Harlem Globtrotter female was in 1985, now we have 3 females on team. Sweet J, Ace, TNT. Those 3 girls on the team bring so much. It's so many girls that think they can't play professional basketball or can't play with men but we have those 3 girls that come out every night. Sweet J is probably one of the best shooters I've ever been around, including the men. When girls see other girls like that, it's powerful; it's a beautiful thing.

JJ: What was one of the wildest experienced you had at a game, what was the biggest trick you did that surprised yourself?

CL: Craziest thing I've ever done was my first world record. I remember getting a call from my PR department asking me if I could make a full court shot. I was like it shouldn't be too hard, I've seen a couple of NBA players do it. I found out the world

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record was four feet. I have a world record for 109 feet.

JJ: How old are you?

CL: I just turned 26 in January.

JJ: Y'all heard it man. Harlem Globetrotter's own Corey Law, setting off baby. The City Connection Magazine is out of here. What's movin'?



The Artist Grind



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 are here live with two guest, two veterans from the area of Norfolk, Virginia. I want to introduce Strategy Real and Shy Stash. They come to present a new album that will guarantee to be a classic produced by Shy Stash. Let's get into it!

JJ: Tell us about this album Strat.

Strategy: Yo, The name of the album is The Old Beast Beast. Yo I'm coming bigger

than I ever came before, 11 tracks, slamming. It's emotional, any emotions you looking for it's up there. From the shortest to the streets, I'm there, I'm in tune.

JJ: What inspired you to get involved in hip-hop and the importance of longevity in the game?

Strategy: Man, I always say my style was in born in 83'. I've been doing this ever since the family said stick'em, you feel me.

JJ: Yeah. Strategy: So always as a shorty, I always been doing this. It's always been about elevation. It's always been at those stepping

stones. So I went from a dj, beating on tables, rhyming, to production. It's all in the same field. My comfort level is rhyming so my man took the production and took it to a thousand. When you hear it, y'all know what it is, no bull, word.

JJ: So who was some of your favorite MC'S that inspired you to get in the game.

Strategy: WOW, that's crazy, Kane, Rock Kim, they weren't saying stuff. You can rhyme today but by tomorrow don't no one remember that. So far as Kane, Rock Kim, Leader of the new, people like that, they had something to say, Chuck D, Chris, The Pioneers.

JJ: So were you into the b-boy aspect of it to or MC was your thing.

Strategy : I thought I could break dance a lil bit but I found out my calling was to MC, the pad, the pen, you feel me.

JJ: Shy Stash, on the production tip give me a lil bit of history what led you becoming a producer and do you rhyme yourself.

Shy Stash: Yeah I rhyme, for production my thing I always wanted to do back in the day. My pops was a local known dj , lead singer of his own band. So I was always into it. It just took some things in like to take it serious.

JJ: That's what's up man so what was you expecting from the album, are we going to the bounce, we going into the dirty gritty? I know you don't want to give it all up but you know.

Strategy: Well, no, that's what we here for, I'm going to tell you, you can get your bounce on, but you going to hear clarity and consistency.

Shy Stash: Energy. Strategy: but

clarity and consistency. It's going to say something from beginning to end. So I'm bouncing a lil bit because I know what it is today but I'm not losing myself in that. Like for instance, I have a joint called "So Thotful," and the relevance of these thots out here are crazy. You know I'm not lying. Yeah, so we just taking what the world is giving us and giving it back to them, having a good time.

JJ: That's what's up, now on the production tip, who were some of the producers that inspired y'all to get in the production aspect.

Shy Stash: DJ Premiere.

Strategy: Dilla Dog.

Shy Stash: Pete Rock.

Shy Stash: The Kanye's.

Strategy: It's a few heavy hitters out there.

Shy Stash: So many local ones out here too like Knots and Bink Dog.

JJ: So you know now on the dj aspect, you know, we talking about technique twelve hundreds to nowadays cd mixers. What's going on with that? Do y'all appreciate that? Do y'all utilize that, or do you still prefer vinyl.

Strategy: It's always a battle between vinyl being utilized and serrano, that's where we at right now. Soriano is like evolution. It's taking it to another level. It's still vinyl but instead of digging out all these crates in your laptop. It's right there. If anyone know about digging in crates, It's an ass, ass, headache, word. So it will have it right there on the hard drive, that's where it's at.

JJ: We are in the digital era, in the days of digital downloads, Do you think artist are wasting material

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with digital downloads, as far as free mixtapes? Do you think of it as a form of marketing and promotions because you know we get different answers when we discuss this topic? How would you leverage the digital market nowadays, are you dealing with the direct to consumers model or what?

Strategy: It's a slippery slope. If you look at artists, not saying no names, that is flooded with mixtapes and then next month they come back with an album, then you know they are over saturating the market or whatever. But every day, I wake up with a new idea and all day you got different emotions so writing shouldn't be a thing. As far as saturation, if the people are demanding your music, you got to give it. At this digital age, you can do it from the crib.

Shy Stash: Or on your phone.

Strategy: You got to utilize that.

JJ: Supply and demand huh.

Strategy: Got to nowadays.

JJ: Is it anything about the industry that you disagree with.?

Strategy: That's something new that's not worth talking about. The emerging era is what it is, I will learn from my mistakes, I'll tell you that.

JJ: Do you feel like if Donald Trump was to become president will that effect you in any way personally or does it even matter who's president at this point.

Strategy: Yeah, I think it will definitely affect us, definitely. I heard a lot of people say they they will run to Canada or Africa, You're here and you probably

don't have a passport. We going to have to deal with it, bottom line, we going to have to deal with it.

JJ: Now in Virginia, this scene, the hip-hop scene. I know y'all seen it grow over the years, how do you feel about the growth? What can you contribute to the growth right now with this album? Where do you want to take everybody at? What direction are we going at?

Strategy: Like I said it's a vibe, some music you just feel one way all the way through the album. It's a vibe from waking up, Like I know it's the hustle, that will make you get your thing on. Like I said the "So Thotful," that will make you go out and have a good good-time, talk about a couple of chicks, this, that, and the third.

ShyStash: Homework, Homework, Homework, give you that hip-hop feel, give you that homework. I'm taking it to another level that I've never taken it before, utilizing the digital age. Hopefully to bring more fans.

JJ: Yeah.

Strategy: They can really see what good hip-hop really is about in Virginia as far as the movement with the people. Honestly, I feel like you got to leave home in order to rock, especially when it comes to Virginia because we such a melting pot, everybody comes here because it's a military state. So you got to go out to get it a lot of times but I'm here to tell you, It's not always the case. Virginia is always where it is.

JJ: That's deep man, So mentioning the melting pot, I definitely understand where you are coming from would you say that this diverse area had a lot to do with the influence of your style.

Strategy: Yeah, definitely, especially with the aspect of keeping it grounded. When you hear us, we definitely don't sound like anybody else. When you hear it, you'd say "what," That's one thing they won't lie about, They don't sound like nobody but it's dope. Keeping myself within myself when all this is going on around me, that's really how it's affecting me.

JJ: Any guest features?

Strategy: No, it's really me for the whole album, I got two cuts, with one of my homes named Hands, he's doing my hook, he was in the studio at the right time, right place, type thing.

JJ: Aye look man, I definitely appreciate y'all time. Where can people find you at.

Strategy: I have two twitter accounts: Strategyreal22, @Stratreal.

Shy Stash: Shystashtwitter and also shystash for Facebook.

Strategy: Follow the name Shy Stash and Strategy Real. J

JJ: Aye y'all heard it man, The City Connection Magazine's goal is to connect artists and musicians together in one place while shining the spotlight on our unique urban scene throughout Hampton roads and the world. I'll appreciate y'all time.

Shy Stash: Hold on, before we leave, we appreciate the job you doing man, the things you doing and all that, keep doing what you doing.

Strategy: Looking real good for the city.



Our fitness columnist Sarah Von Keck

So you want to get big....

As a fitness professional, I am asked quite often about macronutrients and what people should ingest in order to gain lean body mass. Now, while eating the proper amount of nutrients is essential in maintaining strength and endurance, what is actually going to help you get bigger is how you train. Anyone who has been lifting for any

amount of time has some sort of routine, or should. So step one should be to figure out what style and split you prefer. A split is the way you break up your weight lifting routine into days. Personally, I train in the standard bodybuilder fashion. I train 1-2 body parts per day. I have a five day split consisting of: Monday – legs (I like to get it out of the way early), Tuesday – deltoids and abdominals, Wednesday – back, Thursday – chest and Friday – arms. This is what I have found

works best for me, and trust me, I have played around with lots of splits. If you aren't sure what you would prefer, search online for some examples and try them out for a few weeks. If you don't like the way some work, chuck em and try something else. Eventually you will find one that works for you and you will stick with it. Second step, figure out what your one rep max is in the major exercises for the areas you want to grow. A one rep max is the maximum weight you can do SAFELY before failure. It only counts if your form is correct. For most, bench, squat and deadlift are the major power house lifts and are the common ones people use to get stronger and grow. Use a spot for bench, unless you already have a written will constructed (haha) and look into buying a support belt for your squats and deadlifts. These lifts are called compound lifts. They engage large muscle groups as the major working muscles and recruit smaller ones for support. Step 3, once you have determined your maximum weight, you want to begin training with 65-85% of your 1 rep max (RM). For example. My 1 RM is 245 lbs on back squat. So when I train legs, I take my weight and multiply it by the percentage I want. I typically use 70% and so $245 \times .70$ (turn the percentage into a decimal) and I get 171.5. I round to 170 for ease of putting on my plates. Complete 3-6 sets of 6-12 reps with a 30-90 second rest in between each set and you should see results with time. Again, with time. Rome wasn't built in a day and neither were the gladiators. These numbers are backed up

with scientific research and are the CURRENT go to numbers. With research, things are constantly evolving, so double checking theories before you begin is always a good idea. Ensure after each lift you down a protein shake for muscle synthesis and to aid in the repair of your torn muscle fibers! If you have any further questions, feel free to e-mail me sarahvonkeck@yahoo.com or look me up on IG: @sarah_vonkeck or facebook www.facebook.com/sarahvonkeck824. Happy lifting, fit fam!!HapHdfj

#getconnected



Chairman of the Board Davy Smith III



JJ: What's movin'? What's movin'? The City Connection Magazine is now in your area. Bringing the spotlight to the urban scene throughout Hampton Roads. Tonight I'm with a special guest. Mr. Davey Smith. Let me explain something to you, this man has a serious story to tell and also a very inspirational store so pay close attention. How are you doing tonight sir?

DS: I'm doing phenomenal. It's a palm pleasing pleasure to be before you. I'm just humbled man, I'm on fire about life.

JJ: Is it to my understanding that you are the chairman of the City of Planning Commission of Portsmouth?

DS: Yes sir. Actually I became the youngest as an African American I think in the city's history. That was quoted to me by one of the state senators,

Louise Lucas a few years ago she let me know that and I'm just like *wow!* I'm really humbled. This is actually my last year in the eight years I have served. That is two terms total. I'm just excited on my way out.

JJ: Give me a little about your background as far as how you even decided to get on the path that ultimately lead to the current position that you hold today.

DS: I guess I could say upon graduation at Norfolk State University in 2002, around 2003 I continued to play sports, football semipro and then got picked up and played profession arena football. Before that I was working in the school system for a few years, special ed . [Going back] I played arena football, came back home, and was working at a non-profit sector for HIV/AIDS and a case manager. Someone came to me and said

'Dave, you should think about getting involved in your local city government.' What came up first was the mayor's committee for personal disability. Then upon that somebody else seen potential in me, saying 'Hey Dave, since you're already involved with the local government boards you ever think about planning economic development Portsmouth housing authority?' I applied. Got interviewed. Matter fact I got interviewed by counsel woman Simmons and counsel man Whitehurst at the time. One went to Churchland and one went to Norcom. The funny thing is I went to Churchland for two years, and I went to Norcom for my last two years. So it's kind of the best of both worlds. They asked me why I wanted to be apart of the economic development authority, I said to them I would like to see my city grow, we need a vibrant nightlife, we need a mixture. We know we have elders in the community; we have our middle age adults in the community, but what about the millennials ... we need to do something for them. I said they have to do something across the board. We doing something for our young people but we have to do something across the board. They were so impressed I guess with my interview to the point they were questioning me on how did I know to pick the top three. I said they just seemed that important to me. From that point on after I got interviewed for the EDA, they bumped me up to the planning commission.

JJ: Awesome man! So how does it feel?

DS: It's exciting! It's exciting growing up in the city of Ports-

mouth. I grew up in Jeffery Wilson which is low income housing projects. That was apart of PRHA. Making it out of the system was a beautiful thing. It was rough you know, at risk youth you could call me, I had a dysfunctional family. Both of my brothers got in trouble, in and out of TDH and penitentiary. One got charged with murder, he did 21 years but he's out now and rehabilitated, working, doing what he got to do. I'm real proud of him. But in that process I lost my mom my senior year of high school. A guy brutally beat her to the point where she broke her neck and was paralyzed, then she died in the convalescent home. The other side of that is she died while I was on my official visit at Norfolk State University. Today marks 18 years ago I lost my mom. I still deal with it to this day. I'm thankful for my God parents that came along who have helped me along the way. I must continue to never settle and to never quit. That's just the attitude I chose to carry about me. Be relentless about everything I do and when I set in my heart and eye to something, if it's something I want whether it's in life or business I go for it. I study it, I break it down, I network and I learned to work with others. You can't get anything done by yourself, it takes a village and that's what happened with me. It took a village to raise me as a child and eventhough I am a grown man I'm still learning. They say once you stop growing you're dying.

JJ: How do you feel about the mind state of the millennials of this point?

DS: Ha! You talking about

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young revolutionaries? I love em man! They have a boldness and a fearlessness like I have never seen before. In a political frame of things right now the one I like the most is Bernie Sanders. I like how he has the ideals of Dr. King and he's been talking about this for the last 30 years. I haven't seen any other politician that does that. We know what happened with the prison justice system. For those that don't know there were a lot of things done politically that set a lot of African Americans and brown people back. This doing 85% of your term that hurt people, changing the laws when you're dealing with section 8 now people can't go back in, to get rehabilitated, to get a fresh start. Don't get me wrong we know some people do abuse the system; people abuse systems all the time. And what a system is it saves you time, energy, and money. That's what they say the acronym means.

JJ: That's Deep!

DS: Again, I love these millennials! I love these young people man! They really aren't afraid. All these young groups, from Black Lives Matter and so and so. Any young group, they are paying attention and they are awake. That's what we have to do as a country, we have to wake up. Once we can get some cohesiveness and stop being like this and be like this; and I'm not trying to throw up a fist for black power but I do believe in it, it's just a mindset that's all. I'm not trying to knock anybody but it's just a mindset, knowing who you are and not being ashamed of it.

JJ: That's very powerful. From the stand point of the

typical teenager who has been through TDH, who was in and out of juvenile homes, who's full of broken promises in this day and time, what advice do you have for them?

DS: Well, one thing I can say through my own experiences and I can speak to, I ask for help. I continued to ask for help until I got it. I was hungry to succeed and it ain't going to come easy. It's amazing you said young kids coming out of TDH. I did my internship at TDH 14 years ago. They had me come back to speak in February and it moved me so much. I'm just like wow, I'm speaking at a place I use to intern at upon getting my degree. They wanted me to stay and get a job but what happened was I was so blessed and fortunate that I had an extra year to play football at Norfolk State University. So I tell any young person that if you have a dream or a goal if you fall one time you have to get back up and put that behind you. Use it as fuel. This thing really boils down to choices, I'd rather you think twice and react once. Let me say that again, I'd rather you think twice and react once. I don't want you to take a temporary situation and make a lifetime decision. A lot of times we need that outside help, find a teacher, an uncle you look up to, a friend, an elder, find somebody you can confide in that is willing to help. Keep asking for help until you get it! Like one of my mentors said, Eric Thomas, you have to succeed as bad as you want to breathe, and I want to breathe!

JJ: One last thing, for some of the college graduates that's looking into going into the field of political science or pos-

sibly having a position that's similar to yours, what advice do you have for them?

DS: Network, network, and network. It's so powerful. Don't be afraid to volunteer. Volunteering could lead to a job or a career. Even though you want to work in your career, get your own business as well. Work on your dream part time while you work on your job full time.

JJ: Speaking of own business, I understand you have your own clothing line?

DS: Yes sir. The clothing line is called *Learning, Growing, Changing*. We all can learn, we all can grow, we all can change, so in my theory must be consistent. If you don't grow you die. One of my first shirts to come out was "never settle never quit." The second shirt was "relentless." "Relentless" came from a book I read called *Relentless*. It goes like this ... from good, to great, to unstoppable. When I was reading this book it talked about, for example, Michael Jordan and the fearlessness he had when it came to working on his other opponents. He already knew mentally that he beat them already.

JJ: Sir I appreciate your time, you have been a great value to The City Connection Magazine. We hope to keep in contact with you, keep us informed about the developments throughout the city. Not to go back, but as of right now what are some of the future plans for the City of Portsmouth?

DS: One major development is right in the midtown area

over by the Kroger marketplace, they want to put in some actual sit down eateries. I'm naming all these restaurants because we need these families to be able to sit down somewhere to eat. We always see a Dollar General pop up but we need some more variety. I even told them we need a shoe store and a suit store. K & G if you want to do a small store come to Portsmouth! Right now, it's really about the economy and job creation. We need to put people back to work on all levels. Even young people. I remember when young people could get summer jobs. I could get a job at the age of 15 working over summer and I was getting paid a little decent salary. Think about it if we could get our young people something to do you could feel that voice and their minds are not idled now instead of being at the playgrounds waiting for something bad to happen. The future is bright, it may look grim but the future is bright.

JJ: Once again man, I appreciate your time. The City Connection Magazine strives to bring awareness, consciousness, and understanding to the community, while connecting businesses, entrepreneurs, musicians, artists together in one place while shining the spotlight throughout the unique scene of Hampton Roads. Thank you.

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Virginia Senate Passes Medical Marijuana Program Improvement Bill

By Beth Collins

Parents Resuscitate SB701 and Prepare for House Vote

(Richmond, VA) - Yesterday, the Virginia Senate by a vote of 37 to 2 passed SB701, a bill that would allow the production and manufacturing of Cannabidiol (CBD) oil and THC-A oil in the state. For the past several weeks ASA along with patients, parents, and advocates from across the state worked tirelessly to persuade members of the Senate to move forward on this issue which until last year seemed out of reach for Virginia's conservative legislature.

Last year's passage of SB1235 and HB1445 gave intractable epilepsy patients and their caregivers an affirmative defense for possession of two marijuana oils, THCa and CBD used to treat seizures. However, the law provides no way for patients to obtain the oils without breaking federal and state laws. To help rectify this situation Senator Marsden from Fairfax introduced SB701 which, if passed, will provide a mechanism for production of these oils for patients with intractable epilepsy in the state.

"Patients and their families undergo incredible daily stress

managing uncontrolled seizures. Breaking laws to obtain this treatment, is an additional stressor these families do not need. Yesterday's vote is a just another small victory towards ensuring these patients have safe, reliable access to this treatment", said Beth Collins, ASA director of communications and outreach. "The passage of SB701 would have a dramatic impact on the lives of patients by further expanding the medical cannabis program to allow access within the state of Virginia to low-THC extracts."

Virginia is one of 40 states with medical marijuana laws and according to ASA's latest report on Medical Cannabis Access in the U.S., is one of the seventeen states that limits use to CBD and THCa oils for certain conditions. With the passage of SB 701 Virginia could drastically improve the state's failing grade on medical cannabis access. Advocates plan to return to the General Assembly early next week to begin lobbying key legislators in the House.

Further Information:

- Fact Sheet on SB701

- Virginia Medical Marijuana Laws

- State of the States Report: Medical Marijuana Access in the U.S.

With over 100,000 active members in all 50 states, Americans for Safe Access (ASA) is the largest national

member-based organization of patients, medical professionals, scientists and concerned citizens promoting safe and legal access to cannabis for therapeutic use and research. ASA works to overcome political and legal barriers by creating policies that improve access to medical cannabis for patients and researchers through legislation, education, litigation, grassroots actions, advocacy and services for patients and caregivers.

Trump leading in polls

Antonio Garland

Currently Donald Trump is ahead of Marco Rubio in Florida. 38 percent of Florida's GOP primary voters have given Trump support, while Rubio who has 30 percent.

While polls showed Rubio leading in Florida in early voting, Trump seems to be doing better with those who have yet to vote. In addition, while Trump is doing better in central and northern Florida, Rubio leads with voters in southern Florida.

Trump is also currently leading polls in Idaho with 30 percent of the voters, while Ted Cruz has 19 percent and Rubio with 16 percent.

In Michigan, Trump leads with 41 percent of likely primary voters, Cruz with 22 percent and Rubio with 17 percent.

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03
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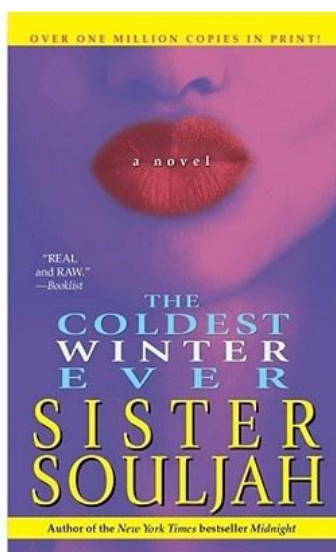
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Book of the Month



During the worst snow storms in NY, Winter was born to Ricky Santiga and his wife. By the time Winter is 16 of age, she is aware of her father being one of the biggest drug kings in Brooklyn. Her father decided to move the family to Long Island to stay low key. Months and months went by until one day her father was being watched and was arrested.

Winter is left alone to find her way precariously through the shifting maze of power, sex, money, and drugs, determined to vindicate her fallen and rise above laws, social welfare system, poverty and danger that surround her.



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