

The City Connection

September 2015 Issue 11

Magazine

**FITNESS IN THE FALL
WITH KAT**



Hi Kikko

Sports News

Positive Kids Award

Model Spotlight
BACK TO SCHOOL

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Letter From the Editor

Keep Going

This month was a real challenge. For one saying goodbye to our summer was difficult but transitioning into the fall may bring more challenges but it's more important to stay focused and keep going.

Javone Johnson Editor



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Fitness in the Fall with "Kat"



Interview by Javone Johnson

Javone Johnson: 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. Today we have a special guest for our health and fitness column Kat from Blocker YMCA.

Kat: Hi I'm Kat Davis. I'm originally from California but my husband is military so we live here in Virginia um I've only been here for about two years and I love it here.

Javone Johnson: Let's talk about your classes and what led you to personal fitness

Kat: I teach boot camp. Boot camp is high intensity interval training as well as obstacle courses and I teach 20 20 20 which is twenty minutes of cardio, twenty minutes of resistance, and twenty minutes of ab or core work. I also teach poleaxing which is very feminine but kick butt. We do kick boxing palettes, and a little bit of dance for active rest but also for fun and I also do Tabata which is the exercise that you did with us tonight and it's twenty minutes or twenty seconds of work, ten seconds rest and extremely hard very intense workout for only forty-five minutes. I got into fitness because I was a teenage mother and nobody told me that having a baby, it changes your body and so once I had my baby I saw a huge difference in my body I was gaining weight a lot easier I had no idea how to get rid of it so I went to the closest gym that I could find and I spoke with the people there and they started me with group fitness and I think that's the best way to start because you have people around you that motivate you and if you aren't there they notice and they ask you, "where are you?" "I haven't seen you in this class" and it gets you to come back in because you don't want to disappoint them and also it's fun because being out with people and exercising with them, it gets your endorphins up and everybody has a great time but you also learn your way around weights and you can graduate up to the weight room, lift heavy, ah and um use exercises that you've learned in the group exercise classes but um I enjoy fitness it's become an addiction and the love of my life

Javone Johnson: So how do you feel about dieting?

Kat: I believe in diet 100 percent. Not necessarily a diet but a healthy lifestyle. It shouldn't just be something you do every now and then. A lot of people when they eat healthy for a little while until they lose their weight and then they give it up it shouldn't be like that it should be something you do every day. Nourish your body. But I do believe that you should be able to eat whatever you want or a little bit of what you love but more of the healthy foods because once you start exercising, your body uses up all of its vitamins, its proteins, its carbs and you need to feed it back into your body to have the energy to build the muscle but you also don't want to deprive yourself of your favorite foods and then you engorge because you miss it so much, once it's in front of you you just can't stop. So if you do a little bit at a time it'll help you stay on track and you won't give up your diet because you'll still get in the little things that you love in between.

Javone Johnson: What is your favorite exercise?

Kat: I've really grown to love lifting weights because you get to see results. You get to add more weights so you get the physical part of seeing the weight changes so you start off with ten pounds then that looks great then when you graduate to the 45 pound plate and that thing is huge and you put it on your bar and you get to lift that, it's a great feeling I like being able to see the physical progress.

Javone Johnson: Any words of encouragement for teens and others who are interested in becoming a personal trainer?

Kat: Yes, starting young is very important. You want to make sure you know your way around the gym and once you start exercising, you'll hear the people mention certain muscle groups, and so you'll start learning in the gym. Then you want to go online and do your own research. Online school is a great way to go as far as getting your personal training certification because it's self-educating.

@javonejohnson

He has a plan for our youth..

TCCM: What's movin? What's movin? The City Connection Magazine continues to shine light on the people who matter in our communities. We had a brief discussion with gang specialist, Officer Williams to discuss his plan to deter our youth from violence . How are you doing today sir?

Officer Williams: I am doing absolutely wonderful.

TCCM: Tell us about your program to keep the youth in a positive direction

Officer Williams: It is the police athletic program where we gear toward kids from eight to sixteen. We have them with us in July for the younger crew, and in august for the older crew. For three weeks they get to bond with the police officers. My motto is reaching Norfolk youth before the streets do. So it's all about getting these kids to understand the officers are here to help them, not to hurt them. The media puts us in an extremely bad light because of one incident, but it's a whole lot of positive stuff going on every day with kids, adults, and police officers.

TCCM: That's great. So how long have you been with the force?

Officer Williams: I've been with the police department for thirteen years. I got the best job on the police department as police athletic coordinator

TCCM: And do you have any words of encouragement for the youth right now that's going through hard times from a broken home and just looking for some direction

Officer Williams: The biggest thing is to stop and start making positive decisions. Decision making is what gets a whole lot of people in trouble. If you make that bad decision while you are young, you'll continue that while you're older. Everything from just cleaning up your room, making sure you do your homework, coming into the house on time, helping your mom. Your mom should never have to touch a door, just making good decisions everyday

TCCM: Thank you for your time.

Officer Williams: It is my pleasure



shown above: Gang specialist Officer Williams of the Norfolk Police Department.



The City Connection Magazine



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Giving back to the community



Third grade teacher Tiffany Bryant of Richard Bowling Elementary School



Javone Johnson: What's movin? What's movin? The City Connection Magazine is now in your area. Today I have a special guest, Mrs. Tiffany Bryant, a third grade teacher at Richard Bowling Elementary School. How are you doing today?

Tiffany Bryant: I'm doing great

Javone Johnson: What influenced your decision to become a teacher?

Tiffany Bryant: The love of children.

Javone Johnson: Are you from Norfolk?

Tiffany Bryant: I am from Norfolk, born and raised in Norfolk. I'm from the Norview area and this was one of my reasons why I chose to stay within Norfolk Public Schools to make sure I give back to my community.

Javone Johnson: With all of the technology and things that we have right now? What do you see as the problem with our youth's learning abilities?

Tiffany Bryant: Well it's a little bit of both. I think it's a problem as far as there's more technology and as a result we have a lot of obese kids now. They're not getting out running and playing and everything, whereas the computers, the iPad and everything are taking over. Then I also see it as a plus because technology is the key right now and it's actually helping our kids to further their education to go on and abroad.

Javone Johnson: Ok and what do you like about your job? What's some of the highlights you would say about your job?

Tiffany Bryant: My highlight of my job is that I think teachers are celebrities. When you walk in the room it's paparazzi. You're gonna get a smile from kids coming from all over everywhere. "Mrs. Bryant Mrs. Bryant, hey how you doing?" And just seeing that smile on their face and if you have, when I taught kindergarten, first grade when I was able to get that kid who could not recognize their name to the point where they're reading and they see I can do this, that's where my joy comes in seeing the end result at the end of the school year.

Javone Johnson: How do assist children from broken homes?

Tiffany Bryant: I try to find out what their interest is. And I connect with them that way. There are some kids that are from broken homes. I had a couple of boys who were into football. I'm not a great big football fan but I went out to their games, I showed interest and to let them know that someone does care, and also with the parents as well I'm here for you. I'm here to help you and we can all go the extra mile together.

Javone Johnson: Any words of encouragement for the youth?

Javone Johnson: Any words of encouragement for the youth?

Tiffany Bryant: Keep striving, you can shoot for the stars and you will get it.

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Our new fitness columnist Sarah Von Keck

As Americans, the idea of looking good is constantly thrown in our faces on a daily basis. Rub this on your skin and you will be flawless, drink this drink and you won't crave food, take this pill and you will shed fat without changing a thing! We see and read advertisements everyday proclaiming that they have the cure all to attain infinite youth. While we want to believe it, and may even buy what they are advertising, deep down, we know it's not the solution. What it comes down to is simple. We will get ourselves into the shape we desire when we desire to make an actual change in our lives. The best way to lose fat is to slowly but surely change our habits and create a life style for ourselves that is healthy and realistic. REALISTIC being the key word. We must have the drive to not be lazy when we get home from work and cook, not order out. We must have the will to get out of bed a little earlier to make our lunches. We must sacrifice an hour out of our day to go to the gym. With this being said, I want to be there for you every step of the way. My name is Sarah Von Keck and I am a senior at Old Dominion University. I am earning my Bachelors of Science in Exercise Science and Biochemistry and hope to one day have my doctorate in nutrition. I am a current NPC Bikini competitor, but will be moving to NPC Figure for 2016. My fitness journey has been a long one. I went from 180lbs to 135lbs over the course of several years and have managed to keep it off because every day I wake up and I choose a healthy lifestyle. I choose my health. I choose me. I am happy and I am healthy. With this column, I want to address questions and concerns about the fitness industry and shed light on any grey areas you may feel. Have a question? Find my fitness page on Facebook and send me a message, I may choose your question and write on it.

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Positive Kids Award



Journi Shead Age 7 is the recipient of the positive kids award for her positive attitude, good manners and her love of African culture.

Meat or no Meat?

The Black Vegan

by Kadedra Holmes

I am black and I am vegan.

Vegan is someone who does not consume any animal products and also includes not supporting industries that abuse and exploit animals. Eating a plant based diet is not only healthier for our bodies, but a healthy choice for the environment and the world around us. Although veganism can be used to combat dietary illnesses, global warming and climate change, and world hunger, being black and being vegan can be an uphill battle against health, education and culture.

Food is how we connect with ourselves and loved ones. What we eat is a message to ourselves. It is how we appreciate our families and friends. What we put on our plates is arguably, the most finely tuned communication of history, culture, and speaks volumes about who we are. Traditional black American meals can be anything from collard greens and turkey necks on thanksgiving, a honey-baked ham on Christmas, or potato salad and brown sugar sweet potato's at family gatherings. Food is one of the most binding aspects of black culture, but are the traditional black American meals we've enjoyed causing harm and unnecessary suffering to our bodies and to the lives of others?

Health in the black community

According to the Center for Disease Control, black Americans have the highest numbers of heart disease, obesity and diabetes. This is due to a poor diet high in processed foods and animal products, food deserts (communities that are lacking in healthy food options, or areas where access to healthy food options is extremely limited), as well as a sedentary lifestyle. Food deserts and low promotion of healthy foods in schools and within the community contribute to health crises such as diabetes and obesity that are raging throughout the black American demographic. Communities that have a low awareness and promotion of playgrounds, recreation centers and gymnasiums contribute to a sedentary lifestyle, which also promotes health issues.

Health within a community is essential for it to thrive. How we eat is how we grow and develop both personally and within a society. As black Americans are becoming aware of losing weight and being healthier, more and more black people are understanding this connection between their bodies and health, and are transitioning to the vegan lifestyle. Black owned farms and food stands are popping up around the country. Black owned gardens like the Rid-All Green partnership in Cleveland, Ohio, to black families spending more time in the produce department at the grocery store, the black community is discovering the importance of raising a healthy generation. It is becoming apparent that although certain foods are traditional, the health and well-being of our children and ourselves needs to be considered when choosing what to eat.

The truth behind the meal

Miseducation is a major contributor to poor diet in the black community. Many Americans, especially within the black community are simply not exposed to the abuse and cruel treatment that animals on factory farms endure. Much of the meat and animal products found in corner shops, grocery stores, and even within the school system neglect to inform the public about the agony that chickens, pigs, cows, turkeys, and other animals that are killed for food are faced with.

The truth behind the meal is not only the lack of nutritional value, but the hormones, additives, dyes, and preservatives forced into the animal before they are slaughtered, packaged, and sent to stores throughout the country. A leading defense for the cruel slaughter of hundreds of thousands of animals is that food and culture are deeply intertwined and nearly inseparable. A common excuse for the cruel treatment of animals used for food is; "but I've always eaten this way!" However, every day more and more people are discovering vegan options that taste like the foods they've grown up on. Members of the black community are discovering that one can still enjoy baked sweet potatoes, collard greens, cornbread and even chicken, without any animals having to die. These meat free products like Garden of Eatin' Chicken strips, Morning Star veggie burgers and Beyond Meat beef crumbles are providing

black vegans a healthier and more compassionate choice. Dairy alternatives like soy milk, Daiya cheese and even SoDelicious dairy free ice cream is becoming a common item in the refrigerators of the black American community. These meat and dairy alternatives are providing black Americans the taste of tradition without the guilt of cruelty.

The Black Vegan

Being black and being vegan was once a concept that was rare. However, today more people are not only becoming more aware of how food affects their body, but are also caring more about how their food choices are affecting others. Education is key in the growth of the black community, and with meat-free products introducing foods that taste like tradition, but are mostly absent of the fat and cholesterol animal products have, going vegan in the black American demographic is becoming easier every day. Slowly but surely being black and being vegan is becoming a common occurrence, and it is never too late nor too early for anyone to try the vegan lifestyle.



Progress on NSU construction

By Antonio Garland

Many are wondering about the progress of NSU's reconstruction of Brown Hall and when will the bell go into the communications tower. Both are a part of the quad project, which also consist of the Nursing and Education building and Lyman Beecher Brooks Library.

Recently, the foundation blocks have been placed at Brown Hall's site along with the concrete for Brown's elevator pits. A sand padding was placed a few months ago, however it's required to sit until the foundation becomes sturdy.

According to the Director of Capital Planning and Improvements, Terry Woodhouse, the next step will be to put down the concrete floor and placing steel components.

"Moving right along, one after another," said Woodhouse.

Despite initial plans for the bell to go into the communications tower, the bell's age and condition suspended this plan and the bell will be at a permanent memorial beside the tower. Woodhouse's team discovered an inscription on the bell describing the history of both NSU and the bell.

"If we put the bell up in the tower, you wouldn't be able to read what's on it," said Woodhouse.

Forged in 1884, weighing a ton and donated to NSU in 1974 by the Colored Citizens of Norfolk, VA, the bell serves as a symbol of pride, history and achievement for the Spartan community.

Brown Hall's reconstruction is expected to be completed by spring 2017. According to Woodhouse, the ultimate cost for Brown's reconstruction will be around \$50 million and the communications tower was \$1.9 million.



Book of the Month



Because He Loves Me

By Dana M Watson

Because He Loves Me spotlights women's issues surrounding parenting, relationships, family, self-love and domestic abuse. Deanna, a single mother recovers from toxic relationships and finds the meaning of true love in this Christian fiction. This piece of fiction follows a young single mother who later discovers and deepens her relationship with Christ. This book showcases Deanna's self-determined strength, and an inspiring spiritual connection. This narrative is appropriate for Christian audiences (both single parents and single women), as the protagonist gains insight of God's love.



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Back to School



The 2015 Norfolk State University Cheerleaders



Old Dominion University Students enjoying thier TV Broadcasting class assignment

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The City Connection Magazine 1 year Anniversary Issue

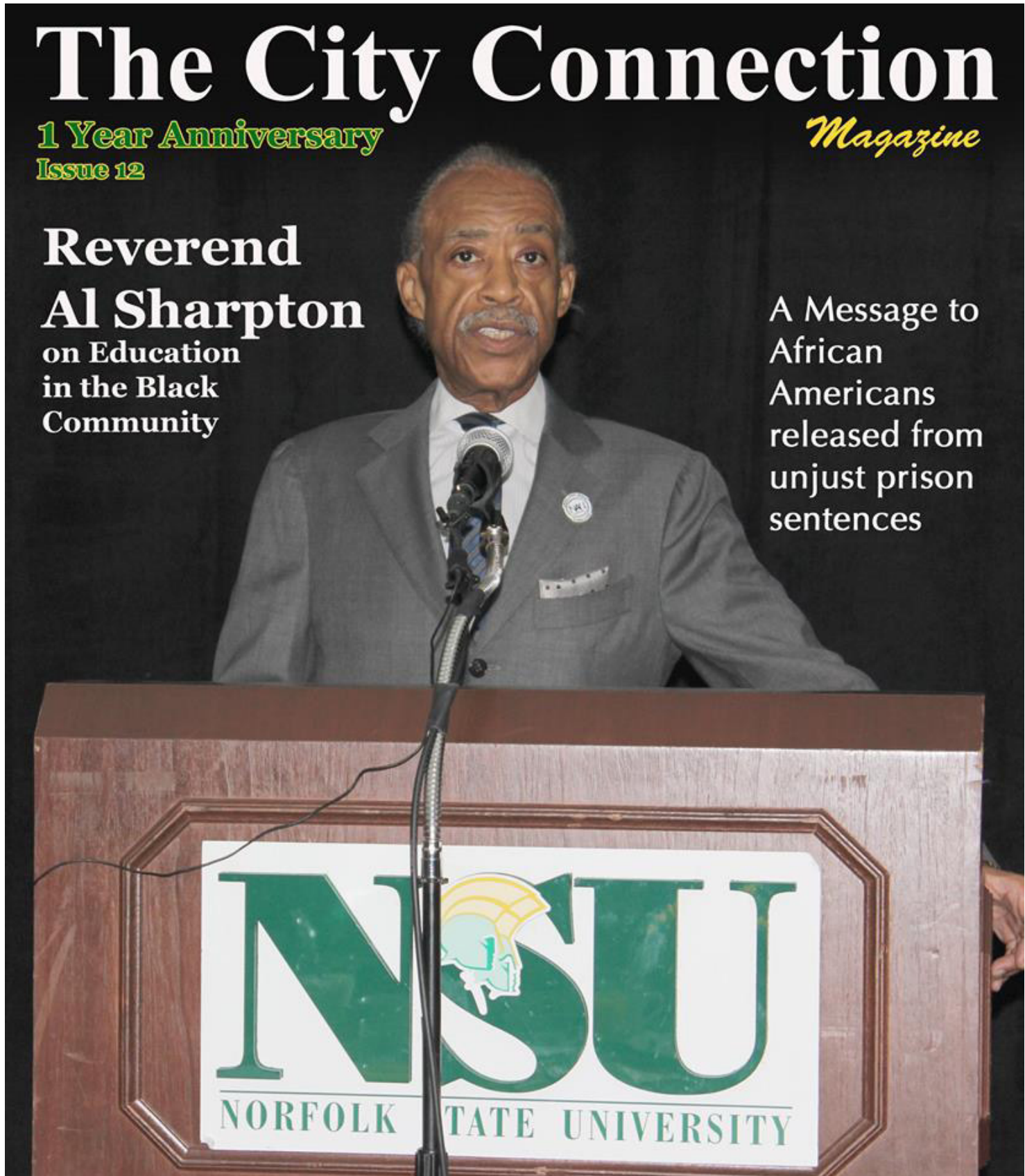
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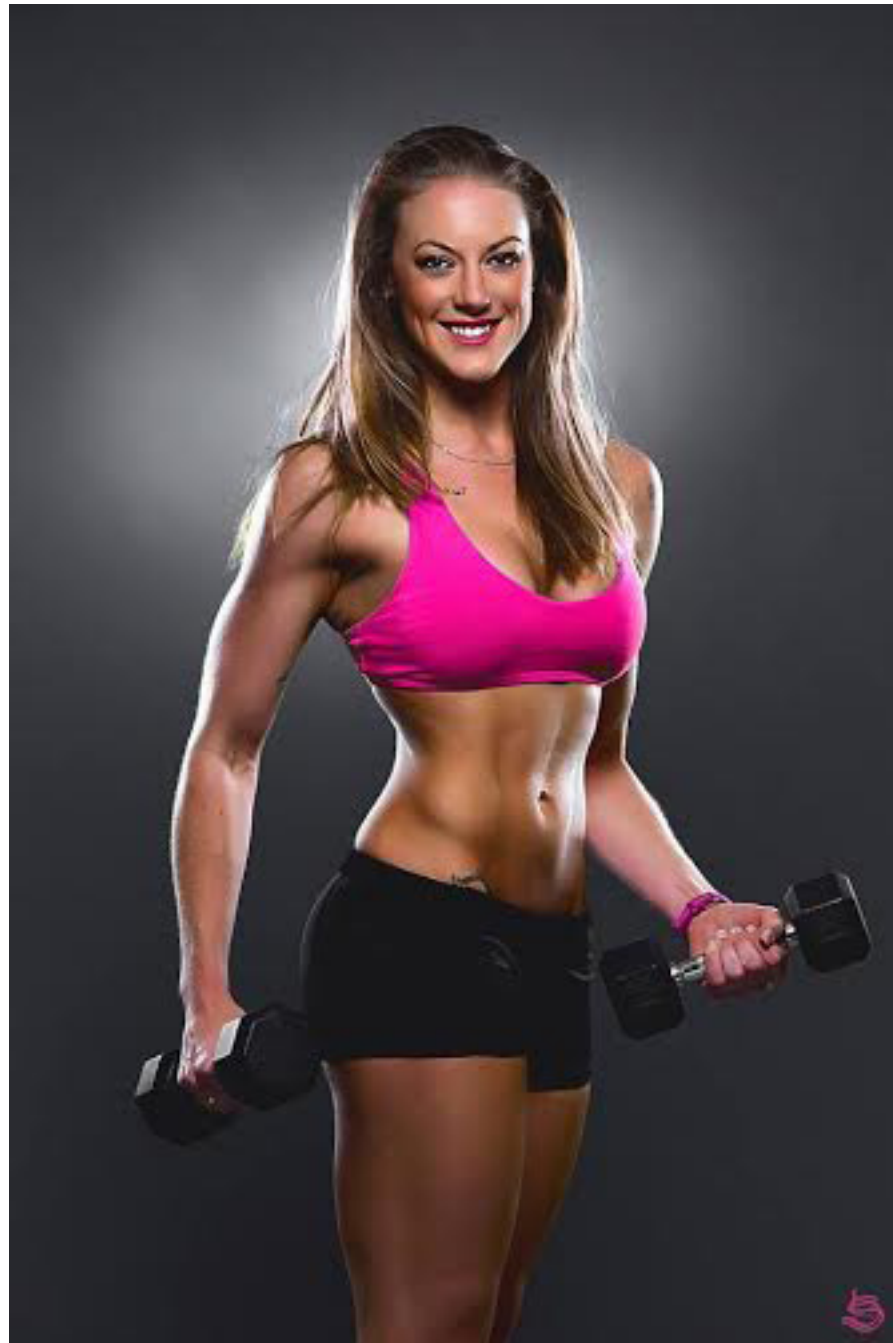
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**Reverend
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Model Spotlight



Sarah Von Keck



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