

The City Connection

Magazine

Collectors Edition

2016

David Banner

Model Spotlight

Bonus

**Free Best of KRS ONE
Mixtape**

**King Magnetic
Timing Is Everything**

The Collectors Edition

The City Connection Magazine
Publisher/Editor:
Javone Johnson

Contributing Writers:
Sarah Van Keck
Antonio Garland
Paul Clayton
Marina Maye

Designed by:
The Reality Group Publishing Inc

SOMETHING
CLASSIC FOR AGES 21 YEARS & UP

CLASSIC HIP HOP, R&B, AND REGGAE

HOSTED BY
BINK!
THE HUMBLE MONSTA

EVERY THURSDAY
DRINK + FOOD SPECIALS
35 CENT WINGS | 50 CENT SHRIMP
JAMAICAN CUISINE
SPADES TOURNAMENT
THURSDAY NIGHT FOOTBALL

MONTEGO
544 NEWTOWN RD
VIRGINIA BEACH, VA

The City Connection Magazine is published monthly by The Reality Group Publishing Inc.

The City Connection Magazine assumes no responsibility for any unsolicited work, submitted advertising, manuscript, photography, or any other art media. The views and opinions expressed are those of the writers and not necessarily of The City Connection Magazine.

Copyright 2015. All Rights Reserved
No portion of The City Connection Magazine may be reproduced in any form without the written permission of The City Connection Magazine.

Advertising & Marketing
call 757-777-3841

Email: thecityconnection757@gmail.com



The City Connection Magazine



The City Connection Magazine



@cityconnection7

Whats inside ...



8 *David Banner*

16 *Positive Kid Award*

17 *Giving back to the community*

23 *Model Spotlight*

And more

What's on the menu ?

Sweet Potato Soufflé

Ingredients

Soufflé:

1/2 cup butter, at room temperature plus 1 tbsp to grease pan
5 medium sweet potatoes
2 large eggs
1 cup granulated sugar
1 cup brown sugar
1/2 cup of evaporated milk
Pinch of salt

Topping:

1 cup finely chopped pecans
1 cup granola
1/2 cup all-purpose flour
1/4 cup butter (1/2 stick) softened

Directions:

For the Soufflé

Preheat oven at 350 F. Grease 2 1/2 at baking dish with butter. Poke holes in sweet potatoes and bake on a foil-covered sheet pan until soft. Peel potatoes

when cool, and place the flesh in a mixing bowl. Mash until very smooth. Add eggs, sugar, butter, vanilla, evaporated milk and salt. Combine in a stand mixer or hand mixer. Pour mixture in the baking dish.

For the topping:

In a bowl, mix together pecans, flour, brown sugar and butter until combined. Spoon mixture over soufflé. Bake casserole for 45 minutes or until slightly browned. Let the casserole sit for 5 min before serving. Serve and Enjoy!

Cheevon
Herbalife Health Coach



Cancer Awareness

From the Heart

by Teena Kearney-Latham

In February 2013 our world was rocked. My mother was rushed to the ER with symptoms of vomiting, jaundice (yellowing of the skin or eyes), and a fever. The days that followed were a blur, but I will never forget the words that were spoken by her Doctor, “Pancreatic Cancer”. She was given a grim prognosis, and we were left with no education about the cancer, just a simple “I am sorry”. I knew very little about the disease except, that Steve Jobs and Patrick Swayze were both diagnosed with it, and neither survived. I quickly educated myself about the disease. The more I learned, the more hope I began to lose, and the more I just wanted to bury my head in the sand and hope that it would all just go away. But all of the Dr. visits, hospital stays, and chemo treatments made the presence of cancer all too real. I was forced to come to the reality, “My mother has Pancreatic Cancer”, so what now? We decided to fight! Pancreatic cancer is an aggressive form of cancer that develops in the tissues of the pancreas. It is a very fast moving cancer. Most people die within 1 year or less of diagnosis, only 0.5% live past 5 years. My mother has been a very rare exception. One reason is because her cancer was detected early. The pancreas sits behind the stomach, deep within the digestive system which makes cancer difficult to detect. Second, her attitude, she has always kept a positive attitude, and she refuses to give up. Third is diet, she is on a vegan diet, no meat, no sugar, no dairy, no caffeine. Pancreatic cancer can be prevented by not smoking, eating healthy and avoiding processed meats and foods. Diabetics and people who are obese are at an in-

crease risk for the disease. Symptoms include; Jaundice, stomach pain, nausea or vomiting, weight loss.





Shown above Javone Johnson founder of The City Connection Magazine and Rev. Al Sharpton

Alfred Charles Sharpton Jr. better known as Rev. Al Sharpton was born in the Brownsville section of Brooklyn, New York on October 3 1954. He is a baptist minister, civil rights social justice activist, radio and television talk show host. Al Sharpton preached his first sermon at the tender age of 4 years old and toured with notable gospel singer Mahalia Jackson. Al Sharpton was appointed by Rev Jesse Jackson in 1969 to serve as the youth director of the Operation Breadbasket's New York branch. In 1971 he founded the National Youth Movement which focuses on the development of impoverished African American youth. In 1991, Sharpton founded the National Action Network , an organization designed to increase voter education, provide resources for those in poverty, and the support of small businesses. One of the most notable moments in Sharpton's life was the protest that he led to raise the awareness about the death of Amadou

Diallo, an immigrant from Guinea who was fatally shot and killed by several NYPD officers. Sharpton immediately sprung into action pointing out that police brutality and racial profiling were the foundation of Diallo's death. As a result, Diallo's family was later awarded \$3 million in a wrongful death suit filed against the city. Al Sharpton continues to fight for African American justice. In 2012 , Sharpton led several protest against the Sanford Police Dept. about the mishandling the Trevon Martin's death as a result of fatal gunshots fired from George Zimmerman which ultimately led to Zimmerman's arrest. Al Sharpton has run unsuccessfully for elected office on more than one occasion. However his efforts was not enough to secure his seat in the White House.

Al Sharton recently visited the campus of Norfolk State University , one of the nations oldest HBCUS during it's founders day celebration on Sept 18th 2015 to host a prayer breakfast to

address the importance of education and black on black crime.

The City Connection Magazine had the privilege to interview the reverend to bring a spotlight to unjust sentences and and words of encouragement for African Americans but first here is an excerpt from Al Sharpton's speech

“Al Sharpton

When we look at all over the country today, you should look at it based on its stern context of where we are. I watched parts of the republican debate the other night. I can only take it parts. (Laughter) and when you look at it without a historic analysis and in context with where we are it becomes one kind of analysis, but if you look at it based on historic development and evolution it becomes something else we are about a year and two months from somewhere this nation has never been. In 14-15 months this nation will for the first time have someone succeed is sitting African American President. I remember when President Obama was elected and many of us began relating him and civil rights organizational structure. A reporter asked me “well, reverend Sharpton how do you deal with being civil rights leader and having access to the White House?” I said well that's not strange having access to Kennedy Johnson, but the other thing is relating a civil rights organization to a black president, history will determine whether we handled it right or not because we never had that dilemma before. So I really don't know if we doing it right or wrong and there's no model to study. Well there is no model to study how you follow a black president. So if you see black frustration and black anxiety particularly in young people in this age of Eric Gardner and Michael Brown, imagine where that frustration will go in 15 months when Obama has left the White House. Now if you look at that backdrop and you have mass

“ People have been incarcerated only because they couldn't afford the proper defense so society have to meet them half way.”

incarceration, high black unemployment, criminal justice problems, and police community attention. How will the next president handle that? How will next president handle healthcare, uneducation, and world crisis? If you look at it from that perspective it's a little more serious than calling somebody a name at a debate, it's a little more serious than Donald Trump's hairstyle or whether somebody insulted him. We are in a very serious critical point in history, the nation, and the world. Our young people need to be trained to serve and operate in that, the surface reality show mentality that's going to go off in an hour, where you feel entertained but you're never enlightened or prepared to lead in this town. So in the reality TV world everything is ram bam, bravo, theatre, who hit somebody in the head with a bottle, who tossed somebody's weave out, laugh then go to bed. But that's not real life. That is not going to prepare our young people for families, employment, and the things that get real with these times. And the reason that we need the Norfolk State's of the world is because the still carve out greatness! Even in times that are challenging. So the given is times are tough, times are challenging for HBCUs. If you know the history of your HBCU when were they not challenged? In fact, they were founded against great challenge. Imagine 80 years ago when they founded this college when they decided in this area to do what Virginia Union had done. They did it at a time with

Great Depression where segregation was still a law at land, you mean to tell me when people had to sit in the back of the bus, couldn't use the "white" drinking fountain, couldn't check into certain motels. Where in the midst of a depression would have more fortitude and character than you sitting here today a black president, a black attorney general, and flying first class all over the world. (Applause). The problem is not the times; the problem is the people in the times. The problem is do we have the same strength and character and determination of those that founded this institution? And if we do, don't act like something wrong with HBCU, act like there's something wrong with us. This institution was necessary because it was the only way to give an opportunity to those that had nothing and it is necessary today because it is the only way to root some of our young people. If it is necessary today then we've got to fight. The legislature and all those that don't see it's important to make sure they understand. We must understand that we are a result of struggle and a result of generations of sacrifice and commitment.”

Javone: Rev Sharpton, What do you suggest to African Americans who just came home after serving unjust prison sentences?

Al Sharpton: One they must be determined to find a way to get on track, not come home full of despair and feeling that even though they were unjustly incarcerated, life is over. They must first have the internal strength. Secondly we must fight to have places that give opportunities, there are too many places that are closed to those with records. We are fighting mass incarceration. People have been incarcerated only because they couldn't afford the proper defense so society have to meet them half way. But they must be determined to make something out of themselves and not surrender. Even

Preparation for election day

By Antonio Garland

As another election approaches, voters in Virginia may not have a choice on who to choose at the ballot boxes. With no statewide congressional race, expectations for the turnout may be low. However, the results could affect policy decisions at local and state levels.

Voters should be conscious on what they need to know at the polls. According to wtop.com, voters are required to have a photo ID present, such as a driver's license, passport, employee identification card, etc. Those who have no identification can still cast a provisional ballot, which will be valid as long as the voter brings in a photo ID to the polls by noon on the Friday following the election.

Voters who commute and have 11 hour workdays can vote by absentee ballots or by mail.

Advertise with us

757-777-3841

get your
brand exposure



David Banner



David Banner

Norfolk State University

JJ: Is the illuminati real in the music industry?

DB: First of all, black folk don't believe in illuminati. The only reason why y'all believe in it is because Jay-Z and Kanye West said something about it. Ain't no reason to get scared of the illuminati. Illuminati been here, it's all over dollar bills, it's all over everything. C'mon now. As a matter fact most of them got their concepts from Egyptology. And it's really sad because black folk can take anything about something they don't know about and it's the "illuminati." Let me tell you something, white folks ain't going to let black folks get any more power at any level even if it's some of the dudes take it too far [*with the illuminati not every level will give you true knowledge or true power*]. These are called bootleggers, gatekeepers. That's all they are, gatekeepers. That's it. What they do is if it's one black person with some 'power' and they blame everything on them. Nah. The illuminati been here and it's other white people who going to be here, you always going to live around it, it's always been in your life, deal with it, that's it.

Posttraumatic syndrome strains in a lot of ways. Not just in heart. Not just in friendship. When it happens to you

The City Connection Magazine

it affects you in a cellular level. So there are certain things that happen to us and a lot of the times the reason why white people were so aggressive towards its own, they wouldn't lead you on to what they were doing to us. Now that's neither here nor there but we have been cultural-ly trained to be that way. Because let me tell you something, I don't care if you are gay, straight, republican, democrat, we all will have to come together because when they stop you they don't give a damn if you gay or not, they don't give a damn if you a kappa, delta, alpha, aka. They will kill you! They don't care if you a Christian; they walked up in a Christian church and shot folks! So most of the things we do is a trained behavior and it's not right. It's not right at all. People don't even know why we act the way that we act and we do what we do. But I will say that if you want better it's your responsibility to change that. 'I got tired of ratchet, I changed ME!' So with that being said, it's your responsibility to be able to articulate the pain of you and people like you go through. And we're going to have to find a way to bring it all together and just discuss it. You know why most men hate men? Because they don't understand. That's why white folk hate you because you're different, they don't understand you. They don't understand how they can beat you, and take all your religion, and clothes and still you survive. **@thecityconnectionmagazine**



The Artist Grind “King Magnetic”



The Artist Grind

When it comes to Bars and Beats look no further than King Maganetic with his latest project Timing is Everything.

TCCM: What is your name and where are you from ?

KM: KING MAGNETIC, from Allentown, PA (in between Philly and NY for those who don't know.

TCCM: What is the name of your album ?

KM: Timing is Everything

TCCM: Who influenced you to become an mcee.

KM: So many greats... I'd have to narrow it down to EST of 3xDope
Big Pun, Eminem, Big Daddy Kane, WU TANG CLAN, MC Ren, and Nas.

TCCM: Who are some of the features on the album.?

KM: Smith N Wessun, Jadakiss, Rapsody, Big Shug, and Reef The LostCauze.

TCCM: what was it like working with Jadakiss ?

KM: He blessed me with a vintage Kiss feature- shout out to 9th wonder for connecting us and AMP for the beat.

TCCM: Where do you see the future of hip-hop going.

KM: Everywhere, it's mega diverse now, theres more lanes than ever and the direct to consumer market is huge and still growing.

TCCM:Who is your favorite rapper?

KM: All the legends I mentioned earlier I'd have to add some of my other favorites: Logic, Saigon, 50 Cent, Sha Stimuli, Big L, Guru and Ed OG.

TCCM: Who are some of the producers on your album?

KM: 9TH Wonder, Marco Polo, Astronote, AMP, Khrysis and DJ Premier.

TCCM: What can we expect from your album?

KM: Classic 90's/2k Boom Bap.

TCCM: How do you feel about the record industry?

KM: It keeps me on my toes and on tour.

TCCM: Are you independent ?

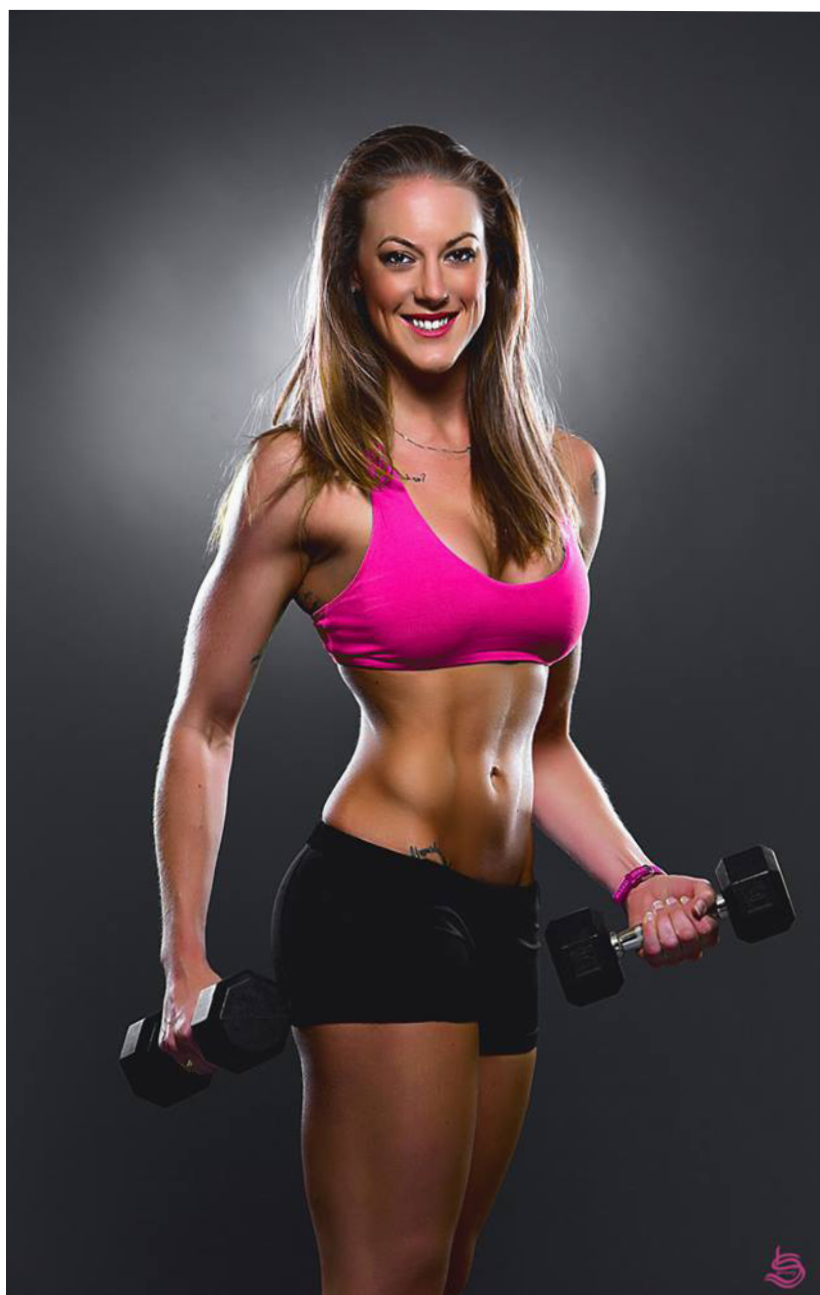
KM: Very much so Im hands on through the whole process I manage myself as well as book my own tours.

TCCM: How would you feel if Donald Trump became president?

KM: Like the 1950's were back.

@ t h e c i t y c o n n e c t i o n m a g a z i n e





Our fitness columnist Sarah Von Keck

The Scoop on Protein

Protein shakes... Everyone knows they are out there, but do you really know when you should be drinking them? Most people do not know much about protein and actually take it during times that are least optimal for their body. First things first, let's get some facts out there. The average person should intake about 0.8 grams of protein per kilogram of body

weight a day (1 lb = 2.2 kg, I'll let you do your own math). If you consider yourself an athlete the number is a little closer to 1.0 g/kg/d. The general recommended serving size of protein should equal about 20g, which is about 4-5oz of lean meat depending of the type or a scoop of your favorite protein supplement. The most essential times to intake protein are within one hour after waking

up, within one hour of the end of your workout and right before bed time. Taking protein during these times feeds your body when you need it most. When you first wake up, your body is starving. It needs nutrients. So go ahead and feed the beast. Eggs are a great source of morning protein and if you look at specialty shops around Hampton Roads, like Nutrishop Chesapeake, you can find protein bread and protein enriched nut butters. These are all great sources of protein because they take longer to break down and keep your body satisfied throughout the morning. Protein after your workout is ESSENTIAL. Bring your protein with you in a shaker or Tupperware to the gym and drink it ASAP after your lift session. Your body needs it for protein synthesis to help build the muscle back up from its damaged state. No protein, no gains. Lastly, you should chug a shake before bed time. This allows your body to receive protein while you sleep. The longer your body goes without protein replenishment the more it will begin to use your muscle as fuel source (aka atrophy).


The second question you may ask yourself is, what type of protein should I buy? If you walk into any supplement store you will notice there are thousands of different types of protein on the market. Each one offering you massive gains if you drink it. In all actuality though, there are a few things you should look for before forking over your paycheck for a five pounder of bro-tein. First, what type of protein is

it? Is it whey, hydro whey, soy, a blended protein or casein? These will be the most common proteins you will find on the shelves. There is also specialty proteins made for vegans, lactose intolerant people and other types of gastro disorders. For the common lifter, someone who doesn't do body building or physique shows, I would recommend a blended protein. These typically offer anywhere from 3-7 different types of protein and allow for a "time released" breakdown. The reason this is beneficial is because the protein stays in your system longer and it is utilized more effectively than your standard whey. Casein is your slow digesting protein and will stay in your system longer. This type of protein is recommended before bed because it has the capability to sustain your body throughout the night. Consumption rates differ with each type of protein and according to a study I recently read whey clocks in at ~8 to 10 g/hr, casein at ~6.1 g/hr, soy at ~3.9 g/hr, and cooked egg at ~2.9 g/hr. The study did not mention how fast hydro whey breaks down, but it considered the fastest due to its size and is commonly used with preparation for a bodybuilding competition. The second thing you should look at is how many grams of protein (GOP) per serving. If it is a standard whey then you should aim for about 20g/scoop. If it is a blended protein, the more GOP the better! Lastly, look at how many servings there are per container. Some brands out there have nice numbers, but only give you 30 servings per tub. Don't be afraid to ask

someone who works at the store their opinion of the protein either; just be wary about advice and realize that a lot of people who work in supplement stores do not know much about products they sell, so always do your own research on top of what they tell you before making your purchase. Personally, I use Pro7ein Synthesis from Nutrishop. It has a great flavor and is one of the most advantageous for my money. Nutrishop offers tons of different types of protein and everyone on staff is a certified sports nutritionist. You can find me working there every weekend, so come on in and ask me anything you would like!

With all of that being said, protein is an essential part of working out and gaining muscle. The more muscle you have the easier it is to lose weight and maintain a fit physique. I hope everyone has a wonderful holiday season! If you have any questions shoot me a message on Facebook at www.facebook.com/sarahvonkeck824 or @sarah_vonkeck on Instagram

Advertise with us
757-777-3841
 get your
 brand exposure



Uptown Fitness
 Dedicated To Sculpting A Better You!

Renaldo Goodman
 Certified Personal Trainer

1800 Liberty St.
 Suite 113
 Chesapeake, Va. 23324
 (757)-316-7311
 UptownFitness1@Gmail.Com

Drink 2 cups of tea a day...

Loose **5** Lbs
 in **5** Days!

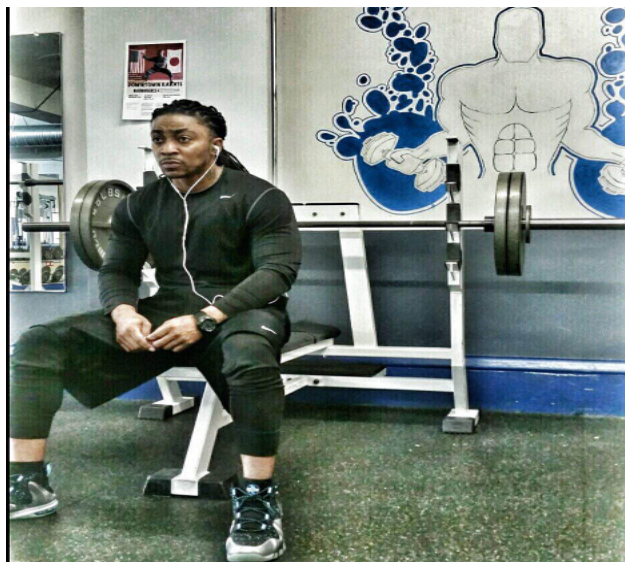
IBO #3341111



Ask me how!
 Contact me now!
 804-214-6641




www.soulpurposehealthandwealness.com



**Total Body Fitness
1800 Liberty St. Chesapeake, VA**

Fitness Together 350 W. 22nd St #102 Norfolk, VA

The Gym Downtown 259 Granby St Norfolk, VA

NFPT certified trainer Paul Clayton, offers important advice about fitness and Health.

- 1) A Good Health Diet- consisting of lean protein, fruits, vegetables and good carbs
- 2) At Least 45-60 Minutes of Exercise – including cardio and resistance training 3-5 days a week
- 3) Adequate Rest-includes 6-8 hours of sleep

Paul spoke with Philene James, Associate Real Estate Broker and Top Producer in Hampton Roads about how these steps have contributed to her success.

Paul: How do you start your day fitness wise?

Philene: After eating a healthy breakfast, I do 45 minutes of cardio exercise and moderate weight lifting for toning.

Paul: How do you feel that exercise contributes to your success?

Philene: Without exercise I would not have the energy to push through the demands of today's real estate market. I am more focused and in tune with the changes within the industry. Exercise not only give me physical strength but mental strength as well.

Paul: How do you maintain your nutrition with your schedule?

Philene: Meal planning has been the best advice that I've received from you Paul! I make a conscious effort to have a piece of fruit on hand or a healthy snack like raw nuts. I often have to travel from place to place throughout the day and this helps me avoid the pitfalls of succumbing to fast food.

Paul: What do you say to people who aren't disciplined to follow these basic step to overall wellness?

Philene: "I am a believer that you get out what you put in." Having a personal trainer has helped me tremendously. In having a personal trainer you're being held accountable to stay focused on your goal. You have direction from someone who is accessible and knowledgeable about nutrition and avoiding mistake in exercise that could lead to injury.

For those of us who don't have time for an elaborate morning breakfast, here is some healthy and light ideas.

Instead of: Doughnuts, coffee and cream

Eat: Whole wheat bagel (half), reduced fat peanut butter, sliced banana

Instead of: Croissant, butter

Eat: Whole wheat pita, sliced turkey, sliced tomatoes

Instead of: Bacon, egg, cheese, large O.J.

Eat: Oatmeal, fat free milk or light soy, strawberries

Philene D. James, ABR

Associate Broker

Long and Foster Realtors

963 Providence Square

Shopping Center, Suite 118B

Virginia Beach, VA 23464

Direct: (757) 581-7360

Office: (757) 467-0200

Fax: (757) 495-9443



Positive Kid Award



This month's Positive Kid Award goes to 11 year old Honor Student **Quran Shyheim Russell of Brandon Elementary who was recently featured on ESPN as Pop Warner Champs while he lead his team the Va. Beach Mustangs to thier National Victory when he ran an amazing 79-yard touchdown.**

Giving back to the community Daddy's Kitchen

JJ: 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. Here I have a very special guest, a second generation cook with an excellent cuisine, an excellent taste for food, and bringing that southern goodness to the cities of Hampton Roads. I am proud to introduce Mr. Tony Wills. Founder of Daddy's Kitchen Restaurant. How are you doing today Mr. Wills?

TW: Hey I'm doing good, it is an honor and pleasure to be apart of your magazine. Thank You.

JJ: Describe your history and experience in the catering, and restaurant business.

TW: I've been doing this for about twenty years. I started out under my father, of course, who has shown me a lot. I wouldn't be here today if it wasn't for him. Well, first and foremost I wouldn't be here today if it wasn't for God, let's not get that twisted. I went to school at TCC for entrepreneur/business and got my degree. I've been an assistant manager at Riley's but I've always had the hunger and love to cook. I remember being little sitting around watching grandma and my mom, a lot of my recipes came from my family and things that I have created over a period of time. And before you know twenty years go by and hey here I am today.

JJ: That's awesome! What is one of your favorite dishes?

TW: Man, one of my favorite dishes I like making ... I like making ribs. So you know I got a sauce that I make from scratch that I glaze them with. I have them falling off the bone and people go crazy! I turn around and use that same sauce for wings. Those are my two favorites definitely. But I say for specialty the restau-

rant that we are known for is grilled turkey chops and the grilled chicken over rice.

JJ: When new customer visits Daddy's Kitchen what can they expect?

TW: You're going to expect great customer service, that's number one. I practice it, I preach it from day one, southern hospitality is where it's at. If I get you to come in here and you don't want to go then my job is done. To me having good food is the icing on the cake but first and foremost I want you to feel welcomed, I want you to be waiting on hand and foot. It's hard to find that in society today. Nobody shows that love and care that should give to the customer enough for them to come into your establishment and spend their money.

JJ: That's true. What are some of the future goals for Daddy's Kitchen?

TW: Well, one of my goals was to get a dine-in. We started out with take-out but God blessed us and opened up doors for us to get the dine-in. So now from here on out I'm focused on constantly building a franchise. I want to have everywhere. I have states in mind like Georgia. I've visited a few times, looked at the other soul food restaurant locations in certain areas. I definitely want to hit New York, I definitely want to hit Florida, California, you know all the major states. But before I get to those I plan on having at least four in Virginia.

JJ: Any words of encouragement for inspiring entrepreneurs?

TW: Yes definitely, first whatever you do or trying to do if it's not

your passion find your passion first because it's hard work that is involved with this. Anything you work hard for doesn't come easy. If you're not passion about it then you'll find yourself falling by the waist of find yourself hoping from thing to the next. And after that don't take 'no' for an answer. Find a way to make it happen because if someone else did it before you then it can be done. If it has not been done before then you pave the way. My dad never accepted no.



World News

White House Drug Policy Director Designates Carroll and Grayson Counties as High Intensity Drug Trafficking Areas

Carroll and Grayson counties are part of 14 newly designated Counties nationwide that will work to disrupt drug trafficking through coordinated approaches to law enforcement

Hillsville, VA – Today, Director of National Drug Control Policy Michael Botticelli announced Carroll and Grayson counties as part of the 14 additional counties in 10 states designated as High Intensity Drug Trafficking Areas (HIDTAs). The designations will enable Carroll and Grayson counties to receive Federal resources to further the coordination and development of drug control efforts among Federal, state, local, and tribal law enforcement officials. It also will allow local agencies to benefit from ongoing HIDTA-coordinated initiatives working to reduce drug use and its consequences across the United States.

“With the designation of new counties as High Intensity Drug Trafficking Areas (HIDTA), we are enhancing the ability of Federal, state, and local authorities to coordinate drug enforcement operations and improve public health and safety,” said Director Botticelli. “The High Intensity Drug Trafficking Areas program is an important part of this Administration’s work to expand community-based efforts to prevent drug use, pursue ‘smart on crime’ approaches to drug enforcement, work to reduce overdose deaths, increase access to treat-

ment, and support millions of Americans in recovery.”

The newly designated counties were added to the following HIDTAs:

- Appalachia HIDTA

Blount County, Tennessee
Carroll County, Virginia
Grayson County, Virginia

- Gulf Coast HIDTA

Escambia County, Florida
Santa Rosa County, Florida

- Michigan HIDTA

o Muskegon County, Michigan

- New England HIDTA

Bristol County, Massachusetts

- New York/New Jersey HIDTA

Broome County, New York
Ulster County, New York

- Oregon-Idaho HIDTA

Linn County, Oregon

- Texoma HIDTA

McIntosh County, Oklahoma

Pittsburg County, Oklahoma

- Washington/Baltimore HIDTA

Carroll County, Maryland
Jefferson County, West Virginia

Created by Congress in 1988, the HIDTA program serves as a catalyst for co-

ordination among Federal, state, local, and tribal law enforcement agencies operating in areas determined to be critical drug trafficking regions of the United States. Law enforcement organizations working within HIDTAs assess drug-trafficking issues and design specific initiatives to decrease the production, transportation, distribution, and chronic use of drugs and money laundering. There are currently 28 HIDTAs across the country.

The Obama Administration’s drug policy treats the national drug challenge as both a public health and public safety issue. This approach is built upon the latest scientific research demonstrating that substance use disorders are a chronic disease of the brain that can be successfully prevented and treated, and from which one can recover. The Administration has directed Federal agencies to expand community-based efforts to prevent drug use before it begins, empower healthcare workers to intervene early at the first signs of a substance use disorder, expand access to treatment for those who need it, support the millions of Americans in recovery, and pursue “smart on crime” approaches to drug enforcement.

In August of last year, the

Office of National Drug Control Policy announced additional funding for HIDTAS, including an unprecedented partnership among five regional HIDTA programs—Appalachia, New England, Philadelphia/Camden, New York/New Jersey, and Washington/Baltimore—to address the severe heroin threat facing those communities through public health-public safety partnerships across 15 states. This HIDTA Heroin Response Strategy is fostering a collaborative network of public health-public safety partnerships to address the heroin and opioid epidemic from multiple perspectives.

Tune in to Director Botticelli's community forum on opioids in Knoxville here.

For more information about the Office of National Drug Control Policy visit: www.whitehouse.gov/ONDCP

For information on the High Intensity Drug Trafficking Areas program visit: www.whitehouse.gov/ondcp/high-intensity-drug-trafficking-areas-program



Coming Soon

The Coyote



Don

Book of the Month



Follow us on Instagram

The City Connection Magazine



The City Connection Magazine

SHINY COMPUTERS

1117 High Street | Portsmouth VA | (757-371-1123)

DONT THROW IT AWAY!
TURN THAT BROKEN PHONE IN TO CASH!

We will buy your **BROKEN** or **USED** iPhones,
iPads and other Apple Products On The Spot!



Model Spotlight



Janeta Taylor
Age 24 From Queens, New York

#getconnected



Applied Pressure LLC

10% off all services with this coupon

866-257-0030 Office
757-777-6693 Cell

Home Renovations, Flooring, Roofing,
Painting, Power washing, Heating & Cooling, Carpentry, Tiling, and more




Jay Jay's Carwash

Specializing
Hand Carwashes
waxes & more

4126 Lewellyn Ave Norfolk, Va

SUPPORT OUR TROOPS
MILITARY DISCOUNT
10% off



Styles By Christopher

Bring this coupon and receive \$1.00 off your next haircut

Andy's Barbershop
2301 Colley Ave #G
Norfolk, VA 23517

www.cubanlinkkings.com

