

# THE CITY CONNECTION

February 2015

Issue 5

*Magazine*

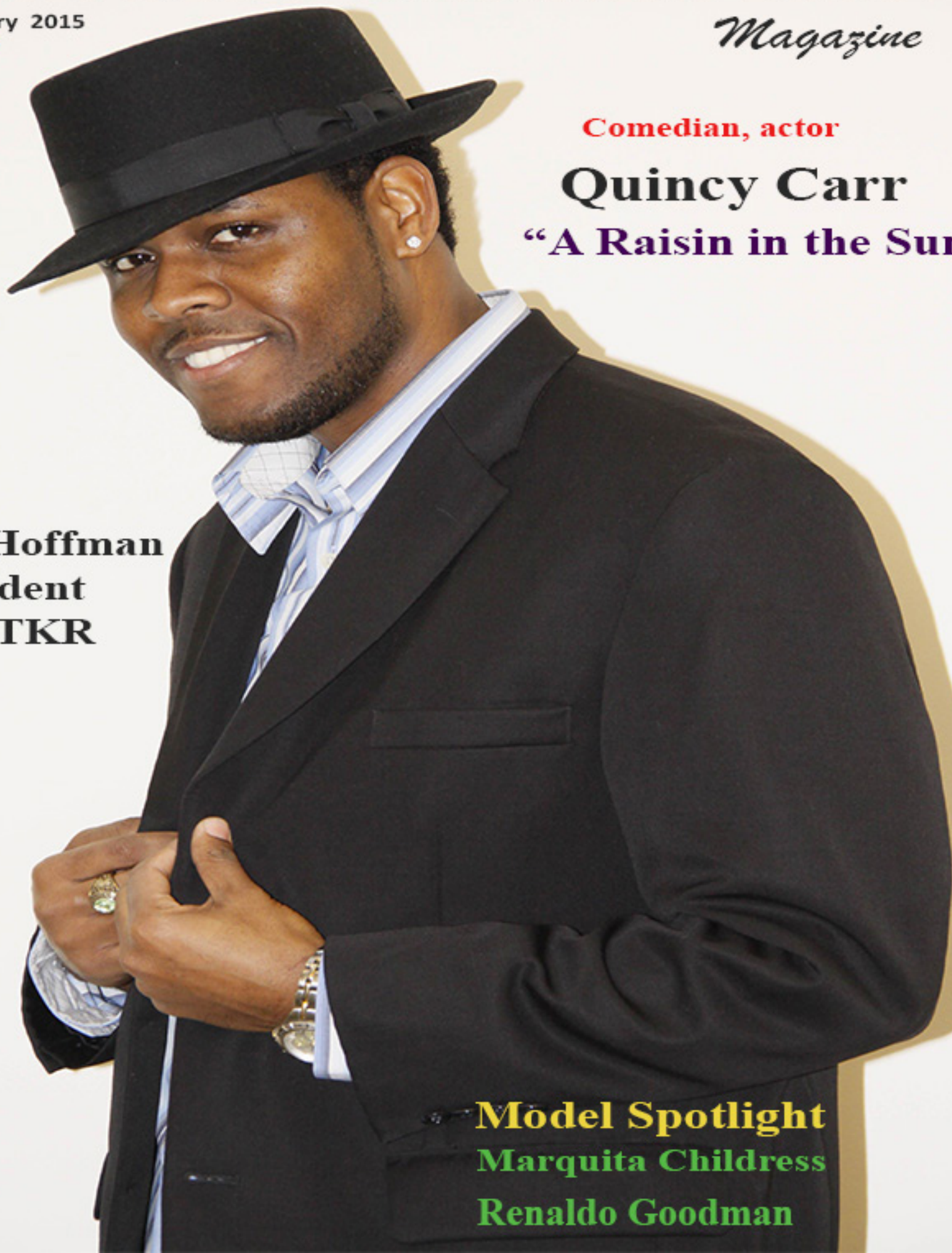
**Comedian, actor**

**Quincy Carr**

**“A Raisin in the Sun”**

**Jeff Hoffman**  
**President**  
**of WTKR**

**Model Spotlight**  
**Marquita Childress**  
**Renaldo Goodman**



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# Letter From the Editor

## Togetherness is the key

Ever since I can remember I have always wanted to be successful at something. I was fortunate enough to grow up in a good home with two positive parents who have supported me in every endeavor of my life. They shared my dreams and ambitions down through the years, and I believe that one or both of them are praying for me right now. Having two great supportive parents has undoubtedly been the best thing I have had in my whole life. Each time I write this editorial page, I feel like putting both of their pictures on this page or the front cover. That's a great feeling. One of my dreams was to do something to make Norfolk and all of Hampton Roads better. One of the things I have been able to do is to create and publish The City Connection Magazine. My simple message this month is "Togetherness is the key".

Anyone who wants to be successful at anything must realize that you cannot be successful alone. You will be in constant need of the guidance, skills, resources, and support of other people. Regardless to their race, religion, or other dividing factors. When people work together they can learn, they can grow, and they can achieve more. Someone reading this edition may decide that he is a sellout, he has become a softie, a traitor, no I haven't become a softie, a traitor of sellout, I have become wiser. I finally see the necessity of togetherness in pursuit of excellence. Everything is not about race, everything is not about religion, everything is not about politics, but one thing I have learned is everything is about people. When the human work together, it can rise to the peaks of excellence. But when it alienates and divides itself, it can only fall into the pits of underachievement and destruction. I commit myself through this magazine and other things that I will have the opportunity to do work to improve togetherness in our community which is the key to our mutual success.

Yours Truly,  
Javone Johnson



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# Whats inside....



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Her poetry and passion for humanity is well appreciated

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# History that matters

## Maya Angelou

Maya Angelou was born Marguerite Johnson in St. Louis, Missouri, on April 4, 1928. She grew up in St. Louis and Stamps, Arkansas. She was an author, poet, historian, songwriter, playwright, dancer, stage and screen producer, director, performer, singer, and civil rights activist. She was best known for her autobiographical books: *Mom & Me & Mom* (Random House, 2013); *Letter to My Daughter* (2008); *All God's Children Need Traveling Shoes* (1986); *The Heart of a Woman* (1981); *Singin' and Swingin' and Gettin' Merry Like Christmas* (1976); *Gather Together in My Name* (1974); and *I Know Why the Caged Bird Sings* (1969), which was nominated for the National Book Award.

Among her volumes of poetry are *A Brave and Startling Truth* (Random House, 1995); *The Complete Collected Poems of Maya Angelou* (1994); *Wouldn't Take Nothing for My Journey Now* (1993); *Now Sheba Sings the Song* (1987); *I Shall Not Be Moved* (1990); *Shaker, Why Don't You Sing?* (1983); *Oh Pray My Wings Are Gonna Fit Me Well* (1975); and *Just Give Me a Cool Drink of Water 'fore I Diiie* (1971), which was nominated for the Pulitzer Prize.

In 1959, at the request of Dr. Martin Luther King Jr., Angelou became the northern coordinator for the Southern Christian Leadership Conference. From 1961 to 1962 she was associate editor of *The Arab Observer* in Cairo, Egypt, the only English-language news weekly in the Middle East, and from 1964 to 1966 she was feature editor of the *African Review* in Accra, Ghana. She returned to the United States in 1974 and was appointed by Gerald Ford to the Bicentennial Commission and later by Jimmy Carter to the Commission for International Woman of the Year. She accepted a lifetime appointment in 1982 as Reynolds Professor of American Studies at Wake Forest University in Winston-Salem, North Carolina. In 1993, Angelou wrote and delivered a poem, "On The Pulse of the Morning," at the inauguration for President Bill Clinton at his request. In 2000, she received the National Medal of Arts, and in 2010 she was awarded the Presidential Medal of Freedom by President Barack Obama.

The first black woman director in Hollywood, Angelou wrote, produced, directed, and starred in productions for stage, film, and television. In 1971, she wrote the original screenplay and musical score for the film *Georgia, Georgia*, and was both author and executive producer of a five-part television miniseries "Three Way

Choice." She also wrote and produced several prize-winning documentaries, including "Afro-Americans in the Arts," a PBS special

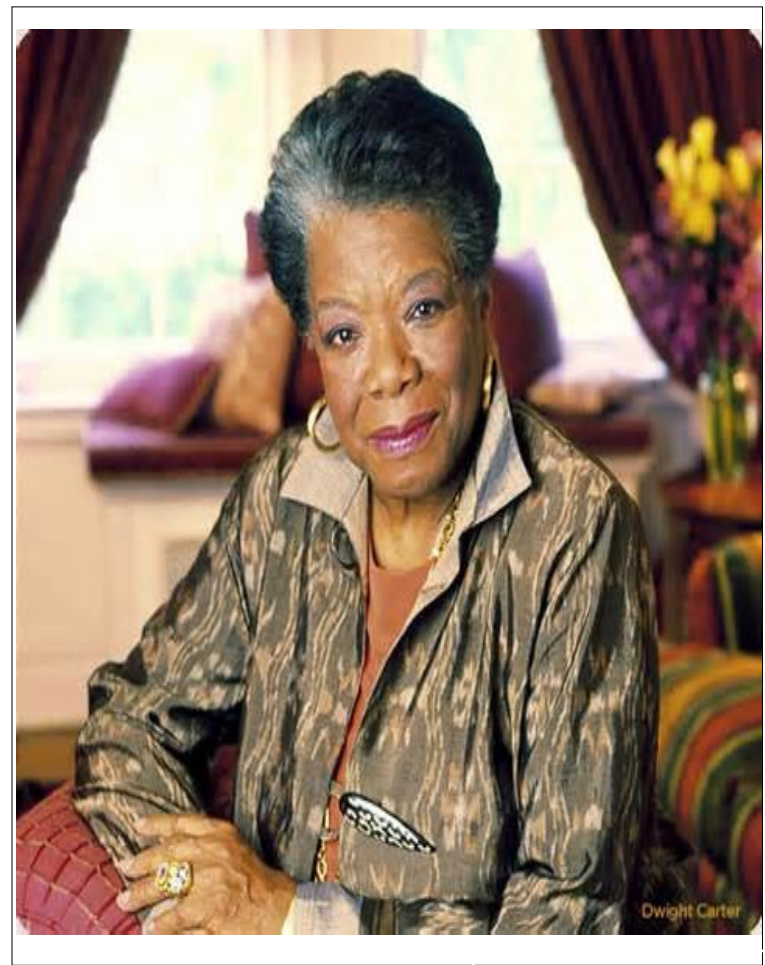


Photo courtesy of Dwight Carter

for which she received the Golden Eagle Award. Angelou was twice nominated for a Tony award for acting: once for her Broadway debut in *Look Away* (1973), and again for her performance in *Roots* (1977). Angelou died on May 28, 2014, in Winston-Salem, North Carolina, where she had served as Reynolds Professor of American Studies at Wake Forest University since 1982. She was eighty-six.

*"While I know myself as a  
creation of God  
I am also obligated  
to realize and remember that  
everyone else and everything else  
are also God's Creation"*  
Maya Angelou



# History that matters



## Garrett Morgan/ Inventor

Garrett Augustus Morgan, Sr. was an African-American inventor and community leader. His most notable inventions included a type of protective respiratory hood (gas mask), **the first traffic light** and a hair-straightening chemical.

Born: March 4, 1877, Paris, Kentucky  
Died: July 27, 1963, Cleveland Ohio

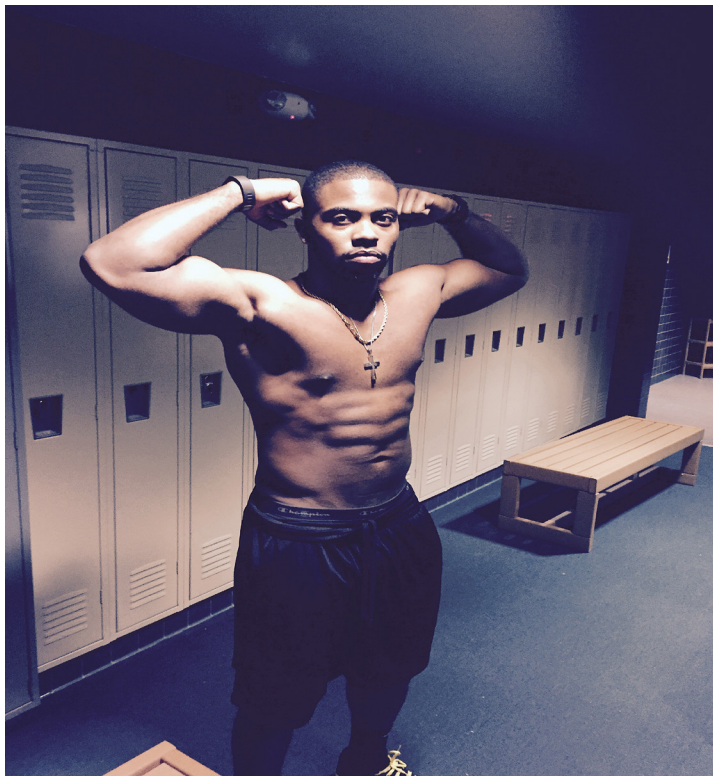


Shown above from left to right. Clarence 13x Smith (ALLAH) and John F. Kennedy aka "Azreal" the first white 5 percenter.

Clarence 13x Smith aka "ALLAH" was born on February 22, 1928 in Danville, Va. He was a community leader who loved teaching the youth while keeping them out of trouble. He was the founder of The Nation of Gods and Earths aka the "five percenters". Recognized by the former mayor of New York city John Lindsey for his countless efforts to clean up the streets of Harlem New York focusing on the education of the black youth who were from broken homes and who also struggled with drug abuse. Clarence 13x and the five percenters were also recognized for calming the streets during the Harlem Riots of the 60's during the assassination of Dr. Martin Luther King Jr. Clarence 13x was also a big advocate of social equality and a firm teacher in the Bible's scripture of John 10:34 where Jesus states that "ye are all Gods" as he often referred to himself and the five percenters. He was assassinated on June 13 1969.



# Stay In Shape with BlockerYMCA's **Demont'e McClary**



**TCCM: 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 special guest in our Health & Fitness section. Tell us what is your name and where you are from?**

Special Guest: Demont'e McClary from Newport News, Virginia

TCCM: What lead you to the path of Personal Fitness?

McClary: Really it's just through sports – Athletics. Just being in that field growing up being real athletic playing football and basketball my whole life. So it's by nature.

TCCM: What are your certifications and how long have you been training?

McClary: I have been training “consistently” since my freshman year in college. My certification, I am a fitness Quest coach at the Blocker YMCA in Norfolk and I am a certified personal trainer as well.

TCCM: What are the best exercises to achieve a six-pack?

McClary: They say “Abs are made in the kitchen”. I would say about 75% of your workout will come from what you eat. To burn fat and see results, you want to do a lot of Cardio. Then focus on trying to incorporate abs workouts as well. If you really want those abs to pop, do weighted abs. Also incorporate weighted abs into your workout and that will be the best results for abs.

TCCM: Can I “cut up” my body without using weights?

McClary: Yes; that's true I mean, people who do cross fit, they do a lot of calisthenics, which are push-ups, pull-ups, body weighted activities. Running, swimming, all those types of things get you real definition without weight.

TCCM: Can I eat what I want and still achieve results?

McClary: To a certain extent but after you put that time in the gym, you are going to have to monitor what you eat for a certain amount of time before you start eating what you want. At least once or twice per week you can have your cheat days, which on those days you can have whatever you like, but for the other days you have to maintain a strict diet consisting of lean meats, a lot of vegetables, and fruits. So keep that in mind.

TCCM: What are the best exercises for getting rid of muffin tops and inner thigh bulge?

McClary: Cardio, for the muffin tops you want to do ab work targeting the oblique's and abductions along with squats for the inner thigh bulge.

TCCM: When is the best time to work out? Day or night?

McClary: Day preferably when you first wake up especially for males because that's when the testosterone levels are really high, and you do not want to eat before you work out so that you are burning just fat and not the food that you just ate.

TCCM: How many days per week should I work out?

McClary: Depending on the kind of results that you are looking for. I train which is a difference between working is out. But for the novice who is looking for results I would say 3 days per week for at least an hour.

TCCM: Cardio or weights. Which one should I do first?

McClary: It depends on your mindset but you can switch it up from week to week and still achieve great results.

TCCM: Can both men and women perform the same exercises?

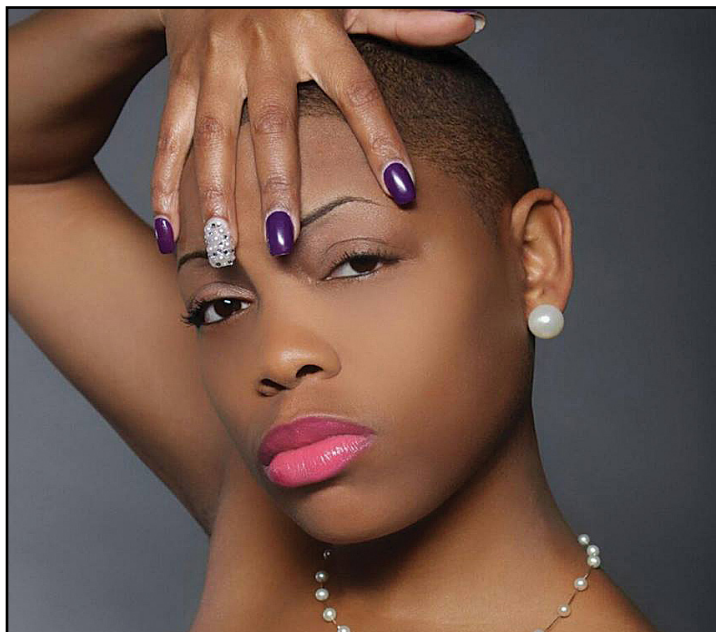
McClary: Yes they can but it all depends on what their concerns and goals are.

TCCM: Is there one particular exercise that burns fat more than any other exercise such as running, the treadmill, jump rope etc.?

McClary: anything dealing with cardio is going to be your biggest thing that will burn fat however swimming is a good exercise because it incorporates the whole body.

TCCM





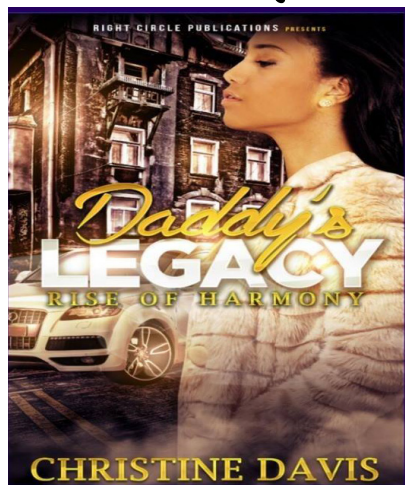
# Beauty and Brains

If you knew me, then you would know that my name is Donicia Grimes, a 31 year old female from Norfolk, VA. You would also know that at the age of 26, I purchased my first home. I have an extensive educational background starting from an

Associate's ending with a Master's in Science. I strive for perfection, but also know that progress is key! I want to resemble and exemplify strength and motivation. I stand firmly behind this quote " words without action, is like a heart with no beat"

## Book of the Month

# Daddy's Legacy



**H**ello I am Christine Davis. I am 15 years old. I currently attend Norview High School.. My birthday is Feb.11,1999.I was born & raised in Norfolk, Va. My father got stationed in Charleston, SC. Being in the country with nothing to do, I would draw. I then wanted to be an artist. Once we

moved back to Norfolk, Va. I started reading books series. Kids versions of course. I was 8 years old when I wrote my first book, "Meeting with the Mess up." The book was written in play form. That was the only way I knew how to write. Now I have 25 books that are written in play form. I am changing them into novels now.

My passion is to write. I spend most of my days writing books. I also have a passion for helping the homeless. My goal is to build a shelter one day to help the homeless people in my community. My ultimate goal is to become New York Times Best Selling Author.

Thank You for taking time out to learn about me.

# NOW IS THE TIME TO LAUGH



✿ HAVE YOU IN TEARS

✿ DIRTY ROUTINE

or  
✿ Clean routines

## DANIELLE LUCAS HARRIS

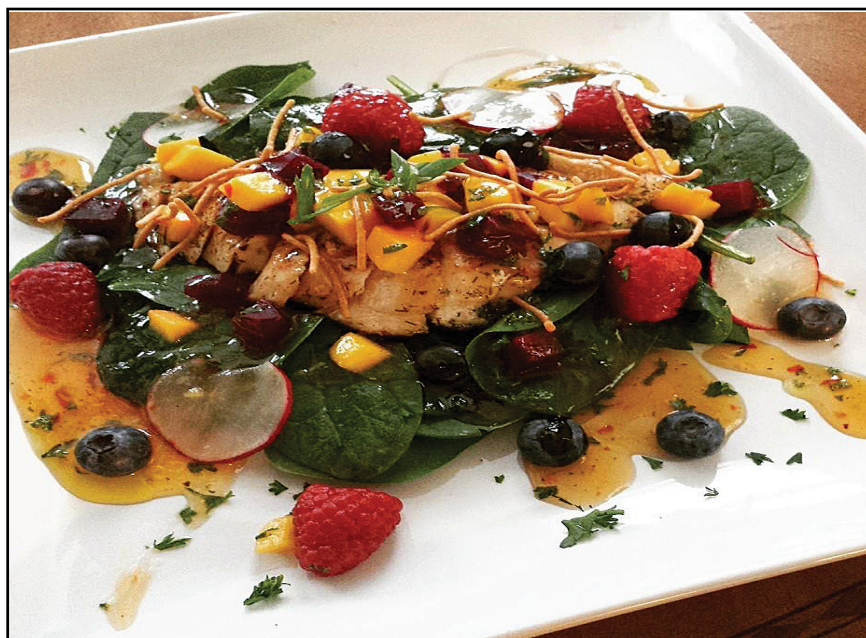
Booking Info -

Facebook: KatinaHarris

Instagram: @Dbigbeauty

call: 757-237-6168

# Asian Chicken Salad



Prep Time: 1 hr.

Total Time: 1 hr.

## Ingredients

1 roasted beet, cubed

½ mango, cubed

1 cup of thinly sliced cooked chicken, cut into strips

## Dressing

½ cup extra virgin olive oil, 1/3 cup for chicken, 1/3 cup for dress:

1 tbsp. honey

1/8 tsp. fresh oregano and fresh rosemary

2 tbsp. sweet chili thai sauce

½ tsp. fresh lemon juice

1/8 tsp. fresh cilantro, chopped

## Sweet Chili Thai Sauce

1 cup rice vinegar

1 cup sugar

2 tsp. fresh ginger root, minced

1 tsp. garlic, minced

2 tsp. hot chile pepper, minced

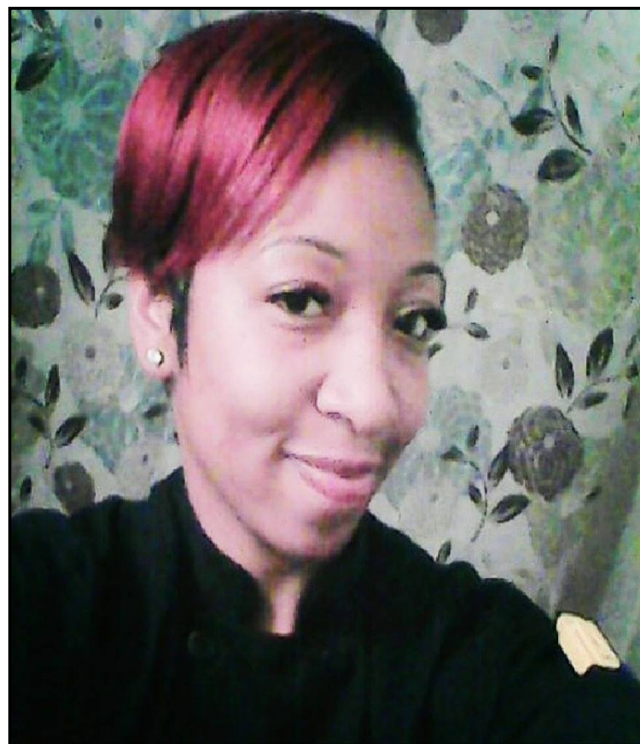
2 tsp. ketchup

## Salsa

1 roasted beet, cubed

1 mango, cubed

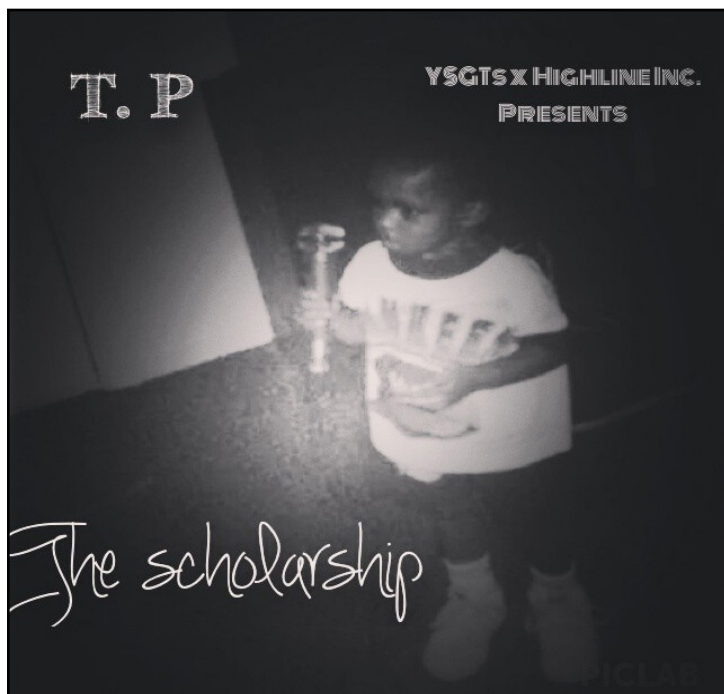
1/3 cup blueberries



Instagram: [chef\\_chemonet](#)



# Artist Spotlight



Representing Norfolk, Va and claiming the neighborhoods of Lambert's Point and Park Place comes a true lyricist by the name of TP with is latest effort titled The Scholarship. TP has an old hip hop soul reminiscent to the likes of Q tip of A Tribe Called Quest mixed with an early Rakim Allah. It feels good to see the youth preserve a art form that has its origins in the urban streets.



\*\*\* LISTEN TO THE WHOLE ALBUM AT [@ARTISTSPOTLIGHT](http://WWW.AUDIOMACK.COM/ALBUM/CONSPIRACY/THE SCHOLARSHIP) \*\*\*

**Did  
you  
know**

Did you know that the human body contains more than 60,000 miles of viens and blood vessels? Thats enough to wrap around the Planet Earth more than two times. The human being is indeed one of God's most powerful creations.

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## A Raisin in The Sun

**C**omedian, actor, and entrepreneur all rolled into one. Quincy Carr will soon be a household name. I had the pleasure to interview this extraordinary man and let me tell you he is paving the way for a very successful future. A navy veteran, college graduate, business owner, son, husband, and father, he's held various roles but he continues to strive towards his goals and dreams.

From a young age Quincy always knew he wanted to pursue acting and comedy. He would watch comedy shows all the time and it intrigued him. Quincy and his younger brother used to fully reenact their favorite movies from "Uncle Buck" to any other favorite. They took the time to analyze every aspect and detail. Later on when

Quincy started his acting career in 1999 he would use these same techniques to perform when he did comedy.

While performing comedy he had many individuals express to him his need to dive into the acting world. While it had always been in the back of his mind, he decided to take the plunge in 2012. He first got into the acting industry thanks to a former coworker who was affiliated with Hudson Talent. From his initial introduction with Hudson Talent, he landed guest appearances on show such as "Discovery ID", "Wicked Attraction", and "Happily Never After". His role in the upcoming film "Employee of the Year" which is debuting in March was a different role for Mr. Carr.



# “A Raisin in the Sun” By Lauren Harden

He stated it was out of his comfort zone but he was able to use his background in comedy to adapt to his character. He also had room to improvise with his character, so he could let his natural, witty, and comedic charm shine through. He described his character Marvin as the simple, quirky, knowledgeable coworker everyone likes. He said his character used a lot of quotes from famous people to help his fellow coworkers resolve their problems. This role was exciting for Quincy because it was his first feature film. He loved the fact he could bring out comedy in a more serious nature. He loved being around the other cast members who were just starting out in their career, so the overall vibe was excitement and giddiness.

Another notable role for Quincy is his lead role in “A Raisin in the Sun”. This will be his second stage performance but his first ever leading role. This performance will be on March 14<sup>th</sup> at the prestigious Willett Hall in Portsmouth, VA

When asked if he would continue to pursue acting roles he exclaimed with absolutely! With his 16 year comedic anniversary, he has no plans of slowing down. With acting he enjoys presenting the character for the audience and to see the way people react to his rendition of the character. I believe with no doubt that

we will be seeing more of Mr. Carr in various performances and acting roles.

I asked Quincy who his biggest inspiration was when it came to his career and without hesitation he said his mother Vickie Miles. She taught him to not let anyone tell you what you can’t do. For instance with his Quality Comedy Series at the Funny Bone in Virginia Beach many doubted it would be successful. He said he accepted this as a challenge and strived to

**“People are always chasing the money aspect of happiness”**

## QUINCY CARR

he could branch out and has different opportunities for shows such as churches, weddings, corporate events, etc. He has even partnered up with some of his friends and created the “Clean & Quality Comedy Tour”, they started last year with about 5-6 shows touring different churches and they have currently booked one show for this year with many more to go.

Another big accomplishment for Quincy is his recent position as the newest personality

create a type of show where the comedy was clean. Hence the creation of the hash tags “all fun no filth comedy”. His comedy series is Virginia’s only all clean adult comedy show. He wanted a show where people could enjoy themselves without the profanity. He also realized by creating a show where there is no profanity involved,

for Great24.com. They promote positive news, media, and information network. With this role it allows Quincy to become more connected with the community he works with. Quincy is no stranger to giving back to the community he works in, another valuable trait he learned from his mother. Every year he has his “Crash the Party” event which consists of an event at the Cinema Café in Pembroke. He gives local comics the opportunity to perform and he also uses it as a fundraising event where he picks a local church and has attendees donate school supplies for children in need. For his sixth year hosting this event, he is partnering with Eggleston to bring an even bigger event to the local community.

With all of these fantastic opportunities and endless possibilities, Quincy remains positive and hopeful for his future and career. When asked what advice he would give someone coming into the acting industry, he said know what your true passion is. He explained how people are always chasing the money aspect of happiness, and it shouldn’t be about that it should be about your passion. He also replied “if you’re going to pursue it, make sure your drive and passion fits”. He disclosed with long hours and sometimes 18 hour days it can be grueling but if you’re passionate about what you do, then none of it will matter.

With an exuberant personality and a passion for all he does Quincy Carr is heading on the right path to achievement. I’m excited to see the new developments and advancements in Mr. Carr’s career and I wish him all the best in his future endeavours. @Lauren Harden

The City Connection Magazine wants to thank all of our troops who serve in the Armed Forces and who have fought and risked their lives to protect our country.

**Thank You!**

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# Barber of the Month

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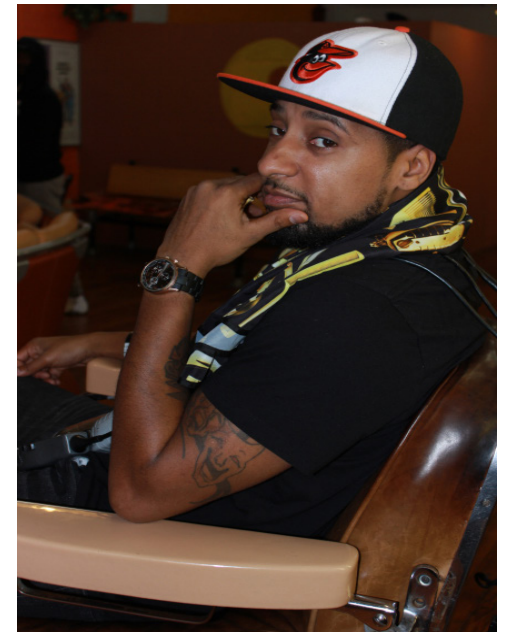
## “Big Mike”

This Month’s Barber of the Month goes to Michael Johnson aka “Big Mike” of Furious Styles Barbershop  
Located at 737B Granby Street in Norfolk.

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Think your barber can  
make the cut

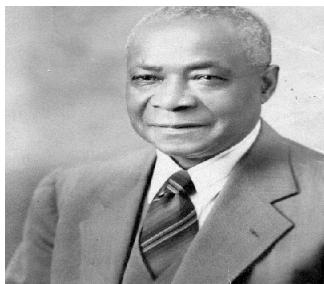
Then go to [CityConnection.com](http://CityConnection.com) and nominate them for Barber of the Month.



Michael “Big Mike” Johnson

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## Joseph Thomas Newsome



(1869-1942), Newport News  
Lawyer and Editor

Photo courtesy of the Newsome House  
Museum and Cultural Center

Joseph Thomas Newsome (1869–1942) was born in Sussex County. The son of former slaves, Newsome graduated from Virginia Normal and Collegiate Institute (later Virginia State University) in 1894 and earned a law degree from Howard University Law School. “Lawyer Newsome,” as he was known in Newport News, was involved with several high-profile criminal cases in eastern Virginia, and was one of two African American attorneys who made a successful appeal to the Supreme Court of Appeals (later the Supreme Court of Virginia) in 1931 in *Davis v. Allen* in which black residents of Hampton were routinely prevented from registering to vote.

Politically active, in 1921 Newsome opposed the “lily-white” direction of the Republican Party, and he ran for attorney general on a “Lily Black” Virginia Republican ticket. Newsome helped found and lead the Warwick County Colored Voters League, an organization that lobbied for schools, community improvement, and voter registration. He advocated for and helped secure the first high school for African American residents of Newport News. Newsome remained active in public affairs and at the time of his death was serving as president of the Old Dominion Bar Association, a black counterpart to the Virginia State Bar Association.

Newsome edited the Newport News Star from late in the 1920s to late in the 1930s until its purchase by the Norfolk Journal and Guide. Very active in community churches, he also opened his home as a community center, even hosting Booker T. Washington on occasion. Although the Newsome house fell into disrepair after his death, it was renovated late in the 1980s and converted into a community center and a museum for black history.



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# Flexible Wellness

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**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 and today I have a very special guest with us today who going to give us instruction about Tai Chi, Energy and Flexibility.

Could you please introduce yourself?

**Ann Swanson:** My name is Ann Swanson and I teach Tai Chi and what's moving is....Chi...Energy and that's what Tai Chi is all about is getting this flow of energy. This vitality through your body and through your options for your life.

**Ann Swanson:** So what lead you to the path of Tai Chi?

**Ann Swanson:** I always interested in. I always interested in China as a kid even and then I studied Chinese in school and when I graduated I bought a one way ticket to China. In China, People just do Tai Chi in the parks like its part of the lifestyle especially for older people more traditional and got into it from that just from being around it.

**TCCM:** So is Thai Chi a form of Martial Arts?

**Ann Swanson:** It is...its slow moving

Martial Arts. It's not as much used for fighting. Nowadays it's used more for health benefits but it always has to have that Martial Arts component to it more defensive more about redirecting energy

**TCCM:** How many different types of Thai Chi are there?

**Ann Swanson:** There are lots of different types of Thai Chi form main styles of Thai Chi and the main one that's practice today is young style and what we are learning is soon style and Chi style and those are some of the main styles.

**TCCM:** So for Thai Chi is there an age requirement to study or to practice it?

**Ann Swanson:** I have students from 18 to my oldest student being one hundred and four. So kids can do it to but that's the range I teach.

**TCCM:** So the healing properties, does diet make up a good percentage of the wellness of Thai Chi or does it matter what you eat?

**Ann Swanson:** I think it matters what you eat because we have all experience that but it's not part of the teaching for Thai Chi

**TCCM:** What would you consider to be one of the main benefits of Thai Chi?

**Ann Swanson:** Balance and that's balance in your body, balance in your standing and fall prevention especially for that 104 that I have but also balancing your life. So even us younger people finding that sense of balance with all the activities we juggle.

**TCCM:** Is there any words of encouragement that you would like to give to anyone who wants to pursue the art of Thai Chi?

**Ann Swanson:** I would say try it. I do think videos are a good place to start and hopefully we will embed a video in this article that people can try it out with. So just trying it and finding a qualified instructor to help guide you.

**TCCM:** So where can we meet social media wise? How can we contact you?

**Ann Swanson:** So I post videos up on my website FlexibleWellness.com and you can subscribe to my YouTube channel right off of my website or YouTube channel Flexible Wellness. I post weekly



## Bonus!

Be sure to visit our new Health and Fitness section on our website at [www.thecityconnectionmagazine.com](http://www.thecityconnectionmagazine.com) and get your free lessons in Tai Chi for warm ups and Tai Chi for Arthritis

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# WORDS FROM THE MOTH



Nakeasha Johnson

The journey of my son meeting his dad after 12 years as his father faces his own mortality

By Nakeasha Johnson

**T**oday I write as simply a mother of a fatherless son. I have never been this personal in any of my writing however, today is the exception. In order to get you to the lesson and the advice beloveds, I must give you the backdrop.

#### THE BACKDROP

When I was 18 I gave birth to my eldest child and first born son. His father met me when I was 14 and he was 21 years of age. He was the first person that I was intimate with willingly. At that time I was completely enamored by the notion that someone that old would choose me. At 17 I became pregnant with my son and this man fell off of the map. Very seldom did we speak or see each other until he showed up for the birth nine months later. For an additional four years he would pop in and out of our lives at will, until I went off to college and moved on with my life. While in college and once after leaving in 2003, he had only seen his son two times. His last time seeing my son was when my son was 5 years of age. Fast forward to a couple of months ago, the government took him to court for non-compliance of a court order. In addition to not seeing his son, he also has not paid his court ordered child support since my son was born. There was not much to do about it because he already had at least four other active support cases within the system. Needless to say he showed up to court and my mouth dropped. Here stood a man that I had not seen in over a decade plus. I was floored, but kept my composure and handled the situation with tact and grace. Our case was dismissed because he had filed for disability. The state cannot pursue child support payments under those circumstances, so we exchanged information and parted ways. Since then, we met once so that I could arrange a meeting between him and his son. Before they would meet, I had to lay down the rules and regulations for

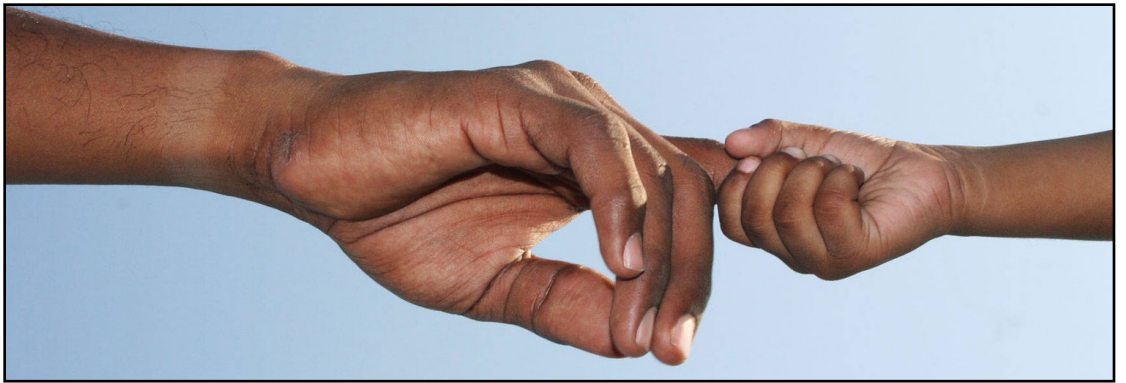


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# ER OF A FATHERLESS SON

such an interaction because my child's mental, physical, and emotional well-being is my priority. During the meeting he revealed that he has tumors in his arms and chest cavity. Since the meeting unless it was an opportunity to see me he was unresponsive. Then he became unresponsive altogether not answering nor returning my calls. This went on for almost two months. Until two days ago when he called me stating that he was in the Intensive Care Unit at the hospital. He only said to me that had bleeding in his brain. I then let him know that I would speak to my son and that we would probably be there on the following day. I then, sat my son down and explained the situation and asked him what he wanted to do. Mind you my son has expressed that he just wants to see his face so he can know what he looks like. My son stated that he has always had an image in his mind but has never known and he wanted to know. So last night we went to the hospital and my son saw his father for the first time in 12 years. He also met his grandmother for the first time. The situation to say the least was weird and a bit uncomfortable. Here we both were in the presence of strangers related by blood and everyone knowing that there are no magical words to fix this right at this very moment. Everyone was wondering how I came to even be there with my son. I let individuals know that his father in fact called me. When a person is facing their mortality, sometimes they seek to be surrounded by their families and children. They tend to try to right the wrongs that they can. This is the case with his father I think. I had come to learn that he had a stroke due to high blood pressure and during the stroke a blood vessel burst in his head and thus was the cause of the bleeding in the brain. In spite of the weirdness of the situation, I can appreciate his apology and his mother's open and encouraging invitation to her grandchild to be in her life and get to know her and allow her to get to know him.



Stock image

## THE EMOTIONS

This aspect was very surprising for me. I did not to expect to feel or go through such a vast range of emotions. Despite my personal feeling about this man, I cried for him. I cried for his pain and for the pain of his family. More than anything I cried for the potential pain that this situation would cause my son. I can't even describe in words all of the emotions that I have felt in response to this situation. In the end I am human. I hurt when I see black men hurting and struggling at the many crossroads that they face. On one hand I do not like who this man is as a person, but despite that fact he is the father of my son above all. He is a black man who was never taught by his father to be a father. He had a rocky relationship with his own dad and when they found a sweet spot in that relationship without warning his father murdered his girlfriend and then turned the gun on himself and committed suicide. So my heart doesn't allow for anger. I hurt for him like I do for others who do not know the unconditional and sometimes harsh love of a father. I have raised an amazingly intuitive and caring young man. I can only will that he understands later on in life why I was so incredibly hard on him and what I have sought to prepare him for. The complexity of this situation has put me in the position to see my humanity, earthliness, grace, and compassion. In the hospital I watched this man who left a child (myself) to raise a child in this harsh

and cold world. I watched him ask me and not his mother for water and to hand him things, which I did without question. I listened to his slurring speech as he called me late last night to talk about the people who are not there for him and how he needs to change his life. At the conclusion of the conversation, I asked that he let me know the results of his tests today to which he responded "why do you care?" Wow, in that moment I realized how damaged he was. Just like he had taken advantage of women all of his life, his karma revealed a man who does not know or have the unconditional dedication and support of a woman. At that moment, I told him that regardless to whom or what and whether he liked it, loved it, or felt indifferently about it we are connected. We created and share a beautiful soul that is our son. For that reason, I will always care about you and how you are doing. After a moment, he simply responded with a calm and low voice to call him and let him know when we were coming back to the hospital. The following day I arrived at the hospital with my son and no other visitors were there. At one point he turns to my son and tells him that he understands if my son doesn't like him, love him, or even wants to get to know him because he was never there. He proceeded to say that there was no excuse at all as to why he was never there and in his moment he stated maybe that's why all this stuff is happening to him and shed tears. It was an incredibly vulnerable and sad moment

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Johnson: 'I'm not sure where the anger and hurt I used to feel went. I just know that it is not in my mind or heart anymore.'

24 million children  
live in biological  
father-absent  
homes. U.S. Census Bureau

### Continued from the previous page

and all I could do was look at him and wipe away his tears. As I did so I looked at him not as a man but as a child who was directionless still with his feet not grounded trying to figure life out at 42 years of age. I will be honest and say I am not sure where the anger and hurt I used to feel went. I just know that it is not in my mind or heart anymore. I knew that I was a compassionate person but you never know the degree of your compassion until it is tested. I must say despite it all, I am happy that I could be there for another person in their time of need without carrying any of the negative or hurtful emotions that they once created within me. Not because I want to be a martyr but because sometimes we need to be examples of righteousness to show others that redemption at any point is possible. Something's you can come back from. Change is always possible. Growth is always possible. Hurt people tend to hurt people, and I am just glad that I was never a person who allowed life's situations to cause me to be a bitter, spiteful, and hateful person toward black men in general.

#### THE LESSON

Many of us are damaged souls who perpetuate the cycles causing damage to others. Being mad does us no good. We are a people who are hurting and lost. If we spent half as much time trying to understand each others struggles, maybe we can not only connect better but help each other as we battle our own demons or negative situations and circumstances. This is not to say that everyone is redeemable either, some individuals are beyond your scope of assistance and to try and help them may damage you or your families. That's where the wisdom to know the difference between what you can and cannot do within your

particular scope of knowledge with regard to others comes into play. Sometimes you have to let others go to help them, and at other times you can guide them to another person who can better assist them. The main thing is to not simply steep within your own anger from situations perpetuating cycles that breed contempt and fuels the already negative cyclical bullshit. At some point beloveds we have to come together to heal our communities and villages. If we do not take the time to do so I guarantee we are signing our own death warrants, our children will remain lost, and our legacies nonexistent.

#### THE ADVICE

Life is short beloveds and we have a great deal of work ahead. There are so many angles at which the black family unit is being attacked from. If we do not combat the issues and problems from every angle we have no chance of progressive success as a people. Please note that I did not say as an individual. Many of us are successful as individuals with no moral obligation to go back and help others. Our work is cut out for us and we are either a part of the problem or of the solution. Black men have unique situations and issues that they face that we as black women will never understand. Sometimes we need to have compassion for our brothers and understand some of the factors that created the people that they have or have not become. This by no means is to say that we should accept mediocrity or understand ourselves into a corner so to speak. This is to say that sometimes the glimmer of light that a woman has and brings is enough to change the direction of a man's life. That light serves as an inspiration to be, activation through spark, motivation to act, through the gravitation of her greatness. BE THAT LIGHT!

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**Did you know ?**

Did you know that a corporation is considered to be an artificial person? According to Virginia Law, a corporation is an artificial person created by a court of law. A corporation has most of the rights of a living person. It is however an entity that has a legal and separate existence from its' owners.

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# Outstanding Achievement

The City Connection Magazine hereby recognizes **Mr. Trenton Hawkins Mitchell** President of the **Student Government Association** at the Norfolk Tidewater Community College Campus for his hard work and dedication to his fellow students, staff, and community service.



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# Model Spotlight

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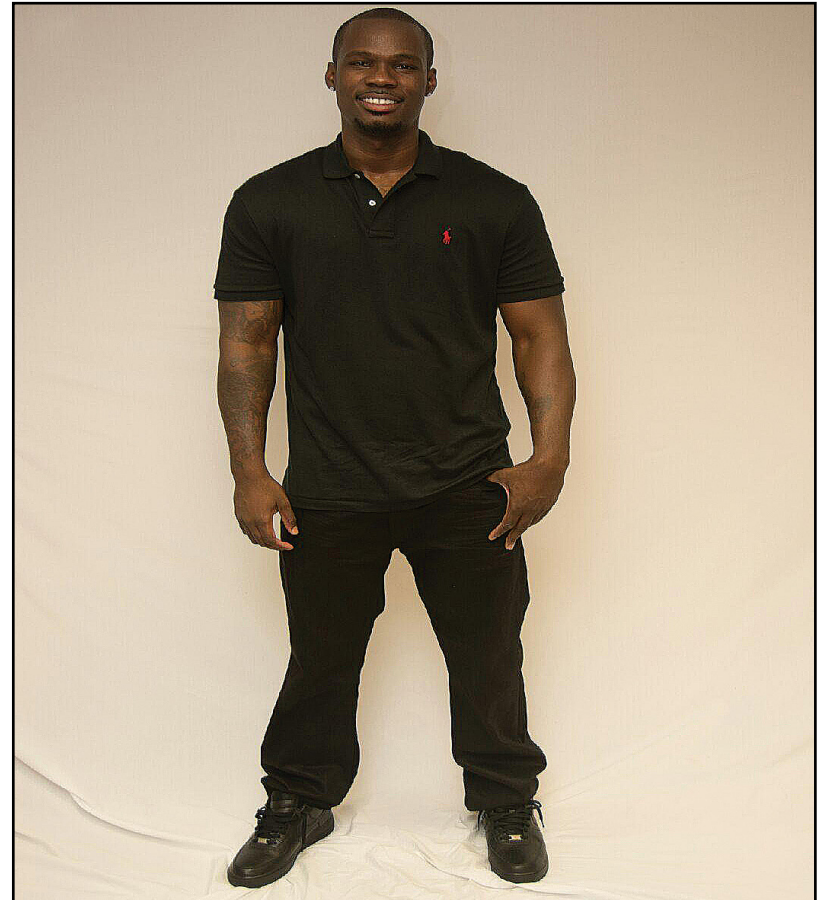
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# From Janitor to President



**Jeff Hoffman (shown above ) is an avid reader of The City Connection Magazine and as he puts it, “This is great for the Community.”**

**I was working** out at the downtown Norfolk YMCA and I observed an individual who had just finished an intense cardio session. I admired his motivation as his display of sweat showed his hard work. As he gathered his belongings, he looked as if he never missed a beat as he showed no signs of fatigue. While walking towards my direction he said “Enjoy your workout.” I immediately complimented his display of hard work and asked him had he ever heard of The City Connection Magazine? He replied “Yes I have”. As the conversation began to grow, I introduced myself as Javone Johnson and he replied “Jeff Hoffman”. While furthering the conversation, I asked “ What do you do for a living?” His response was “ I am the President of Channel 3 News.

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 I have a special guest..

**JJ:**Tell us your name and where are you from?

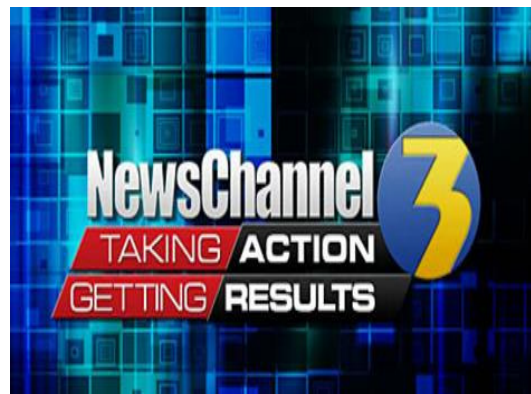
**Guest:** My name is Jeff Hoffman , Iam the President and General Manager of WTKR ,WGNT. Iam from Prince George’s County Maryland . I have lived in the Hampton Roads area since June of 2008.

**JJ:**So tell us how you got started?

**Jeff Hoffman:**I was studying broadcasting at the University of Maryland and I had no real idea of what I wanted to do or how to get into the industry. I had intrest in TV and sports. I had an afterschool job at Dematha High-school in Hyattsville Md. where I used to be the supervisor of the janitorial staff. Part of my responsibilities was to to clean every classroom with other students but as supervisor , a special part of my job was to clean the office of the school’s principle and the office staff which was very important work for me and I took it very serious. So one day while in college I’m cleaning up the office at my old high school , and the phone rings, and it rings ,rings, and rings. I dont know what made me do this with impulse but I picked up the phone. I said “Hi Dematha High School, may I help you? ”

And the guy on the other line was from channel 4 WRC in Washington and he was looking for a basketball coach, this legendary coach we had named Morgan Wooten who was in the basketball hall of fame due to our renowned basketball,sports, and academic programs. So here Iam on the phone and someone from TV wants to speak to our basketball coach, I say “O my gosh, let me go in the back and see if I can find him.” So I put the phone down and ran over to the gym and nobody is over at the gym so I ran to the classroom and he’s not there. I ran to the monistary , he’s not there, and it felt like I had this poor guy on hold for like an half hour and I felt so bad so I grabs the phone and said “I am so sorry I can’t find him but





# “There is no such thing as just a janitor”

Joe Schreiber

here is the phone number of our principle, you can call him and he will find a possible connection, I appologize, I am just a jainitor here and I hope that I have helped you as best as I could.” The guy on the other end of the phone says “there is no such thing as just a janitor.” That empowered me and I said “well you know also Iam a sophmore at the University of Maryland and Iam studying broadcasting , do you guys have any internships?”The next day I got a call from that guy and I got an internship and a year later I started working there and that was my entry into the business.But if I had not answered the phone while I was cleaning the office as a janitor, none of this would have happened.The guy on the other end of the phone was Joe Schreiber who is my mentor and lifelong friend to this day.So the moral of the story whether you are an entrepreneur or into broadcast media is to seize the opprtunity while its there.Never miss an opportunity to showcase yourself and let people know what it is you’re trying to do. In sales they call it asking for the order.When doing an informational interview people tend to forget the most important thing is to ask “What kind of work can I do for you?” “What can I come up with to add to what you are doing?” “How can I be on your team?”

**JJ:**How did you aquire this postion as president?

**Jeff Hoffman:** I worked in Huntsville, Alabama at a station that competed against a station that was owned by the company that owns this staion.When they had an opening they asked general managers in the towns that they had stations in if anyone would like to come work for them and being from the D.C. area, I jumped at the chance to come back to the Atlantic Coast.However when I was in my twenties I lived in Los Angeles where I became a senor pro-cucer for an NBC Station.It was a time when internet and satelite TV wasn’t really around so local TV sports was the place where peole would watch high-lights and entertainment.That changed now and I saw that coming so I felt if I was going to remain in the industry I was going to have to evolve. so I got less involved in sports and got more involed in management and into news .I ended up becoming a news director so when I made that move I dicided to go into station management.

**JJ:**How long have you held this position?

**Jeff Hoffman:** In June it will be 7 years.

**JJ:**With your postion, have you ever had any setbacks?

**Jeff Hoffman:** You know I have been really lucky.There is a sayng in this business that you havent really been arounf until you have been let go.But there is always the challenge of working with people and getting people to work with you, trying to get the best out of them.There can be a daily setbak, the setback of people not feeling well. Somebody might not feel well.Hopefully you are in an invornment where you have teamwork.

**JJ:**What is the main focus of channel 3news and what types of stories do yall prefer to air?

**Jeff Hoffman:** We have a great news department and we have grown over the years as well as our ratings.We want to be a repreesentative of the areas we cover and I think that alot of TV stations (I am not singling any one of them out)

find it easier to cover the police blotter or the crime of the night, the play by play of crime so to speak. That can fill up a news cast probably in any market in the country.Eventhough we might cover those types of stories, our approach is to find solutions to the problems. We look into the problems and try to find an answer for it.We call it taking action and getting results.We like to go the extra mile.We are an advocate of people who are in need.

**JJ:**In your history at Channel 3 News , what would you consider to be the biggest story?

**Jeff Hoffman:** There are alot of big stories ,obviously the good friday miracle when the navy jets crashed and nobody got hurt,but I think what we are the proudest of is the people taking action stories which Kurt Williams anchors those tuesdays at 6:15. Sometimes we put those together as half hour shows and run them on Sunday nights.For example we do the stories and someone reaches out and helps them or we help those people ourselves.For example we helped a police officer insuffolk who had hepitiuis c and needed a liver transplamt and we did the story and a donor came foward. We had a fella who lived in a shelter who posted on our facebook page that he was tired of being alone on Thanksgiving and he wanted a family to spend Thanksg-iving with.As a result, people started sending him money and reaching out to him from all over the world.He ultimately used the money to buy goody bags for everybody in the Union Mission and that story was picked up by the Washington Post.You can look that up on our website and that is alot more representative of what we’re all about.We are the best at these types of situa-tions but we still give you the meat and potatoes in our news stories as well. But most important our director Tina Luque and her staff is excellent in the development of these stories.

**JJ:**Could you give me a rundown of the newscasters ?

**Jeff Hoffman:** In the Morning we have Blaine Stewart,Jessica Larche,Myles Henderson does weather,Kristian Crowley does traffic and also anchors the noon news, at noon its Blaine ,Kristen, and Myles.At 4 o’clock we have Laila Muhammad, Barbara Ciara, and Beverly Kidd, and between 5 and 6:30 we have those three plus we work in Kirk Williams and Les Smith. At 11pm its Beverly Kidd,Kirk Williams and our chief meteorologist Patrick Rockey.

**JJ:** Any words of encouragement?

**Jeff Hoffman:** If you’re willing to put yourself around situations where you are willing to learn you can make it from there.The odds don’t mean that you don’t have what it takes.The people who succeed are always the ones who press foward.Nothing makes me happier than seeing someone grow. TCCM

# *The City Connection Magazine* *Obituary Section*



This Month's Obituary section  
is  
in the honor of  
**Elvis Rudolph Whitefield**  
Sunrise January 7, 1957  
Sunset January 25, 2015



*Gone but not Forgotten*  
*May he Rest In Paridise*



# If you want to go to College follow these five steps

Ok so, I look around a see a lot of young people, older people, people in general in positions where they feel like they are suck. The question is, Are you that person? There is so much more to life then working a regular 9-5 job, so hustling for a quick buck. Tidewater Community College is a place that offers ample opportunity for a person to start a career and reach their dreams.

Here are a few simple steps you need to follow to get started:

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2. Complete the Free financial aid student application. (FASFA) [www.fafsa-application.com](http://www.fafsa-application.com)
3. Visit one of the four TCC campuses to speak with an Academic Advisor or Counselor.
4. Speak with a Financial Aid Advisor to make sure your FAFSA application was completed correctly.
5. Visit the Enrollment Services department to create your personalize schedule.

Never let anyone tell you that you are Not good enough. If you believe it and want it bad enough, there is NOTHING you can't do.

## *Editor's Pick* *The City Connection Magazine's style guide*

### *Dress shoes of the Month*

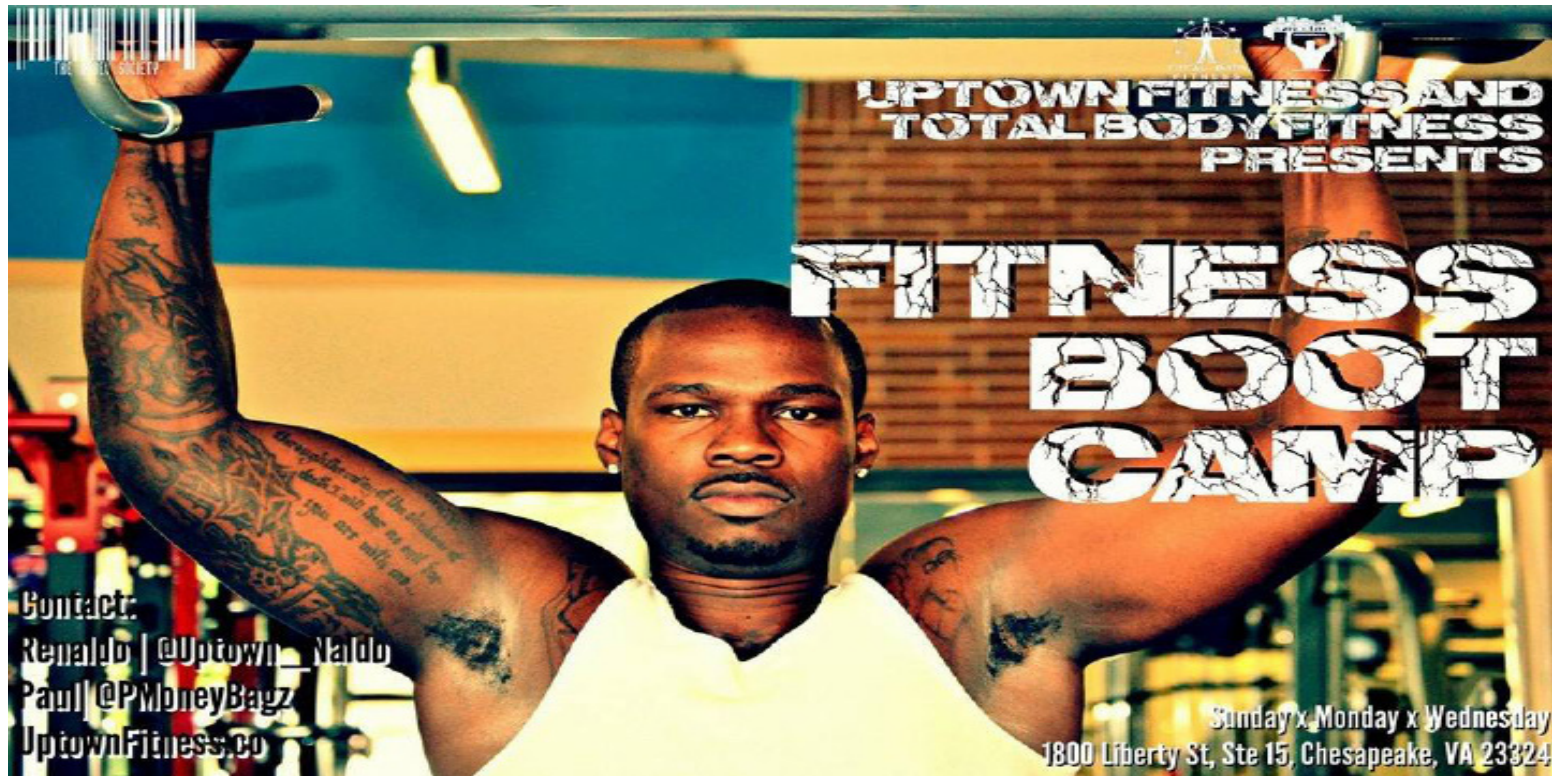


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