

# THE CITY CONNECTION

October Issue

Magazine

## Shafone Collier

Singer/Songwriter  
Writer of Pain & Music

BME

VA's Next Major  
Record Label

Paris Naomi

Model of the Month

Michael J  
Muhammad

Discusses The  
Omar Johnson Case

Uptown Naldo  
teaches us how  
to get in shape

Furious Styles  
Own Greyl D

Meet the Cast

PAIN

&

MUSIC

THE MOVIE

# Words from the Contributors

## Letter From the Editor

Greetings,

At The City Connection, our goal is to connect local businesses, artist, musicians, designers, and more together in one place while shining the spotlight on our unique urban, cultural scene throughout Hampton Roads.

The City Connection is a publication magazine serving the Hampton Roads area. It will be distributed for free in local businesses and by hand at select major events in the Hampton Roads area.

We appreciate you taking your time out to read our premiere issue.

Join us as we make history right here in Hampton Roads!

Peace,

Javone Johnson & George A. Miles Jr.

The videos of the articles and interviews contained in this magazine can be viewed at:

[www.thecityconnectionmagazine.com](http://www.thecityconnectionmagazine.com)



*The City Connection Magazine*

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# The Furious Styles of Greyl D

737 Granby Street, Norfolk, Virginia



*Javone Johnson:* The City Connection Magazine proudly introduces one of the greater barbers in the Virginia area. A good friend of mine and definitely a good positive influence to the community. I would like for you to introduce yourself, where you from, and your business name?

*Greyl D:* My name is Greyling Douglas, owner and proprietor of Furious Styles. Born and raised in Norfolk Virginia. I am world traveled, but VA is my home, Tidewater to be exact, Hampton Roads.

*JJ:* Ok, how long have you been a Barber?

*GD:* 30 years.

*JJ:* What would you consider to be one of your favorite style of haircuts?

*GD:* Fade, Box, Cesar whatever the clients likes, I love it.

*JJ:* Ok; who was your influences coming up in the barber trade?

*GD:* Good question, my influences were Mr. Todd, Andy Loghan, and Andrew Lovick of Andy's Barbershop. Inspirationally Mr. Harris, Mr. Maurice, and the list goes on youngblood. It

was many people in my time during my early years.

*JJ:* Ok, and what is your take in the barber industry?

*GD:* I feel like the Barbershop in itself is the key component and catalyst for great things going on in the community. And you hear people always say that the Barbershop is the cornerstone of the community. I sincerely believe that heads prevail, it's a meeting place for people who are conscious. Conscious thinkers can come to the barbershop and get it out. That's what I admire and I try to continue that process.

*JJ:* That's great that's great any celebrity clients or experiences cutting celebrities or anybody famous?

*GD:* Booker T, Wu Tang, Joe Smith, the list goes on.

*JJ:* Do you work by appointments, or do you prefer appointments or walk ins, or do both?

*GD:* I do both. I tried a lot of systems. You know number system, call-in appointments. I kinda do both now. I still do first come first serve.

*JJ:* Ok so on another note, have you ever made a mistake on a haircut or ever had an issue over a haircut. How did you go about handling that issue?

*GD:* Funny story, Von, you being a barber you probably heard this one before about a lesson learned on a packed Saturday. All eyes were on me and I gave a guy some points a sharp edge up square in the front and round points when I gave him the mirror the guy screamed out, "Did I ask you for

some points?" So I proceeded I take the points off, gave him a razor, and make it round like he wanted. The lesson was make sure you know what the clients want. And that was one of my first cuts.

*JJ:* That's a powerful lesson right there. Now how can potential clients contact you, phone numbers, email, social networks?

*GD:* Facebook Greyl Dee. My number 407-5390. I'm on Instagram, Djgreyld.

*JJ:* I also heard that you are a DJ and that you spin at a lot of venues, parties. Tell me about some of your DJing experiences. Who were some of





# G.M.A.A.T.

your influences as a DJ and what does it mean to you now a days in 2014? Where DJs are going?

**GD:** My role models were like Bob Phillis and Winky the Hitman, who were not only in the entertainment business, but positive role models.

**JJ:** Well you know, it has definitely been a pleasure to have this interview with you. And once again we appreciate it from The City Connection Magazine. Thank you.

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Straight out of the streets of Suffolk, Virginia comes entrepreneur, actor, and rapper X-Man X-Con debuting his new single "Yo Young Boy", a message to the youth caught up in gang violence. Also playing as "Banks" in the movie "Pain & Music". Be on the lookout for more from the G.M.A.A.T. Family.



## A Small Circle

Two of the cast members from the movie "Small Circle"



Small Circle's Leading Actress, the Sexy "China"

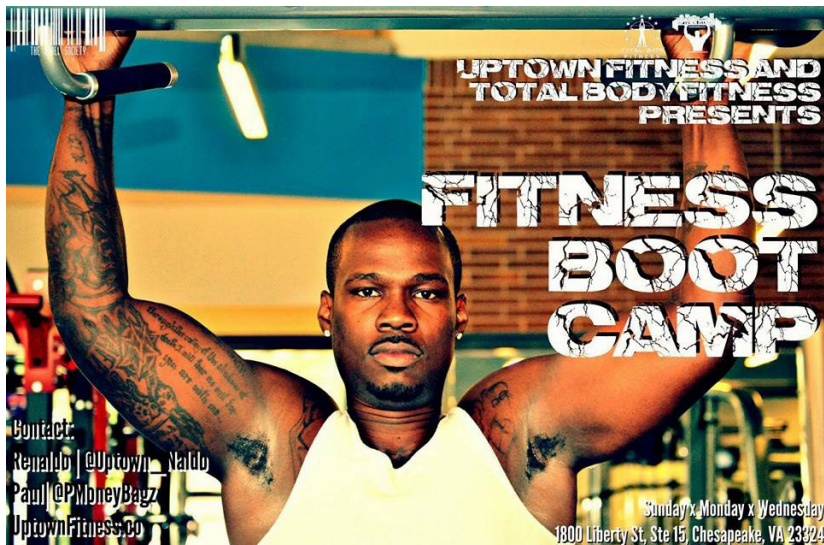


The seductive and dangerous "Cynthia"

Small Circle is a locally filmed movie that depicts the sex, money, and murder attached to the dangerous life of the streets. This movie will be premiering October 10th at the Cinema Cafe in Hampton, Virginia to a sold out crowd.



# Stay In Shape



**Javone Johnson:** Introduce yourself and what's the name of your business?

**Renaldo Goodman:** Renaldo Goodman. Company name Uptown Fitness LLC, located at 1800 Liberty St. Suite 115 Chesapeake, VA, 23324

**JJ:** Ok, so what inspired you to become a personal trainer?

**RG:** Stress Relief. I started

working out to relieve some stress and once I realized relieving stress can make me look good and feel good, so I continued.

**JJ:** How long have you been training?

**RG:** I've been training myself since about 2008 but I've been training individuals since 2012.

**JJ:** Wow! That's great. And where are you from?

**RG:** Norfolk, VA

**JJ:** What are some of your favorite exercise routines?

**RG:** Curls (as you can see), fist wraps, military press, ab work, and my least favorite I'm doing today, legs (Laughs).

**JJ:** (Laughs) ok, now explain to me what is the difference between cardio and weight training?

**RG:** Well, weight training first of all it involves using other weights besides your body weight. Whether it be dumbbells, kettlebells, barbells, resistance bands, ab weight, and its pretty much used to build muscles, to tone to cut down to see definition in the muscle. It also help increase calories burnt and cardio it improves your endurance, it improves your wind, your stamina, your flexibility, and it mainly use it, it's all pretty much all

body exercise whether it be running, jogging, jumping jacks, burpees, push-ups, pull-ups, cycling, elliptical, all that pretty much is cardio exercise.

**JJ:** Ok ok so now I have another question? Is dieting important?

**RG:** Yeah, dieting is very important you can work out 7 days a week and eat poorly and you won't see any results or you can eat great and not workout and won't see any results. So they both very important. They go hand and hand. If you want to see maximum results, the two should be paired like a marriage. Your workout and your diet plan should be married and committed to each other.

**JJ:** I like that. Thank you Renaldo

# Virginia's Next Major Record Label

Battle Music & Entertainment also referred to as BME, is a record company with main offices in Hampton Roads Virginia. The company is actively engaged in the production, sale and distribution of recordings of musical performances for home and commercial use, under our own brand and label.

BME was founded by Paul Battle, a Virginia entrepreneur who created this company with a vision for strong commitment and dedicated services from all involved. His plan is based on good music and intelligent people. Battle Music employs teams of professionals who manage and direct the day to day activities of the com-

pany. What sets Battle Music and Entertainment apart from other record labels is simple. While other companies make records, BME has gone back to the old school concept of "artist development." Not only striving to make hit records but also to achieve career longevity and build a fan base which will

continue to grow. Battle Music and Entertainment offers Hip Hop, R&B, Jazz, Gospel and Pop music to consumers worldwide. Our goal is to make music which will capture the imagination of the world while entertaining the listener. Under the Direction of Producers Sprague "Doogie" Williams, Vincent "Vince Beatz" Saw-





yer and Stroke Brown, BME is well on their way to accomplishing that goal. GoldenBoy YP a Richmond Virginia native was born Lafeyell Tucker. YP was inspired at age 5 to do music by being in the studio with his father everyday while his father's group made their songs. YP recorded his first at age 7 entitled "One Day". In 2008 YP started his own team named "GBS" (Golden Boy Society) which is a group of solo artist coming together for a similar cause, which is good music. YP Writes, Arrange and engi-

neers his own tracks, and as YP would say, "This isn't the end, but there's not more to say and if you don't like it who cares, I'm living the Golden way" Signed to the largest independent label in VA, Battle Music and Entertainment, he figures to be a key piece to their roster.

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# Meet The Plugg



Chetia Plugg is not your ordinary triple threat. She's a young authoress, a model, and a songwriter born and raised in the streets of Norfolk, Virginia. She hits the scene with her new page turning book, "Love and Loyalty".

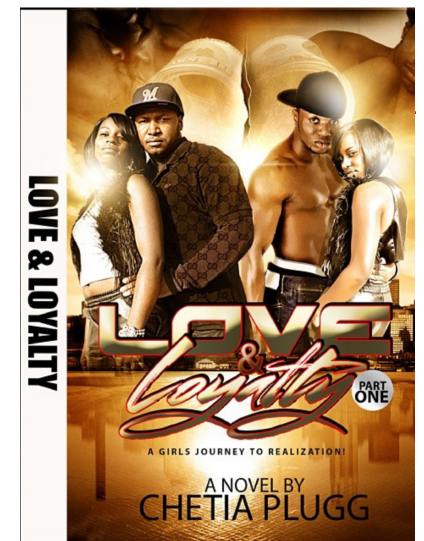
Chetia has been writing for about four years. Her inspiration and passion for

writing came from college writing courses and her favorite author, James Patterson. She claims her spot in the world with this urban suspense filled fictional novel "Love and Loyalty." Her main character, Nicole, is a young women torn between two lovers. Her new boo king whose a major guy of the naughty streets of Norfolk

and her ex, Mark, a kingpin running the streets of "Party down P-town" also known as Portsmouth, Virginia. Even though feelings get hurt and there's fighting and sacrificing, Paige, Nicole's sister, and Tesha, her best friend, have her back and her daughter has her heart. This is surely a novel to read. Chetia Plugg hasn't stopped at just one novel; coming soon is "Love and Loyalty" Part II. And just to keep things interesting and fresh, her third novel will trail not too far behind. This one's titled "Escape Plan" which is slated to become a movie. Remember this name, Chetia Plugg, because it'll be printed on books that you'll enjoy reading which will hail from her publication company, Chetia Plugg Publications.

Her thoughts for inspiring writers, "Writing a book takes time, but write the

book. If it's a good book, bring it to Chetia Plugg Publications and your dreams will start to come true." You can get a copy of "Love and Loyalty" on Amazon.com as well as iTunes.com and chetiaplugg.com, or even from Chetia herself.



# Don't Shoot: The Omar Johnson Case



I have witnessed many interviews in the local community. Many were pointless and biased towards the situation and people really never viewed the importance of interviews. This leads those to diminish and became overlooked because of the selfishness of the interviewer. I came across a interview between Javone Johnson and, community leader who recently ran for Mayor of the City of Norfolk, Michael Muhammad. Michael caught my attention by pointing out a few things that has been troubling our society and our world, specifically pertaining to violence amongst African American youth. This topic is so important to me because I had a cousin who was bru-

tally murdered on October 6th, 2013. Michael spoke on the Omar Johnson situation. Omar Johnson was slain by a police officer in Norfolk, Virginia on May 20th, 2013. His death was not justified, and evidence that could potentially clear Omar's name has not been released. Muhammad was Omar's Godfather since he was 12 years old. During the interview he specified that when he saw the mother of Omar, he knew there was tremendous and sincere need for direction and guidance. He prayed for direction while crying to God, asking Him what he could do from a leader's standpoint. He wanted to give a voice to the people and give direction, so

it would not become a situation where more lives would be lost. In my opinion, it was a brilliant idea considering how bad the city of Norfolk has become over the years. As a sigh came from his lungs he told Johnson that many preachers and community leaders reached out to him trying to give him direction, but Michael was moving, directed by a vision from God. He stated that he took the people from Omar's community to the very place he was murdered, a prestigious corner of the Ghent neighborhood he was slain in. Michael brought various ages with him from youth to adult. Placing his fist into his palm and proudly shouting as they marched along West 21st street, "Justice for Omar, No Justice No Peace!!" As cars passed the proud and angry mob for justice and peace. He told Javone that we as black people are in the seat of white supremacy and in the birthplace of slavery. Hey, this is the Commonwealth right? He pointed out that the first slave ships landed here a few miles from Norfolk in Jamestown, Virginia. There was a lot of talk about the Omar Johnson case, on why haven't the people seen the video tape and Michael really wanted to make a pure hearted statement again for the people of the community. Coming up on four months since his passing as well as his

23rd birthday which was on September 19th, 2013, Muhammad took an even larger group of people back to the corner of Ghent and made a profound statement. He pressed a reporter from WVEC TV-13 news on why wasn't the tape being release to the public. The reporter said to him, in an aggressive manner, "What if they don't release the tape? What are you going to do then?" Muhammad pondered to himself, letting it set in his head a little too much, but it gave him an idea. An idea that was clear to him and to the people of these broken communities. He needed to run for a seat of power. Not just any seat of power, but the city's Mayor. Though Muhammad didn't win the election, he gained a mutual respect from numerous communities all over the city. Letting them know that he cares if none of the other politicians and leaders of Norfolk don't.

-Christopher Dowell

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# Artist Spotlight

Hailing from the grimey streets of Diggs Park Projects comes Swagnifico Redd Rooga with his debut mixtape, "Swagmanian Devil." Also, be on the lookout for his cameo as the character "X" in the upcoming movie, "Pain & Music". Be sure to tune in to The City Connection Magazine's YouTube page for an exclusive freestyle and interview with Swagnifico.



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## The Formula for Single Mothers

Be on the lookout for author Shannon Lovechild Young aka Diamond Young and her upcoming book, "A Survival Formula for Single Mothers: Ten Basic Steps for Survival." Also be on the lookout for her cameo in the upcoming movie, "Pain & Music."

## Out of the Flames

**Javone Johnson:** The City Connection Magazine. You know what I'm saying representing Hampton Roads. Bringing positive energy in every area. We got my man Flame Bonds here you know what I mean holding it down for Huntersville, know what I'm saying Uptown, Norfolk, VA.

**Flame Bonds:** I got the

connection in the hood, we in the hood right now, know what I mean. Huntersville H's all in the air.

**JJ:** So look man you know you got a hell of a buzz man. Self-proclaim you know. The King of VA. You putting in work, showing and proving that you holding up that title my man.

**FB:** Aye look (pause), Good Job man, good job. I'm glad you said that. (Sighs) I mean....everybody. I've been hearing ni\*\*as having problems with that. I don't care about the problems, but yeah KING! The work shows. You got (sighs, makes hand gestures), you feel me. The works balance out so if somebody got a problem with that, (pause)

that's crazy to me but everybody can be the King. I ain't never say nothing was wrong with somebody else being the King, know what I'm saying. I'm glad you ask that question because that was brought up to me the other day about a lot of subliminals going on, know what I mean. Dudes be having stuff to say and don't say it but say it without saying it. So yeah, King 757! King, that's me! If you feel like you King ain't nothing wrong



with that I ain't mad at you homie. I put the work in tho nah mean so.

**JJ:** So tell me a little bit more about this banging Norfghanistan mixtape.

**FB:** Yeah, Yeah, Yeah, I put it out um its been about a year now and its still you know I put out the mixtape Norfghanistan I just wanted to give the world (pause) Norfolk, know what I mean. My insight of Norfolk. Know what I mean. The mixtape is real real real Norfolk, know what I'm saying real real Norfolk. I just did that so if a person in LA listen to it I want them to understand where we come from. Where I come from that was that whole mixtape. That's why its called Norfghainstan, that's what we call Norfolk. It's a warzone out here. Norfolk is Norfghanistan that's the name of the mixtape, the real Norfolk. Nah mean. Yall can check that out right now its on DATPIFF download that, that's what we rocking with right now.

**JJ:** That's wassup. I mean you got any other artist that you doing business with as far as you about to bring out?

**FB:** Nah, Nah, Nah, I'm by myself man you know what I mean I did the group thing for a while know what I mean shout out to my homies all of them everybody making their own music or whatever. I'm cool. I ain't tripping on nobody or nothing like that. Them ni\*\*as, my brothers but right now its all about Flame that's it. Know what I mean that's it.

**JJ:** That's deep man so look right, now, I mean we going to take a little shift to another lane right now. This movie I've been hearing about Pain and Music.

**FB:** Yeah no question

**JJ:** Tell me a little bit about your character, your similarities to the lifestyle you living, and how it parallels with streets and the hood with Pain and Music.

**FB:** I mean I play the character of the the lead male in the movie. The movie is actually about a female. But I'm the lead male in the movie. I'm her boyfriend you know what I'm saying a guy by the name of Gunz nah mean. It kinda wasn't hard for me to play because he's a real ni\*\*a. I'm a real ni\*\*a so it wasn't hard know what I mean I didn't have to transform or nothing like that, it was just natural. Shout to out Shafone, she wrote a hell of a movie. It's a great movie man. Gunz is just a regular hood ni\*\*a out here doing street sh\*t. Him and his team getting money and he ain't bout no bullsh\*t. Yall stay tune and watch it and see what happen.

**JJ:** That's deep man so, how did you get involved in "Pain and Music", the movie?

**FB:** Man listen man shout out to Clever. Salute homie. Ummmm, like I said I've been out here working for a long time in these streets, and when it come down to it in these streets my name ring and they called me. Actually first, they had cast me as the role that my homie Los C is playing, no actually



it was one of the other roles but then it switched up and I had an opportunity to try out for the lead role. I tried out and they loved it. From there we been rocking out, so that's just how it happened. Actually they hit me up on the Facebook. My man Clever was like "Yo, you down with the movie?" He was with it and I was with it, nah mean. They didn't give me none of us nothing. Everybody had to work for it. We went to the casting calls. I been here since day one man and from the 1st casting call all of it from every practice and everything. They didn't give me nothing. I grind for it, I work for it and I'm just trying to do the best I can, my dude, to put the city on.

**JJ:** So look man I see that you are a real father. I mean you hold it down with the

seeds. Its like Father like Son. Give me a little about yourself as far as the role of a father and how you hold it down man.

**FB:** I mean every man supposed to be a father man cuz the kids didn't ask to be here you know what I'm saying so that ain't sh\*t for real, that's just me being me. I ain't going to leave mine out back as long as I'm on these streets so that ain't really nothing to really talk about. I do what I do for them. They mines I keep it moving know what I mean. I can't tap in nobody else how they life going. I ain't with that I don't judge people so nah mean I take care my care of my kids and I hope you take care of yours.

**JJ:** That's real.

**FB:** Nah mean.



**JJ:** That's real man, so whose your favorite local MC's that you're banging in your whip?

**FB:** Oh I f\*ck with ni\*\*as don't get it twisted. I listen to ni\*\*as too. A lot of yall ni\*\*as wack as a b\*tch but um f\*ck with ni\*\*as ummm, my ni\*\*a Los C ClockBoy, uhhhhh Peso Dolla. I listen to Peso, ummmm, Killa Quan. I listen to ummmm, sh\*t man I listen to everybody man. My ni\*\*a Future I be listening page um,, them MBH ni\*\*as. I be listening to them homies. My homie Yawn wild bottom. I be listening to Molly Gang ni\*\*as and I be listening to ni\*\*as man but I just do me. Can't nobody do me but me know what I'm saying. But yeah I listen to niggahs but right now I actually my favorite artist Virginia artist is um that young ni\*\*a Juan , Yung Juan. I f\*ck with that youngin'. Know what im saying But I f\*ck with ni\*\*as.

**JJ:** Shout out to Yung Juan too.

**FB:** Yeah, yeah that ni\*\*a Juan man that whole CMG sh\*t that cheesetown money getter, sh\*t I f\*ck with them my ni\*\*as man I f\*ck with a lot of ni\*\*as. Capri Carriyon all them ni\*\*as. I f\*ck with a lot of ni\*\*as if your song hot ni\*\*a lma play your sh\*t lma bang ya sh\*t let my ni\*\*as hear it. I ain't never been a hater.

**JJ:** Yeah man like I say you know we had to come get that story from you man real recognize real. It's major we have you in the Premier issue of The City Connection Magazine. Any other future plans or roles you want to

cast in? Or are you writing your own movie?

**FB:** Listen man listen me and Los C got another joint coming. We're working on writing our own lil thing man.

**JJ:** Oh yeah

**FB:** Yeah so we working on that. I really wish I would of stepped into the acting game a long time ago because I like it. I can do the sh\*t if I like it so I mean sh\*t if I can get the opportunity I'm damn sure shooting for it. But other than that its Pain and Music right now and that's it trying to be, the best Gunz I can be.

**JJ:** Word, word so any soundtracks to look forward too or guest features?

**FB:** The Pain and Music soundtrack. Bro I got like 9,000 ni\*\*as who want features from me (Laughs). You're going to hear me on a lot sh\*t. But like I said me Juan and Bay Dolla got a joint called "That's All Right". We're about to blast that off that's crazy. Other than that I'm just working on me. Holocaust coming soon. Working on that and imma just keep pushing these videos out from the Norghanistan mixtape, still the hottest sh\*t out.

**JJ:** As far as growing up in the hood, what were some of the things that influenced you to get out here and grind? Or choose the paths or obstacles that you had to fight man? Coming up.

**FB:** Man I always liked music, I remember sh\*t. I remember real sh\*t. I got

tapes in the house. Me my home boy Kareem use to sit on my daddy porch and rap my ni\*\*a when I was about 8 or 9. You can hear cars going pass we sound. We sounded like f\*cking chipmunks not even making sense. I got them tapes. So I always like music know what I'm saying like any other young ni\*\*a coming up in the hood out the parks niggah. I thought I was going to the NFL all that and sh\*t or whatever. Everybody had those type of dreams. Music was what I really really good at so that's what I do.

**JJ:** Shout out to Young brothers out there in the hood. We see yall

**FB:** Stay the f\*ck outta those streets.

**JJ:** Yeah it's real man so um any shout outs?

**FB:** Shout out to the whole Uptown. Shout out to my hood Tidewater Park ni\*\*as. My whole cast Pain and Music yall check that out man. We ready its big and major. Lot of sweat and hard work. In this motherf\*cker. Its hard it ain't easy. That's why I got a lot of respect for actors now that I never had in my life. Cuz I never knew that it was really that hard, its hard its not easy at all. Um Other than that man yall check me out YouTube Flame Bonds, on Facebook Flame Bonds, on Instagram 757King, Twitter 757\_King some sh\*t like that you know what I mean I ain't hard to find.

**JJ:** And another thing too. Be sure you check out thecityconnectionmagazine.com We going to have a

lot of hard music coming from Flame Bonds. Yall stay tuned man. If it's one place you know to find it, it's going to be The City Connection. One more thing before we close it. Man I see you rep-pin a lot of brands out the hood different clothing lines yal doing yal thing man.

**FB:** No questions this my sh\*t right here, it's Hustle Time, my homeboy sh\*t 90% of the time you will see me with this on. He got the website about to blast off too. I forget the name of it. He just sent it to me today but shout out to my boy. If you from Uptown Norfolk you know how to get to my homeboy Jr. Shout to my homeboy Jr. Hustle Time clothing.

**JJ:** Yall heard the man, Shout out to Hustle Time.

**FB:** My homie D Nice on 26 St. Style Leak

**JJ:** It was a pleasure man.



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# Let Your Beauty Flourish



**Naomi Dockson:** Hello my name is Naomi Dockson and my new business name is called Flourish Beauty Salon.

**Javone Johnson:** Where are you located?

**ND:** We are located at 2301 Colley Ave Suite G in Norfolk VA, in Colley Village Shopping Center.

**JJ:** Ok so what is your position in Flourish?

**ND:** I am the Salon owner; I am also a braider, and beautician, and I also have 2 license barbers, 2 license cosmetologist, 2 master educators, as well as 2 braiders on location at Flourish Beauty Salon, a personal assistant, 2 shampoo tech, and I like to keep a salon receptionist.

**JJ:** How long have you been a beautician overall?

**ND:** Overall, it's been over 5 years and I recently grad-

uated from Wards Corner Beauty Academy in Norfolk VA.

**JJ:** That's great. I see you are very diverse, now let me ask you something, what are some of your favorite styles?

**ND:** Again I love braiding, that's my expertise. I love doing children, women and men hair. I am very interested in color. I love doing color, cut and style. Some of the up to date styles I like to do are bobs, layer cuts, and sew in's.

**JJ:** That's great. Let me ask you, any celebrity clients? Or have you ever been looking into doing any celebrities?

**ND:** Actually I had the opportunity of styling for Tova Fetsha. She was one of the lawyers on Law and Order. Which is one of my favorite TV shows. And she came to Virginia Beach for a one woman show and at that point of time I had the opportunity of being Tova Fetsha personal stylist.

**JJ:** That's great how was the experience? Did you enjoy the experience? Was it exciting? Tell me a little bit more about it?

**ND:** It was very exciting and it was a great opportunity. I came in and became her personal stylist for a full day and actually it was very rewarding may I add.

**JJ:** So, on a different side of things. Where do you see the industry going as far

as beautician? Do you see it growing, change pretty good, better, worst?

**ND:** Yeah I definitely think the beauty industry is growing. There are some great opportunities in the beauty industry. One main reason why I named my new beauty salon Flourish Beauty Salon is because flourish means to prosper and to grow so the growth development in the beauty industry is definitely at a point where upcoming stylist can join the industry and do well.

**JJ:** Ok. Let me ask you this, as far as the younger females that's coming in with a lot of trends with the things that are changing, any words of encouragement?

**ND:** Yes, you have to determine what your career goals and aspirations are because there's a process to becoming a stylist, beautician, and master educator in the beauty industry one thing for certain is as a young person in the beauty

industry to take the time out to learn everything. You may leave something behind but yet you may be able to take something with you. That will carry you on into your future, your career goals that may be able to help you in the long run.

**JJ:** I appreciate that and one last question, Where can we contact you, thru Instagram, twitter, Facebook?

**ND:** You can find me on Facebook under Naomi Dockson.

**JJ:** Thank you very much and listen this has been another great interview here with The City Connection Magazine. Ladies let me tell you fellas let me tell you if you want a sharp line. You know where to go Flourish Beauty Salon.

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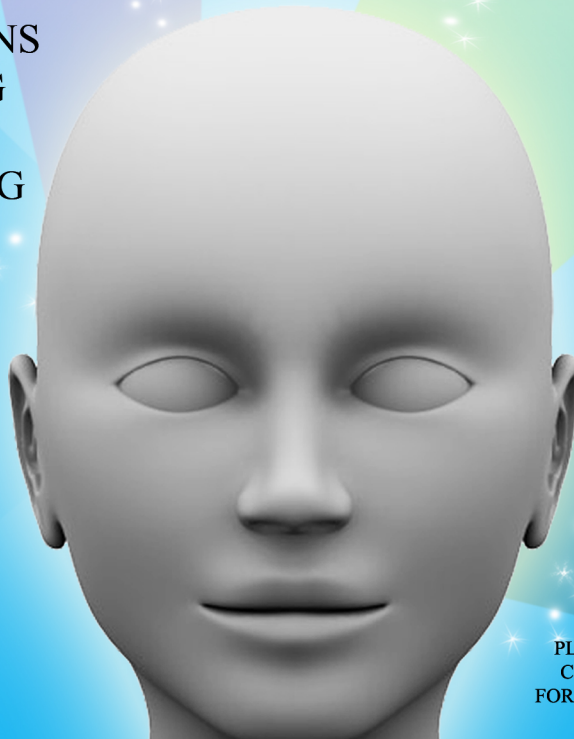
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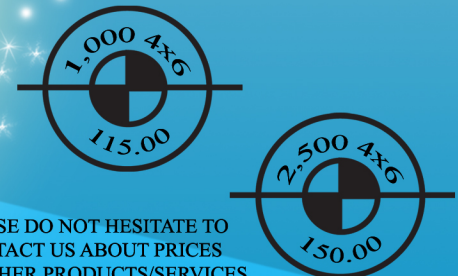
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# The Pain Behind The Music

**Javone Johnson:** The City Connection Magazine is here to bring the spotlight to the urban cities through out Hampton Roads. My name is Javone Johnson and today we have a special guest Ms Shafone Collier. Author, writer, producer, and the star of the NEW EXCLUSIVE movie thats about to hit the streets, Pain & Music! How are you doing today?

**Shafone Collier:** I am doing great doing great.

**JJ:** So tell me how long you been writing, how long have you been acting???

**SC:** I have started writing every since i can put a sentence together. I started off writing when i was five years old. Started writing songs as a child and as i got older i started writing plays, and made more songs.

**JJ:** Thats great thats great. Now tell me something else as far as training for your vocals. Has there been any discussion for your vocals?

**SC:** No training for vocals. It came with time i guess. I always listen to artists, the artist i liked. Whitney Houston, Mariah Carey, a wide range of people. I take in a little bit of each type of artists. I love Rap. Jay-Z, Nas, T.I. I like different people in there that fits my style.

**JJ:** Ok so are you consider as a R&B singer / Rapper/ producer? How do you describe yourself in that aspect?

**SC:** I always started off saying i am a singer. Because I am a singer first. Like I said R&B

is what i love but I love Rap as well. So its really hard to distinguish.

**JJ:** That's great, that's great. So is there any special of formula that takes place before you go into the studio to record? Describe the inspiration.

**SC:** Well first of all I hate recording. I hate recording in the studio because its so structure. It feels more like work. I love creating the music, I love to sit down I can sit down and listen to beats. I always get the melody first. I get the melody first, I hear it automatically and the words come to me. I never have to think about my words. Like when I hear the music, the words are there in my head like I wouldn't have to think about it. Im just inspired by the right tracks. Like some tracks I feel nothing then I know that's not it, other ones as soon as I hear it, it just hit me so I know that's it. But performing is my best part of my artistry. I love performing because oppose to recording. Its freedom to me I get to bring my songs to life, I can touch the people, reach the people and let my emotions out when I perform. But when you recording, you have to be structure, make sure you hit the right notes and everything is all structure. I just like the freedom of music. Performing is my favorite part.

**JJ:** Any stimulus as far as do you have to blow the air way, you got to drink some liquor?

**SC:** I will get a shot or two sometime of champagne.

**JJ:** That's cool, that's cool. So as far as Pain & Music, what

inspired you to write a vivid account of the streets?

**SC:** It's real life situations like, even though I am a female, an R&B artist, I go through things. It's not an easy road. Like I've been through situations where I did not know what I would be eating or where I will be staying and I have my daughter and I was still trying to pursue music and not know exactly how I was going to eat sometime. That's a really hard thing. But the music I always felt like it would be the thing to make things better for my daughter, my family, and for myself.

**JJ:** That's cool that's cool, now describe the character in Pain & Music?

**SC:** Um, Navae is pretty much Shafone. It's really no difference. Navae is driven, and she's an artist but she also a wife at some parts of the movie. She's a girlfriend, she just a female, she's emotional, she wants attention, she wants her voice to be heard, and she want to make a name for herself as an artist at the same time.

**JJ:** So how did you go about choosing the cast of Pain & Music?

**SC:** It kind of organically came together but I knew visually how I wanted everybody to look. But we did a cast and call and people came out. They read lines and the people that read the lines the best got those parts. Everything was handpicked. I didn't just say I'm going to get this person because they my friend. It was not like that all they had to

really in body that character for them to get that part. And that was how that was mastered.

**JJ:** Are there going to be any other movies that you will be writing or do you already have some written and prepared?

**SC:** Um nothing is written and prepared. Everything is kind of like spontaneous. Like Pain & Music was spontaneous to me. It was not something I even thought I was about to do. It just kind of came about. I had the opportunity to write so I wrote it and it came about. I'm not against writing more movies at all. I'm always writing so if it hits me one day so I'm going to write another one.

**JJ:** Ok so tell me a little bit about good girl bad guy?

**SC:** Good girl Bad guy is the single. Right now the title track to Pain & Music and it's just showing well if you listen to the lyrics it's pretty much like a conversation between the good girl and the bad guy. The good girl is trying to calm him down because he's shooting chopper bullets, he's like more into the streets, and I'm like why are you so crazy, calm down like bae, bae slowdown that type of thing. Its shows how it still works in a relationship. The good girl and the bad guy have to balance each other out.

**JJ:** Tell me about the bad guy I mean now, matter of fact let's take a twist to this. Your critics want to know WHY? Why the bad guy? Why choose the bad guy? Can't this hurt your career? Can't this guy destroy you, ruin your life potentially?



**SC:** Good question, I don't know. I guess something about the bad guy, something about just knowing the struggle. I'm attractive to knowing the person I'm with came from something that went through some hardships and was able to come out of it. And have that street element and smart enough to make business happen things like that. And I think that what is I mean protection. A female want to be protected. And it just seems like the bad guy is the one to protect you.

**JJ:** So if someone was to come to you, let's say Pain & Music, which is definitely going to blow up. Let's just say you all sold out in the theaters and you had other producers, the tie cones, and wealthy guys trying to get into your head, pull you to the side saying I got this much money, I can change your life, I can move you to Paris, I can do this. What are you going to say in those situation? How are you going to handle the fame from this movie?

**SC:** I feel like I am ground it regardless. I never feel like even with the way things are crazy as it is right now. I still feel grounded. I am not attractive to money, I feel like the money is going to come. I am attractive to the hustle, the workers, the grind, and the people that put in the effort. I'm not worrying about being overwhelm with somebody with money or people want to flash stuff. It's not the part. It the heart and soul. I believe I'm going to stay grounded throughout the whole thing.

**JJ:** Any tragedy as far as any relationships with guys, any workers, or guys that went to prison, or you been in a relationship with?

**SC:** Yes; I was dating a guy that was in prison. It affected me because he had a lot of things going on. And things were positive in my life at that point. Then he went away and I lost everything and didn't know where to start with my music, my life, start with nothing. Just lost everything. I've been through situations where I had to run for my life, that stuff is really difficult to deal with.

**JJ:** That's good that's good, now what would say that has been your biggest challenge thus far?

**SC:** My biggest challenge has been, I can't even put it into words. I know what I am trying to say not let my emotions get the best of my business. I think I deal with that very well. But Being a female you need to let it out. I keep a lot to myself I don't allow a lot of people to know my business so I walk around with a lot of things emotionally affecting me that I never face. So that stuff builds up after a while. You got to keep moving. But then in the entertainment industry you have to keep your face, you know you cannot be showing all those emotions, you got to be professional. At the end I never had to deal with a lot of emotions. And I continue to perform, write, do videos, you know the whole entertainment side. And I feel like Shafone is the individual almost doesn't exist because I don't deal with a lot of things as a person. I kind of just focus 100% on my business and my music.

**JJ:** Now from some of the photographs we have seen in The City Connection Magazines, and just from the viewers, you would be consider as a sex symbol, how do you deal with should I say the wolves that

may come as a result of that?

**SC:** I don't know. I don't see myself as a sex symbol. I'm just starting to come into myself. To really look at myself and know myself and not look like this because this how they look on TV. I am happy with myself now, I wasn't always like that. Sometime you feel like you have to look like the industry looks and I never wanted to be that way. But you naturally get into that world. So I'm Shafone, and I'm who I am, there's only one me. There's one Beyonce', one Alicia Keys, one Nicki Minaj, one Shafone. So hopefully people can look at me and I can be that person that can make them feel that happy, its ok to be yourself. I'm happy to be myself and I just want the world to see as an individual, except me for that.

**JJ:** Any kids in the future? How many 1, 2, 3 ?

**SC:** You never know, I do want another child. So if it's meant to happen it will happen.

**JJ:** Well listen it was a pleasure to have you here today to spend time with The City Connection Magazine. Definitely want to appreciate you for giving us the exclusive interview. The first interview with The City Connection Magazine. We going to be following your shows, your movies, and career. We wish you the best and hope that your career be a successful and prosperous.

**SC:** Thank you so much, shout out to all of yall, yall doing yall thing. VA and beyond yall doing yall thing.

**JJ:** Thank you.



# The Game That Saves Lives

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As a younger youth I grew up watching sports. I had interest in all different genres of sports. Raised by my grandmother Clara A. Smith. Football and Basketball was mainly my preference. As Deion Sanders high stepped his way into an opposing opponents end zone, I ate candy celebrating by doing the popular dance he would do after scoring. Man I looked up to the guy! In the first grade we would do an activity where we would cut out Buffalo Bills and Dallas Cowboys Logos out of magazines representing the upcoming Super Bowl.

My second grade year I didn't understand how and why we would be doing the same exact project again with the same teams. Huh? When I got home I asked my uncle that question pertaining to my activity. I was always an inquisitive child. He told me that both teams would be playing again on Americas Biggest stage and that they could play as many times as long as they won 3 straight games in the play-offs.

Ohhhhhhh Ok. Contrary to basketball, football really caught my eye. I watched the Dallas Cowboys dominate the Buffalo Bills in every spectacle in both Super Bowl games. Which lead me to become a fan of them. Dallas Cowboys for life baby! Every Sunday

in the neighborhood Bowling Green, (Bowling Park), I would go play football with the guys that was at least 3 to 4 years older than me. Even though they had me in age, they didn't have me in heart and talent. I dominated on the field. Those same guys gave me praise and told me that one day I would be playing in the NFL. I was talented in both basketball and football. Unfortunately I never really got to play for a professional team.

Typically because I hang around the wrong crowd. In 2003 I got into some trouble and got sent up state to Greenfield, Massachusetts to stay with my Aunt. With a new environment and predominantly white town, I started high school on a good note. My very day of school I was very nervous. Probably because I never had been around so many white people in my life! I didn't know how they would perceive me. I was greeted with a friendly welcome by the principle and office personnel. I made my first friend in a matter of minutes. His name was Justin.

The very first first words that came out of his mouth was "Hey man, you consider playing basketball for the school?" Of course I said yes. This was a small school but had a very well known reputation in the sports category. The year before I got there the school won

the Western Massachusetts State Championship. I played JV and Varsity there for a year before being sent back by my Aunt due to my lack of interest in their religion. It sucked but I got over it.

When I came back to Virginia I was the same old me into sports. Participating in activities in my neighborhood. Just loving to play basketball and football. I went to high school football games watching guys like Percy Harvin. Harvin was an all around high school stand out who played just about every significant position you can name in football. He was the best high school football player in the region and one of the tops in the country.

Watching him do just about anything he wanted on the field reminded me of a player I watched growing up by the name of Ronald Curry. Curry broke several Virginia state records as a quarterback where he outshone in-state rival Michael Vick. Pretty damn good huh? And he was one of the most recruited athletes of all-time.

There were many athletes that made it big from the state of Virginia. Here are a few:

## **Norfolk**

Adam Anderson – driver of the Taz and Grave Digger Monster Trucks, and son of Monster Truck driver

Dennis Anderson – driver of the Grave Digger Monster Truck in the monster truck series, Monster Jam

Al Barks (b. 1936) – Negro league baseball player

Plaxico Burress (b. 1977) – professional football wide receiver for the New York Jets

Kam Chancellor (b. 1988) – professional football safety for the Seattle Seahawks

Alex Cosmidis – Minor League baseball player and manager and Major League scout

Charles "Lefty" Driesell (b. 1931) – famed basketball coach at Davidson

William Fuller (b. 1962) – professional football defensive end for the Houston Oilers,

Philadelphia Eagles and Chicago Bears

Lawrence "LoJo" Johnson (b. 1974) – Olympic pole vaulter, silver medalist in 2000

Bruce Smith (b. 1963) – Pro Football Hall of Fame football player for the Buffalo Bills and Washington Redskins

Joe Smith (b. 1975) – professional basketball player for the Philadelphia 76ers

Chuck Swirsky – Chicago Bulls radio play-by-play announcer, previously with Toronto Raptors



Brandon Vera (b. 1977) – Mixed Martial Artist, currently signed to UFC  
 Ben Watson (b. 1980) – American Football player for the New England Patriots  
 Joe Weatherly (1922–64) – NASCAR driver  
 Pernell “Sweet Pea” Whitaker (b. 1964) – boxer; 1984 Olympic gold medalist, professional champion in 4 weight classes  
 David Wright (b. 1982) – professional baseball player for the New York Mets. [1]  
 Portsmouth  
 Marty Brennaman (b. 1942) – sportscaster for the Cincinnati Reds  
 LaTasha Colander (b. 1976) – track and field sprint star, 2000 Olympic Gold Medalist (4x400m)  
 Chandler Harper (1914–2004) – golfer  
 T. J. Jordan (b. 1986) – basketball player  
 LaShawn Merritt (b. 1986) – 2008 Olympic Gold Medal winning sprinter  
 Ace Parker (b. 1912) – Pro Football Hall of Fame quarterback who also played baseball with the Philadelphia Athletics  
 Semi-Pro football football was widely regarded as the “Hobby Sport” mainly because athletes didn't receive pay. But I admired the athletes because they played the sport that they all loved. My local athletes were some of the best, one name by Lamont Ferebee. Ferebee, now 31 has played the game since he was about 8 years old. He is a close friend of mine and was my very first interview:

ME: What made you want to play football?  
 FEREBEE: My family members all played and my uncle

Darvin Barnard was my role model and I saw him play for Maury High School and I wanted to be just like him... That made me love football.

ME: What was the first team you played for?

FEREBEE: My first team I ever played for made me a true competitor it was with Benjamin Watson with the Cleveland Browns now but we started with the Huntersville Pacers.

ME: How well do you think you would be in the NFL?

FEREBEE: I think I'd do very well because I study teams and schemes and strategies all now just to learn what to do against certain schemes and situations... Football's 90% Mental 10% Skill... That's why you see these great athletes careers get cut short thinking it's all about talent.

ME: Who is your favorite NFL player?

FEREBEE: I have 3 favorite players I like Jim Brown because he was a true game changer and sort of reinvented the position and stood for more than just football... He used football to further his options by expanding his opportunities into a motivation to the people a actor and world wide positive figure. Deion Sanders because he made football his stage and just made teams change their complete game plans because he was just that good and also made football an outlet to other avenues to be successful in life... I wanted to be great just like him athletically... Sean Taylor New era hybrid athlete like myself made me love being a big free safety... I model my game after all three of them The Heart And Will

Of Jim The Athleticism And Flash Of Deion And The Rare Combination of size speed and Tackling abilities which struck fear like Sean Taylor. Not to mention they're all great stand up men in their families lives and communities because their hearts and giving back to the youth.

ME: Indeed!

ME: When do you see yourself ending your semi pro career?

FEREBEE: Think I'll end up retiring in 2 years while I'm still at a highly productive stage and I'll give back to the youth... I'm going to instill my talents and wisdom into the next generation while I can still be with them demonstrating hands on and working with them...

ME: Why do you love this particular game so much?

FEREBEE: I love the competitiveness the will to be great the bond and chemistry you can build with a complete stranger that's trying to do all the same things you want to do in life and that's succeed at your craft... I love being an entertainer because the love of the fans is like no other... It's a whole big family at the end of the day... You must have thick skin though because if you're messing up they'll let you know but constructive criticism helps you stay humble and grounded but at the same time makes you work that much harder to perfect what you love... Without this game I could've been tied up in a lot of negativity so I'd say I don't love this game I live this game it's a part of me and it saved my life....

ME: This is good s\*\*\* right

here..

ME: Who do you currently play for now?

FEREBEE: I'm currently playing arena football in York Pennsylvania for the York Capitals and in the off season I play semi pro to stay in football shape for the Virginia Mustangs

ME: Word

ME: What can you tell younger youth about your experience in the game of football?

FEREBEE: I would let the youth know that it's a great game that you really have to love and cherish because only a selected few can make it big so you have to be serious about your craft if this is really what you want to do but continue to stay in your books because it's a physical game that can end any day... Use this game to further your education and make different opportunities from it...

ME: I appreciate you taking the time to do this

FEREBEE: I actually love this type of stuff it's for a great thing... It's all positive... Any time

ME: One more thing how did you get the name Clyde Haha-ha?

FEREBEE: I'm the 3rd and my MOM and DAD are some A\*\*holes

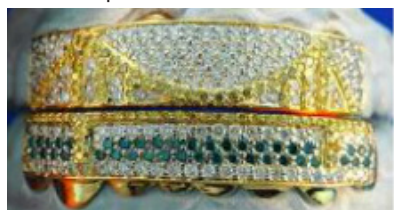
ME: \*Laughs hysterically\*

As you read in the interview, you can see sports is not only a hobby but it is a life changing activity. We all have dreams that we want to accomplish in life. Do what you love and love what you do. Whether it is writing, playing sports, art, anything you love. I am currently taking GED

**Continued on Next Page.....**

classes to pursue my career as a sports journalist. I made many mistakes and my life. I have seen it all. I feel like i've been through it all. But you never give up on your dreams no matter what anyone tells you. No matter if anyone believe in you. As long as you believe in yourself, you can be and do anything in life. Hopefully those of you reading this will get the opportunity to read more from me. Shoot for the stars!! One Love.

Christopher Dowell



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# Clockin' In, "YUUUP"

Lights....Camera... YUUUP... A Norfolk bredren hailing from these cold, mean, and manic streets of Norfolk, Virginia, that Clockboy Los C, hits the scene again with a new mixtape called Welcome to the Tank #SharkCity, movie coming to you soon called Pain and Music, and a clothing line already on your homeboy's back called Peep Game. Los C originally from Ocean Air Apartments in Ocean View, but grew up all over, some places like Norview and Bolling Park it's no place Los C can't go. He has been through it all, and expresses himself within his bars he lay down on tracks. This is no fluke he is the real deal and putting Virginia on the map wherever he is, it's no mistaken where Los C is from. Los C puts out real rap, and he don't mean to be harsh in his music but life is harsh sometimes. But trust his music is versatile it's something for everybody, especially them ladies. City Connection Magazine was able to get and up close and personal exclusive interview with Los C. We were able to preview a few tracks featuring the Clockboys of course, Red Rum of Richmond Virginia, Flexo Gang, Rock Star Jah, Jaws and Boogiemann, Los C's cousin with Purple Haze Enterprise YUUUP. Many stereotypes out there of YUP!!!, to those that don't know Yup!!! is a family thing, it's not a gang, it's not group of people trying to be gangsta, it's family air loom, LOL, Los C and Purple Haze Enterprise can define that.

YUUUP!!!! As Los C mentions in some of his music "Don't play no games I don't deal with f\*ck ni\*\*as" and he stands by that by staying in his own lane. So "If you riding by, smell that kush take a look" because it's probably that Clockboy Los C.

**TCC:** What's moving, it's ya man Javon Johnson, I got my mans that clock boy Los C in the building, he about to drop this fire mixtape it's about to be crazy... So tell us about this new mixtape you dropping

**Los C:** Yeah... Yeah... the mixtape is called Welcome to the Tank #SharkCity. ShoutOut to The Bread Winner, hold ya heard you a ClockBoy for life ten hundred my n\*\*\*a. We was working with X-rated on this joint [Welcome to the Tank #SharkCity], so hopefully that will go through and everything will be right. And I have another joint dropping with Joe Pro called Make It Rain... Oh yeah s/o to Juvo a Clockboy and Rock Star Jah another Clockboy for that, we about to shoot a video for that single called Make It Rain with Joe Pro and them gals

**TCC:** That's what it is man... How long you been spitting (rapping) man

**Los C:** Pssh... well... since I was about 13, I came home in '03 and I been going ever since

**Tcc:** Ok, Whats somethings that influence your music, I

mean what type of experiences, what you bring to the table

**Los C:** Life!!! I don't sound like nobody I'm not trying to be like nobody

**TCC:** That's whats up... I see your family holding you down

**Los C:** You already know...



**TCC:** any guest features on the mixtape or the album thats about to drop

**Los C:** Yeah the mixtape me and Red Rum just did a joint... shoutout to that boy Red Rum, Richmond salute, we bout to get it, I promise... of course them Clockboys on that joint, I got Rock Star Jah, Juvo, who else Flexo Gang... shoutout to them Flexo boys, we got Killah Quan, couple people Yung Krazy, I working you know... I'm giving them Virginia, I wanna give them Virginia all Virginia, I don't



know what n\*\*\*a be on but, I'm giving them Virginia, I'm going give you what we got

**TCC:** So what's up with Coast to Coast

**Los C:** Oh yeah I rock out with Coast to Coast... I got show in Atlanta [Georgia], on the 29th matter of fact, September 29th me and Coast to Coast we at Harlem Nights, they been rocking with me putting me on they mixtape and dropping them, shoutout to Coast to Coast

**TCC:** That's what's up, so look, Pain and Music, tell me about your character and what we are to expect

**Los C:** Jon Jon, I'm Jon Jon in the movie. Things had got hot so I moved to Georgia and no I'm coming back from Georgia and I run into my homeboi and things went from there.. Just know I will play a bigger part in the next movie, but the part i play my dude was that dude so I'm not tripping about that, and then when I sat back and watched it I was like I'm glad my joint is good, big ups to everybody on the cast, because I promise you we work my n\*\*\*a when I say I have new look on actors I do not wanna be one of you guys. Sometimes from 6 in the morning to 6 in the eve we work. From the trailer you see hard work pays off. shoutout to P.B.E.

**TCC:** Definitely give them a shoutout, the City Connection the first ones to reveal that, check us out on the website cityconnection-magazine.com or the channel on YouTube City Connection Magazine... So

yo check it out, the females, you know them types of songs for the females, you have any of them

**Los C:** I got a few of them joints, I have a joint called Tell Me shoutout to Jaws, Purple Haze Enterprise, featuring Boogeyman. They actually my little cousins Jaws, they nice too man, Boogiemane he on the Tell Me single, that joint crazy, North Carolina been on it shoutout to Charlotte, all that, because soon as they heard it they picked it up and put it on the radio

**TCC:** That's real man, what future things are in store as far a collaborations, let me ask you this what has been your favorite collaboration

**Los C:** So far?

**TCC:** Yeah

**Los C:** Oh my N\*\*\*a Flame Bonds, you already know thats my dude, between him and my mans Stash Deveen, shoutout to Stash Deveen hold ya head you know you gucci

**TCC:** As far as like your views on the streets now compared to about 10-15 years ago, whats the difference you seeing right now

**Los C:** Morals.. Principles... these n\*\*\*a don't have no morals no principles they just doing stuff, back then things were done in a fashion now, anybody hustle anybody do what they want to, but I been on my own thing, I don't be tripping I got my own lane, I get on my one and two, I 'm gucci, I'm out of that life, and I'm

glad I went through it when I did and right now, because these dudes tuff

**TCC:** Yeah you know the City Connection like keep you up close and personal bring that spotlight Hampton Roads VA, you know, right not my mans about to do his thing

**Los C:** Look out for that single my n\*\*\*a called the Plug, coming out October 21st... it's going to be in every major distribution you can download from spyderfire, iTunes, all of them

**TCC:** Shoutout to my man Clockboy Los C any shout-out you want to give man

**Los C:** Shoutout to Studio X for having us, look out for Sp the OG joint, Regular Rell joint, Flame Bond new joint he about to drop a single, Clockboys in the building so you know we dropping to mix tapes, Joe Pro about to drop one, we working on the X-rated joint so, Rock Star Jah he about to drop a single, Juvo about to drop a mixtape... Clockboys in the building keep working

**TCC:** Yo look it's one more thing before we go

**Los C:** Oh hold... hold.. my fault... Yung Mizzle cause he'll kill me shoutout to Yung Mizzle

**TCC:** It was a social twit or Facebook situation that kind of transpired that people was asking about the promoters, what you think about that

**Los C:** Sometimes you feel like you have to say something, I'm not saying we no

gangsta or star struck but it's only but so much that a grown man can take, in his field you know this our field, yet you don't rock with us, but you want us to support you, and I feel like thats crazy I'm not saying you have to rock with every rapper in Norfolk or Virginia, but the ones making noise, why wouldn't you rock with them knowing you promoting a show, that'll bring them more fans, when you want us you bring us to your venues because you know we have a following, but you don't f\*ck with us because you really rock with us, you only bring us to your venues because you should want to see us be something, not because you want our followers to spend a little bit of change... Ride with us or collide with us, thats that ten hundred sh\*t.

**TCC:** Keep ya eyes open for my man music, movies, and videos

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**Gtika's**  
**HAIR SALON**  
PLEASE BRING BIO & 2 PHOTOS

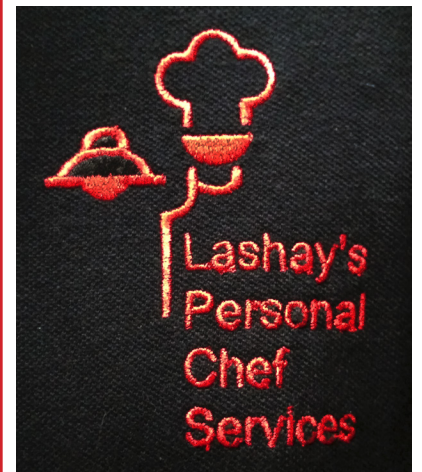
**CASTING CALL**  
SEARCHING FOR ACTORS, SINGERS, DANCERS, POETS, EXTRAS OF ALL AGES

**OCTOBER 25TH**  
**3:00PM**



# ***Model of the Month***

*Paris Naomi*



**Private/Personal Chef Services**  
***Southern Cooking With a Cajun Twist***  
***New Orleans Style***

***For Servicing of Private Events***  
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Banknote the Comic presents comedy in a whole new perspective. Spontaneity is the newest wave of Banknote's addictive comedy. Recognizing his entertainment calling at the early age of 9, Banknote the Comic fuses his lyrical abilities with his comedic style to deliver a unique and entertaining comedy experience for everyone. He has been referred to as being the HIP HOP Jamie Foxx delivering comedy, music, and hip hop in a way that is guaranteed to hook any listener!

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with your resume

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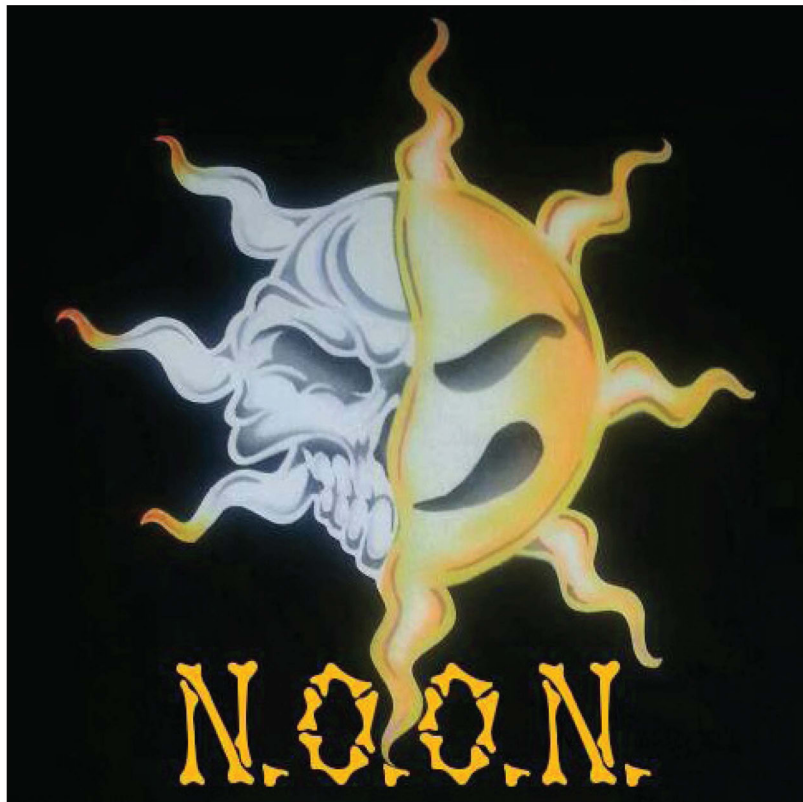


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# ZOOVA

**"Everyone Has An Animal Inside of Them"**

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MVT RECORDS presents

# THE COYOTE DON

VO1.1

COYOTE ENTERTAINMENT

PARENTAL  
ADVISORY  
EXPLICIT CONTENT

## THE COYOTE DON

If you are looking for a sure shot universal album with tight lyrics as The Coyote Don describes as "that 90's flow with a glimpse of the future" and dope beats to match, then look no further than Coyote Entertainment Vol.1 by rapper The Coyote Don of Norfolk, Va. with heat like this, Vol 2 is definitely going to raise the stakes in Hip-Hop.

Be sure to get your copy at [www.mvtrecords.com](http://www.mvtrecords.com)

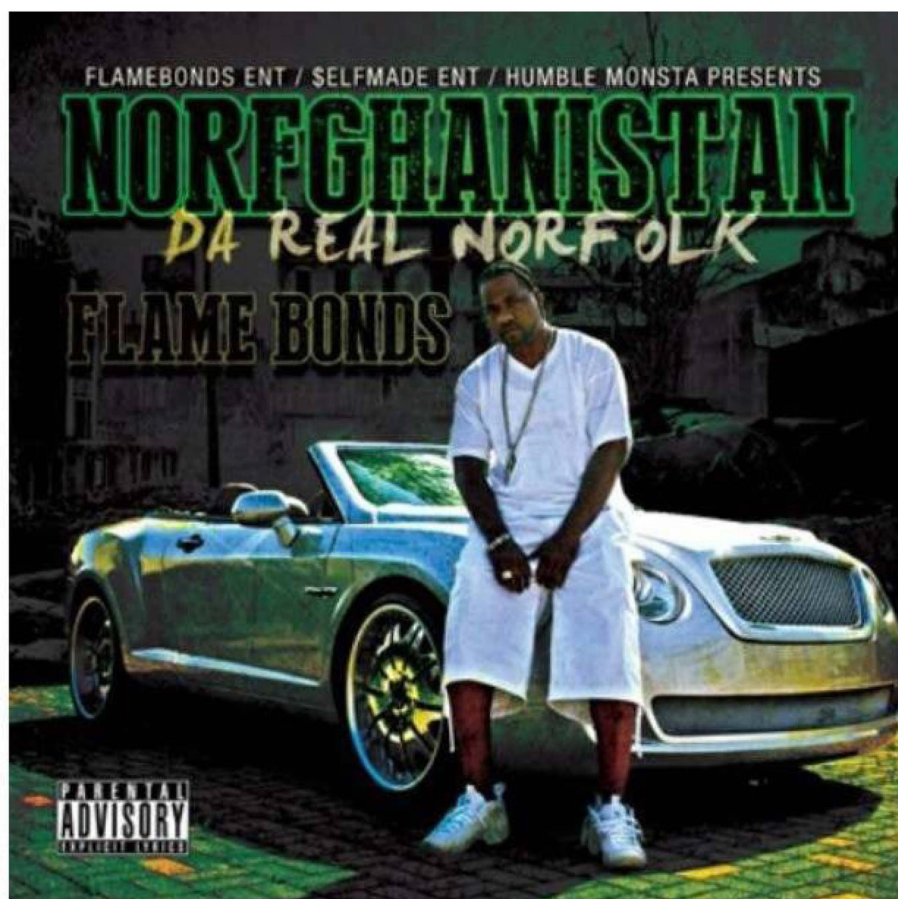
## FLAME BONDS

Pain & Music star, Flame Bonds delivers a certified street banger with his new mixtape titled Northganistan.

As Flame Bonds describes it:  
"I just wanted to give the world  
Norfolk, the real Norfolk"  
and he kept his word.

Download your copy of Northganistan  
at [Datpiff.com](http://Datpiff.com)

You can also check out Flame Bonds in the  
extended trailer of Pain & Music





"Great wings, fish, drinks, and more  
all under one roof"

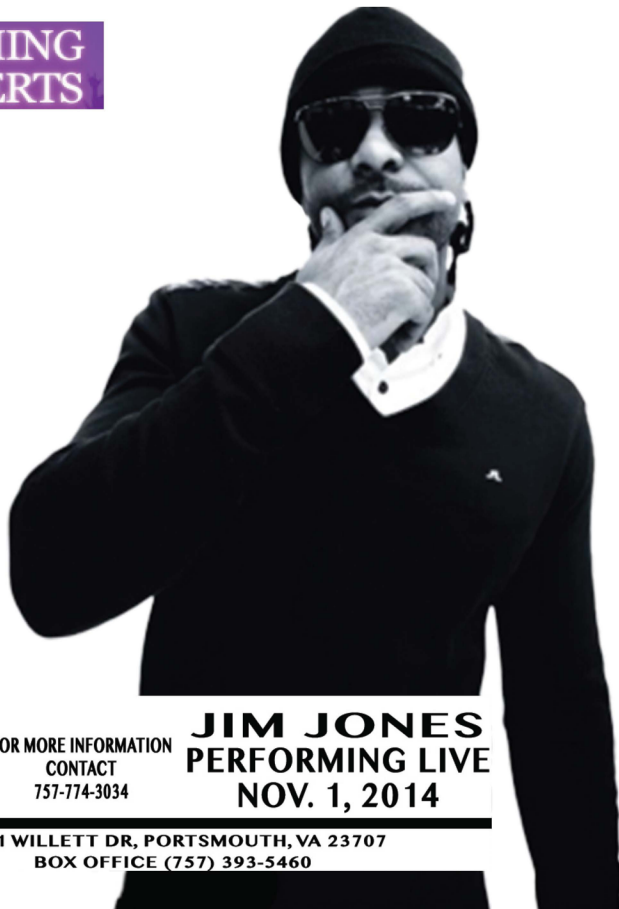


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CONCERTS



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# MORE FROM THE CAST OF PAIN & MUSIC

To view the extended movie trailer visit: [www.painandmusicthemovie.com](http://www.painandmusicthemovie.com)

