

THE CITY CONNECTION

December 2014 Issue 3

Magazine

Blocker YMCA's

**Donald
Dennison**
A Lesson in Fitness

**Celebrity Promoter
Shawn Hartwell**

M. Wellington
The Voice Of Wizdom

**Model Spotlight
Masha & Tanya**

**Welcome To
Club**

aQua

**Interview with
Owners
Steven Krever
&
Seth Applebaum**



Words from the Contributors

Letter From the Editor

Greetings,

It's December and 2015 is right around the corner. I know that most of you are busy preparing for Christmas, however we must keep in mind that there are those who are less fortunate. The City Connection Magazine is ready for an explosive year ahead.

At The City Connection Magazine we work very hard to bring the spotlight to the urban scene throughout Hampton Roads. I hope that you enjoy every issue and that this encourages you to think better, feel better, and do better. We welcome any questions or comments via our email :thecityconnection757@gmail.com.

Peace,

Javone Johnson

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



The City Connection Magazine
Publisher/Editor:
Javone Johnson, CEO/Founder

Contributing Writers:
Mica Powell
M. Wellington
Carla G
Javone Johnson

Design layout by:
Life Thru Words Publishing

Photos Courtesy of
Life thru words Publishing
Vincent Sawyer

Cover Designed by:
Vincent Sawyer

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Contact Us:

Phone: 1-844-243-1346 ext. 101

Email: thecityconnection757@gmail.com

www.thecityconnectionmagazine.com

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Welcome to Club Aqua

words by Javone Johnson & photos by
Vincent Sawyer

In a time when everybody is either scrolling down their timelines on Facebook or posting photos on Instagram, business partners Steven Krever and Seth Applebaum, founders of Club Aqua located at 5476 Va. Beach Blvd prefer to sit in the boardroom and strategize. Their focus is the safety of their patrons. With over 27 years of experience as an entrepreneur, Steven Krever aka "Steve Aqua" says that "his customers safety is rule number one". Club Aqua is a place where party goes frequent for great music, food, drinks, a nice cigar or enjoy good conversation while inhaling assorted flavors of hookah. I recently engaged in an informative Q and A with Steven Krever and Seth Applebaum to get the 411 on Club Aqua.

CC: How long have y'all been in the entertainment business?

Steve: 27 years for me.

Seth: I've actually only been in, technically, the last three years. I came into the business with Steve. He brought me in, teaching me from the ground up everything, which I don't think anybody could know how crazy that is. What a great opportunity. I always considered myself one of the luckiest guys in the world because I don't just have a job. I have a dream career.

Steve: Absolutely.

Seth: Not only do I have something I never thought I would be doing but I'm working with my best friend and he's teaching me everything from the ground up. You couldn't get that education anywhere. It's impossible.

Steve: It's experience, years of experience.

Seth: Yep. It's all those years of experience that Steve can pass on to me and I can run the club, do everything that he does. So I try to take care of it. I do everything the exact way he would wanna do it. Duplication is the best form of success that you can have. That's why when you look at McDonald's, you know why McDonald's is so successful? It's because they duplicate everything exact – every store.

Steve: I think that works.

Seth: Exactly. Duplication.

Steve: Duplication works.

CC: That's very powerful. So who ----- coming up? Who said you know what, I'm gonna go out here and get it, I'm gonna start my own business, I'm gonna achieve that goal?

Seth: Well I know Steve's influences are very different than mine. A lot of things I would say, not because he's my best friend but because, in truth, he's influenced me as an entrepreneur and a businessman. If you look at a lot of people, inherently, in terms of success and what they've done, you can be a good entrepreneur but you wouldn't necessarily be a good businessman. Steve is one of those unique individuals who has both of those traits. Very seldom do you come across someone who has that type of ability.

Steve: Thank you sir.

Continued from page 4

Seth: Way back when, we always talked about this. We're sitting in his pool one August month and we're talking about ideas. Steve was just coming off some bad times. I was thinking you got so many great ideas it's impossible to keep it bottled up. I've known Steve for 30 plus years and he was never been the person to keep things bottled up. When he has a great idea, BAM, it has to come out! And then you can't stop him cause that's just how he is. He's got get it out, he's got to get it done. He likes to see it realized. Everything you see here, that we've built here in Club Aqua is a culmination of a great vision that he had.

It started out as a base. You know we always joke about the first day that we started here. Steve and I, we did everything on a shoestring and because we had that experience we were able to do a lot of stuff. When you talk about having sweat equity, we have that sweat equity and also that physical. We've actually done a lot of the work ourselves. Of course everyone knows what this place was. It was the old House of Comedy. So I remember, we come in after we had just got the keys. I had just come in from New York, we met the landlord, we sat down, we dropped a ton of cash in his lap. We got the keys and I'm like holy crap this thing is really happening.

Continued on page 6



So we come in the place and Steve's looking around, he's kind of pulling on stuff and he's looking to see what can be knocked down. All of a sudden you hear "eeuuurrr." OK well then the demolition had started. Next thing you know, with no tools, we're kicking and pulling things a part. We just went nuts man! We're pulling everything. Well this has gotta go, this has gotta go!

Steve: Of course the excitement of the venture hits ya. And that's what happened. And we have not stopped.

Seth: It's the realization.

Steve: That's why there's constant renovations. Gotta keep the place looking new. Gotta keep changing, giving the people something to look forward to coming, seeing something different; never knowing what they're going to find. So you always have to renew your business ideas. Because if you're going to keep a place and people are gonna come, keep seeing the same thing day after day, so week after week, month after month and so on, it becomes the same routine. It becomes a rut almost. So going out doesn't become fun anymore

It becomes a rut. And that's the one thing we don't want here. So from the first day we started knocking down walls, we've never stopped. It's an ongoing project that's never gonna end.

CC: That process right there, constantly keep it new, renew, that's something I can definitely understand just far as being able to transition with the times.

Steve: Absolutely

CC: What was your best experience at Club Aqua?

Steve: I would say probably the best thing I've ever experienced in this business is from back in my beginning days. Giving some of these young guys a chance and sitting in front of me, seeing what they have become today, knowing I've given them their first shot - many of these guys, it's an honor. It's a privilege. I think the gratification you get from that you can't get from anywhere else; then to see somebody that's become so successful because you know you gave them their first shot. There's probably a half dozen to a dozen of people in this business today that I know that I can feel confident about that I gave them their first shot. And I still see them today. Some of them are doing better than I'm doing. So I'm actually proud of that. To know I can look at these entities and say wow I remember when they sat in front of me, they were a kid. That's actually an honor.

CC: That's peace right there man. I see you're very passionate about what you do. And you as well (directed to Seth).

Steve: I love what I do.

Seth: I do too. Like I said, there's nothing more fulfilling than having a dream career and becoming successful along with my best friend. It's very rare. A lot of time you have partnerships and they never worked out because you'll do the right thing and then there's always that other person who either gets greedy or he gets jealous. And that becomes the problem and the next thing you know, there's stuff going on you least expected. Of course you have to deal with it cause it's par for the course; it's part of the business. The glue that keeps our foundation together is our friendship. The reality of it is, and Steve always agrees, that if we can't have our friendship then the money doesn't really mean anything. What's the point? You can make money.

Steve: Very true.

Seth: You can make money but what really makes it work is our friendship. We're best friends. We're brothers till the end. Whatever happens, Steve knows he can always count on me. We're like any other brothers. We'll get mad at each other, but you know what, that only lasts for about five minutes.

Steve: I think one of the problems in business, and I think a lot of people should take this as a lesson, once the money becomes more important than the customer – and I love making money, just as much as the next guy – but when the money becomes more important than an individual, it's time to go. In all my years of business, I think I have never allowed the dollar to become more important than any customer that walks through this door, let alone my partner and friend. I think that's how you keep a balance. Everybody that comes through that door has to be important. If there not important, the money's never gonna flow. You're not gonna make the money. I think I've probably let me people in my club for free than every club owner together in the 757. I think if you don't keep that balance, if you don't keep that relationship, it can never work. You gotta build a base and that's in any business you have, whether it's a clothing line or the club business. You have to keep a base, so you have to treat people the way you want to be treated. It's relevant to your business. We're able to keep that understanding where if this business becomes more important than this friendship, the business has to go.

Seth: It's the basis for longevity. We have a lot of club owners down here and in reality, that's really all they are. They're club owners. They're only interested in woman, drinking, and the door money. A lot of times, we don't even look at that. We look to create the experience for those people coming through here so they'll want to come back week after week or every other week, whatever, and say wow, like Steve said. We're creating an experience. That's what this is all about. When you come to Club Aqua and you see the video screens and you see the things that we do, it's a visual experience. It's a sensation of wow I can't believe there's a place like this down here in the 757, in the Hampton Roads area! That's what's doing down here. It's better for everybody. We created that experience. That's why we want people to keep coming

back and they'll tell other people, people from out of town. There have been times when our nights have gone down to next to nothing and I never worry. Steve always tells me, “listen dude, when I gotta worry that's when you worry. But when I tell you not to worry, then you don't worry.” And I don't. Sometimes it's a little hard, I'll admit. But with Steve and his experience, I get my confidence from him. We were having a conversation today and Steve says “You know, there's a reason why I'm hard on you...cause I know you're capable of more than that.” And I have to take that to heart. We spend a lot of time together, Steve and I. Like I said, you can't buy that experience. It's hard at times cause I don't really live here. Steve is actually a Virginia Beach resident. I'm not. But I realized, going into the project, what sacrifices would have to be made and that's just really what it is. If you want to be successful, you'll have to do things outside the box. That's the only way. People don't realize you have to be uncomfortable to be successful. That's also a catalyst. So yes we try to create that experience for people so they will want to keep coming back week after week. Create that safe environment, make it economically conducive to them so they'll say hey I have no problems spending the money here. So these are the things that we do and it works. That's what creates longevity and the experience.

CC: That's very powerful right there and I'm definitely in applaud about the information y'all shared with us tonight - the advice, the experience, the ups and downs, the realism. That's very inspiring. As an entrepreneur and business owner myself, I'm very humbled by the experience myself. I've got one last question. I heard you have ownership interest in a franchise. You want to share anything about that?

Continued on page 15

The Voice of Wisdom

Article by M. Wellington

“What’s in a name? That which we call a rose by any other name would smell as sweet.” William Shakespeare

On a Thursday night while sitting in the salon (Another Level on Granby street in Norfolk) preparing to get my hair done for an upcoming speaking engagement; I overheard a conversation with one of the stylist and her client about the latest edition of his magazine and that this was his 2nd edition and it was getting ready to be released on the next day (Friday). Someone ask “What is the name of your magazine?” He stated “The City Connection Magazine.”

He briefly started to converse about the magazine and how he and several other individuals got together and came up with the concept. He briefly described in detail how it developed into what you are reading right now. In the middle of the conversation, I heard my stylist say “What’s your name again?” He answered Javone J. (CEO), She then said “Let me introduce you to my Apostle” I lifted up my eyes slowly, while trying to understand why she would introduce me to this gentleman; we really don’t have anything in common? In the back of my mind, I am thinking, gosh here I am being introduced as your Apostle wearing non church regulated jeans (tight), tank top and a blazer. This appearance is not what the typical Apostle/Pastor wears.



As I looked up, I saw this gentleman, clean cut, black denim jeans, black long sleeve shirt, sitting in the stylist chair getting his hair braided. “This is my Overseer/Pastor, M. Wellington,” looking up I gave a gracious sanctified smile but in the back of my mind; I was thinking, how about just saying my name, Medris. But, I understand the respect thing when it comes to introducing your pastor, blah, blah, blah. Many leaders are arrogant and want you to focus on the title and not who they are in their everyday life, PREACHERS OF 757. We will discuss this in another article. Needless to say, we had more in come then I originally thought. Just

goes to show you that you can’t judge by appearances or titles (what’s in a name). Later on that same evening he and his partner stopped by the church to interview me. Yes! The CHURCH and took some footage of me and several of our young people as they practice for an upcoming event.

The City Connection Magazine is bridging gaps by spotlighting local and national hip hop artist, pop cultures and also tapping into the spiritual aspect of our readers and artist in this Urban culture. As a "Spiritual leader" I plan to discuss topics and answer questions that you as a reader always wanted to know but just didn't feel comfortable to do so without feeling ridicule or embarrass. Let's hear what's on your minds.

Neither I nor the editors of this magazine are promoting any one particular "Religion" but we are encouraging our readers to feel free to speak your heart. Our very essence of who we are as humans and as a race is cohesively tied to our belief system and how we conduct ourselves in society. Topics on Sex, Money, Marriage, Relationship, Sexual preference, Drugs, Music, Politics, Church, Education, Race etc.

I want to hear from you!

"Knowledge speaks but wisdom listens." Jimi Hendrix. Email me at vowcityconnection757@gmail.com



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Model

Photo courtesy of Matt Yamada

MODEL SPOLIGHT

Masha
32D-24-35
Model/Actress



Photo courtesy of C.Vick/Visionary Images

Welcome to Club Aqua

Continued from page 7

Steve: I'm gonna give some advice. There are stories that mold us into who we are and who we become. I've been self-employed since I was 15 ½ years old. I've been very fortunate - right place, right time, in a lot of those instances. One of the things that stops people from being successful is fear. I watched an interview and I'm gonna tell you this real fast, I was 15 ½ year old. True Story. It was with Famous Amos, the chocolate chip cookie guy. I was clicking channels, four o'clock in the morning; young kid who couldn't sleep and I seen an interview with Famous Amos, the cookie guy. The reporter asked him, he said "Amos, why did you put a cookie stand on a corner that had three cookie stands before you and every one of them went out of business?" And he reply was "Well because the problem is people will spend almost everything they have. They might have their last \$10 in their pocket and they might need that last \$10 but they will stick their hands in, pull that money out halfway and be like no I need this for my next meal when that \$10 might have been what brought them over to Tom" What I got out of that was fear. People will start a business. They will spend half their life planning, planning on the business, trying to get it up an running but they will be too afraid to really make the step. I think was I realized that I had my first business 2 ½ weeks after that interview I watched. So I think as far a business success, I think what stops a lot of people is fear. If you are telling yourself if I lose this money or, if I risk certain things I'm never gonna have it again, then you're never going to. You've got to take that leap of faith. If you're not willing to do that, you're going to be sitting on your couch for the rest of your life always wondering whether you would've, should've, or could've. I think the fact I've never had to look back has a lot to do with a lot of my businesses, and I own a lot of other businesses besides Club Aqua. If I had to contribute any one cause why most people are not successful, that would be the reason.

Steve: You have to love what you do.

Seth: Exactly. The money will come.

Steve: The more money I've given away in my life, the more I've made. That's a fact.

Seth: We live by that. I know whatever he did, he's always been successful in his life. Everything that Steve has pretty much done has turned to gold. And I've known Steve a long time. I've seen pretty much everything he's done. Everything he's done, he's been successful. Everything he's ever said he's gonna do, he's does. Otherwise, I wouldn't be here. For those people who come to us for the wrong reasons, and don't believe in what we're doing, they don't need to be here. We have a lot of people here that share that same vision with us and know where we're going. We're going public. We're gonna build three or four more facilities just like this in other states.

Steve: What a lot of people don't know is this facility is actually employee owned. I had an incident where I basically lost everything in 2008 from a person who I thought was a friend. You find out when you go from up here to down here, you really find out who you're friends are. I had what we call a rude awakening. So when I lost everything, the people that didn't lose my phone number, which is my staff, most of my management staff. When we came up with the idea to get back into the club business, let's do an entertainment facility, the one thing that I insisted on is that we do something but we have to reward our real friends and bring them along for the ride. So when we created this facility, a lot of people don't know this club is actually employee owned. They get share distribution, profit sharing. There's actually a Board of Directors here that we've elected. I think because we balance that family atmosphere along with making money, I think that's going to be a key ingredient to our success. TCCM

Do the Knowledge

The Insight 50 Lessons of Inner Power

Lesson 25 S.B.A

I know that you might be wondering what SBA means. This is my acronym for: See it, Believe it, Achieve it. When I say see it, I am not talking about using your eyes. I am talking about in your mind. This is where all your ideas are born. Believing in what you see in your mind is to claim ownership of the vision. Your mind will find ways to make it come into fruition. You see, the mind has a magnetic way of attracting what it sees. Therefore, it comes to life (fruition). At this point is where and when you achieve it. Now it is your turn. You can do it. Just remember S.B.A!

“The only thing that comes to a sleeper is a dream, but when yours third eye (your mind’s eye) is open, dreams come true”

-Excerpt from The Insight 50 Lessons of Inner Power by Author Javone Johnson.-
Available on itunes , Barnes and Noble.com, or www.lulu.com

The Insight

50 Lessons of Inner Power



Javone Johnson

Celebrity Promoter Shawn Hartwell

A story of triumph by Javone Johnson

Interview with Shawn Hartwell

CC: What's moving. What's moving. The City Connection Magazine is in your area bringing this spotlight to the urban scene throughout Hampton Roads. Today we have a special guests with us, my man Shawn Hartwell. What's going on bro?

SH: I can't even call it, you know. I'm happy to be in VA. I had the party last night with my man Young Money Yawn. Big event at Club Aqua. I'm down here doing my promo tour. Enlightening brothers, motivating brothers so they can see a better understanding, when they get out of prison, there's always a second chance for us. That's what I'm out here trying to do.

Right now, I've been home for 5 years after doing 20 years in prison for a federal king-pin charge. But I'm passed that in my life. I'm out here on a bigger struggle, a bigger path, and a bigger education. It's to motivate my career, motivate my brothers that's coming home from prison so that they can understand the best chance is you. When you give yourself the best shot, you can always achieve something different. I know a lot of them take classes in there. They're gambling that, when they get out of there, one of them will work so they don't have go back to prison. So all day long, me being out here, that's my path – to motivate people.

I've been in prison since I was 13, 14 years old – my whole life, back and forth. So when I came home in '09, I made an agreement with myself that I would never go back and that I would always motivate people to do higher things or become a better person, just do better things for themselves. Since I've been out here, recently, my success has been growing. Right now I've been stamped by Hot 97's Funk Flex as a celebrity promoter worldwide. So right now my career is off to another chapter and these chapters are going to open big doors for me.

I'm down in VA with The City Connection Magazine. I'm doing video shoots. I've come a long way. You gotta remember, I'm 43 years old. So to get back out here after been gone since I was 18, come home at 39, and at 43, I've created a career for myself. I've created a path for myself that someone can respect me for. Before, I was known as a drug dealer. A local drug dealer is respected but it's a different respect when people see you on a positive road. Some people won't understand it right now, but later on they will.

This positive road is going to open many doors for me as my success grows, as my grind grows. It's not gonna be easy. It's been some pitfalls. It's been some struggles. That's a part of success. But the biggest part is that I'm out here. I'm out here enjoying life. I never gave up. I never gave up on myself. You can't give up on yourself. Once you do that, you're a failure to your birth. When you were born, you mother made so much sacrifice, so many months to get you here. She sacrificed her life to get you here and so giving up on yourself is like giving up on your birth. I would never give up on my birth cause I love my mother. I have a tradition in my family. I live my life a certain way and I want my people to live their life a certain way.



When I got back out here, I was like damn, you like the waves right there in that ocean. You come out hard and then settle into the sand, you feel free again. It takes time. When a lot of brothers come home, give them some time. Work with them. Some of them gonna be off a little bit. They've been in jail a long time, so they gonna be off a lil bit, but they catch up with the right support and understanding. Don't be so hard on them. Give them a chance. They're stuck a lil bit. Help them, like that wave in the ocean. Help them ease their way back into society. Help them get a smooth course back into society so they can be adapted to what's going on. If not, this is why so many going back with this structure in

When I got back out here, I was like damn, you like the waves right there in that ocean. You come out hard and then settle into the sand, you feel free again. It takes time. When a lot of brothers come home, give them some time. Work with them. Some of them gonna be off a little bit. They've been in jail a long time, so they gonna be off a lil bit, but they catch up with the right support and understanding. Don't be so hard on them. Give them a chance. They're stuck a lil bit. Help them, like that wave in the ocean. Help them ease their way back into society. Help them get a smooth course back into society so they can be adapted to what's going on. If not, this is why so many going back with this structure in their mind, when they don't have to do that.

Every day I think about that. I gotta get back out here and get a smooth sailing back into society. It's still a lil rough but I'm gonna be alright though cause I'm here. Once my career, my vision gets bigger, I'll make another vision, then I'll make another vision; and I keep conquering myself. You gotta remember, you at war with 2 people. You at war with yourself and the world. You trying to get success and the biggest thing in the world is to bring success upon yourself. You wanna be happy about yourself. You sleep better when you're happy. You wake up better when you're happy. You've done something creative for your life and you wanna be happy. That happiness brings a bigger vision. When you have a dark vision, a dark path, you can't see much. That's impossible. The light is not going to shine in its right direction for you, so you can't see much. But when you're happy, it brings a gift to you. That gives you the understanding of life. You can achieve more and that's the path I'm on. Even when people – I don't want to say hate on me, they misunderstand me, because you can't hate on me cause you don't know me. I know where I come from. You don't where I come from. When these people understand that, they start accepting you a little bit more. They start knowing you, your path, they start agreeing with you a lil bit more.

Right now, it's hard for a lot of brothers but don't judge them too bad. Be a lil easy on them. Show them the gift of happiness so they can achieve success. I'm happy. I can't even complain. I'm happy. I sat in that prison for 20 years. I'm happy. You can say you don't like me. I'm living my life my way. I'm enjoying my freedom my way every single day. If I don't want to wake up and I don't want to talk to no one, that's my enjoyment for the day.

If I want to go to sleep, sleep all day and watch cowboy movies, that's my enjoyment for the day. I owe that to myself and no one else. You owe things to yourself and no one else. Once you understand that, that brings that happiness that you need, that you're missing. You owe yourself something. This is your birthright. When you understand that, like that light that's shining on me right now, that's the light that's gonna come upon you. When people see you, they see you happy. Peace.

CC: That's peace man. Hey look, you know how we do it. The City Connection Magazine, we bring you up close and personal with the realness. We bring you in depth stories, exclusive interviews -

SH: Passionate stories.

CC: Passionate stories and we represent the streets all day! You know what time it is. What's moving? See you next time. TCCM

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LUNCH SPECIALS

Stay in Shape with Blocker YMCA's Donald Dennison



Javone Johnson:

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 I have special guest who is going to give us the insight on fitness and strength training. The City Connection Magazine presents Donald Denniston. How are you today?

Donald Dennison:

Doing well thanks for having me. I appreciate it.

Javone Johnson:

What lead you to the field of personal training?

Donald Dennison:

I think it's been since I was a kid. I had these fascination, I don't know if it was stuff from athletics, being bullied and stuff from my fascination of the human body. But I always been attracted to the body adapting to strength training and other aspects of fitness.

Javone Johnson:

What would be consider the first step to developing strength?

Donald Dennison:

To developing strength, the first step is not to be discouraged! A lot of times when you go in there you're not going to meet the expectations that you want or you're not as strong as you think you are. The first step is to be humble and understand it is a process, not something you just jump into and jump out of. It's a process, it's a long term process.



Personal trainers Donald Dennison and Demont'e McClary of the Blocker YMCA.

Javone Johnson:

So what do you tell clients that actually experience the soreness that is associated with the strength training, what keeps them going?

Donald Dennison:

I think you have to have a legitimate want. It's a deeper need or deeper want to be healthier, look better, and feel better. It's just a part of the process. When you are feeling sore and you don't feel like doing it anymore, you just got to understand that once you keep going once the process becomes longer, once you're further down in the process, it does become easier. The beginning part is always the most discouraging, the beginning part is always the hardest to pedal against.

Javone Johnson:

So what are some of the health benefits associated with strength training?

Donald Dennison:

I think what you see hear a lot with strength training is the body's deficiency to move. You go through your daily life or you look at the other people and how they move. You notice that they don't move as efficient and everything that they do is a lot more painful, a lot painful, and a lot more uncomfortable. When you do strength training and you do cardio exercising, you're really focusing on combating any sort of elements to your body, physical elements to your body.

Javone Johnson:

I see that we are here at the downtown block-er Norfolk YMCA. What led to your interest towards working at the Y?

Donald Dennison:

Well the Y has always been one of those house whole names especially this YMCA here at this location. It's huge, it's the mecca of YMCAs in the area. We have everything that they have. We have an awesome program here with a lot of good trainers to learn from. It's just a good place to start and to build my sort of philosophy and methods towards training. (Training other people)

Javone Johnson:

In a typical day for a beginner, what would be the first stage of developing strength training?

Donald Dennison:

Developing strength training, it's definitely the technique and the motion. Not that you doing complicated motion but when you have the resistance against the motions it becomes a different ball game. When you first starting out we are not looking to destroy our bodies at first. We are looking to have the efficient movement from the beginning to the end that focus on contracting and psychologically moving muscles.

Javone Johnson:

Should a person take in a whole lot of sugar and sweets before their strength training?

Donald Dennison:

You 100% probably want to stay away from the sugars. There's nothing that comes from artificial sugars. As far as dieting, we want to make sure we hit our macro nutrients that we have the amount of carbohydrates, amount of protein, and fats that we need to prepare ourselves. When you hear the expression, you are what you eat. I don't think people take it into consideration that's what you are. Your body is made up on literally what you consume.

Your body takes up what you consume and turns it into you. So when you start taking in these artificial ingredients all these crazy preservatives your body has to use it and if it cannot identify it or have a place for it than it's doing you no good. Eat anything that's fresh, anything that doesn't come in a package is what I stay away from. You just hit the amount of protein, amount of fats, amount of carbohydrates you need and I don't do any crazy supplements. I only take Flintstones Vitamins. That's the only supplementation that I do. It works. I think all the other crazy stuff is for people that don't need it. You take in the right amount of nutrients from your food. It's more than enough to get you prepared for your workout.

Javone Johnson:

In the food groups, what example of proteins that help develop the strength, the meats, poultry or fish.

Donald Dennison:

Protein is a big one because a lot of people think of protein they think of meats. They don't realize there is a lot of main source grain of foods that have a lot of protein. Brown rice have protein, and whole wheat they all have protein. You just have to look at the label and you will be surprise to see that they do. Honestly when it comes to my meat source protein, I can't stay away from chicken. It's just the easiest to cook. And then when I feel like splurging I go out and buy the Grass Fed Sirloin from any grocery store.

Javone Johnson:

What about carbs. What particular carbs you recommend?

Donald Dennison:

When it comes down to carbohydrates, I do focus a lot on rice. It's the easiest for me being that I am a recent college graduate, and paying off student debts. I have a \$30 rice cooker and I buy \$5 worth of rice that last about a month. It is an easy source of clean protein. It doesn't taste bad. It's the best way to do it if you on a budget, college budget like me.

Javone Johnson:

Is it true that heavy weight brings about more muscle mass?

Donald Dennison:

Muscle mass comes from your body adapting to the strain you put on it. So if you are doing heavy weights and you only doing 3 reps, you're not putting on a lot of stress for the muscle to adapt to. If you are looking for a strict muscle mass regiment, you want to look at the time the muscle being under tension or under that stress weight and from there your body respond by adapting and it builds more muscle mass.

Javone Johnson:

Do you have any positive words to say to someone who may want to develop strength or just don't have the motivation?

Donald Dennison:

My big thing is it starts with "YOU" and you getting up and doing it. You have to have an actual want, actual need within yourself to do it. It's not impossible! Nothing that anyone would ask you to do with weight training or in the gym is not impossible and nothing nobody has already done before. You put the amount of time in, you put the amount of work in then later down the road, not only will you thank yourself but you will see the results and you will see it and enjoy it. The best thing is getting that feedback and response from the exercising.

Javone Johnson:

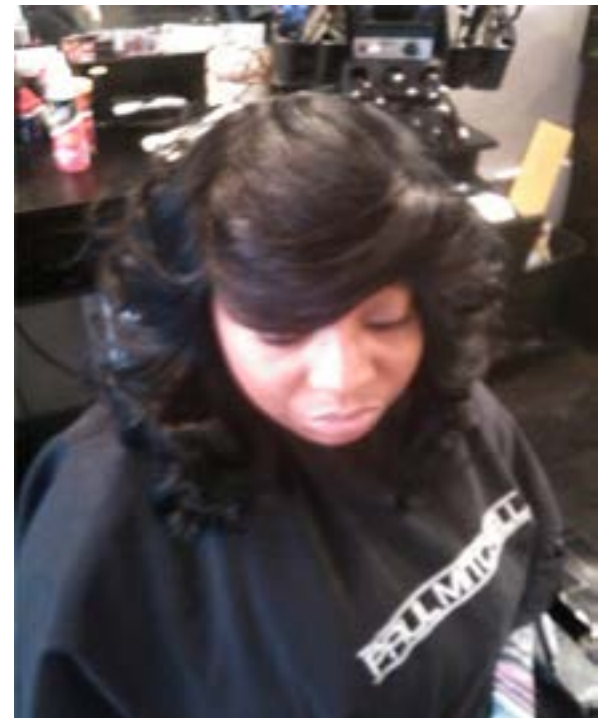
Donald Dennison, I definitely want to thank you for your time and it was a pleasure to interviewing you with The City Connection Magazine. I hope our readers will definitely get some insights from the tips you give. I'm sure they will. Thank You! TCCM

Beauty in the City

BY CARLA G.

Informative and interactive column on Beauty and Fashion in the city.

The beauty industry is a multibillion dollar industry. Women and men are either a slave to the essence of looking great or just someone who enjoys looking nice. The average person spends \$3,000 on hair and beauty products a year. Look I get it, looking presentable to the world should be important. There is a huge debate out there. The debate is which is more cost effective and easy to maintain, Weaving or going Natural. Let's start with the weave industry. The minimum cost for a human pack of hair is 25.00 per pack. For the Remy hair is at least 85.00 and up. If you're lucky a stylist can put it in and it last for a few months. A lot of women find sew-ins and bonding too be convenient in the upkeep of their appearance. There is rumor that the hair is running out. The hair company has created Master Mix and blended hair to keep up with the demand. That type of hair is a blend of human and synthetic hair that can be curled with a certain temperature. For a weaving customer being able to keep a look for a month without doing much to the style is ideal. For someone who has a busy life and like diversity this is a good choice. The Natural look tends to require more maintenance and creativity . Depending on the customers length and texture of their hair will determine the different type of looks you can achieve. A natural look can last up to two weeks. The market for products for natural hair is reasonable . The Kinky Curly line is ranked in top 5 most successful products for natural hair. Kinky Curly product start at 12.00 a bottle. Your life style and choice of style can win this debate. Email your opinion to anotherlevelcoc@gmail.com about the natural or weave benefits and have your response in the next issue.



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