

# THE CITY CONNECTION

January 2015 Issue 4

*Magazine*

**Dr Martin Luther King**

**Selfmade Ent CEO  
YoungKing DL  
&  
Bear Baack**

**M. Wellington**  
**The Voice Of Wisdom**

**Model Spotlight  
Chelsey Townsend**



**Exclusive Interview**

**The Real  
Rick Ross**

# Words from the Contributors

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## Letter From the Editor

Greetings,

Happy New Year! Welcome to 2015. We are blessed to see another opportunity to create, build, and elevate. Learn from all of your failures and turn them to success. Remember the three R's Review, Renew, and Rebuild.

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 : [editor@thecityconnectionmagazine.com](mailto:editor@thecityconnectionmagazine.com).

Peace,

Javone Johnson

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  
Publisher/Editor:  
Javone Johnson, CEO/Chairman

Contributing Writers:  
Mica Powell  
M. Wellington  
Mikaili Boodie  
Javone Johnson

Director of Music and Production  
Morris "DJ Strez Hall"

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: 757-777-3841 or 1-844-243-1346 ext. 101

Email: [editor@thecityconnectionmagazine.com](mailto:editor@thecityconnectionmagazine.com)

Email: [thecityconnection757@gmail.com](mailto:thecityconnection757@gmail.com)

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

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# Freeway Ricky Ross

## An interview with a living legend

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When it comes to the drug game, Freeway Ricky Ross born Ricky Donnell Ross is no stranger. Considered by some to be the largest crack dealer in history. “Prosecutors estimate that Ross exported several tons of cocaine nationally, and made more than \$600 million in the process. Counting inflation its 1.6 billion dollars comparing 1986 to 2010.” “Ross made millions as an unknowing participant of the Central Intelligence Agency and U.S. Drug Enforcement Agency operatives, who provided him with unlimited amounts of cocaine. It was said that his suppliers used the profits to pay for the CIA-spawned Contra war against Nicaragua’s leftist government.”

Its 8am on a moderate December morning and I am dialing Ricky Rosses cellphone number on my Galaxy Note 4. After 3 rings I heard the voice of a calm yet alert Ricky, “Hello”...

JJ: What’s moving, what’s moving. The City Connection Magazine now in your area, bringing the spotlight to the urban scene throughout Hampton Roads. Tell us your name, where you’re from and what was your federal charge?

RR: My name is Rick Ross. Most people know me as Freeway. Grew up in South Central Los Angeles. Was in for conspiracy and drug trafficking.

JJ: What led you to the drug trade as a youth?

RR: I feel there were a few things to credit for my drug use. One would be illiteracy, not being able to read and write.

That puts you in a position where you can only do things to a certain limit. So that definitely contributed to my drug trafficking. Also, there was a movie out by the name of Super Fly. I believe that money had a great influences on what I became and who I was.

The other is lack of a job and opportunity. When I was coming up, at that particular time, most of the jobs that black men had been holding down had disappeared; things like the trash truck drivers, street workers. So it left me in a particular situation where, if I wanted to provide for my family, it was easier for me to sell drugs than to get a normal job.

JJ: How would you describe your role in the game at the time and who controlled the market share?

RR: Well in that time in L.A., cocaine was pretty new. The first ounce I bought, I paid \$3300 for it. When I went out the game, I was selling ounces for \$300. So the price definitely changed over time. It was pretty much controlled by whites. There were very few blacks involved because the price was so high. One of my goals was to make it affordable for more blacks to get involved.



JJ: How did you earn the name Freeway?

RR: We grew up by the side of the freeway. When we were young, some friends started calling me “Rick that stay by the freeway.” As my drug empire rose, so did my reputation and my name.

JJ: Is it true you sold an estimated three tons of cocaine, with the street volume of about \$900 million, during the 80s?

RR: I don’t know how many tons I sold but for many years, I did 100 kilos or better every day. Some days it would be 200.

JJ: What is the most money you made in one day?

RR: About \$3.2 million.

JJ: How did you meet Oscar Blandon?

RR: During the process of working my way up to the top. First, I was introduced to the Nicaraguans and gradually worked my way up. I was offered an opportunity to provide a connection with Danilo Blandon. I paid \$60,000 to meet him.

JJ: So you paid to meet him?

RR: Correct. He paid to meet me, as well.

JJ: So he heard about you and what you had established, just as much as you had heard about him?

RR: Correct.

JJ: I heard he was like a mentor to you, almost like a family figure.

RR: Absolutely. I’d stay at his house on numerous occasions. I knew his family. So we were definitely a close-knit, I thought, friendship.

JJ: How was that lifestyle? Was it extravagant at that point?

RR: No we both lived pretty simple for drug dealers. That’s one of the things I credit to being able to make as much as I made, because we weren’t taking our money and blowing it on simple things. We took our money and saved it.

JJ: For drug dealers today versus in your day, the rules and principles have changed. When do you think those changed?

RR: I think the biggest thing that has changed between now and back in the day is now it's all about faking it until you make it. Back in the day, it was all about going out, working hard and making it.

JJ: How did you feel when you found out Blandon became a CIA informant?

RR: He wasn't a CIA informant. He was a CIA operative. He became a DEA informant. I was shocked and appalled on both of them. When he set me up, I couldn't believe it. Even after he set me up, I couldn't believe he would actually get on the witness stand and testify knowing I was looking at him while he said it.

JJ: How much time did you serve?

RR: I served a total of 20 years and about 3 months.

JJ: How much did you spend on legal fees?

RR: Just myself, over a quarter of a million dollars.

JJ: I understand you helped some of your partners. Did you take care of their legal fees as well?

RR: Absolutely. I felt responsible for any of my people that went to prison because I knew if I kept them out of prison, it would keep me out of prison.

JJ: What was your biggest challenge while you were in federal prison?

RR: My biggest challenge while I was in federal prison was to get out. That was pretty much it. Everything else was no big deal.

JJ: Who are some of the hustlers you looked up to?

RR: Probably the main ones at that time was Tootie Reese, Nicky Barnes, and Felix Mitchell.

JJ: The heroin game was pretty profitable too. Did you experiment with that game as well?

RR: I didn't.

JJ: Why cocaine instead of heroin?

RR: People were ODing on heroin and with heroin, you had to use needles. With cocaine, it was smoked out of a pipe; more glamorous, more hollywood.

JJ: Tell me about the women. I know alot of women came with that lifestyle and money. Did you succumb to the women that comes with that type of wealth?

RR: Absolutely. I indulged in that. There were quite a few women who made a lot of money for me. A matter of fact, about 8 women, maybe even more; but they were real good in the game. I enjoyed dealing with women. They weren't as intimidated as men be. Most women that look at you as competition, the mostly want to be your girl. They don't mind seeing you make money and they don't mind giving you money.

JJ: Was there a lot of violence associated with that lifestyle?

RR: Yeah, I was almost hit at one time but that was early on. I was pretty young in the game. Not much violence goes on as you know how to set your operation up. I had my operation set up in a way that the people I was dealing with I kind of raised them and groomed them, and taught them the business. I wasn't like I was out looking for new customers. The violence wasn't really there but whenever you're carrying large sums of money, there's always someone willing to take a gun to your head and take it away from you. So you always have to be conscious of that as well.

JJ: Who introduced you to being an entrepreneur and buying properties?

RR: I guess it goes all the back to my uncles back in Texas. Even though they didn't have an opportunity to be entrepreneurs, they'd hauled the wood and things. They did all this for themselves. They had old trucks and would go out and haul off people's hay and wood and stuff like that. So I guess I got the spirit from them. I always wanted to own my own. I want to control my own destiny.

JJ: How did you feel when you got your first hotel?

RR: It was the greatest accomplishment in the whole world. One of the reasons I wanted a hotel is because when my mom had put me out of the house I had started living in hotels. I couldn't believe people were paying, at that time, \$45 for a room, in my mind, wasn't bigger than a closet. I was like "wow, if they charge \$45 for one of these rooms, I wonder how much it costs to build one of these rooms." I set out to build a motel. I got up to almost 5 motels but a few things happened to derail my plan. That was my exit strategy, to get up to 5 or 6 motels and then I was going to walk away from the game.

JJ: How did you and your children feel about the rapper Rick Ross using your name?

RR: The kids, they don't like. I think they dislike it more than I do myself. I kind of respect the hustle. He hustled the country in believing he was who he said he was and he made his money. the only part I distaste about it is he not only hustled the country but he was hustling me as well and I don't like being hustled. I believe if you pulling something off and you use me, I should be compensated for the role I played. Since we didn't have an agreement about how much he owes me, I can say to him how much he owes me.

JJ: Was that an expensive legal battle or did you do that yourself?

RR: I had attorneys come in and help me. Once I got the ball rolling, the attorneys stepped in and offered some assistance. You know Universal had like 15 lawyers so it wasn't an easy fight.

JJ: How long did that fight last?

RR: About 4 years. It took a lot out of me too cause I was having to pay for things I really didn't have the money to pay for. The attorneys didn't charge me but the filing fees total came up to about \$50,000. The rapper paid \$1.5 million. That's what they tried to get me to pay back to the court. I didn't understand why they didn't come and make me an offer before giving all those white \$1.5 million. You didn't think to come to me and say "here, I'll give you \$500,000."

JJ: Some rappers like to rap about legendary hustlers and people who influenced them. Did any rappers come to assist you in your battles or send you any bread?

RR: They have been some. LL Cool J reached out. Rakim reached out. But none of them are ones on the radio today.

JJ: Tell me about your autobiography.

RR: I wrote this book when I was in prison when I had a life sentence without possibility of parole. I was trying to figure out a way I can give back to society, mainly young people who were following the same path I was following. I wanted to give the a roadmap, a play by play of exactly what they would be looking at if they got into the drug business and guide them inside of the drug business. I also did this documentary called Freeway: Crack In The System. You can check on the trailer right now on Youtube. I think this is going to give a lot of the answers to some of the things we are seeing right now, the police militarization. It's crazy all of this stuff is happening right now, right around the time the documentary's gonna drop. The book is called Freeway Rick Ross: The Untold Autobiography and you can buy it at [rickcrossbooks.com](http://rickcrossbooks.com) or [iamrickross.com](http://iamrickross.com).

Continued from page 7

JJ: Tell me about some of the other ventures you started after you were released.

RR: I started a trucking company when I got out. Did pretty good but I had a few accidents; a couple of drivers had wrecks. Eventually the insurance company wouldn't insure me anymore. I also had a website, Freeway Social Media. I started a t-shirt line named "The Real Rick Ross is not a Rapper." I'm having a contest right now for my clothing line. I'm looking for the best designer in the country or the world. I also do motivational speaking. I travel country. I host parties. Those are some of the ventures that I'm into right now.

JJ: I understand you started a literacy campaign as well.

RR: I started a non-profit, The Freeway Literacy Foundation. The goal is to help as many people to read as possible and let people know that if you can't read, that's not bad. It's bad when you can't read and don't go get help.

JJ: Do you feel the drug trade and the new state of hip-hop are synonymous government weapons to destroy the black community?

RR: I think so. I believe the mentality we're teaching our kids right now, is the same mentality that taught when I watched the movie Supa Fly. I was definitely turned out by the movie and I believe our music is turning our kids out right now.

JJ: How did the deaths of Trayvon Martin, Mike Brown and others affect your life?

RR: It really hit me because it let me know that the mentality we have right now, I helped build that mentality. And to see our young people getting killed, not because they're actually thugs or they actually went out and committed a crime, but just because the mentality they show on tv around the world of blacks being thugs, being mad anger, and out of control.

JJ: How do you feel about where things are with you right now?

RR: I'm good. I'm on a book tour right now. I'm feeling pretty good right now. I know I'm on my way up. My social media's been climbing. 1500 people a day. One of my goals is to catch up to some of the people of social media who's dominating right now, the Kim Kardashians, and people like that, who were on social media while I was in prison to level the playing field.

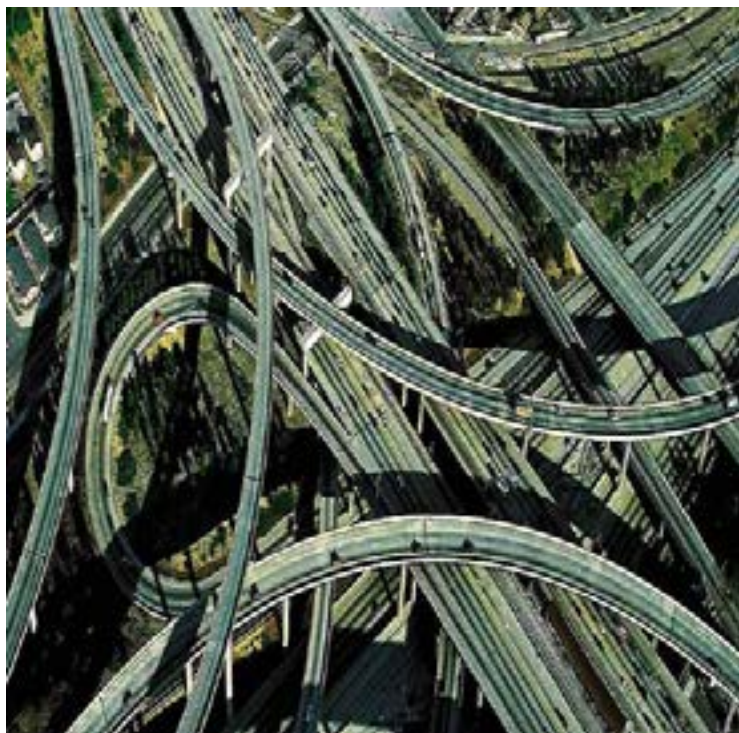
JJ: Last question, what do you have to say to the youth and the guys who think they can beat the system?

RR: It's very tough to beat the system because they pouring a lot of money in. Like with myself, there was over 35 cops whose job was to bring me down. Even though they went crooked and started planting drugs, lying on witness stands, and fabricating police reports. They still had the advantage because, when I was asleep, they had one of them up researching me. No matter how start you are, how clever you are, all you need to do is make one mistake. They can miss you a thousand times but when you make that one mistake, they got you.

JJ: Thank you sir. I really appreciate your time and words. Ya'll heard it. The City Connection Magazine bringing you the real. We out!







South LA is a box surrounded by freeways, 110 to the 405 to the 10 to the 105...



Millions in drug money siezed from Ricky Ross



A reformed and focused Ricky Ross lecturing about the impotance of literacy.

# Bear Baack Out of Hibernation

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When it comes to bars, Bear Baack is in a league of his own. He is the manifestation of hardwork and dedication. After numerous record deals and lable situations that were either turned down or just not right, Bear Baack is Out of Hibernation. TCCM has caught up with Mr. Kill your flow himself to give us the game.

TCCM: What's moving, what's moving. The City Connection Magazine now in your area, bringing the spotlight to the urban scene throughout Hampton Roads. Today we got another guest with us straight outta Tidewater, holding it down for a long time. I want to welcome to you Bear Baack. What's going on Bro?

BB: What's up man? How you feeling man?

TCCM: Everything good man. You being your thing a long time and definitely been raising the stakes for dudes; putting dudes outta business if they're bars ain't right, sending them back. Tell us about you and where you're from.

BB: I'm born and raised in Diggs Park. Ms Ike the candy lady, that's my grandma. I just came from the streets. My dad had been in the penitentiary since I was 3 months. I'm in my 30s now. You already know where I turned at to find that type of love, the streets. That's where I was at. Did a little 3 year bid, you know, for malicious wounding, fighting with my people. I feel I did my time. I worked so much on my craft when I was in the penitentiary that when I came home, I was just fire! I was ten times better than I was before I left. I sharpened all facets of my game. When I came home, I was a well rounded rapper. I use to play with it a lot, you know. Bars here, bars there. I started to learn how to write songs, good choruses, and everything. So I was complete then.

TCCM: Who were some of the influences in the VA rap scene and the national rap scene that's inspired you?

BB: Back when I came up, Greer from Wildlife. I use to look up to Greer so much. I was amazed at how he put it down. Greer, DMP, Knottz, Missy, Timbaland. I listened to them. I had Missy's tape, I use to bang that Supa Dupa Fly cause she was creative. I got a lot of creative juices from her. Nationally, HOV, up top, number one on my book. Lil Wayne, I fuck with Wayne. Who I'm messing with now? I like Big Sean. There's a lot of different people I listen to now. I don't subject myself to just this person or that person cause you gonna stay the same way by listening to just them people. So I listen to everybody.

TCCM: I like that. That shows a lot of diversity, which like you say, makes you a well rounded artist, an emcee. What was life like for Beabaack, coming up in these streets?

BB: It was hard man. My brother, Nevi, he was my real guardian. My mother was in the streets a lil bit. So pretty much, he raised me. He won't nothing but 3 years older than me so it won't but so much he could do to me. And I rebelled a lot against that cause I knew I had an advantage. That turned me into the streets, turned me into selling drugs, turned me to toting guns and all that. After that bid, I did them 3 years, I woke up though. That was it for that. No more jail. I went in '99, came out '02. I ain't been back in prison since. I learnt my lesson.

TCCM: So who were some of your favorite producers?

BB: Timbaland, Bink Dog, Knottz, Kanye. I like VIP too. VIP, he's from around here. You heard of V.I.P.'s? They from around here. They got dope tracks too. But mainly though, right now, Timbaland - I'm just crazy about his sound; the way he evolves so much. Tim be coming up with that heat!

TCCM: So the Survival Unit - just being a fan of the Survival Unit myself, tell me how it came about and what is it today.

BB: Me and my homie, Prime Factor, aka Wack, Crack Kid...I was about to do the 3 year bid and I didn't know if I was going to get locked up or not. I had to go to court. So he had met these dude from Boston named Tavo with Portlife Entertainment. Where we were dealing with him, I could never go out of town to Boston with him because I had to go to court. So I went to court, got the time. Wack kept dealing with these guys the whole time I did my 3 years. We just kept communicating "when you come home, man, I got some people we can deal with." Soon as I came home, we went to Boston. By the end of that year, in '02, we were in The Source magazine. We did that mixtape with Kay Slay. That jank torn 'em up in the streets! So then we flew to New York, met Benzino. Spit for Benzino, right on the spot, he was like "yo put them niggas in there next month." So in December ('02), we were in The Source's Unsigned Hype. So right now, I'm doing my thing. Prime Factor, he in the cut, trying to figure things out. I'm still trying to carry the torch. I love music. I don't do it just to do it. It's in my veins. It's more of a job than a hobby for me. I feel like I'm obligated to it. The more serious you get about music, the more better your music will become. (Continued on page 20)



# MODEL SPOLIGHT

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Chelsey Townsend  
Lifeguard/Fitness Model  
Ht:5'5  
Wt: 135  
Age: 18

My name is Chelsey Townsend I am currently attending Old Dominion University in pursuit of a bachelors in Psychology. Afterwards I plan to attend graduate school and get a masters in Occupational Therapy.

# MODEL SPOTLIGHT

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## Tayvion Bake

Ht: 5'11

Wt: 185 lbs

Age: 31

I am a fitness model and personal trainer based in Virginia Beach VA. I have modeled for 4 years. My experiences include fitness, runway, print, and fashion modeling. I enjoy a healthy and active lifestyle. When I'm not modeling, you can catch me at my local gym, beach, or park training a few of my clients. My life is based on any and everything positive. Progression is the the name of the game and I strive to progress every step of the way!



# Dr. Martin Luther King Jr.

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Dr. Martin Luther King Jr.

In the month of January, we recognized the birth of Dr. Martin Luther King Jr. Here is a few highlights of his life:

Martin Luther King Jr. was born on January 15, 1929 in Atlanta Georgia. He was an American pastor, activist, humanitarian, and a predominant leader in the African American Civil Rights Movement to end segregation. Martin Luther King Jr. was the leading spokesperson for nonviolent methods of achieving social change. His eloquence as a speaker and his personal charisma, combine with deeply rooted determination to establish equality among all races despite personal risk won him a worldwide following. He was awarded the Noble Peace Prize in 1964, and was selected by Time Magazine as its Man of the Year. His "I Have a Dream" speech, which is now considered to be among the great speeches of American History. His drive for Civil Rights made him target of conservative segregationist who believed firmly in the superiority of white race and feared social change. King was arrested 20 times and his home bombed. On April 4, 1968, King was assassinated on the balcony of a motel in Memphis Tennessee. King wanted all human beings regardless of their nationality or color to get along. On Martin Luther King Day back in 2000, the Martin Luther King Jr. Memorial obelisk was dedicated at the intersection of Church and Brambleton Ave in Norfolk and stands 83 feet high. A project proposed by the late Judge Joseph Jordan which would serve as an "inspiring reminder to young people."

# Do the Knowledge

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## The Insight 50 Lessons of Inner Power

### Lesson 1 Thought

What is a thought? A thought is a manifestation of the mind. It is the first stage of creation. Everything in existence such as people, animals, cars, and etcetera are thoughts. The supreme architect God himself thought about everything creation. On your path to self-discovery, you must pay close attention to what you are thinking. Learn to examine your thoughts and be mindful that positive thinking brings about positive results, and negative thinking brings about negative results. Positive thoughts produce good character and provide you with the strength to overcome adversity.

What you think about, you bring about!

“The spirit searches all things, even the deepest thoughts of God.” Holy Bible, 1 Cor. 2:10.”

-Excerpt from The Insight 50 Lessons of Inner Power by Author Javone Johnson.-

## The Insight

50 Lessons of Inner Power



Javone Johnson

# Selfmade Ent CEO YoungKing DL How it all started

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When it comes to music, YoungKing DL has a 7th sense. Coming from the streets of Norfolk, this brilliant CEO has been a fan of hip hop music since he could remember. Always on the grind this Selfmade Boss /Entrepreneur took the time out to tell TCCM how it all started.

TCCM: What's moving, what's moving. The City Connection Magazine is now in your area, bringing the spotlight to the urban scene throughout Hampton Roads. Today I got a special guest with me, my man, YoungKing DL, CEO of Self Made Entertainment, representing Norfolk, VA. What's going on my man?

YKD: What up Bro!

TCCM: Everything good Bro. I see you got a lot of things going on. You got the strong views on YouTube, Instagram. I see the Facebook movement going crazy and there's a strong following. Tell me about Self Made and how it came about.

YKD: Self Made came about all from a vision I had a long time ago but it just wasn't the right time for me. I already had it in my head. I just had to make that move. So when it was time to make that move, I made it. Now, we making moves.

TCCM: So who were some of the first artists you had on the Self Made roster?

YKD: I had Horse and Pistol Boy. I started off with them two. But my whole vision was to get the nicest, the hottest people from VA because I'm not playing around with this. So when I found out Bear Baack was back rappin', I wanted to go holla at him. I been hearing Bear Baack from when I was young so there's was no question for him to be on the team. and once I heard about KP, I was like that's it! I heard him rap, I was like that's Self Made right there.

TCCM: I see you got the full recording studio with all the amenities. Tell me a little bit about Self Made Studios.

YKD: Self Made Studios is basically here. I planned this and I built this for us as a unity; as a Self Made group and for the kids and everybody out here to come out here to make music; to live out their dreams. We ain't never had that out here before. That's what I built it for. We trying to open up doors.

TCCM: I see that you've done a lot of work out here. I see you've done shows. What are some of the clubs you've turned up in?

YKD: We've turned up in all the clubs! Aqua. Palace. We always at Palace. We've opened up for the Lox, Willett Hall, Yo Gotti, the Alley. We've been everywhere man. Still out here.

TCCM: Who was some of the influencers that influenced you to come in from the CEO perspective of the industry?

YKD: Jay-Z.

TCCM: What's your vision for years from now? Where do you see Self made Entertainment?

YKD: We gonna be the face of VA. We gonna be like the first. Shout out to the Trey Songz and Missy Elliot, Timbaland and all that but at the end of the day, once we come in the door, it's over. It's a whole new VA. We are the real VA. The real Norfolk.

TCCM: One last question. Who would you say is your favorite artist you like working with in Self Made Entertainment?

YKD: All of them. Every last one of them. Cause they hot! I can't wait to hear what they gonna rap about. Whatever they rap about is intriguing. They nice. They gonna take us far. They gonna open up doors for VA.



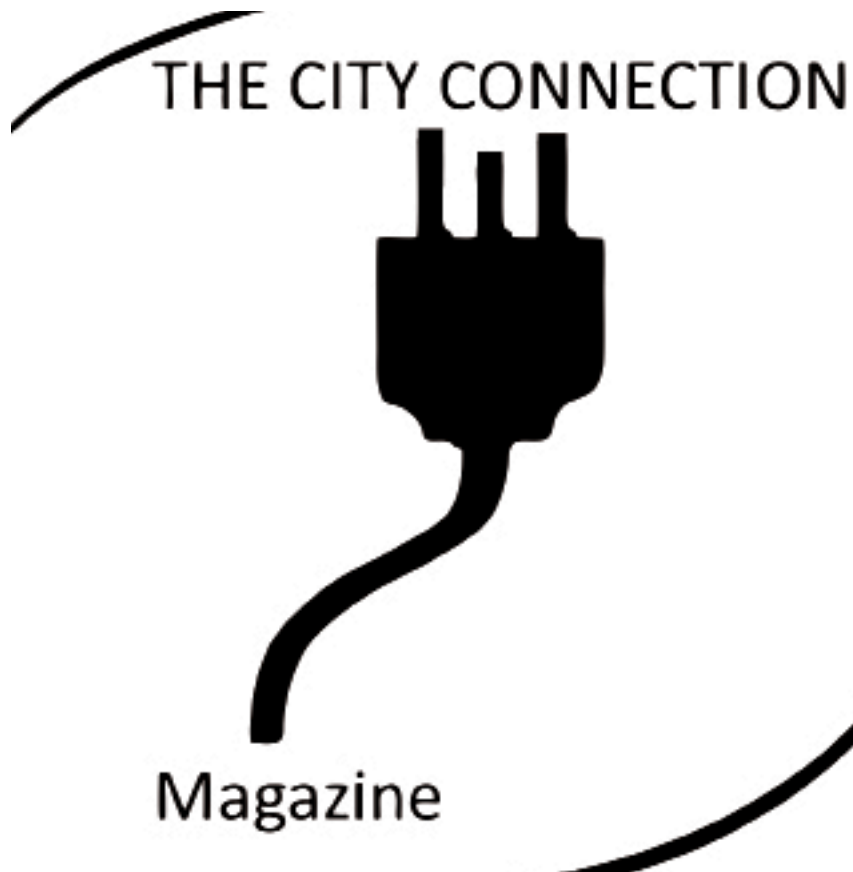
TCCM: Any words of encouragement for the youth?

YKD: Follow your dreams. You got dreams, follow them. Don't let nobody get in your way. That's your vision, that's your dream, go after it.

TCCM: Ya'll heard it first! Self Made Entertainment CEO, YoungKing DL, representing Self Made Studios. Tell us where we can find you.

YKD: You can find me at Self Made Studios 705 S Military Hwy Norfolk, VA. You can follow me on Instagram, Facebook and Twitter at YounKing\_DL. And you can find me anywhere in Norfolk, right here in the city. I'm everywhere. I'm VA! I'm Norfolk!

TCCM: Ya'll heard it first. The City Connection Magazine. We out!



# Stay in Shape with Reynaldo Goodman of Uptown Fitness LLC



This month we are featuring one of our favorite personal trainers from the 757 area for the latest tips on health and fitness. TCCM is proud to introduce Mr. Reynaldo Goodman, owner of Uptown Fitness LLC.

TCCM:

When is the best time to stretch, before or after my workout?

RG: Actually when it comes to stretching you want to do it before and after you exercise. Before you workout you want to stretch your muscles along with using a foam roller to help release some of those tight areas. Then after your workout you will want to do the same stretching and foam rolling routine as lactic acid has built up along with muscles becoming tight again because of your workout.

TCCM:

Is 30 minutes enough time for me to work out?

RG

Yes, 30 minutes of exercise intense enough to produce a sweat is enough to turn the tide on an unhealthy body mass index.

TCCM:

Should I eat protein or carbs after my workout?

RG:

If you don't have a nutrition plan for your fitness routine, you're doing yourself a pretty big disservice when it comes to getting the results that you desire. If you workout while you're starved, you simply won't have the energy for your body to gain maximum fitness. If you exercise for a long time without eating, you'll limit your ability to burn calories and maintain intensity. And if you don't feed your muscles and replenish your energy stores after exercise, you won't have the necessary building blocks for recovery. The ideal pre-workout meal is consumed about two hours before exercise, contains about 300-500 calories, and is composed primarily of healthy carbohydrates. If you don't have time to eat two hours before, a quick 50-100 calorie snack 5-10 minutes prior to exercise will also be effective. There is a window of time about 20-60 minutes after you exercise in which your muscles will readily accept the carbohydrates and protein that you consume and suck them up to be stored away as precious energy and building blocks for recovery. But if you wait too long after exercising to eat, your body become less likely to use what you eat as fuel and recovery, and more likely to run out of energy during your next exercise session, whether later in the day or even the next day. The ideal post-workout meal is comprised of a blend of carbohydrates and protein. There are all sorts of fancy ratios used by elite athletes, but the basic rule is to eat just a little more carbohydrates than protein, and to consume about 2 calories of carbohydrate for every pound of target bodyweight. For example, if your target bodyweight is 150lbs, you should eat about 300 calories of carbohydrate, and about half that many calories of protein. A sample post-workout meal would be chicken with brown rice, yogurt with almonds, or a protein shake with a banana.



TCCM:

How much should I sleep?

RG:

The average adult should get between 7.5-8 hours of sleep per night.

TCCM:

How often can I do abs?

RG:

Strengthening and toning your abs requires no more or no less effort than any other muscular group in the body. I recommend resting a day in between abdominal workouts to allow for muscular recovery and growth. Over-training or doing abdominal routines several days in a row may contribute to burnout or injury. Doing two to three abdominal strength training sessions each week will help build muscle and tone the stomach

TCCM:

Is it best to train before or after work?

RG:

I prefer to workout before work as it serves as a great start to my day and leaves me energized, but many people don't have the time to exercise before work and vice versa, so the only thing that really matters in my book is exercising before your day is over with.

To contact Reynaldo Goodman email him @uptownfitness1@gmail.com

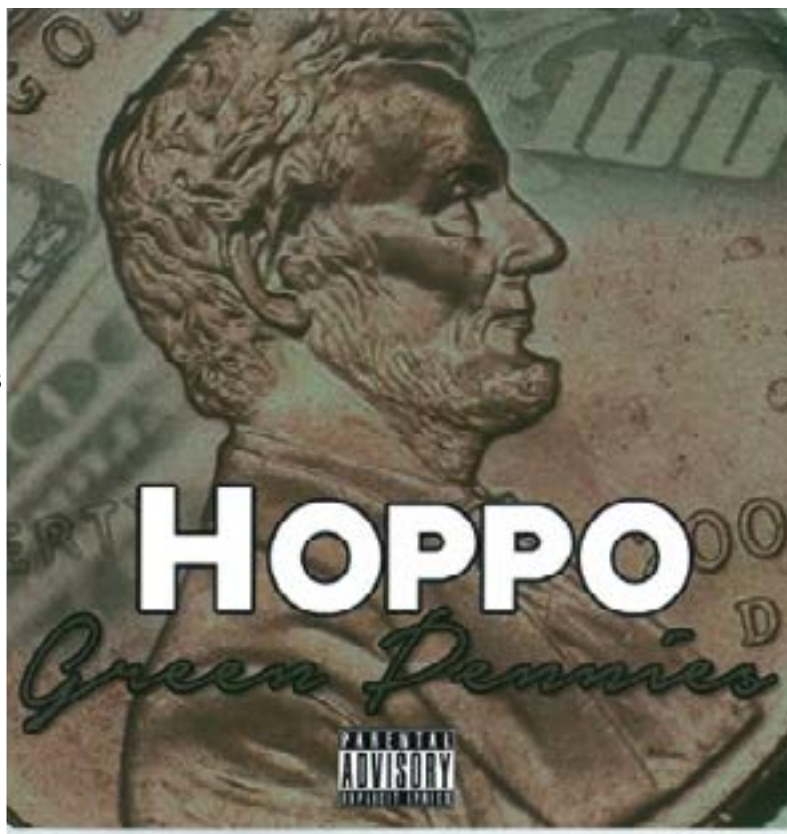


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## Album of the month “Green Pennies”

### By Young Hoppo

Straight out of the grimey streets of Ingleside AKA The Island comes Young Hoppo with a certified street classic “Green Pennies” produced by Q Willz. This Album is sure to bob heads from start to finish with special guest Popoff Billions Whiteboi, and a host of others. Songs that stand out are track 1 “Telling on Me”, track 6 “Prison Song” and track 8 “Stay down” and many others. You can pick up your copy of Green Pennies at Virtuous Cellular located at 2734 Tidewater Drive or contact Manager D.Harve@757-470-2314



TCCM: I see ya'll made history doing that.

BB: Yeah, that Kay Slay album was dope bro. Just to see me in The Source magazine felt so good. Everybody that was in The Source Unsigned Hype got a deal. Every emcee. Biggie was in there, Eminem. Everybody in Unsigned Hype got a deal but us. It's more behind the scene stuff that coincide with reasons why I ain't got a deal right now. We had plenty of deals on the table. Atlantic Records, we went to meet Gee Roberson. My people's turned the deal down. I didn't know that's what he did. Come to find out, a couple we had on the table. We were suppose to be out. But that's what happens when you don't be on the business end of things. We were just rappin'. That's all we were worried about back then. We weren't worried going in and sitting down, hearing everything he hearing in the meetings. We just, "he'll take care of it." That's what happens when you put the choices in somebody else's hand without you being there. I've learnt my lesson!

TCCM: I've often heard, just on your bars, people putting you in the category of the Fabs and that nature. How do you feel about that?

BB: Fab one of my favorite artists. He's so underrated. I guess everybody figure his albums don't do good but good music don't always gotta do numbers. Just because you don't sell a million records don't mean it ain't good music. Shout out to Fab.

TCCM: The Calvin Klein experience with Kay Slay, tell me about that.

BB: The Kay Slay album, we dropped one called The Kings of VA. That's still a classic right now. You can see we still got it. You can get those CDs now. Shout out to Calvin Klein. He from Brooklyn. He had something on the table for us, a little deal. But that fell through too. It's like, I done came through the door and cracked the door open and then it gets slammed right back in my face.

That's what had me out of music for 4-5 years. That's why I called my album Out of Hibernation. For 4-5 years, I was shut down. I was hurt by knowing we had those deals on the table and not get them. It crippled me. I wasn't thinking about music. I was thinking that was the closest I was going to get to it. It ain't gonna happen no more. But I had to snap out of it. Good music speaks for itself. It ain't got nothing to do nobody. I'm the one writing the music. Just put it out there. I put out the Out of Hibernation. I'm back!

TCCM: I see a lot of different sponsors reach out to you.

BB: There's a lot of sponsors. Virtuous Cellular, One Stop Plumbing - that's my brother's plumbing company. Shout out to them. So many people be pitching in. Studio X, shout out to them. So many people played a part in getting me back to where I'm at now. If I missed you, I'm sorry. Incoqwear, that's the clothing line I wear. They got all the fly gear.

TCCM: I understand a lot of the youth look up to you. Bear Baack is a household name. Has any of the young kids come up to you saying "I'm trying to be the next Bear?"

BB: My son will be 18 next month. He want to start getting into it but he gotta show me. I'm not gonna force it on him. But I've had kids come to to write a song. I say yeah I'll pen that for you and bring you to the studio so you can get the experience of it. That's why DL got Self Made Studios, for us to bring able to bring kids in here and show them they have something to do now instead of being in the streets. We can call them and tell them to get your good grades and you can record on the house. It's all love right here.

TCCM: I love that! Any shout outs before we bring it to a close?

BB: I want to shout out my whole Self Made team - Vic, Pistol Boy Rip, Chosen One, KP, DL. I want to shout out the whole Norfolk. I want out The City Connection Magazine for giving me this opportunity and my man, Von. Just everybody in Norfolk that's been supporting me since 2002 all the way till now. Only reason I'm still here is cause my music is good. If you don't have good music, you don't last. Everybody wanna say "Bear older." Yeah, I'm older but guess what, I'm more seasoned. I've been through a lot of stuff. I've been through a lot more than other people because of the experiences. When you go to a job, your experience get you the job cause of how long you've been doing it. So I don't mind being the old rapper no more.

TCCM: Music don't have an age.

BB: It don't, especially when you know how to blend it in. Jay-Z still making good music. So I don't even pay that age no mind no more.

TCCM: How can your fans reach you?

BB: You can catch me at BearBaack44 on Instagram, BearBaack\_VA on Twitter and my Facebook is BearBaack. My website is BearBaack.com, SelfMadeVA.com. We all on the Tube, just check us out. We everywhere bro!

TCCM: Ya'll heard it. The City Connection Magazine. It's your man Javone Johnson. . Be on the look out for Self Made Entertainment. 2015, they setting it off! We out. What's moving.



## *Voice of Wizdom*

### **“So, I am In This Relationship “**

It's absolutely amazing as to the number of questions that I get as pastor concerning relationships from those that are married and especially those that are not. The plethora of questions come from those that are single and are in the church. Let's face it, relationships and romance and the emotions that come with them are really important. They can affect the rest of our lives for good or for bad. Is there really an answer to this incurable disease? Doctors, Psychologist and Spiritual leaders from around the globe cannot prescribe an antidote for the affairs of the heart. However, we cannot allow the experiences of the negative effect us having great relationships.

**Anonymous:** “How do you handle being A Girl/boy friend but never wife/husband material”

**Wizdom:** You may not like this answer but did you address that question at the beginning of the relationship? In other words when you were getting to know him/her did the words “MARRIAGE” ever come up in your conversation or were you too nervous to ask fearing that the person would hit the road or say that you were coming on too strong. Listen if you want to be married, don't hide your dreams of being a wife or husband. Heck, we tell everything else; “ I plan to go to school” or “ I am working on opening my own business” better yet; “I am getting ready to blow up or go into the studio”

Somehow, you forgot to say “And one day I want to be married.” This will eliminate you wasting your time on a date that will not end up no further than what it is.

I saw this quote and thought that it was powerful “ Real men don't play games. They won't string you along for years before they know if they want to be with you. They'll pursue, court and then marry. Stop wasting your time. “

I WONDER WHAT  
THE PERSON I'M  
GOING TO  
MARRY IS DOING  
RIGHT NOW.

**Anonymous:** “Is it normal for a girl to break-up for no reason? If so, why?” .....then want to be friends

**Wizdom:** Don't be fooled by the long hair, long lashes, pretty smile, banging body, 36, 24, etc (I haven't seen a 24 inch waist since 19.....), Listen FEMALES got game just like the males. There is no such thing as breaking up for “No Reason”

Most people don't do things like breaking-up with someone for no reason at all. Most girls don't say, “Oh, it's Tuesday, I think I'll break up  
If you have any questions, or spiritual concerns  
Email me at [vowcityconnection757@gmail.com](mailto:vowcityconnection757@gmail.com)

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