

THE CITY CONNECTION

November 2014 Issue 2

Magazine

Paul Clayton

**Build the Perfect
Body with Pusha T's
Personal Trainer**

**Ralph Reynolds
Urban Legend**

Mocha

Model of the Month

Micro Bullies

**Birthday Boy Takes
The Breed To
A Whole
New Level**

**Shafone Collier ft
The Coyote Don
& Lotto Bandz
Hate It or Love It**

**Arica
Queen
Exclusive
Interview**



Words from the Contributors

Letter From the Editor

Greetings,

It's November and we are already in the holiday spirit. Remember this is the month of giving. True, every month is a time for giving to the less fortunate and we all might not wake up to the same circumstances however, we do share the same oxygen. In this issue we will interview some very interesting people, fashion designers, cancer survivors and much more.

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,



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And more



A story of survival

2x Cancer Survivor of Hodgkin's Lym- phoma!!!!

The City Connection Magazine proudly to present to you a 2x Cancer Survivor whom is Ms. Ericka Etheridge from Norfolk, VA. Here is her true story.....

I am a single mother of one and at the age of 28, I can say I am a 2x Cancer survivor of Hodgkin's Lymphoma. I was first diagnosed June 2012 underwent numerous amounts of chemotherapy where they then pronounced me in remission December 2012. Sadly I was re-diagnose May of 2013. Again I was in the fight for my life and ready for war. More than anything this was a battle of my faith my strength, I was determined and every day I fought I did it with a smile on my face. Knowing that I was a champion I did it once and I could do it again. The second go round was a little more rigorous I underwent a stem cell transplant also known as a bone marrow transplant. Times were hard but I knew I had to fight.



Breasts Cancer Tips

Finding breast cancer early is important so you can get treatment that can save your life. American Cancer Society recommends to help find breast cancer early:

- Have a mammogram every year starting at age 40 and continue for as long as you are in good health.
- Get a breast exam by a doctor or nurse about every 3 years if you are in your 20s and 30s and every year if you are 40 or older.
- Know how your breast look and feel, and tell your doctor or nurse right away. You may wish to start doing breast self-exams (BSE) when you are in your 20s.
- Some women- because of their family history, a genetic tendency, or certain other factors – should have an MRI, a special imaging test, in addition to a mammogram. (The number of women who fall into this category is small- less than 2% of all the women in the United States.) Talk with your doctor about your history and if and when you should have MRI.



Millionaire Gang “a synopsis”



Straight out of the deadly streets of Park Place an urban neighborhood in Norfolk Va, known for its cultural diversity, numerous blocks, and raw talent comes MG better known as Millionaire Gang. After numerous attempts to fit into the busy schedule of its CEO DJ Tyson, The City Connection Magazine was finally able to get a brief synopsis of what's yet to come from the “King of the Streets”.

DJ Tyson: The album came about because I, DJ Tyson: King Of The Streetz, saw a lane for

escaping the parallels of the streets for some of the guys I've grown up with who couldn't seem to escape the streets. Through trials some have lasted some have diverted by to old ways. Through each song on the tape you can feel our pain as we give odes to brothers we've lost, hearts that have been broken and our one on one battles with the court systems, police encounters and growing up in the “hood”. Because this is our first album (Under

the Influence) and everyone's first time ever in the studio of any kind we stay conceptual but delivered a variation of gritty and pain filled verses over industry beats and a few leaks of original tracks from the forthcoming album. The tracks, “I don't wanna cry” and “our life” are perhaps the most direct song staking out claim as more than local artist. It gives you passion, the direction we want to take the career and a want for more.

Millionaire GanG, also delivers some club tracks with “high out of my life” and the already street Classic “we on it”, that has acquired major attention and radio play. Following most of the critical acclaim from single releases came the visuals from master videographer Alex “Ace” Schmoll. This

is only the beginning for these guys for if they stay consistent with musical releases and continue to hone their craft success is around the corner.

DJ Tyson KOTS presents Millionaire GanG & White KinGs

@millionairegang_ : Instagram

@djtysonkots : Instagram /Twitter/SoundCloud/AudioMack



2 fast Going Numbers
an urban exotic novel
By Zenobia

Mixtape review

PESOBAMA The 2ND Term By Ghostwriter

Straight out of Va.Beach, Virginia where the money machines beep in the offices of accountants, the rich get richer and the hustlers stack chips like a poker game comes Peso Dolla and his new fire mixtape PESOBAMA The 2nd Term. Lets get straight into it the Intro "Bout My Time" hosted by Dj Rell on point goes crazy, immediately followed by Cold World where he states "my so called competition looking like a corpse" The stand out track #3 All Week displays a smooth flow accompanied by a euphoric track that

makes you want to hop in the coupe and put the gas in the air with dime piece.

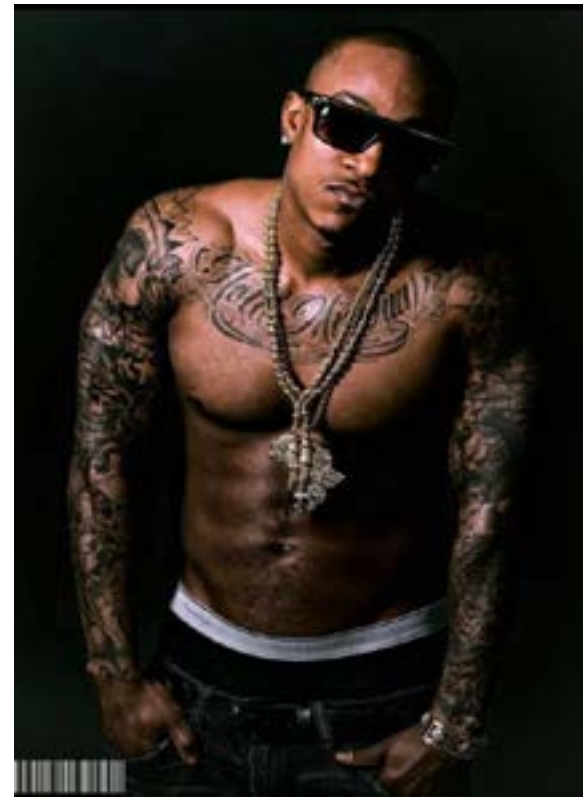
Peso reveals his Godbody flow in "PoundCake Free-style"

and on track 9 Peso ask everyone to f**k whit a n***a

feat Flame Bonds.

Overall the mixtape is Fire and street certified. Be on the lookout for an upcoming interview from PESOBAMA!

TC: Ghostwriter



ZOOVA

Movement Apparel Co 7916



**Norfolk *Portsmouth *Chesapeake *VA Beach *Newport News *Suffolk *Hampton*

Interview with an Urban Legend

by Sidney Moore



There are whispers in the dark about who is the mastermind behind powerhouses like Akoo and Play Cloths. This person has been elusive, and finally I had the chance to meet the man himself, Ralph Mark Gilbert Reynolds, head of RP55.

Ralph had a humble beginning as an oil painter on the Lower East Side of Manhattan, and one day during the summer of 1983 he awoke with the idea to do tee shirts. That same day he learned the process and went on to make \$850 selling shirts. The rest is urban legend.

“There was a time when there wasn’t clothing directed at the hip-hop culture. There was no brand to identify with us,” said Ralph, speaking on why he decided to produce clothing. “Luckily I got in the door when the brands like Phat Farm and Fubu were coming out.”

He has endured many ups and downs dealing with other brands he tried to launch in the past. “I had started a brand called Perpetual Motion. It didn’t move an inch.” He also tried an afro-centric idea called Soul Food and another brand called R Mark. “R Mark lasted maybe 5 minutes, because I did that one and RP55 at the same time with my original partner, Ron Reynolds who was born in 1955,” said Ralph. Hence, we have the creation of Reynolds & Perry 55 (RP55).

RP55 as a clothing brand ran its course throughout the hip-hop and urban culture and died down, but the company itself continued to produce clothing like Azzure and Indigo Red. “If I knew then what I know now about how to make clothes and build a brand, I would’ve built something really big.” Now, Ralph is handling Akoo and Hustle Gang in partnership with T.I. the rapper and Play Cloths with Pusha T the rapper.

Not just limiting the company to clothing, he’s ventured into other markets dealing with fashion. “We’re the distributor for G-Shock watches (Casio), Zound headphones (Zound Industries), Super Retro Future sunglasses, and a clothing company out of Europe called Blood Brother. Also, we distribute BBC (Billionaire Boys Club),” said Ralph.

His hope for the future of fashion is to one day see a powerhouse brand that is made by us and targeted towards us. "I don't have to do it, but I want to see that one day," said Ralph.

As for wise words for upcoming entrepreneurs, Ralph has a surprise slogan. "I don't know if Nike still uses this, but the key is 'Just do it.'" So, for those who are seeking to become urban legends in their right, "Just Do It."



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AKOBEN



MANIFEST

AKOBEN

(ah-ko-ben)

literally: **WAR HORN**

**Symbol of a call to action, readiness,
voluntarism, assemble for a task
for the common good**

MANIFEST

**Is to make clearly visible, evident,
to display or exhibit,
to show and prove**

**The new Men's Movement : sunday 11am
645 Church st Norfolk 7577182052**

Supa Picasso

Year of the Barbarian



Even though I was able to spit a hot bar or embarrass a contender in an open mic freestyle the knot in my pocket kept me away from the stage. Of course that life doesn't last I soon found that my skill would be my answer from a cell or worse. The pressure, sacrifice and penance that came along with turning my life around helped strengthen my faith. Being a man of God I also realized that to spit verse that includes cursing is not the proper way to share my

vision for the righteousness I feel inside. Also to be able to rhyme with precision without cursing differentiates me and maintains the lyrical dominance I know I possess. This rap game is how I will take care of myself and my family thanks to crime I have only this. Hip hop is my life and gratefully my love I will give everything I have to maintain a healthy humble successful career from it. I ask Virginia, the East Coast, the United States and the World to rock with the best \$upa P. Dollar sign in front because now I am about the paper!

When constructing a masterpiece you have good ideas, better ideas, then you have a Picasso or in this case, a Super Picasso.

SP Growing up in Virginia there were not many local musical influences I could claim as my own. My local lunch room competitors were the fire with which I gauged my hotness. In one session a friend of mine Lew Giles confirmed based on my rhyme bars that the rap game was a place I could succeed. Of course like many young black males growing up in the late 80's early 90's the allure of street life and fast money caught my eye. The look of a rapper and the trappings of notoriety led me down the path of crime.



Model of the Month

Mocha
34"24"33
Rap Artist
Model
Host



Photo courtesy of Tristian Means

Do the Knowledge

Words of Encouragement

Good Day Hampton Roads!

Here is a little story about four people named Everybody, Somebody, Anybody and Nobody.

There was an important job to be done and Everybody was sure that Somebody would do it. Anybody could have done it, but Nobody did it. Somebody got angry about that because it was Everybody's job. Everybody thought that Anybody could do it, but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.

Which one are you? If you see something that needs to be done you get up and do it and don't wait on Nobody to do it. Let's succeed in life and do better for the next generations. Keep striving, Don't be a quitter,

The Oyster

There was this oyster that lived all alone deep at the bottom of the ocean. He was lonely and very depressed because he could not swim like the fish. He had a bully, who was an octopus, that he feared would open up his shell and suck his life away. He often referred to himself as ugly, due to his shell's rough surface. He thought of ending his own life by starving himself from the small sea particles that he enjoyed feasting upon. Then one day a shark started swimming in circles above the oyster's head. As the shark started swimming closer, the oyster became curious and suddenly the shark spoke to the oyster and said, "I have a message for you." So the oyster asked, "What is the message?" The shark replied, "Face your fears. Find the octopus and you will be rewarded. "You must be crazy," said the oyster. "Don't you know that the octopus will open up my shell and suck my life away?" But the shark was adamant and said, "Face your fears before it's too late!" Then the shark started swimming away. "Hey, what is your name," said the oyster. The shark replied, "Inspiration," then he disappeared.

So the oyster gathered up his courage and began waiting for the octopus. The oyster was getting tired and just before he decided to go to sleep, here come his worst fear, the octopus. So the oyster screams out, "I am not afraid of you!" Then the octopus replied, "I never wanted you to be afraid of me." "Well, if you did not want me to be afraid of you, then why did you try to open up my shell and kill me?" said the oyster. The octopus laughed and said, "I never wanted to suck your life away. I only tried to open your shell to show you that you have a beautiful pearl inside of you." Excerpt from The Insight 50 Lessons of Inner Power By Javone Johnson

Meet the Micro Bullies

When it comes to breeding, Birthday Boy is considered to be the number one breeder on the East Coast. The name "micro bully" or "pocket bully" describes the size of a carefully bred bull dog, pit bull mix who earned its reputation for its unique features such as big heads, short muscular legs and tight muscular bodies. Some may argue that the originator of the breed can't be traced however, Birthday Boy has developed his own bloodline that took over 2 years to make. The result, Hanna Montana and Canelo. According to Birthday Boy the micro bullies have sold for \$5,000 to more than \$100,000 in the market. He is a true breeder of show dogs with a temperament that allows the dogs to be raised amongst children without no aggression from the breed. In fact his pocket bully just won first place at the Las Vegas Dog Show. As he describes them "true attention seekers" you can't help but fall in love with them. [TCC The Ghostwriter](#)



MICRO BULLIES CANELO

Breed American Bully
Sire EOG Bullseye DNA-Vip
Dam Kush Kennel's Brownie
Sex Male
Color Chocolate and White
Distinguishing Features Red Nose
Titles PR
Known offspring Freakline Bullies Trama



CANELO at the Jadakiss Video Shoot



TMB'S HANNA MONTANNA

Breed American Bully
Sire Gameover Bullies French Montana
Sex Female
Color Brindle and White Ticked

Arica Queen discusses Room 456 The Mixtape

The City Connection
Magazine

Javone Johnson &
Arica Queen



Javone Johnson:
What's moving What's
moving. The City Con-
nection Magazine. This
ya man Javone Johnson.
Today I have a special
guest with me by the
name of Arica Queen.
And I let me say one
thing, she got them bars.
Yall don't even know
what yall missing until
right now. But you about
to see it for real cuz we
about to expose her tal-
ent and make it known.
We about to bring that
spotlight. Know what
I'm saying. How are you

doing Arica?
Arica Queen:
I'm doing good! Wassup!

Javone Johnson:
Everything good. I mean
you got a strong buzz
right now you know with
the Dem Girls. Give me
some insight about Dem
Girls?

Arica Queen:
Dem Girls are doing re-
ally good. It's on my first
mixtape Tuck ya Tails. It's
my first original single
and I am just having a
good time with it. We
decided to do the remix
and I brought on Chloe
and Miscellaneous to
help me out with it. And
they came and rocked
out. We dropped the
video and got 2,000 plus
views so far. We doing
good. We excited.

Javone Johnson:
That's wassup so what
inspired you to start
flowing? How long have
you been flowing?

Arica Queen:
Well; it started out with

writing because my mom
always wanted me to
write down how I felt
about stuff write it down,
write it down, write it
down, write it down. I
got bored with just writ-
ing it down so I started
to make it rhyme and the
next thing you know I am
in High School jumping
into the cipher. So I've
been writing ever since
then. But I kind of...Life
got in the way a little bit
and I decided to jump
back out there again. So
here I go.

Javone Johnson:
That's wassup. So who
are your favorite MC's?

Arica Queen:
My,very favorite is Nas.
The first cd I heard of his
when I first jumped into
hip hop was I am. And
then when I heard I Am
I had to go back to the
first album illmatic. So I
would say Nas, Eminem,
I would say for females,
Foxy Brown, Lil Kim, Rah
Digga, and Remy Ma.

Javone Johnson:

I like that. So any new era
female rappers?

Arica Queen:
That's out right now?

Javone Johnson:
Yeah

Arica Queen:
Umm I mean you got to
respect Nicki Minaj you
gotta respect her hustle
of course. And I mean
she kind of got it taken
over right now.

Javone Johnson:
Who is your favorite fe-
male artist right now?

Arica Queen:
My favorite female art-
ist....I mean I'll say this I
enjoy Nicki Minaj when
she doing her hip hop
Nicki Minaj thing. And of
course I love her hustle
and I love her rhymes. It's
been a lot times where I
wasn't sure if this is what
she does to get out there
or not. She definitely
shed some of the light
on how important it is to
hustle, grind and find out
for yourself. Just go out

here and get it. So I'm digging it right now. I'm digging her right now.

Javone Johnson:
That's wassup. Let's take it back. 80's Hip Hop, Old Skool Hip Hop?

Arica Queen:
Old Skool Hip Hop females! MC Lyte, Queen Latifah... Like I said when I got into Hip Hop it was Foxy Brown and Rah Digga. You couldn't tell me I wasn't Foxy Brown, Rah Digga back in the day. Those are my two favorite female MC's. If I have to choose a favorite, I would definitely say Foxy Brown.

Javone Johnson: Now as far as experiences of being a Mother, a Black woman coming out of the hood ready to make your vision known to the world. What struggles would you say influenced some of your actions or should I say what struggles are you going to let us know about with your music?

Arica Queen:
Well first things first, I'm no hood chick! I'm not really from the hood per se but I had the everyday struggles that women

have, that black women have and that mothers have. And through my music I just let you know how it is. It's not easy. First of all, every other person you bump into is a rapper. You have to do things to set you above everybody else. You got that struggle and then you got to be an example for your children, but you still got to do your thing without coming across as "Ratchet" or like you don't have respect for yourself. I mean it's hard and I'm definitely letting you know in the music that it looks fun, looks easy, but it's hard work. I'm looking forward to the new mixtape that's about to come out, so I'm excited about everybody seeing that growth.

Javone Johnson:
I understand you got a new banga about to drop Welcome to Ghetto with Shafone Collier!

Arica Queen:
Shout out to Shafone!!!! Yeah that's going to be dope! Shafone, her voice is so amazing and what she did on the song is amazing and I'm glad I had the opportunity to be able to get on that track with her and

I'm looking forward to nothing but success like straight up from here.

Javone Johnson:
You also have a cameo in Pain & Music!

Arica Queen:
I did get a cameo in Pain & Music that I am dying to see! because I really see myself as an actress, so when the opportunity called I answered and I'm excited about that too. You never know what avenue is going to get you where you want to go so you can't leave any stones unturned. I can't wait for that.

Javone Johnson:
Tell me more about the Mixtape?

Arica Queen:
The mixtape is coming out, is set to release November 1 it's called Room 456 which just basically represent the Money Room. So we excited about that; it's myself Arica Queen, ya boy Fresh, Andro Ski on that project. We going to be throwing a release party at Shakkas from 7-10. We want everybody to come out and support. That's did only way we going to make it up out of here if

we support each other. So we excited about that too. ROOM 456

Javone Johnson:
Any shoutouts?

Arica Queen:
Of course; I want to shout out my XB family, Shiba Bunch, ya boy Fresh, Big Cap, Ray, Angie, I want to thank my family for supporting me and having my back all the time, my mom of course like I said it all started with her giving me that pen and pad letting me know it is ok to express your feelings this way so she definitely is the reason why I'm doing what I am doing. To all the Dj's and all local artists out here that's in this grind with me, we all on the same team fighting for the same dream. Shout out to all of yall.

Javone Johnson:
One last question; in word how would describe yourself?

Arica Queen:
Powerful...

Stay in Shape

The City Connection Magazine
Javone Johnson & Paul Clayton

Javone Johnson:

What's moving it's The City Connection in your area bringing the spotlight to the urban scene throughout Hampton Roads. Today we have a special guest that's going to be educating us on health and fitness. Tell us your name and where are you from?

Paul Clayton:

What's going on yall. Paul Clayton some people calls me P, some people calls me Pmoney Bags. I'm from right here in Virginia. Originally from New York but Virginia Beach is where I'm at.

Javone Johnson:

Alright alright welcome to the hometown bro! We been watching you for a while and we like what you doing man, so we had to come and spend some time with you, to get to know you, get know what you about and what you are doing as a service for the people. Now tell me something, what is the name of your business?

Paul Clayton:

Total Body Fitness

Javone Johnson:

Total Body Fitness, ok so how long have you been training?

Paul Clayton:

Ive been training for about 6 years and I love helping people transform their body to be the best they can be.

Javone Johnson:

That's great! As far as education. Is there any form of education you have received? Any certification?

Paul Clayton:

I'm certified to NFPT, CPR, TRX, and Fitness certified. I got everything it takes to do it in this business.

Javone Johnson:

That's well needed man. So for the beginners what is the most important thing that a beginner should focus on?

Paul Clayton:

To Diet. Dieting is 90%. After the diet, the actual workout, after the workout, rest. So it is a sequence of things that makes everything comes together. Most importantly the person have to be focus, you got to want it, and you got to want it for yourself.

Javone Johnson:

Now as far as the Diet. What do you consider a good diet as far as protein, carbs, and fats??

Paul Clayton:

Well any type of meat. (I'm going to call chicken well chicken is chicken but fish I'm going to call it meat.) Fish, chicken, beef, and pork. Those are the major sources of

protein. Eggs as well. You know good carbs (bake potatoes, wheat pasta) you want to eat clean as possible. For a person that is really trying to lean up, mass up, cut the bread, rice, and sugar. Simple as that no bread, rice or sugar.

Javone Johnson:

As far as advanced training what do you recommend as a workout ,or what would an advanced session be like with you training?

Paul Clayton:

For the Advance sessions with me training, we definitely going to go hard. We not holding back and not holding no punches. We are focused, motivated, working with stami-

na, endurance, strength, and power. Body building is exactly what it is. Not just arms, and legs. Everything got to be strong. Everything got to be right.

Javone Johnson:
I heard you have been training some celebrities.

Paul Clayton:
Pusha T. that's my main man, that's big bro right there. We got a good relationship. We are a partnership. When he's in town I'm with him every day, early morning in the gym. He take me on the road with him. It's a good look and through him I built a relationship with Fab, and the whole street fam I also got some dealings with 2 Chains and his crew. Re-up gang forever.

Javone Johnson:
Shout out to Re-up gang!
What is your favorite workout?

Paul Clayton:
My favorite workout... I like dead lifts and clean and jerk. These are two exercises that attacks the whole body. You have no choice but to get stronger when you do those exercises.

Javone Johnson:

What do you consider to be the most important aspect of development, with the mind and body?

Paul Clayton:
You got to want it in order to better yourself. If you want it there is nothing that will stop you. Mentally you got to stay strong. With a strong mind you can get strong physically as well.

Javone Johnson:
I'm out here man, appreciate it, good looking and The City Connection is the best info around man.

Tell me about the Boot Camp?

Paul Clayton:
The Boot Camp. We got my business partner, Uptown Naldo, yall know who is Ranaldo Goodman. We got a fitness boot camp we do three days week. Sunday, Monday and Wednesday. Sunday at 5pm, Monday and Wednesday at 6pm. Every first or last Saturday of the month we do a free boot camp and it is for the community, it is our way of giving back. You know showing love and appreciation and our way of helping others. I also teach a self defense class for the women teaching them how to box which is well needed in these days and times.

Javone Johnson:
That's great. It's very well needed! And last, any words of encouragement?

Paul Clayton:
Yes; I just want to tell everybody that your health is important. We here to be here for a long time for our kids, mothers, fathers, grandparents or whomever. You got to take care of yourself. That's first and foremost. Try to live a healthy clean life. That's it.

Javone Johnson:
I want to thank you for your time and I appreciate it. And I hope to hear a lot more from you. I wish you the best and more success. Thank you.



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FEATURING:
(Left to Right): Dr. Leonard & Dr. Rosalind Jeffries, Dr. Greg Carr,
Dr. Ray Winbush, Dr. LaFrance Rodgers-Rose, Dr. Mario Beatty

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THE SATORIA NICOLE SHOW

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VA UNITED MIXER SHOWCASE COMPETITION

Live at **aQua**

Saturday November 22nd
Doors Open at 2pm

Tickets Available at: www.vaunite.com

Hosted by Paris Naomi, Legit, Lil AC, Shafone Collier & Phresh Thoughts,

Red Carpet Interviews by Satoria Nicole

New Comedy and Live Band in the Hookah Lounge

Free Buffet, Fashion Show, Red Carpet, Raffles and More

Performance, Vendor and Sponsor Packages Now Available

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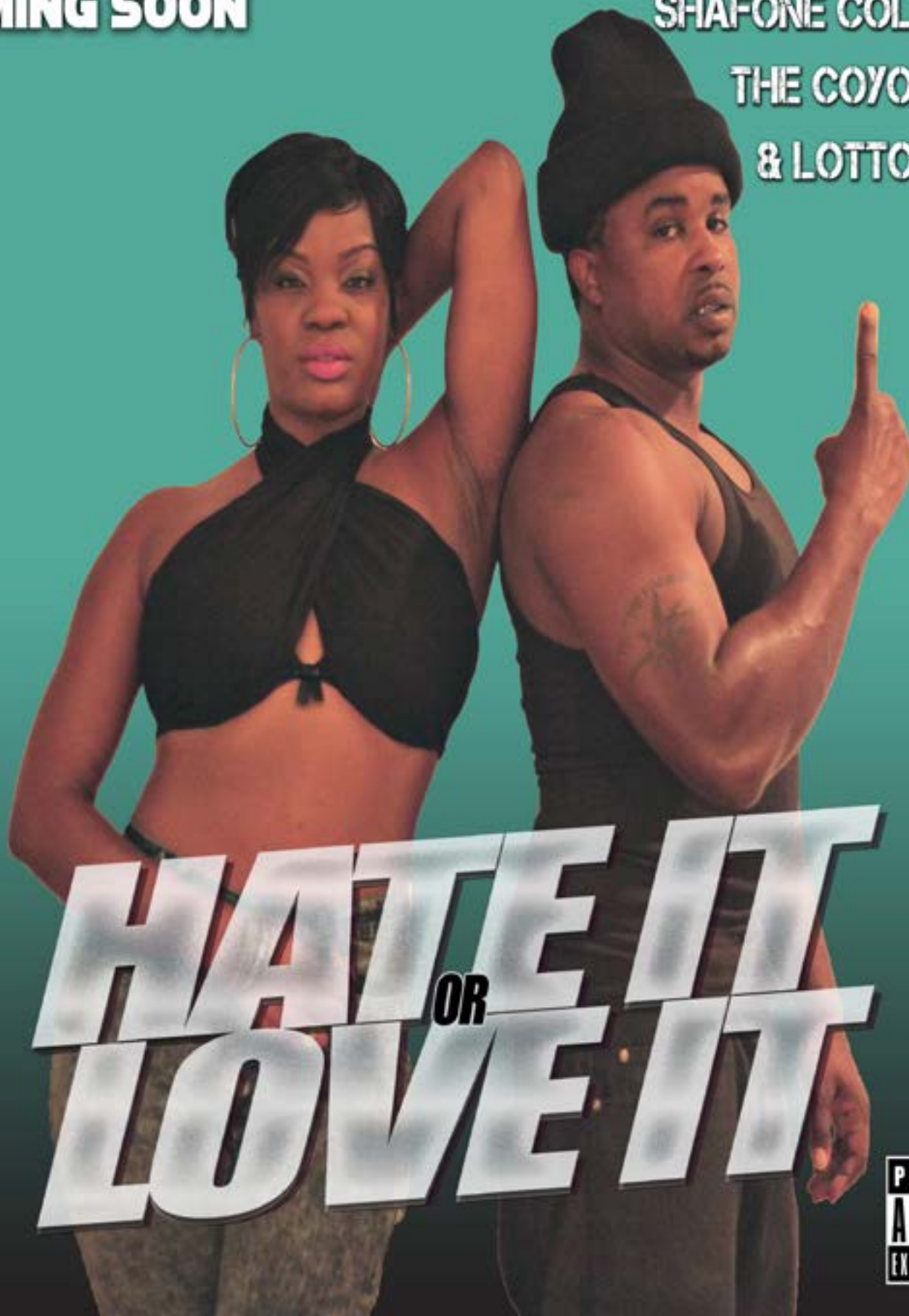
The VA United Mixer Showcase Competition on November 22nd is the Premiere Networking Event in Virginia for Independent Artist and Small Business alike, brought to you by InVinceAble Productions. Held at Aqua in VA Beach, this event has been known to attract 1000+ people. Hosted by Paris Naomi and the Dollhouse Bosses, Shafone Collier, Legit, Phresh Thoughts, and Lil AC there is sure to be a night filled with fun networking and Plenty of Talent. There will be a Rip the Runway Style Fashion Show and a FREE buffet. This edition will sport few upgrades including a Catwalk added to the main stage, a third room hosting a Comedy Showcase, Red Carpet Interviews by Satoria Nicole, and Raffles. The Competition will feature artist from all over Virginia and the Surrounding States vying for 1st prize featuring a Single deal produced by InVinceAble Productions and Radio Ready. If you are looking for an opportunity to Expand your Brand call (757)717-4200 for Artist Sign-ups, Sponsorship, Vendor Registration or VIP's. Tickets and Performance Slots can be purchased at www.vaunited.com.

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