

The CityConnection Magazine

March/April 2015 Issue 7

Anniversary Edition

**Does the influence
of Rap Music
lead to
Incarceration**

Dr. Lewis
From Addiction
to Natural Healing

Meet our new
City Connection Girl
Model Spotlight

Book of the Month

Letter From the Editor

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

Contributing Writers:
Javone Johnson
Tee Lanier
Dazje Brothers

Designed by:
Javone Johnson

Photos Courtesy of:
TCCM
Victory Photography
VA Models

Cover Designed by:
Life thru words publishing

The City Connection Magazine is published
monthly by The Reality Group Publishing
Inc. and its free of charge.

The City Connection Magazine assumes
no responsibility for any unsolicited work,
submitted advertising, manuscript, photog-
raphy, or any other art media. The views and
opinions expressed are those of the writers
and not necessarily of The City Connection
Magazine.

Copyright 2015. All Rights Reserved

Advertising /Interviews
Contact 757-777-3841

Email: thecityconnection757@gmail.com

Forgiveness

Do you have the power to forgive? We all have been hurt by someone that we care about. It could have been a friend, family member, or lover. Either way, it is the closest ones to us that brings us the most pain. Well, my upbringing was not peaches and cream. As a child I witnessed domestic violence in my own home and through all of the pain, i still managed to forgive.

Why is forgiveness so important? Forgiveness relieves stress and is essential for growth and development. Forgiveness is maturity, patience, and understanding. Forgiveness is consciousness and acknowledgement of the truth. It is easy to hold a grudge, but harder to forgive. We all have been forgiven for our unjust acts and deeds. Therefore we must forgive others.

A friend of mine told me a story about a woman who hated all drug dealers due to the fact that her father had been murdered by one. Nevertheless, she stood up in church one day and stated that she forgave her fathers murderer.

So, the next time that you plan on holding a grudge with someone, just remember this lesson of forgiveness.

Yours Truly,
Javone Johnson



TheCityConnectionMagazine

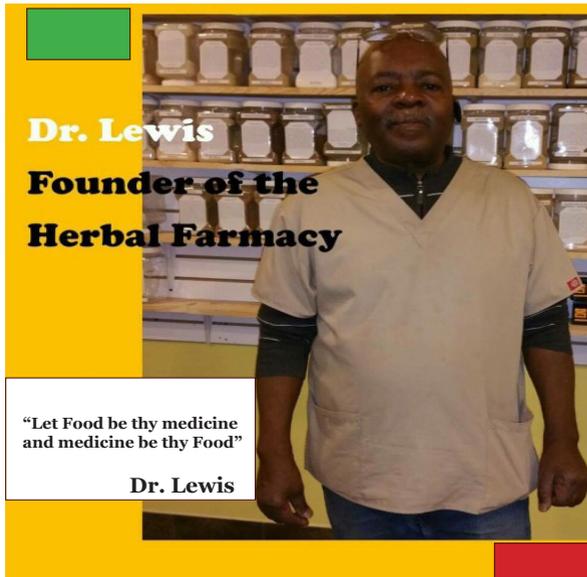


TheCityConnectionMagazine



@ CityConnection7

Whats inside....



Dr. Lewis

From addiction
to natural healing

10

4

Does the Influence of Rap Music
Lead to Incarceration

12

Barber of the Month

19

Model Spotlight

23

Sneaker of the Month

And more

Does the Influence of Rap Music Lead to Incarceration

Story by Tee Lanier



Figure 1 bet.com, tmz.com, CNN.com

Many of the above faces may look familiar to readers, famous rap legends who have graced the media world over the past generation; however, one of the faces presented in the photo is of a young boy, who remains unnamed. One may ask, what does this young man have in common with the following celebrities? Here's a hint, being a rapper is not the case. Unfortunately, just as these rappers, this young man has been arrested for a crime he committed. The above individuals committed the following crimes:

Cassidy- Probation violation, assault, attempted murder

Chief Keef- Probation Violation

Fat Joe Tax Evasion

Gucci Mane- Assaulting fans and both weapon and drug possession

Ja Rule- Tax Evasion along with drug and gun possession

Lil'Boosie- murder, drug possession, drug smuggling within the prison

Lil' Wayne- Drug and Weapon charge

Max B- murder, conspiracy, robbery

Meek Mill- Probation Violation

Rapper Rick Ross- Drug possession

T.I. - Possession of federal weapons

Tupac- Sexual Assault



As for the unknown young man along with two other companions, all aged 15 and also unnamed, they were taken into custody by officers on July 9, 2013 after performing actions that officers describe as a hate crime. The three young teens were arrested after brutally attacking a fellow schoolmate, a 13 year old boy, in Pinellas, Florida on a school bus on their way home. According to CNN Live, the young men found it necessary to attack the young boy after he supposedly alerted school officials of the selling of contraband in their school by his attackers.

This story did not take place in the area of Norfolk but people of the surrounding cities can testify that they have witnessed or have been involved in similar situations where they have seen young men committing unnecessary crimes. Some people blame it on the parents and how they raise their child but with many parents out in the working field how can they fully keep a close grasp on what their children are exposed to? One of the biggest influences on the world today for the youth is what they see on television, what they see in movies, and what they hear on the radio. They look up to celebrities as their idols which isn't always the best thing. Living lives trying to be like Boosie, Wayne, 50 Cent and other rap stars like those listed above kids are getting the notion that in order to make it in the world they must behave as thugs or gangsters to gain respect when in a majority cases those characteristics lead to the incarceration of young teens.

The Norfolk City Jail is a place that holds hundreds of inmates, with a large percentage of those individuals being males. With no exact number, there is a high percentage of youth that potentially had all it took to become possibly something more than an inmate but unfortunately they chose to follow in the footsteps of their idol. It is not hard to walk amongst the streets of Norfolk or any of the surrounding cities and find an individual that has been incarcerated at some point in their lives. Those individuals can admit that after being released that having a criminal past sometimes made it hard for them to further along their lives in matters of finding work and continuing an education. However, just as they admit to finding downfalls after their release they also admit to the respect they gained from outsiders when put back into society. In the best of terms, these previously incarcerated victims claim that surrounding men and young boys of their community, instead of downing them as society does, approached them in a manner that hinted that they had formed a new and grander form of respect in them for going through their ordeal and facing imprisonment. What could be the influence of such assumptions? A man being praised for imprisonment. One could greatly assume that a powerful influence is that of the music industry, rap particularly.

The music industry is a field that is forever being glorified and presented in the public eye. It is almost impossible to stand in the grocery store check-out line or ride along in the car with the radio on without seeing or hearing news on an artist that has performed criminal acts. With rappers such as Lil' Durk, T.I., Lil' Wayne and even athletes as Michael Vick they all have something in common, at some point they have been inmates of some facility. Instead of people resenting these men, they glorify them all over social networks making comments as, "Free My Man" or "Justice for My Man" along with trying to justify the crime that has been committed. Social media is teaching society that jail is a place that creates real men, due to the fact that celebrities are being branded and gaining such great reputation for being incarcerated.

Bet can society really blame young men for copying what they see their role models doing? You turn on the television and see these wealthy artist surrounded by women, money, cars and living in such luxurious homes and one can't help it but want the same things in life. Though in many of these videos rappers explain the lives they live to reach their point in the industry was by committing numerous illegal acts.

continued on page 6

In Example: Plies

**us stay strapped. That's why I keep "Couple
killas on my right, couple killas on my left.
But I am a m**** killa myself
Got my Glock 40 right up under my belt
Hit you wit' this burner and you will melt
I only hang wit' my goons and nobody else
So, you better keep your hands to yourself
When I say I'm ready, then we gon' step
You ain't got enough guns, you gon' need
some help. Make sure this what you want
'cause we will shoot you to death 'Cause we a
lil' silly, we is bad fo' yo health All of us stay
wit' it, all of is bad fo' yo health All of us stay
wit' it, all of all my goons on deck."**

Both of the above examples are excerpts from popular rap songs, Plies' "Me and My Goons" and Tupac's "Runnin'". To anyone who truly understands the terminology used in either song, it is quite obvious that in both songs the lyrics are expressing that both men have been part of illegal activity. We want our young men to grow up to be professionals yet we permit them to listen to rappers as such that due nothing but make being a criminal a part of regular day life.

The male human species, just as females, are an impressionable group. As a whole, males have a reputation of being aggressive, independent and territorial characters. They are male by chance, but what earns a male the title of being a man? In our generation of males, both young and old, there seems to be a thin line of what is to be considered a "real man" and being "the man". With such a thin line, confusion has formed between the two types. A real man is someone that is respected for their ambition, education and willingness to help his surrounding brothers to build an empire to guide the upcoming generations. What society refers as "the man" is a male who doesn't fear the consequences of his actions, speaks above the law, and fears not the possibility of serving time. Unfortunately, a "real man" is now just seen as "a man" and "the man" is what many men on the streets would see as "the man". The man that is consistently being locked up after charge after charge is the same man that the youth and other grown men look up to on the street. How is it that the public could glorify someone that sells drugs, robs homes, and other offenses? People claim that it is not the actions that they respect but the hustle of the individual. Well why not acknowledge the hustle of men working one, two or even three REAL jobs to support their dreams.

In Example: Tupac

"We had to grow dreads to change our description. Two cops is on the milk box missin'. Show they toes you know they got stepped on. A fist full of bullets a chest full of Teflon. Run from the police picture that, nigga I'm too fat I f** around and catch a asthma attack. That's why I bust back, it don't phase me. When he drop, take his glock, and I'm Swayze Summer break, my escape, sold the glock, bought some weight. Laid back and I got some money to make."**

Not to just only say that males are the only gender affected by music and its message, females are also being victims of the lyrics they intake. Before now women were always objectified in rap music as nothing more than eye candy or a prize but now they are being targeted in rap music to be criminals as well. Most recently rapper Fetty Wap released his single "Trap Queen" convincing young women that in order to be a good woman they must live a life of crime beside their spouse:

"Married to the money, introduced her to my stove. Showed her how to whip it, now she remixin' for low. She my trap queen, let her hit the bando. We be countin' up, watch how far them bands go. We just set a goal, talkin' matchin' Lambos. Got 50, 60 grand, 500 grams though. Man, I swear I love her how she work the damn pole. Hit the strip club, we be letting bands go. Everybody hating, we just call them fans though. In love with the money, I ain't ever letting go."

The above lines are just a glimpse of the song “Trap Queen” suggesting that in order to be his trap queen you must be in the trade of learning how to produce and sell drugs along with working jobs such as being an exotic dancer. Just as music is telling young men to run the streets, songs as “Trap Queen” are telling young woman that in order to be as successful as men is by being a sidekick to men and helping them in doing illegal activities.

It is overly mind-boggling how backwards the world is. The wrong people are gaining attention in media and telling young men that being on the streets is what will get you anywhere in life. A life of contraband and theft and being incarcerated is what will gain an individual the upmost and absolute respect. As a community we must raise our young boys into becoming young men. Television should not be responsible of raising our youth. How will we ever create a strong nation if a majority of them are incarcerated due to the fact that they are following in the steps of their so called idols? Our nation should be looking up to individuals who strive not to fall victim to the pressure and influence of media. As a community, beyond just Norfolk and the surrounding areas, the world needs to strive towards getting the youth to see that what they see in these music videos and what they hear in these various rap songs are just poison that will not better them in life but lead them into a life behind bars.

@Tee Lanier

COASTAL MEDIA PRESENTS

\$99 PROBLEMS BUT A DISC AIN'T 1

200 Full Color double sided cardstock inserts
200 vinyl sleeves with flap

2 FREE 13X19 POSTERS

200 CDs duplicated and printed with black thermal text

Open 24/7

ONLY \$99.00 72 hour turnaround
Worldwide shipping
Open 24/7

Call 757.828.6922 www.mycoastalproject.com

COASTALMEDIA Coastal MediaVa COASTAL MEDIA-East

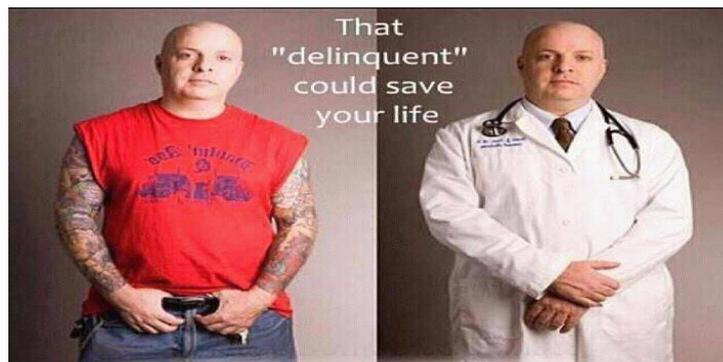
The advertisement features a man in a black t-shirt with "99" and "PROBLEMS" on the back, and a black cap with "PROBLEMS" on it. The background is dark with splatter effects. The text is in white and yellow.

Get Connected

**Are you interested in advertising with us?
Do you have an interesting story that you want to
get out to the world?
Contact us at (757)-777-3841
or email us at thecityconnection757@gmail.com**

The Misinterpretation of Body Modifications in the Business World

Story By Tee Lanier



Only a moron would assume that just because I have tats all over me, I am a loser, or drug user, a devil worshipper or that I lack morals. I work hard every day, and play just as hard at night. I pay my taxes, love God, obey the law, and hug my loved ones the same way you do. The only difference between us? I don't look down on you for NOT having tats.

In today's world it is common for new trends to evolve every day. A major trend that can be found in this generation is the presence of body modifications. To be more specific the most common forms of body modifications are both tattoos and piercings. Unfortunately, even though there has been such a large spread people with this form of body art they must suffer the consequences of being labeled by the outside world as a rebel or some sort of trouble maker. With such assumptions being passed, the individuals with visible tattoos and piercings have a much harder time at finding employment due to the narrow-mindedness of the business world. However, do the people of the business world have such authority to make such decisions to judge people on their appearance? Does this prejudice act go against a human's civil rights? And can the use of Aristotle's philosophy of ethos, pathos, and logos be used to persuade the idea that people with body art should be allowed in the business world? The use of body modifications have been around for many generations. It would be assumed that by this point employers would come to an acceptance with both tattoos and piercings. To many people's dismay, the rules against body modifications have actually become stricter. The idea falls under the fallacy of genetics-

almost, where it is assumed that based on an individual's physical appearance that they are not fit to perform the job based on their assumed background due to their physical features. In the year of 1999 the University of California conducted a survey that revealed that ninety percent of recruiters looked down upon those with either tattoos or piercings. Then again in 2005 a poll was taken by the Employment of Flaw Alliances exposing that, "39% of Americans believe employers should have the right to deny employment to someone based on [his or her] appearance, clothing, piercing, body art, or hairstyle" stated by journalist Sarah Sawyer. However, in more recent studies it has been shown that the number of people-

with either modification has risen by twenty-eight percent. With such knowledge and evidence, through research and study in terms of Aristotle's idea of ethos, it is proven that with such credentials exposing that most of the nation is marked with some form of modification proves to the business world that the assumed nature of said people is actually false. That people with tattoos and body piercings are so common that it is almost impossible to avoid such characters and in order for them to continue with their business they must come to the realization that modified individuals can function just as well, if not better, than traditional individuals. Individuals that are - found with no forms body modifications, other than the norm, almost always judge another based upon their visual appearance of numerous tattoos and piercings. It is then assumed that they are both just forms of bodily graffiti when actuality they never put it in consideration that there could be an actual story or reasoning behind the individuals choice of art. Body modifications have always been a tool used by individuals to help them find -their place in life for it gives them a sense of social standing.

continued on page 9

In one instance in an article written by journalist Kang and Jones they describe the story of a young woman who explains herself to be a, “24-year-old, insecure female who isn’t a perfect, thin beautiful supermodel.” The article then continues to go on and discuss how the young women formed a better self-worth in herself and her self-confidence. The woman explained how in the middle of her crisis she found consolidation in a tattoo. She explained that her new tattoo was of the Greek mythical creature Pegasus and that, “It is rearing up on its hind legs with its wing spread like it’s about to take off, much like the way [she] wanted to break free of [her] self-doubt and start loving [him] for [her],” as described in the article by the writer. With the help of this tattoo the woman was able to overcome her own internal and external obstacles of life, allowing her to find her place in society as an individual with confidence and security. The actual idea presented in this matter that body modifications can help people evolve in a positive sense supports Aristotle’s idea of pathos, where using the emotions of this young woman’s journey to support the idea that for many who seek tattoos or piercings are looking for a way to, “express who they are, what have lived through, and how they see themselves in relation to others and to their social worlds” explained by both Kang and Jones.

In a logical sense tattoos and piercings are not even an occurrence of present time but are actually products of the past. Both tattoo and piercings are cultural traditions that date back to 2900 BC with the Greeks and Romans and again with the Guatemalans of AD 900. The supporting evidence of such history was supported by the discovery of the “iceman”, Otzi, found within the mountains of the Alps by a couple hiking. Otzi was determined to have lived around the era of 3300 BC and once carefully viewed it was discovered that this early native was covered in several markings resembling our current tattoos. Being that the existence dates back to near the beginning of time it has to be a logical assumption that these individuals were in some sort of the sense employed. There is no evidence showing that in previous centuries that individuals were judged upon their body art but instead were encouraged to receive either form. Tattoos and piercings are meant to be an outlet for people to use to define themselves in society. Judging people based on

gender, race, or ethnicity. What employers are doing by discriminating against said people is both immorally incorrect as well as going against a human’s natural rights. There are an estimated to be, “...42 million tattooed Americans- a population that includes one-fourth of those aged 18-50. And fourteen percent in this age group also have body piercings, according to the American Academy of Dermatology” -Sawyer. With such growing numbers it is inevitable to discriminate against so many individuals due to one physical trait. Any form of body modification should be categorized as a work of art. Journalist J.D. Lloyd believes that piercings and tattoos when combined with both imagination and originality can be considered a masterpiece in comparison to that of a work of Picasso. In the United States written within the Bill of Rights, under the rule of construction, it is stated that no citizen can be denied any rights supporting the first amendment due to any form of discrimination, including the place of employment. Due to such rights and the growing popularity of both modifications there has been a, “...demand up-to-date state legislation” -Armstrong. Since the year

of 1998, thirty-six of the nations states have altered their legislation by making several changes on the regulations regarding all forms of body art. With such progress, hopefully, in the near future there will be a full acceptance of all individuals whether they are tattooed or pierced or both.

With the use of Aristotle’s fallacies of ethos, pathos and logos the idea of accepting people with either tattoos or piercings should be an easy effort. No longer should people with such forms of art be portrayed as drug dealers, gang members, or thugs based on their personal decisions. People’s chances being employed should solely based on their work ethics and credentials. Body modifications are a way of expressing one self and one’s creativity should never be restricted. Our bodies are our canvas and body modifications are our art.

“The aim of art is to represent not the outward appearance of things, but their inward significance.”

-Aristotle

@TeeLanier

Dr. Lewis “From addiction to natural healing”



Shown above: Dr. Albert Lewis founder of The Herbal Pharmacy

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. This evening we have a special guest and I am going to allow him to introduce himself but before his introduction, I want to let you know that “SELF” its very important! The self, yourself. Love thy self, nurture thy self and take care of thy self. So at this time I have the pleasure to introduce Dr. Lewis. How you doing sir?

Dr. Lewis: I am doing great.

Javone Johnson: That’s good. So, what is the name of your business sir?

Dr. Lewis: The Herbal Pharmacy. The reason for that is because everything has fallen from God’s earth.

Javone Johnson: How long have you been a Doctor of Medicine?

Dr. Lewis: Since 1989, I came here to Virginia out of Bed-Stuy in Brooklyn. January made 25 years I have been a Doctor in Medicine.

Javone Johnson: What’s the formula behind your longevity? That’s longevity when it comes to being an Entrepreneur, having a vision, and being able to live it out for so long.

Dr. Lewis: Having no fear and just stepping forward. Quit talking about what you are going to do! Just do it! If you don’t know what you are doing, start some place, but start! You are going to be like Martin Luther King say “If you going to be a street sweeper, be the best street sweeper you can be”.

Javone Johnson: Tell me a little bit about your background?

The City Connection Magazine

Dr. Lewis: I am straight out of Brooklyn. I came here on the back of a pickup truck. I was a stone-cold alcoholic, a junkie crack head, and if somebody was to say I know this man when he was crack head before, I would say NO because you are belittling me by saying I was just a crack head. I was a bonified crack head. Give me my credit where it was due. If I was a crack head, I was bonified at the time. I deserve that honor since I lift myself up higher. I was a stone-cold alcoholic. I use to smoke more weed than you could roll plus I use to smoke 2 ½ Newport's a day. When I came here I had no idea because mom was tired of me being around, I was never lazy. I was working even though I was still on my tripping on everything. I was still doing my work. Mom got tired of me and she said Son you got to go. You can either come with me to Houston Texas, with your sister or you can go to Virginia with your cousin Charles. My cousin Charles brought me down here on the back of a pickup truck, and took my bags in the back of the truck. Took my crack pipe all the way around Cherry Hill off the Jersey Turnpike. So when I came here it was new beginning. I stayed over at my grandmother house who is deceased. I stayed in Belmore here in Chesapeake. At that time it was time for a change. Couldn't find no crack, weed, did not know nobody, and did not have no car to drive. I could not get a job, but I tried. Next thing I did was I ended up on Welfare. They gave me a \$150.00 worth of food stamps and a \$34.00 check. I took that \$34.00 check and made an investment. From that \$34.00 I now have four stores, a radio talk show, and people working for me. Now it's a new beginning, I had no idea I was going to come this route and now since I am here this was it. I started this business off with a \$34.00 Welfare check by buying a case of Ginseng. I went to the Naval Exchange (NOB) on base and they allowed me to set up a table. I brought my Ginseng and they told me they wanted 25% of everything I made. They gave me a table and I set up all my Ginseng

and began selling. Ginseng cost me \$3.00 a box at the time. That's 30 valves in a box. I sold each valve for \$1.00. I made \$27.00 off every box. So I stayed there for 30 days. I made more money. The Base got 25% off everything I made. I took 25% and 50% went back into the business. After the 30 days I went to Langley Air Force Base. Langley got 25%, the Base got 25%, and 50% went back into the business. In the meantime, at NOB I hired a young lady to work at NOB. Doing the same thing (selling Ginseng). She got paid 25%, base got 25%, I got 25%, and 25% went back into the business. She stayed there for 30 days. After that I moved her to Langley and I went to Fort Eustis. The same procedure there. By the time I was finish, I covered every single base in Hampton Roads (Fort Story, Fort Monroe, Naval Air Station, District Coast Guard, Oceana, Lil Creek, and Portsmouth Naval Hospital). At that time I was selling more than Ginseng then. I was selling Chinese Herbs before I did Western Herbs. After selling the Chinese Herbs I realized I have to cover all the bases. So I opened up stores. Locations: Norfolk (Waterside), Chesapeake (near the bridge), Elizabeth City, Currituck, Suffolk, even inside the Patrick Henry Mall. The whole idea is sometime you have all the right people working and by that time I was selling raw herbs too. I end up going to school for it. Hey by the way I couldn't read well so I got my high school diploma and attended Hampton University, Howard University, Old Dominion University, William and Mary College, VCU Pharmaceutical School of Medicine, EVMS, Sentara Norfolk General Hospital, Navy Intelligence, they gave me own radio talk show on WCPK. That lasted for a couple years. After WCPK I ended up with Big Ghost (105.3). Once 105.3 was sold out, Hampton University picked me up. It's been two years now with Hampton University. I got my own show called "Tell It like It Is". I make my own formulas, I have over 40 of my own formulas that I mix

and compound myself. I ended up going to a University for Homelessness and Theology in order to do what I am doing. Now it's like how far can you go? I don't know. How high is high. So I'm just traveling, I'm just on journey. My mission is to maintain, sustain, continue to do, and pull people up with me. It's a powerful thing to be able to understand, to ask yourself why they opened up drug stores across the street from drug stores. For a reason! Why do they have people on synthetic medicine? Why are they taking out the seeds in the food? Understand, why you can't drink your rain water? What's happening? It's like they took the chain off your legs, took the chain off your arms and locked up your brain. Now you are stagnated out there some place in that field worrying about the next pill you got to take. In all along God said I give you every herb in the garden for the leaves shall be your medicine. Go to the garden, and name me one animal in God's kingdom that is running to the hospital system for medicine? Unless they was listening to Dr. Dolittle. Talk to the animals and take every domesticated animal that's home and finds out that animal on medicine. That's why they have Veterinarians Clinics. If you have a pet and you think you love your pet, than how will you love it if it eats another animal? Love one eat the other one. Learn to start loving yourself to life and quit loving yourself to death.

Javone Johnson: What is your take on modern medicine?

Dr. Lewis: You take medicine when something is wrong with you, but should you be on it for life? Why are they giving you so much drugs, I have a book right here called Worst Pill, Best Pill. In this book it ask what's the best pill. In this book its shows a list of side effects to every pill. It tells you which pill not to use but they still sale it. It's on the market. It's a set up, and it's the system. I'm not going to say Mod of medicine is no good, and I'm not going to say it's a new world. It's a changed world. It is not the same as we lived it before. Just imagine before they had the synthetic drugs out, what was man using? Man went to the herbs. Why wasn't it working for him? Well how did we get this far?

continued on page 12

“ Learn to start loving yourself to life and quit loving yourself to death. ”

DR. LEWIS

We stepped up, we came up. You can go back to the pyramids, were they on synthetic medicine? They went to the herbs. Your mind was strong, now you taking something that is shortcutting, you are short changing yourself. Loving yourself to death. Pharmaceutical drug, what is real? You get a disease because you are what you eat. You find yourself eating all this fast food, all this greasy food, and all this stuff. Each cells gives off waste and each cells communicate with each other. What makes you so different? Your cardiovascular is 90,000 miles. You have more cells than people on this planet. Each cell has it's own individual identity. Each cell can reproduce itself by interacting with another cell. The same thing we do make us different. For example, cancer, ebola, AIDS, the roads, and a fly has its right to life. Just not up in this house. So you have something that is called your Immune System. Like your sign says plug it in, keep your immune system clean. Charge it up. How do you charge it up? Go to the Earth and eat from the Earth. When you put sodas, candy, and all this synthetic stuff into your body, you are shutting down your cells. Smoking these cigarettes, and all this stuff. Why don't you just stay in a smoke filled room. Don't open the door just stay in there. After a while you will find out what's happening. All of a sudden you cannot breathe so you will die. What do you think is happening to the cells in your body when you are throwing all that crap in there? Constipation, the average person eats three meals a day, moves your bowels once in the morning by the end of the week you have a total of seven bowel movements. Where is the other 14 meals? Times 52 weeks. So you wonder why you are constipated. Wondering why you have gas, belching so badly. For every action is a reaction.

Javone Johnson: Has any herbs that you have promoted, actually heal the body?

Dr. Lewis: Yes! And all I am is a solid-er. My job is to go out there and tell you which herbs to use. You can research it yourself in a herbal book and find out the herbs to use. However you can heal or destroy yourself just like you drawn in a teaspoon of water. So know what your doing while your doing it. Most people say." What are these herbs?" "Can't they bother me?" When you're eating food, do you season your food? If you season your food's, what's is seasoning, simply herb's that everyone, uses parsley, oregano, cayenne garlic, look those herb's up! In your household you should have three books, the bible, anatomy, and herb book, anything else a novel or whatever, put them over there somewhere, but more importantly understand who you are, what you are, and then go on. People out there have more interest in their car, always worried about the little light went off. They know when their oil is low. They get a little phlegm , come up and they run around taking all these drug's. You don't throw sugar in your tank, so why walk around with it in your pocket. You love yourself to life most people love themselves to death, and that's exactly what they do, " love yourself to live ,quit loving yourself to death, the term defecation, listen to how its said, it's death takes a vacation, every time you have a bowel movement, the body needs these bowel movements, the body doesn't need the food, the body needs the nutrients from the food and kicks the rest out as bowel.

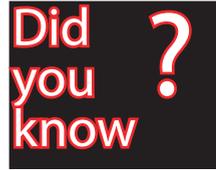
Javone Johnson: What is the importance of dieting while consuming herb's? "If that is the proper term"

Dr. Lewis: Name me, one animal that diet's, when you eat you know when to stop, if not your going to be a pig, stuffing yourself, and be a glut, and after you get up you can't move, eat to live, don't live to eat, all of this is power you know for a fact that if you have to jump a fence, why eat 16 hot dog's, just to get

a fence, why eat 16 hot dog's, just to get the point across, the truth about it, is most people love themselves to death, it's a institutionalized phamacutical death, it's a setup its, a project, a military term ,meaning a project, something to look over, its takes people to manage a project. My point, some people live in condo's, other people live in a housing developments, so why call this a project because their working on it, you don't have to know their names because your working on it. You have a number every time you take synthetic medicine they know who you are, the doctor gets paid, he knows it he set's you up, but mind you that what he's giving you may have saved your life. If I get hit by a car don't call an Herbal Doctor, call me a surgeon that will put me back together, and if I have to take some medicine for the time being ok, so be it! I will, but when I'm able, I'll got back home and get some herb's. Your not suppose to be on some drug for life, if God wanted you to be on a drug for the rest of your life he would have set it up that way. This is real, Brother, it's no joke, I've gone to Senate, Congress, to allow use of Medicaid cards, no action yet, but it's not stopping, the fight, there are a lot of people to the Up Line that started us off, Harriet Tubman, Booker T. Washington, Martin Luther King, and the list go's on and on, you can't stand there and be quiet, you have to move then think you have to make a move. People come in here and look around, like the lady in here earlier, looking around, saying her husband was a diabetic, say's he doesn't take his medicine anymore, he doesn't have too. Run

continued on page 13

diabetes in the backyard! I always say if cholesterol and arthritis is giving you trouble and he ain't paying rent, evict his butt! We've got all the herbs you need right here. Outside of you getting cut and needing to get stitched up, we've pretty much got everything you need. @JavoneJohnson



There is 12 trillion,478 billion,118 million,400 thousand inches on the planet Earth. The planet Earth is 93 million miles from the sun. The planet Earth has 1 million square miles of lakes and rivers. The planet Earth is 196,940,000 square miles of land and water. The planet Earth is the third planet away from the Sun.

Barber of the Month

Mario Edwards



This month's featured barber is Mario Edwards of Kappatal Cuts Barbershop located at 2408 Lafayette Blvd.



Think your Barber can
make the cut

Then go to thecityconnectionmagazine.com and nominate them for Barber of the Month.

Movement Apparel Co. 7916

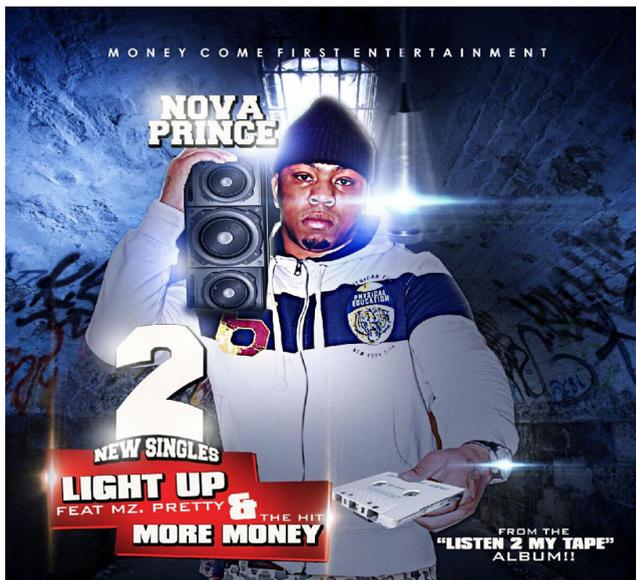
ZOOVA

"Everyone Has An Animal Inside of Them"

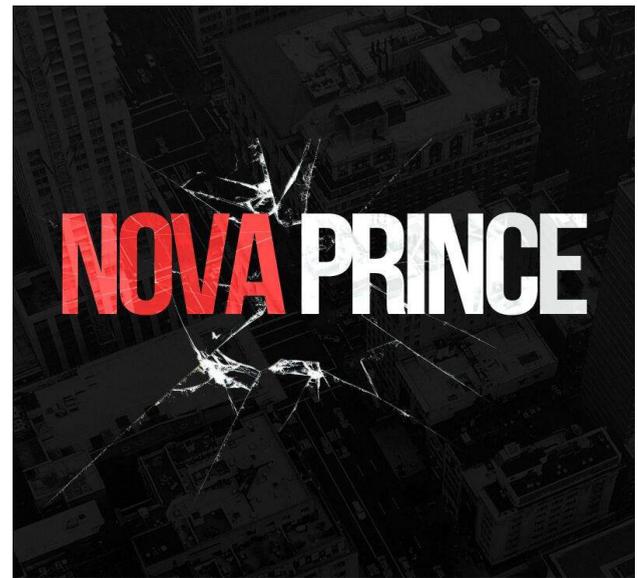
Now Available at Wood Pusher Skate Shop
871 North Military Hwy Norfolk VA

1(804)419-4360

Artist Spotlight



Be on the lookout for Norfolk, Va's own NOVA PRINCE with his new mixtape titled: "Prince of the City" dropping on May 9th with the hit single called Flexin produced by YNGM also be sure to check for NOVA PRINCE in the new movie Pain and Music.



*** download now on www.datpiff.com/nova ***

Did you know ?

Did you know that the human body contains 206 bones?

The Coyote Don



Allwise da General



The Norfolk Way
The Mixtape Movie

Coming Soon

Movie Review

Keep an eye out on this Independent film debut!



SO CAL

VERIZON WIRELESS AMPHITHEATER • IRVINE, CA

SATURDAY, JULY 18

THE GAME • ICE-T
BONE THUGS 'N' HARMONY
AFRIKA BAMBATAA & THE SOULSONIC FORCE
BIG DADDY KANE • BIZ MARRIE • DJ CLIK
DOUG E FRESH • EPMD • KING T
GRAND MASTER MELLE MEL
KOOL MOE DEE • KURTIS BLOW • MACK 10
NAUGHTY NATION F/ TREACH & KAYGEE
RAKIM • RAS KASS • SLICK RICK
THA ALKALHOLIKS • TOO SHORT
WARREN G • XZIBIT

HOSTED BY CHIEF ROCKER BUSY BEE

TICKETS ON SALE FRIDAY, APRIL 24

LIVENATION.COM • ARTofRAPFEST.COM

Health and Fitness By Dazje Brothers

Dazje Brothers: **The City Connection Magazine** proudly gives a warm welcome to one of the greatest personal trainer from Nigeria. I would like for you to introduce yourself, what's your name and where are you from?

Amos S: My name is Amos Sunday, Im from Nigeria Africa, West Africa actually.

Daz: What led you to the path of Personal Fitness?

Amos S: Power Lifting, I been in the game since youth, Its been a dream in school, when I was playing soccer and football, my uncle my brothers seen I love the game, and that's why they took me to the stadium.

Daz: Do you have any Certifications?

Amos S: Of course I have certifications, because im a coach in my country. Im a coach athletes. I have a certificate in sports management in NIS(national institution of sport) Im also a certified coach of strength and power.

Daz: What is you specialty?

Amos S: People know me as a specialty in Bench press and dead lift.

Daz: I understand you have won competitions?

Amos S: Theres so many nationally and locally, I will try to mention a few, but I'm gong to mention a few of my medals. I've won 2009 african championship, 2013 I won the good medal of bench press, 2014 I won state championship in New Mexico, 2015 I won second in the championship in North Carolina.

Daz: Whats the heaviest weight you ever lifted?

Amos S: The heaviest weight I have ever lifted was about 250 kg.

Daz: What do you eat to stay healthy:

Amos S: I love chicken it has the protein that gives me energy, it gives me strength, I like drinking a lot fruit juice Such as pineapple, oranges, and apples. I love eating Beans, fried rice and my country food. And I like eating, plankton because it's iron food which is very good for power lifting.

Daz: How many days per week do you train?

AmosS:Well I usually train on Monday,Wednesday,Friday and Saturday is basically just fitness. I use the treadmill and the bicycle.

Daz: What do you recommend to armatures who would like to power lift ?

Amos S: my advice to the amateurs would be you would need to have passion, because if you love what your doing It wlll be easy. Secondly, you need to be discipline. Powerlifting is full of energy it keeps your mind focus. If you can do that the sky will be your limit.



Arabesque Jewelers LLC

Virginia's Leading Gold Fronts Dealer
Specializing in
Custom Gold Fronts, personalized jewelry, and more...

Visit

www.arabesquejewelersllc.com

or call

804-419-4360

for an appointment.

Mobile Services are available

We are located inside of Wood Pusher Skateshop

871 N. Military Hwy Suite O

Norfolk, Va



*World Class
Grill Kings*



Model Spotlight

Ameerah Minton



Tech News



For all of you gadget freaks out there focus your eyes on this.

GoPro's new Hero 4

PRODUCT HIGHLIGHTS

Supports 4K30, 2.7K60, and 1080p Video
Capture 12MP Photos at 30 fps
Ultra Wide Angle Glass Lens + SuperView
Camera Housing Waterproof to 131'
Wi-Fi and Bluetooth Connectivity
Video and Photo Time-Lapse
Protune Mode for Video and Photo
One-Button Operation with QuikCapture
Auto Low Light and Night Photo Modes
Flat and Curved Adhesive Mounts Included

Samsung S6Edge

It's a serious war going on between Samsung and Apple. Apple had the heads running to the stores for its iPhone 6 and iPhone 6 Plus last year. Now Samsung just started a frenzy in stores across the world with its new Galaxy S6 Edge. Here are some of the specs that it boasts.

Display

5.1" Quad HD Super AMOLED®

2560 x 1440, 577 PPI, Dual edge

Camera Icon Camera Resolution (Rear)

16MP OIS Selfie Icon Selfie Camera Resolution (Front)

5MP Charging Icon Fast Charging

10 minute charge = up to 4 hrs of battery life**.

Built-in wireless charging capabilities.

Processor Icon Processor Lightning fast 64-bit, Octa-core processor

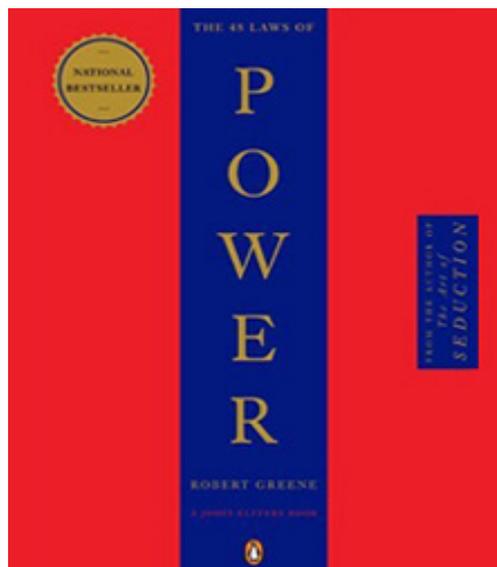


Entertainment



The show is about fast talking Marty Kaan and his crack team of management consultants who know how to play the corporate game better than anyone, by using every dirty trick in the book to amaze powerful CEOs and close huge deals. If you love to laugh, you wouldn't want to miss out on the second season of this Showtime comedy. HOUSE OF LIES starring Academy Award® nominee Don Cheadle and Kristen Bell.

Book of the Month



Robert Greene has created a cult-like following from the corporate boardrooms to the imate populate with his best-seller 48 Laws of Power. In his book he highlights the rise and lost of power throughout the centeries dating as far back as the Bible . He has definitely created a page turner that will have you intrigued and inspired at the same time .Robert Greene condences many historical lessons in a structure of 48 laws that can be applied to strategy and life itself. However, he warns that each of his 48 laws have a reversal that should be acknowlegded @TheGhostWriter

Meet our new City Connection Girl

“Dajze”



The City Connection magazine wants to give a warm welcome to our new “City Connection Girl” Dajze of Chesapeake, VA. Dajze is a registered nurse and has been an aspiring model since the age of 13. She is currently pursuing her acting career with her debut in the upcoming movie The Norfolk Way. She also utilizes her journalism skills as a writer for The City Connection Magazine.

Editor's Pick

The City Connection Magazine's style guide

Sneaker of the Month

The Air Jordan 11 Lab4 "Black" edition



Get Connected



The Dreadlock Spot

Specializing in Dreadlocks
All textures of hair welcomed
all natural products
Pleasant atmosphere
Appointments accepted

Facebook.com/thedreadlockspot
Instagram:thedreadlockspot
call: 757-292-6615
71 Afton Pkwy, Portsmouth, Va 23702



HipHop Highlights

THE BARBET LADIES ON THE NET
DYMES
MAGAZINE

SWP

COAST 2 COAST
MAGAZINE

TEL: (757) 580-0165
EMAIL: DJTRYSTS@GMAIL.COM
TWITTER/INSTAGRAM: @DJTRYST

DJ Tryst

HOWLETT DEMO & DISPOSAL

Specializing in

- *Tear Outs: Bathrooms and kitchens
- *Clean Outs: Basements and attics
- *Snow and Ice Removal
- *Asbestos Abatement

Call (757) 544-4006

