

YV

MAGAZINE

WHERE YOUR VOICE MATTERS

SEPT-OCT 2019

ACTOR | WRITER | FILMMAKER

MICHELA LANSING

DANCEHALL

WITH YAMINAH LEGOHN

YV5

NEW

**TEEN
EDITION
INSIDE**

JAYLEN BARRON

STAR OF NETFLIX ORIGINAL SERIES *FREE REIN*



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BREAST CANCER AWARENESS MONTH

By Barbara Hudson

Breast Cancer Awareness Month (BCAM) is an annual international awareness campaign organized by major breast cancer charities every October to bring about awareness to its cause, prevention, diagnosis, prevention and cure. American Cancer Society (ACS) statistics has estimated 268,600 new cases of women with a history of invasive breast cancer are expected, 62,930 new cases of non-invasive breast cancer in women are expected and an estimated 2,670 men with breast cancer will be newly diagnosed in 2019. The number of survivors includes more than 150,000 women living with metastatic breast cancer (development of secondary malignant growth at a distance from the primary site of cancer), $\frac{3}{4}$ % were originally diagnosed with stage I-III cancer. 3.3 million breast cancer survivors are alive in the U.S. today.

For men, the lifetime risk of getting breast cancer is 833. Men who have had breast cancer can get any type of 2nd cancer but they have a higher risk for a second breast cancer for small intestine cancer, rectal cancer, pancreas cancer, prostate cancer, basal and squamous cell skin cancer and myeloid (bone) cancer. More research is needed in the study of breast cancer in men in treatment labs, test and prevention.

Breast cancer has a high survival rate; an estimated 9 out of 10 people are still alive 5 years after being diagnosed. Its statistics show, for a 5 year survival rate with average invasive breast cancer is 90%. A 10 year survival rate is 83% and for only in the breast survival rate is 99%. Fact states that many people don't know that after being diagnosed most women tend to gain weight during breast cancer treatments. This increases their risk for metabolic syndrome, which includes high blood pressure, excessive body fat and high triglycerides. High triglycerides levels increases the risk of a stroke, heart attack and heart disease.

An average woman with metabolic syndrome are more likely to get breast cancer, three times more likely to experience recurrence and 2 times more likely to die from breast cancer.

American Cancer society had contributed to low or no-cost screening exams in underserved communities and early-detection guidelines on the most current scientific evidence for breast cancer. It is also implementing aggressive campaigns to increase awareness among the public and healthcare professionals of the value of cancer screening. These campaigns have contributed to a 40% decline in breast cancer mortality since 1989.

ACS also states that in recent years, perhaps coinciding with the decline in prescriptive hormone replacement therapy after menopause it shows a gradual reduction in female breast cancer among women 50 years and older. Death rates declined since 1990 in part due to better screening and early detection, increased awareness and continually improving treatment options.

American Cancer Society Support Programs:

--"Reach to Recovery"- it connects trained volunteers who have had similar diagnosis and treatment plan to support others on everything from informed decision making and emotional issues to help cope with the disease and long term survivorship issues. They do not provide medical advice. Cancer helpline 1800-227-2345

--TLC (Tender Loving Care) publication offers products for women coping from breast cancer or any other form of cancer. They offer hair loss and mastectomy products and advice on how to use them. Tlcdirect.org 1800-850-9445

--Survivors Network- provides a safe online connection where patients can find others with similar experiences and interests. Csn.cancer.org

--MyLifeLine and Springboard Beyond Cancer provides support for patients, survivors and caregivers.

Other Sources of Survivor Information and Support:

--cancercare.org - counseling line, support groups and connection to educational workshops. 1800-813-HOPE or 1800-813-4673

--cancersupportcommunity.org - a non-profit network of cancer support, worldwide. CSC offers free support services through community-based centers, hospitals, community oncology practices and online communities. In collaboration with the LIVESTRONG Foundation, CSC developed the Cancer Transitions program for post treatment cancer survivors, which includes the benefits of exercise, nutrition, relaxation, emotional support and medical management. 1-888-793-9355.

--livestrong.org - LIVESTRONG Foundation- provides free services and resources that help improve patient and survivor outcomes. LIVESTRONG has partnered with the YMCA to provide a 12 week program promoting physical activity after a cancer diagnosis. 1-855-220-7777, livestrong.org/what-we-do/program/livestrong-at-the-ymca

--canceradvocacy.org - National Coalition for Cancer Survivorship (NCCS)s has a cancer survival toolbox which is a self-learning audio series developed by leading cancer organizations to help people develop crucial skills to understand and meet the challenges of their illness plus free publications and resources that empower people to become strong advocates. 1-877-NCCS-YES or 1-877-622-7937

--caregiving.org - National Alliance for Caregiving (NAC)- is a non-profit coalition of national organizations focussing on advancing family caregiving through research, innovation and advocacy. 1-301-718-8444

--patientadvocate.org - Patient Advocate Foundation is a non-profit organization that seeks to safeguard patients through effective mediation, assuring access to care, maintenance of employment and preservation of financial stability. 1-800-532-5274

--ACS CAN (American Cancer Society Cancer Action Network) was created in 2001, it is a non-profit, nonpartisan advocacy affiliate which supports evidence-based policy and legislative solutions designed to eliminate cancer as a major health problem. It empowers volunteer advocates across the country to unite and influence evidence-based policy change as well as legislative and regulatory solutions that will reduce the cancer burden. 1-800-227-2345



A woman with long dark hair, wearing a dark blue dress with a white leaf pattern, is standing on the left side of the frame. She is holding a white napkin over a glass dish containing a golden-brown cake. In the foreground, there are two large glass vases filled with a variety of flowers, including purple irises, pink roses, white hydrangeas, and green hydrangeas. The background is a plain, light-colored wall with a window and a shelf with some items.

MICHELA LANSING

ACTOR | WRITER | FILMMAKER

YV: What inspire you to create the movie Vigilante. Tell us what the film is about? Where can we see the movie?

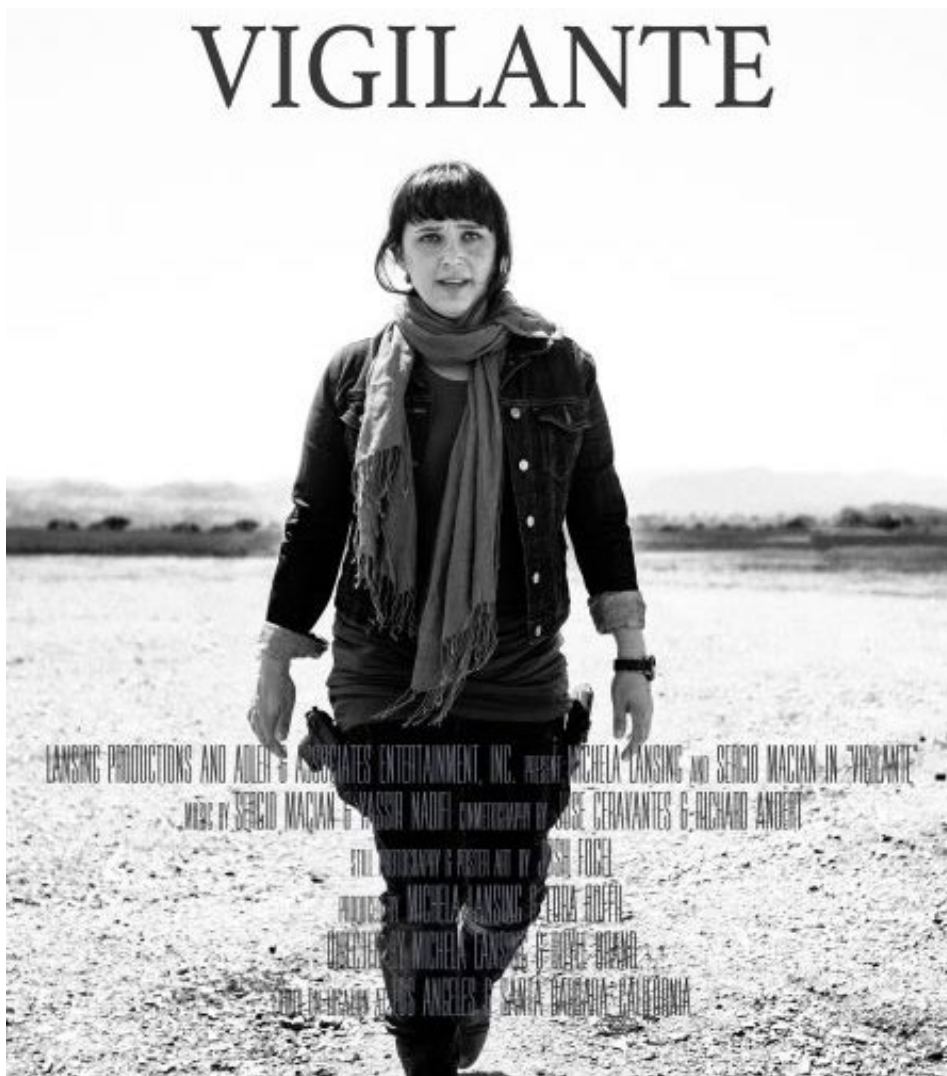
ML: I worked in Hollywood as an actor for 6 years and just didn't find the roles and opportunities that would satisfy my talent and appetite. The Vigilante is a story about a woman from Iran who fights for abuse and battered women in the Middle East. The character and the story are based on real people including my aunt Fereshteh. The Vigilante is available on Amazon Prime.

YV: Is there anything about the character Fereshte that you can relate to? Is there a message behind her character?

ML: Absolutely, she was my aunt, a woman who fought for others while battling breast cancer and a drunk abusive husband. I personally battled domestic abuse from my father since childhood which it still haunts me till today. The message of The Vigilante film is that no matter where you are and who you are if you ask for help someone somewhere will help you. This message is directed to Middle Eastern women who are not supported by the Islamic laws and the government who favors men's aggression towards women.

YV: Is Vigilante the first movie that you wrote, produce and directed? Can we expect to see other films from you?

ML: Yes, The Vigilante is my first short film and yes you will certainly see more of my work in mainstream media. Hollywood is embracing my stories like I have never experienced. I am planning to change the face of entertainment for women in America and around the world.



YV: Are you an actress? Do you find it difficult to go from being an actress to a producer?

ML: Yes, I am a classically trained actress and a classical pianist, it seemed like the transition happened quite naturally. I really enjoy developing my own projects and seeing my vision come to fruition.

YV: Tell us about your musical career in Iran? When did you move to America? Did growing up in Iran influence the movie in any way?

ML: I started playing piano at the age of 7 and by the time I was 13 I was playing really complex pieces such as Mozart's Requiem, but there was no outlet to showcase my work on stage due to Islamic Laws of women sexually enticing men by performing solo on stage. My piano teacher decided to shoot for the stars and showcase my talent on a famous music hall in Iran. The event was quite emotional since many people had not heard a female performs in many years. Sadly, we were faced with server consequences and government scrutiny and the future shows were canceled.

YV: Are you currently working on any projects?

ML Yes, I am currently working on a Persian Cooking show and three feature films that all very original and exciting work created by me.

YV: What is your social media information?

Facebook: <https://www.facebook.com/thevigilantefilm2014/>

Instagram: [the.vigilante.film](https://www.instagram.com/the.vigilante.film)

Link to Amazon film: [a.co/d/02RvWHd](https://www.amazon.com/dp/B00RvWHd)



HBO

PRESENTS THE 14TH

NYLFF

NEW YORK LATINO FILM FESTIVAL

HBO New York Latino Film Festival

In light of Hispanic Heritage month- celebrated September 15th to October 15th, Your Voice Magazine wants to highlight NYLFF. The New York Latino Film Festival, founded in 1999, produces culturally entertaining events and experiences. The festival supports Latinx films, filmmakers, and actors while building audiences of Latino cinema and partnerships. What makes this film festival exciting is the itinerary- from SAG Aftra Panels, to screenings of documentaries, featured films and short films, comedy shows, award ceremonies, and live music performances- this festival has it all and covers multiple forms of entertainment while engaging the Latino audience.

Calixto Chinchilla, the founder of NYLFF, and the event production agency Driven Society truly accomplished their goal this year with a week of events ranging from discussions to multiple variations of performing arts. This year's festival began on August 12th and ended the 18th with an award ceremony honoring the Latinx cinema community. During the festival week, classics such as Poetic Justice and I Like It Like That was featured, as well as upcoming cinema, and the HBO Exclusive Musical special "Farruko: En Letra de Otro". The NYLFF films were played at the Julia de Burgos Latino Cultural Center in Spanish Harlem and the AMC Theater located in Times Square and the event included sponsorships from HBO, Comcast, Telemundo, Hennessy, Warner Media, and New York City Media and Entertainment and many more. Your Voice Magazine is excited to see the continuation and growth of NYLFF and salutes Calixto Chinchilla for creating and organizing a festival that inspires the Latinx community.

Written by CinJay. IG: @cinjay_



DANCEHALL WITH YAMINAH LEGOHN

Passionate, dedicated, and hardworking is the least to say about Yaminah Legohn, artistic director, choreography, educator, and performing artist of West African, Dancehall, Hip Hop, Jazz, contemporary and Modern dance styles. Former Debutante and NAACP Speech Award winner. She has worked with multiple artists such as Sean Paul, Shakira, Nick Cannon, Black Coffee, N.E.R.D., Killa Mike, Nelly Furtado, Lil Wayne, B.o.B., Fizz & Boog, Mack 10, J Holiday, Tony Toni Toné and appeared on film/TV and commercials such as, "The Late Show with Stephen Colbert," BET's "F In Fabulous" , FAME, MTV's "Non Stop Summer" , Disney's "Phineas & Ferb," and "So Random," BET's "The Mo'Nique Show" and The Oxygen Channel's "Hair Battle Spectacular 2." Legohn has been featured in Dance Spirit Magazine, Dance Mogul Magazine, Paper Magazine, News 12 and Shuga N Spice Magazine. Yaminah's electrifying choreography, dance direction and performances have also been sought by some of the industry's top ranking festivals and events, including Afropunk, World Of Dance , Brooklyn Museum's "Target's First Saturdays", Asase Yaa African American Dance Theater, Malaria No More, Choreographer's Ball "Carnival" in Hollywood and New York, SF International Hip Hop Festival, International African Arts Festival, FIYAH Productions Dancehall Theater, RAW Artists in Los Angeles and New York, Black Choreography Festival in San Francisco, and the Soul Nation Festival in Jakarta, Indonesia. She has trained and studied at The Alvin Ailey School, Edge Performing Arts Center, Debbie Reynolds, Lula Washington, and The Alice Arts Center. Adding to her dynamic repertoire, she embraced Dancehall growing up in the vibrant culture and often fuses the dance style in her choreography. In 2010, Legohn founded Art of Legohn, LLC a multimedia arts and entertainment company, that specializes in dance, music and visual arts. Her company has produced successful running events such as, Dancehall Battle NYC® and Red Light Special A Night of Urban Burlesque®, which continues to thrive. In 2013, Legohn launched Afro Karibe® dance, a diaspora-inspired mix of cultural dances that include West African, Dancehall, House, Hip Hop and Samba. Yaminah Legohn masters her choreography, teaching and performing arts projects by continuing to captivate audiences through her artistic performances and by building the dancer in her electrifying and energetic classes. Legohn has taught master classes and weekly classes in Hollywood, San Francisco, and New York City. Simply put, she lives to spread her love and passion for the arts. Legohn holds a BA degree in Speech Communications & Dance with an emphasis in choreography from San Francisco State University.

Kynniah: How do you balance your personal life and your work life?

Legohn: I'm still trying to figure that out especially since I run everything in my business. I love to be around water, so I try to do activities such as swim, kayaking, go to the beach to help me feel a balance.

Kynniah: What made you want to have dance classes?

Legohn: I've been teaching for almost 20 years. I taught my first official class when I was in high school because I loved to dance and everyone in my high school wanted to dance with me. When I started teaching professional dance classes, I wanted to help educate my students on cultural dances and of course spread my name in the industry.

Kynniah: What style of dance that you say you are the best at?

Legohn:

- West African
- Hip Hop
- Dancehall
- Modern Dance

Kynniah: According to you, does experience play apart when it comes to becoming a professional dancer?

Legohn: Most definitely experience plays a part because you have to be quick on your feet and have tough

skin as a professional dancer. That's not something you can just teach in a classroom; you have to gain those experiences.

Kynniah: Have you ever considered another career and why?

Legohn: No, my career choice has always been the same, however I believe in having multiple skills in other areas that can help you with your main career.

Kynniah: If you can change one thing in the world, what will it be?

Legohn: People having more compassion for each other

Kynniah: According to you, what are three traits that every dancer needs to have?

Legohn:

- Confidence
- Skills
- Professionalism

Kynniah: What are your short-term goals for your dance career?

Legohn: Continuing to build my brand and promoting my productions

Kynniah: If you had one word to describe yourself, what will it be? Why?

Legohn: Ambitious because I don't let anyone, or anything get in my way. When I have a goal that I want to accomplish, I will give it my all until I feel I've done everything in my power to make it happen

Kynniah: According to you, what is your greatest strength and what is something you need to work on?

Legohn: My greatest strength is that I am confident in myself to manifest what I want in my life. Giving myself time to rest is what I need to work on.

Kynniah: Who is your inspiration?

Legohn: I will have to say my family.

Kynniah's Review:

Recently, I had the opportunity to attend one of Legohn's classes and I definitely enjoyed it!! There was only three other people who attended beside me which helped create a comfortable environment. Legohn was very patient and helpful when it came to teaching the combo. She taught an amazing combo to Don Walk by Stefflon Don, that consisted of new and old Dancehall moves. She even took time to tell us the names of the moves and background info about them. The dance class was for beginners, but it felt like it was for intermediate dancers which was a good thing as I felt like I was being challenged and I love a good challenge!! I would recommend any dancer whether you're a beginner, intermediate, or advance to attend Legohn's class.

Yaminah IG: @yaminahlegohn @artoflegohn

Website: www.yaminahlegohn.com

Styled by Yancy Greene

Photo Credits: @quainphoto @still!





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NEW TEEN EDITION

ARTICLES WRITTEN BY

TEEN EDITOR

KYNNIAH RODRIQUEZ



GET BRAIDED BY A.LISTEDSTYLES

Say hello to Ashley Hart who is a 19-year-old braider located in Brooklyn!! She is currently in college going into her second year studying speech pathology. She always knew how to do hair but officially started in April of 2019. Her desire of wanting to learn how to stitch braid gave her the push that she needed to start. She then looked up classes on Instagram and started to learn learned from YouTube as well as practicing on her mannequin head.

Kynniah: What made you want to become a hairstylist?

Ashely: I enjoy being creative. Everyone, whether they know it or not, has a creative bone in their body. My creativity stems from doing hair. I live to see my clients leave my chair happy. I especially love to see my clients come back a second, third and fourth time. I just love doing hair!

Kynniah: What makes you different from other hairstylists?

Ashely: I love seeing my clients leave my chair happy and just helping my clients get a boost of confidence. Some hairstylists are rude and don't talk to their clients like they are people. I'm young, a lot of braiders are a bit older than I am. Honestly speaking, I don't want to have a career as a hairstylist as I'm studying to be a speech pathologist.

Kynniah: How did you come up with the name for your business?

Ashely: A friend of mine came up with it. One day, a friend of mine said A-Listed as a way to say top notch celebrity. So, I just went with the flow!!

Ashely's Hairstyles for Seasons

Fall: Knotless Boxbraids!!

Winter: People like to wear wigs but I'm not a wig person. So, I will have to say probably faux locs and stitch braids.

Spring: Tribal Braids

Summer: Straightbacks/ Feed in Braids

Kynniah: What products do you use?

Ashely:

- Shine and Jam Extra Hold
- Mousse
- Olive Oil Sheen Spray
- Pink Glosser
- Edge Booster
- Murray's Beewax Extra Hold
- Any Detangler or Water with Conditioner
-

Kynniah: What are three tips that you can give to someone who wants to start doing hair?

Ashely:

- Don't give up!!
- Keep perfecting your craft!! Whether that means do classes or just even watch videos on YouTube.
- Practice makes perfect!!!

Kynniah: If you had one word to describe yourself, what will it be?

Ashely: I will have to say motivated because anything I put my mind to, I work to make sure it's done. I have a lot of goals, so I try my best to make sure I achieve any goal I set whether it be academics, hair or just about anything.

Kynniah: What do you do if you have a dissatisfied customer?

Ashely: I never had a dissatisfied customer; however, I am sure to always follow up with my clients after they have left. I send a message similar to this:

— Hey Good Evening *insert name* thank you so much for giving me the opportunity to do your hair. It was a pleasure meeting you. I hope you love your hair as much as I do. Please feel free to book again and be sure to tag me in your photos @a.listedstyles. Have a great day.

Kynniah: What are the benefits of getting braids?

Ashely:

- It promotes hair growth as it's protective hairstyle
- You don't have to waste time doing your hair in the morning
- You're able to style it in different ways
- The braids can last you a long time

Kynniah: How do you balance your personal life and your work life?

Ashely: Well, I have a friend who helps me when it comes to Instagram. I always make time for personal life because that's how people go crazy. I don't really do hair on Sundays and if I do, it must be a simple hairstyle.







ALBY D
STYLES

Kynniah: According to you, what are three traits that every entrepreneur needs to have?

Ashely:

- Communication skills- Because some people don't know how to talk to other people
- Patience-As a hairstylist, you need to have some kind of patience.
- Passion- Because if you are doing something you don't love, you will be miserable and it's like what the point.

Kynniah: Who's your inspiration?

Ashely: My mom because she is a very hard worker and set goals and do what she has to do to accomplish them. In the braid world: Braid.Barbie, Sasha Harris, Braided, Amourjah, and several others.

Kynniah: What is a common mistake you see when people do hair?

Ashely: Not that I'm an expert or such, but I've noticed that some hairstylists don't braid tightly enough or burn/cut off the split ends.

Kynniah: If there is one thing you can change in society, what will it be?

Ashely: The separation of children from their parents need to be changed ASAP. It's sad to see the conditions that the kids are living are so inhumane.

Kynniah: What's the process of your braiding?

Ashely: If I'm doing box braids, I like to section the hair off on a 120 or 60 thread spool holder so all I have to do is braid the hair and not waste time sectioning it. After I finish braiding the client's hair in its entirety, I cut off any split ends, avoiding cutting any of the client's real hair. I take the boiling water and dip the ends. I use edge booster to sleek their edges. I then put Mousse on the client's head including their edges (that's the trick), I tie their head with a head tie/durag and use they blow dryer to set the style in place. I then remove the tie head/durag and spray both my braid glosser and oil sheen.

Kynniah's Review:

Ashely and I decided to do a 2 in 1 hairstyle for the collaboration. The hairstyle is set up as a half up and half down hairstyle. The upper section of my hair consists of 6 bohemian feed-in braids while the bottom half consists of knotless box braids. Ashely used one pack of Outre Synthetic Pre Stretched-Ultra Braid XPRES-SION 3x 42 hair and half a pack of Freetress WaterWave for the curls. Ashely was very professional from getting in contact with her for the feature to the day we met up to do my hair. She had everything together, the hair was already sectioned into pieces so all she had to do was braid!! Her parts were amazing, and the braids were the same size which I pay attention to all the time when getting my hair braided. While braiding my hair, she will constantly let me know what was going on such as telling me what she was using as well as how many braids I had left until she was done. She also gave my mother and I water to drink and candy to fulfill our sweet tooth which is something your average braider wouldn't do. I will most definitely recommend Ashley because not only do she know what she is doing, but she treats her clients like they are people. Some hairstylists are all about the money and don't even open their mouth to talk to their clients. Unfortunately, Ashely will not be in New York for a while as she will be in London for a study aboard program. Follow her on Instagram at: @a.listedstyles to see when she will be coming back to New York so you can schedule your next hair appointment!







DEMOCRACY PREP
PUBLIC SCHOOLS







Goddess Love Jewels



BE A GODDESS WITH GODDESSLOVE JEWELS



Say Hello to J'aime Johnson who is the Artist creator and founder of Goddess Love Jewels; a waistbead brand in which she uses Natural Gems, Stones and Swarovski Crystals. Her mission is to empower women to unleash the goddess within. Her brand is a lifestyle brand and have been collecting materials for over 10 years now. She is very selective of what beads she chooses to go on her designs. Her motto is "quality over quantity because each piece is wearable art, and a representation of the Goddess, so it is important that each piece has that rich elegant appeal.

Kynniah: What made you want to open up your business?

Johnson: My brand was envisioned after experiencing a traumatic event in which I slept for 13 hours, I went into a deep sleep sort of a trance in which I dreamt beautiful goddesses wearing healing stone jewelry, like the jewelry that I create. My dream inspired my brand. The only thing I could think of was recreating the jewels from my dreams. I started the brand back in 2007 without a clue, of what to make or of what materials I would use, so I simply started collecting unique vintage trinkets, stones and beads and throughout the years my collection just developed. First, I made/ created body chains with stones and crystals, and then my brand just evolved to waistbeads.

Kynniah: How did you come up with the name for your business?

Johnson: The Goddess from my dream and the fact that I put so much love and intentions in my Art birth the name GoddessLove Jewels, plus I wanted something that stimulates thought and could mean more than one thing. Example:

God is Love Jewels -

I'm a Goddess that Love Jewels

Kynniah: What makes you different from other businesses that are in the same field as you?

Johnson: What makes me different is that I'm a lifestyle brand; I chose to make my waistbeads unique with the ability to never be duplicated. Most Waistbead brands Use glass beads, Whereas I use mostly stones crystals and gems. Glass beads are manufactured and mostly not rare, which makes waistbead styles to be recreated by another waistbead artist.

Kynniah: How do you balance your personal life and your work life?

Johnson: I pretty much work around my 2-year-old sons schedule when he naps, I create and when he's awake I am thinking about what I'm going to create.

Kynniah: What are three tips that you can give to someone who wants to start a business?

Johnson:

- You MUST be OBSESSED with your products
- Never give up; just keep going and your business and vision develop in time. It's a Marathon!
- Stay true to your brand!

Kynniah: How long does it take for you to make a waiststrand?

Johnson: Usually 1-2 hours

Kynniah: Is it true that each color on a waiststrand mean something?

Johnson: Yes, each color crystal and stone has a purpose. My waistbeads are magic formulas on a strand created to conjure up Good vibes and Goddess Energy.

Kynniah: If you can change one thing in the world, what will it be?

Johnson: If I can change the world it would be to make all women born confident, I believe bad decisions are made from low self-esteem and if women had more confidence and self-esteem, they'd would make better decisions and experience less pain. as women we carry our trauma in our wombs, I truly feel that my waistbeads heals these traumatic wombs creating an awareness and reassures confidence.

Kynniah: According to you, what are three traits that every entrepreneur needs to have?

Johnson:

- Vision
- Plan
- Dedication

Kynniah: According to you, what are is the main purposes of waiststrands?

Johnson: Healing and Goddess Awakening. When a woman wears a Goddesslovejewels waist beads. She awakens her sensuality, and naturally becomes in tune with her flow because is aware of the beads on her waistline.

What are your goals for the rest of 2019?

Johnson: My goal for the rest of the 2019 is to continue to expand by business, I have so many new gems that I collected from the rock shows that I can't wait to create with. Im very excited about the future of GoddessLove Jewels so my goal for 2019 is to basically keep working and building... The Marathon continues...

Kynniah: How do you measure yourself when ordering a waiststrand?

Johnson: You measure wherever you want the waistbeads to fall.

Kynniah: If you ever had a dissatisfied customer, what did you do to satisfy them?

Johnson: Thank you Mother Goddess and Heavenly Father I have yet to have a dissatisfied customer, so far, my buyers have shown me so much love and support I couldn't be more greatly.

Kynniah: If you had one word to describe yourself, what will it be? Why?

Johnson: Goddess..... I've literally been to hell and back, my love for God. My son and my Art keep me alive and thriving...I've seen God and he told me I was a Goddess....

Kynniah: According to you, what is your greatest strength and what is something you need to work on?

Johnson: My greatest strength is Keeping it Real; and something I need to work on is my Temper and learn how to not let little things distract from the bigger picture.

Kynniah: Who is your inspiration?

Johnson:

- Goddess from Ancient Times in History Specifically Ancient Egyptian Goddess and Queens

- Inspired by the living Goddess and their personal style Naomi Campbell, Beyoncé, Nicki Minaj, Rihanna, Shakira and most of all Erykah Badu

Kynniah's Review:

J'aime was so kind to send me two waiststrings. The mixed stone is called "let it flow" as it represents just calming yourself and letting the natural vibes flow and to remember to not overthink situations. The turquoise and pearls are "Mami Wata An Ocean Goddess" which you wear when you want to channel that inner feminine ocean energy. I love them so much that I don't even take them off!! I will highly recommend her if you are in need of some bomb waistbeads!! Check her out on Instagram: @goddesslovejewels



BE NATURAL WITH NATURELLE CARE LLC

A vertical banner for Naturelle Care Skin & Hair Care. The top section features a green circular logo with a white leaf design, followed by the text "Naturelle Care" and "Skin & Hair Care" in a smaller font. Below this is a collage of images showing a woman in a white t-shirt, various hair care products, and close-ups of skin and hair. The bottom section of the banner is green and contains the following text:

CASTUNYA CLARK
561-614-2255
WWW.NATURELLECARE.COM

At the bottom, there are social media icons for Facebook, Twitter, and Instagram, with the following handles:

Facebook: [naturellecare](#)
Twitter: [@naturellecare](#)
Instagram: [castunyaclark](#)



NATURELLE CARE



Say Hello to *Castunya Marquez Clark*, the owner of *Naturelle Care LLC*, a natural, organic skin and hair care product line created to promote healthy skin and hair.

Clark wanted to open her business because as a youth she suffered from a hormonal imbalance which resulted in acne, uneven skin tone, and facial hair. The hair on her head would grow, but she couldn't retain the length due to my condition, as well as added chemical usage.

She came up with the name of my business after discussing with her business advisor her goal of providing relief and comfort by natural means to others who may have experienced the same issues as her.

Clark has. been a "naturalista" for over 15 years, and have tested and used various products, but found that it wasn't customized or personalized to meet the needs of every customer. Her products are different because not only do she personalize and customize her products to the needs of her customers, but she constantly research natural and organic methods daily to ensure that my customers are not just satisfied, but is in love with the healing process externally as well as internally.

She prioritize her time with a to do list of important essential tasks vs non-essential tasks, sticking to set work hours, ensuring that her mind and body stays healthy by engaging in daily exercise,

which makes her more alert and allows me to function better and complete tasks in a timely fashion. She has found by using these methods, she is able to balance my personal life and work life.

The three tips that Clark would give to someone who wants to start a business are; know why you are starting your business, count the costs, and be your best advertiser.

Race does play a part when it comes to hair care since there are differences in color, texture, and structure of the hair.

It takes her 2 hours to 48 hours to make a batch of products depending on the unrefined and natural butters, oils, and herbs being formulated.

If she could change one thing in the world it would be to bring back the paradisiac conditions that existed in the Garden of Eden where mankind was able to eat and drink from 100% pure resources, free of chemicals, toxins, parabens, sulfates, and all forms of toxicity that deprives us of good health.

Three traits that all entrepreneurs should have are initiative, passion, and determination.

The constant problem that she sees in the natural hair community is not having enough education and resources on how to maintain and promote healthy hair growth.



Her goals for the rest of 2019 are:

- 1) Naturelle Care LLC to grow, not only within the United States but globally.
- 2) Travel abroad and educate others on the benefits of using natural and organic skin and hair care products VS chemical stimulated products, and 3) Pursuing full-time entrepreneurship.

For those who are wondering: YES!! The definition of your hair is based on how moisturized your hair is, and that is because moisture defines your curls and

decreases and or eliminates the frizz.

If Clark had one word to describe herself it would be “Giving.” Whenever she learns something that is of value to her, she feels the need to share that knowledge with others. She feels that our families, friends, associates, and communities are made stronger by giving of ourselves spiritually, physically, and emotionally.

Her greatest strength is that she is tenacious. She admits she does need to work on accepting help, and knowing that by doing so, does not make me weak.

Clark’s inspiration is her mom. Her mom has been a caregiver for her disabled father for the last 9 ½ years and yet she still finds joy in their marriage, in her ministry, and daily demonstrates a self-sacrificing spirit in behalf of others.

Kynniah’s Review:

Clark was so kind to send me samples of some of her butters and even a lip balm. She sent me 5 different type of scents and all of them work well with my hair texture. The consistency is smooth and leaves my hair soft as well as shiny. They all smell so good but my favorite one is Mango and Coconut Butter. The lip balm leaves my lips nice and smooth with a little shine. I will recommend Naturelle Care LLC as it’s not only a hair brand that is able to cater to all textures, but it has a beautiful owner behind it with a purpose. Go check them out on Instagram: @cclark_naturllecare!!



NS

*Pressed
By
Mia Simone*

*Dressed
by*

Nia Simone



Say Hello to Nia Simone!! She is an 18-year-old young entrepreneur who owns a business is named Pressed by Nia Simone. Pressed by Nia Simone is an upcoming hair tool brand. She worked hard to create her own flat iron for 2 years. Finally, Pressed by Nia Simone was launched on November 25, 2018.

Kynniah: What made you want to open your business?

Simone: I wanted to open my own business because I plan on being in the hair industry. I wanted to create something different, that i never saw someone in my generation do before. I want to be an inspiration to the young youth, to let them know that they can do big things too.

Kynniah: How did you come up with the name for your business?

Simone: I came up with the name Pressed by Nia Simone because “Pressed” reminds me of a silk press and my first and middle name is Nia Simone.

Kynniah: What makes you different from other businesses that are in the same field as you?

Simone: All the products that people are selling, are similar. My product has Auto shut off, which is what makes it different because not a lot of flat irons have that feature. What also makes me different from the rest, is that i created it at such a young age.

Kynniah: How do you balance your personal life and your work life?

Simone: Balancing my personal and work life is easy. I enjoy working on my business, so it never feels like a job.

Kynniah: What are three tips that you can give to someone who wants to start a business like yours?

Simone: Make sure you have a passion for what you're doing. If you don't have any passion, you're not going to want to do the hard work that comes with it. Don't just rush into entrepreneurship because you think it's easy. It's not as easy as it seems.

Kynniah: Does your flat iron works with all textures of hair?

Simone: Yes. my flat iron works on all hair textures.

Kynniah: If you can change one thing in the world,

what will it be?

Simone: If I can change one thing in the world, I will put a stop to how much violence is going on in the world. So many innocent people are being harmed, and it is making us worried about our safety because we don't know what could happen.

Kynniah: According to you, what are three traits that every entrepreneur needs to have?

Simone: Every entrepreneur needs to be confident, determined, and social skills. I say social skills because it's all about networking in this industry.

Kynniah: What are your goals for the rest of 2019?

Simone: My goals for 2019 is to make my business better than it already is and stay focused. I start my first year of college this year, so I plan on keeping my head on straight.

Kynniah: If you ever had a dissatisfied customer, what did you do to satisfy them?

Simone: I had a customer let me know that the flat iron wasn't working, and they never got a chance to use it. I apologized to them and let them know that I will send them a new one asap with no problem.

Kynniah: If you had one word to describe yourself, what will it be? Why?

Simon: Outspoken. I am the type of person where I will say what I have to no matter what others think. People like that about me. I like to keep it real.

Kynniah: According to you, what is your greatest strength and what is something you need to work on?

Simone: My greatest strength is working hard. That includes school, my business and my work at home. I consider myself a hard worker. Something that i can definitely work on, is working harder with my business. I can push myself harder to get my business out there.

Kynniah: Who is your inspiration?

Simone: My inspiration is my mom. My mom is also an entrepreneur. She is hairstylist who owns two salons and a daycare. A lot of my entrepreneurial traits i get from her.



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JAYLEN BARRON

YV: Let's get to know Jaylen. Where were you born and raised? What are some of your hobbies? Favorite place to visit? What is the one place that you must eat at when traveling?

Jaylen: I was born and raised in Los Angeles county in La Puente. I love to paint amongst other things but hanging out at home with my dogs and family is really my jam. My favorite place to visit is my grandma's house, it's always filled with love and smells of delicious food! When I travel, I love to try out the local cuisines and live like the locals live.

YV: How did you get your start as an actress?

Jaylen: I started with a modeling job for the tween store called Justice.

YV: Tell us about your role on Netflix's Free Rein? What is the series about? Did you have to prepare for the role?

Jaylen: Free Rein is a coming of age series where a girl from LA, Zoe, goes to live with her grandfather in the English countryside for the summer. She finds she has an affinity for horses and makes new friends who share unforgettable adventures with her. I prepared for the role by learning to ride horses before, during and after shooting the series.

YV: Is there a role that you will like to play? Who would be consider some of the actors that you admire?

Jaylen: I would love to play a female lead that truly shows the world that we are powerful, smart and influential beings. I have always looked up to Halle Berry. She's my absolute favorite, and then Lupita Nyong'o is another female I admire. She has such great range in her craft.

YV: Are you currently working on any projects?

Jaylen: I'm doing multiple projects right now and I'm hoping to share more soon, please follow my IG and Twitter for more details.

YV: Do you have any other career interests besides acting?

Jaylen: I'd love to start my own cosmetic line and currently I'm starting with my own lash line.

Follow Jaylen on IG: @jaylenbarron

Photo Credits:

Photographer: Samuel Whitworth @fashionstudios

Stylist: Marni Seabright @marniseabright



YV5

CREATED BY TRACY J. BAREFIELD

Dancers

"My passion is immeasurable. My creativity is limitless. Freedom is in my every movement. I am a Dancer." - TJ



1. Britney Hall: Professional Dancer/ Athlete/ Dance and Fitness Instructor

Britney's whole life is dedicated to dance and fitness. She grew up in Virginia and made her way to Chicago where she studied Dance Performance at Columbia College. Then she pursued her passion in dance in LA, which has led her to perform with artists on television shows, award shows, and tours. She has worked with world-renowned choreographers including Galen Hooks, Kathryn Burns, Michael Rooney, Roni Blak, Marvin A. Smith to name a few. Living in LA, Britney has also developed a passion for fitness. She works at Rise Nation in West Hollywood and is also a personal trainer. Dance and fitness has helped her develop the skills that she needs to inspire others around her.

Social Media:
IG - @britneyhall

I'm constantly pushing myself in ways where I always want to be striving for greatness, settling for mediocrity is not an option. I want to always reach without limitations and be the full expression of who I was created to be. - BH

2. Kelly Sweeney: Professional Dancer

DKelly is a 17 year old dancer who began her career at the age of 10 starting off as a gymnast. She trains in an array of various dance styles: Hip hop, jazz funk, ballet, jazz, contemporary, lyrical, musical theater, and tap. She has appeared on several shows, movies, and music videos: Season 2 of World of Dance, Jojo Siwa music videos, ABC's Suburgatory, The Little Rascal's Save the Day, and many more.

Social Media:

Instagram: @kellysweeney1

Youtube: Kelly Sweeney

Twitter: @kellysweeney_

Facebook: Kelly Sweeney

Literally anything is possible if you put your mind to it, give it a try - KS



3. Betsy McBride: Artist with American Ballet Theatre

From 2007-2015, Betsy had danced with the Texas Ballet Theatre. In 2015, she joined The American Ballet Theatre where she is at currently. She has performed in the New York Ballet Stars Gala in Cape-town and in South Africa last year. Not only is she a beautiful ballet dancer, she is also a model. She has appeared in several magazines: Modern Luxury, Dance Magazine, Haute Living, 360West, and more. In 2018, she was on the cover of Pointe Magazine.

Social Media:

IG: betsymcb

Website: [www.betsylmcb-
bride.com/](http://www.betsylmcb-
bride.com/)

I am extremely passionate about my art form. I love my craft and continue to strive to inspire others and reach new levels. I'm always trying to push myself out of my comfort zone because I think that is the only way you can achieve greatness - BM





4. Fredericks Ngo Kii: Tap Dancers

Fredericks began dancing jazz in France when he was 10 years old, but when hip-hop came to France, he change styles. In 1999, he led his crew to be the first French hip-hop team to win world champions in "Battle of the Year". Later, he was inspired by the movie "Tap" to pick up the style tap dance. Inspired by years of hip-hop, Fredericks created a style of tap dance combining a mixture of genres, making the style more modern. This has earned him his nickname "mister groove".

Social Media:
Facebook : fredericks ngo kii / tap jam
IG: fredericks_ngo_kii_officiel
Web site: Soon

I am above all, a man who thinks of his neighbours, an artist who likes to pass on his experiences, a dancer, who loves to share his rhythmic innovations, whether on stage or in a more private setting. I am a person who likes to take his time, to isolate himself, to think about how I can make my art evolve, so I make sure that tap dance is accessible to everyone, and especially that people discover this art in its own right - FNK



5. Tanishq Joshi: Crew Member at Creative Reaction Dance Company

Tanishq (TJ) is 21 years old who found his passion for dancing through recovery from a car accident, as a substitute for physical therapy. He moved to the US from India to pursue his passion. He is currently a part of a dance crew called , Creative Reaction Dance Company where he continues to train and develop his skills. His goal is to become a professional dancer and inspire others like himself.

Social media handles:
IG: @taneesky
Facebook: Tanishq Joshi
Twitter: tanishqjoshi21
Youtube: Tanishq Joshi

I am not talented. I just work really hard. In the end, hard work always beats talent - TJ



What's in State for NYPD policies following the firing of the cop responsible for Eric Garner's Death?

The current political climate of our country has been hot this summer- to say the least. With the presidential debates that have occurred in the last couple of months, Trump's discrimination against immigrants, and the constant racial injustice that black and brown people face, the local and federal government as well as fellow Americans have a lot of controversial topics that need to be addressed. New York City and Mayor De Blasio seem to be working towards progressive policies and actions to counter racial injustice within law enforcement, but is it enough?

On Monday August 19th, NYPD's commissioner finally fired Daniel Pantaleo- the officer who took Eric Garner's life when he placed Garner in an illegal chokehold. Garner's family and activists believe this verdict should have been decided from the beginning of the case rather than taking five years. While others, particularly the blue lives matter audience and law enforcement believe, Pantaleo was doing his job and this decision undermines NYPD's officers. These criticisms have left Mayor De Blasio – who was also running in the Democratic Party Primaries- in a tough position on where he stands on criminal justice reform.

The mayor had blamed the federal Department of Justice for the overdue verdict when questioned on his stance regarding criminal justice reform and the Eric Garner case in the second round of the Democratic primary debates. Nonetheless, the dismissal of Pantaleo from his job can be considered a progressive step towards holding NYPD accountable for their injustices. Stay tuned vocalists on more political updates and do not forget to use your voice during difficult times of injustice and inequality.

Written by CinJay. IG page: @cinjay_



WORLD VEGETARIAN MONTH

Celebrating World Vegetarian Month for an entire month stemmed from World Vegetarian Day which was established on October, 1, 1977.

Vegetarian month is to promote you to compassion and life enhancing possibilities of vegetarianism and bring awareness to the ethical, environmental, health and humanitarian benefits of a vegetarian lifestyle.

The benefits of this type of lifestyle is:

1. The diet is rich in antioxidants and vitamins.
2. It supports heart health because it helps lower inflammation and is high in dietary fiber.
3. Vegetarian diets can help with weight loss.
4. It reduces the risk of diabetes.
5. It gives you plenty of protein. If you do it right it will give you all of your nutritional needs.

There are several days throughout October that promotes vegetarian's viewpoints:

10/1- World Vegetarian Day

10/2- World Farm Animal Day or World Day for Farm Animals

10/4- The Feast of St. Frances

Hug a Non-Meat Eater Day

10/7- International Vegetarian Week- educational and celebratory events are organized to promote the vegetarian lifestyle.

The first week and additional "straggler days"- World Week of prayer for animals, World Animal Day.

10/16- United Nations World Food Day- global reckoning with issues of human food security.

11/1- International Vegan Day- World Vegan Day

Here are a list of Vegetarian festivities that will be held throughout the United States:

10/5- LexVegFest 2019, Lexington, KY

10/5-6-PortlandVegFest 2019, Portland, OR

10/13- Scruffy City VeganFest, Knoxville, TN

St. LouisVegFest 2019, St. Louis, MO

10/19- MEAT OUT: Vegetarian Food and Wholistic Health Fair 2019, Atlanta, GA

Boston VegFoodFest 2019, Boston, MA

Lowcountry VegFest 2019- Hilton Head Island, SC

Syracuse VegFest 2019, Syracuse, NY

Hudson Valley VegFest 2019- Day 1, Uptown Hudson Valley, NY

VFFF2 (Vegan Food Fest Fundraiser 2019), Brooklyn, NY

10/20- Hudson Valley VegFest 2019- Day 2, Uptown Hudson Valley, NY

YV MAGAZINE MOVIE CHOICES

by Barbara Hudson

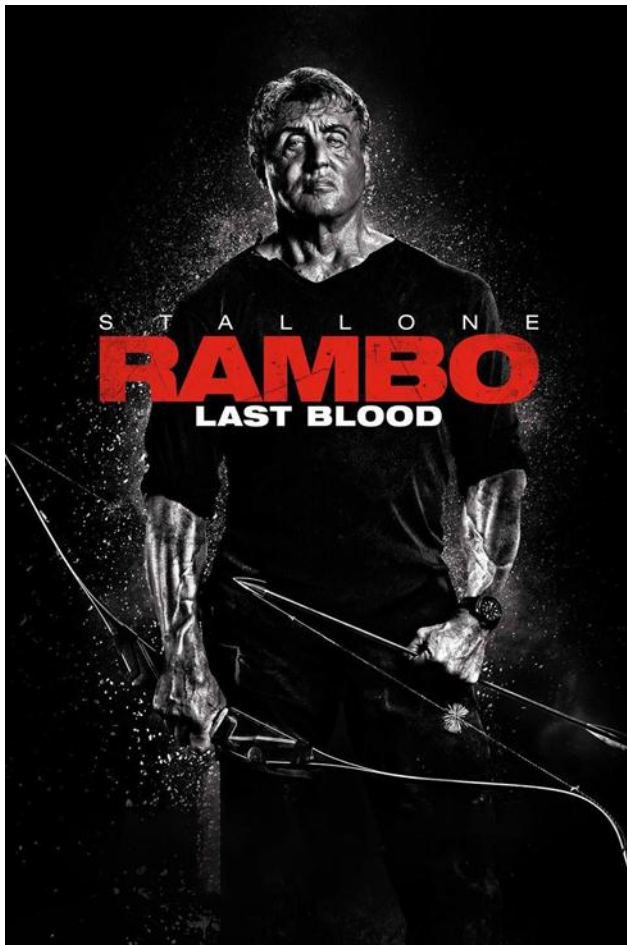
September 13, 2019



HUSTLERS- Comedy
Crime Drama
Starring: Constance Wu,
Jennifer Lopez, Julie
Stiles, Kiki Palmer, Lili
Reinhart, and Cardi B.
Director: Lorene Scafaria

A crew of savvy former
strip club employees join
forces to turn the tables
on their former wealthy
Wall Street clients.

September 20, 2019



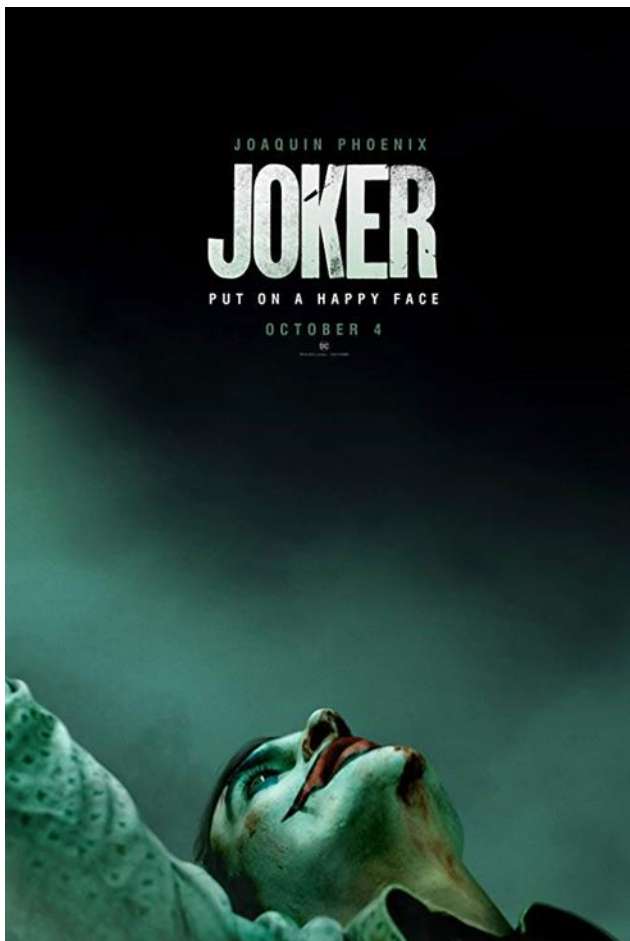
RAMBO: LAST BLOOD-
Action Adventure, Thriller

Starring: Sylvester Stallone, Paz Vega, Yvette Monreal and Oscar Jaenada

Director: Adrian Grunberg

Rambo goes up against a Mexican Cartel when he goes to Mexico to rescue a friend's kidnapped daughter.

October 4, 2019



JOKER- Crime Drama
Thriller

Starring: Joaquin Phoenix, Robert DeNiro, Zazie Beetz and Frances Conroy

Director: Todd Phillips

A failed comedian, Arthur Fleck, encounters violent thugs while wandering the streets of Gotham City dressed as a clown. Disregarded by society, Fleck slowly becomes mad and transforms into a criminal mastermind known as the Joker.

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