



THE FOCUS

Something For Everyone.

NOVEMBER 2022 - NO75 - PRICE \$5.99

2022 VETERANS SALUTE

**EVANS
SPRINGS
PLANS
DISCUSSED!**



**A SAILORS
STORY**

VETERANS OF THE FAMILY

RUBEN LAWSON

CIVIL RIGHTS WAR HERO



"NAME CHANGE MOVEMENT"
CRITICALLY ACCLAIMED ATTORNEY
MAKING A BOLD REQUEST

THE OFFICIAL MAGAZINE OF THE
JUSTICE BUSINESS ECOSYSTEM CENTER

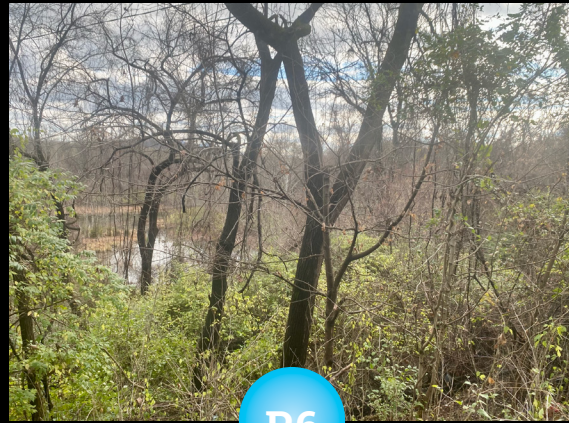
CULTURE | BUSINESS | ORIGINATORS

THE FOCUS MAGAZINE

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BEAUTY SPOT LIGHT
LaVonne Grady Sanders

This beauty has a heart of gold. She is a mother, entrepreneur, author, life coach, a supporter of others and she is the CEO and founder of WHEW WE (Women Helping to Encourage Women)

Thank you for being the beautiful woman that you are and for your support of my business. ❤️

Love Notes

Years of The Focus Magazine



EDITORS EDITORIAL



ONLINE PAGE : WWW.NUFOCUSVA.COM

THE TRUTH IS

"The Focus" Magazine is a rising star among regional publications that reflects a new and balanced perspective on Arts, Entertainment, Sports, Business, and Community. We stay FOCUSED through support from communities that want to know more about what's happening around them.

Each month "The Focus" spotlights small businesses, entrepreneurs, community events, political topics fashion and the arts. With our headquarters located in the heart of the Star City (Roanoke, VA), we are cultivating markets in Richmond, 7 cities, and Northern Virginia. With our media presence, we are poised to stay relevant and influence what people are talking about and doing.

HELLO

The Focus Magazine has been a voice for a group of innovators to project the positivity we desire to see, and make it manifest

I'M TOM A. PAGE-ROSE

And I'm proud to be an American, where at least I know I'm free. I can't forget the men and women who died that gave that right to me!

We sang that song when I was in the United States Navy learning how to be a team player for this country. Alongside many other great people, I truly learned the value of community.

We have so many great stories and information in this month's edition and we are truly glad you still rock with us at NuFocused. Make sure you are telling your tribe how to get on with the hottest publication since the bible!

STAY FOCUSED MY FRIENDS!



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Justice Business Ecosystem



Building is what we do

Providing much needed resources and support mechanisms with equity, diversity, and inclusion in mind to minority owned as well as all other disadvantaged businesses to assist them to achieve success within the first two years of launching their business idea is the main focus of the

Workforce + Entrepreneurship = Business Enterprise



Building is what we do





Update October 18:

The City continues to work to hire a consultant to lead the Evans Spring planning project. Once the City has a consultant under contract, planning will begin. The first step will be community outreach in areas that surround Evans Spring.

The Evans Spring Planning Area is made up of 108 lots and street right-of-way area. The numbers on map below indicate the approximate land area in acres. Together, the three areas equal about 150 acres. The City owns a 4.5 acre water detention basin and the land that the Lick Run Greenway occupies.

from RoanokeVA.gov website



Crystal Spring, under Roanoke Memorial Hospital, Elmwood Spring under the amphitheater, Moormon Spring, hidden under the road at 10th street, Trout Run under Ponce De Leon Apartment building Downtown- and more. But up in Northwest Roanoke, off Cove road, and down into a quaint neighborhood; hidden behind trees, is Roanoke's last uncovered Spring. Evan's Spring. If we, the citizens of Roanoke don't speak up- Evan's spring will become the new wing of Valley View Mall, much to the dismay of the neighborhood.

After the land was taken from the Tortero/Tutelo Native Americans, Mark Evan's was the first settler in the Roanoke. He created the Mill powered by Crystal Spring, that we named Mill Mountain after. Evan's homeplace was an upended

**“They paved paradise and put up a parking lot”
is the story of the Roanoke Valley**

The city of Roanoke has more springs gushing millions upon millions of gallons of water a day. Water that is so fresh and clean, that Evian and Fiji water would love to have their hands on our resources. Most of our springs are now hidden under the city.



by Rosemary Ann

log house that sat at Evan's Spring. He died there in 1748. Today, if you peek through the trees on Fairland avenue, you can see what Roanoke would have looked like in 1748, because its still the same as it was. Paradise.

Roanoke City owns the 3 acres that the water lives on. A private resident owns the 180 some acres that conjoins the spring; bordering 581, Washington Park and the Lick Run Greenway.

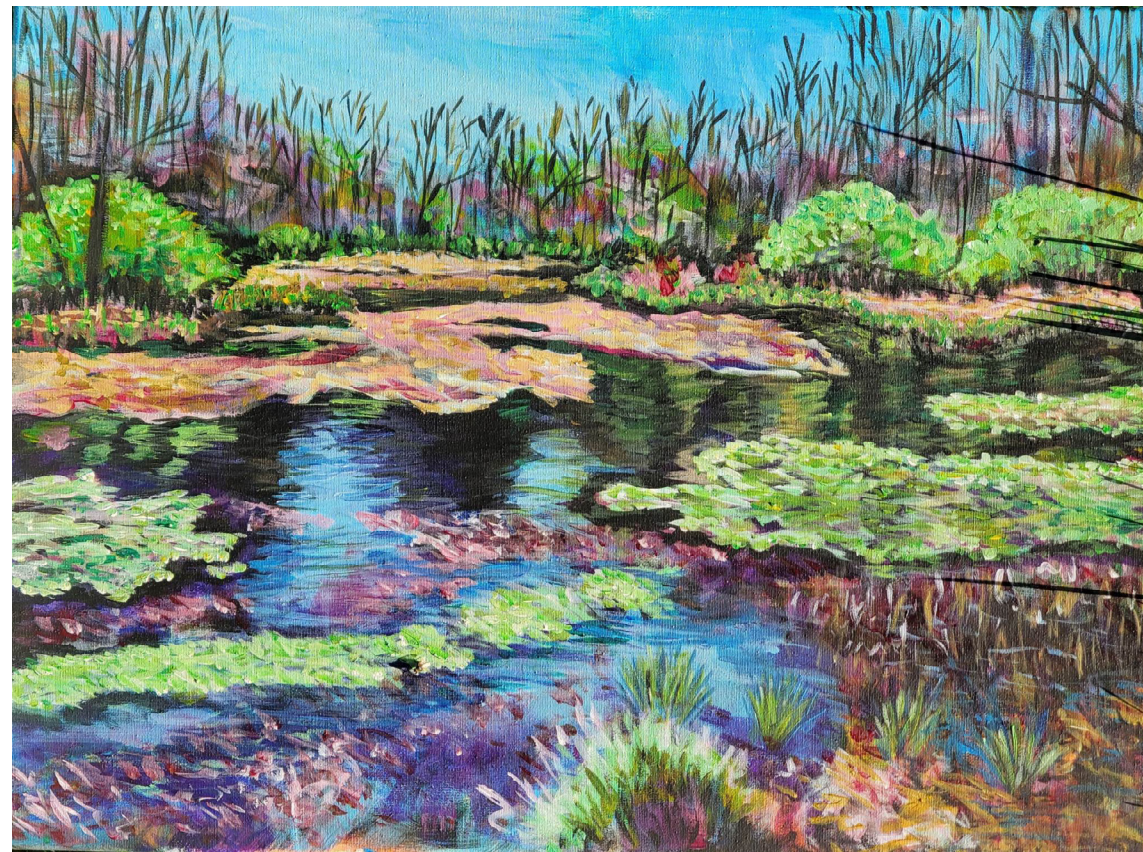
Roanoke City has made plans in the recent past to develop this land into an extension of Valley View Mall, that would have residents in their homes living next to big box stores. Big box stores that they planned to decorate in such a way to sway the residents that the facade of the stores would be just so subtle that it would make them feel better about having their neighborhood destroyed. The neighborhood is not fooled.

Beyond Evan's Spring being a geological natural wonder; this is where Roanoke residents work and live in a safe and beautiful, well cared for neigh-

borhood. They don't want their neighborhood destroyed due to further industrialization.

Roanoke City has now decided to pay 75,000\$ matching funds with the owner of the private land, to "study" this land. The neighbors are skeptical when the city says that they "want community input", as it hasn't been honored in the past.

This land has historical, natural, and recreational value in Roanoke City. We as a city need to stand up and say NO TO INDUSTRIAL DEVELOPMENT OF EVAN'S SPRING. We need to add value to this land and neighborhood, by adding it as an extension to Washington Park, Connecting it to the Greenway, or establishing this land as a Nature Preserve due to its extensive flora and fauna, that surely could be harboring endangered species. This land could feed our community, to give us a place to grow, swim, to relax, and to live a healthy life in what is left of Roanoke's little paradise.



PATIENT APPRECIATION DAY

THURSDAY, NOV. 17, 2022

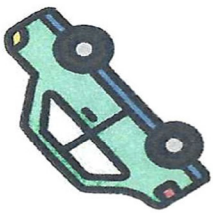

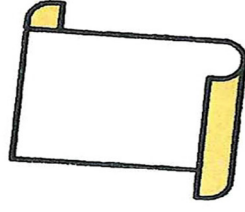



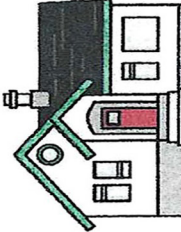
1:00PM-3:00PM

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<p>Do Contact:</p> <div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <p>PRECIOUS MCCULLOUGH REALTOR</p> <p>C: 434-728-1396</p> <p>PRECIOUS.MCCULLOUGH@EXP REALTY.COM</p> <p>EXP REALTY 1320 Central Park Blvd. Suite 200 Fredericksburg, VA 22401</p> </div> </div> <p style="text-align: center;"><i>Chat Soon!</i></p>  <p style="text-align: center;">SCAN FOR MORE DETAILS</p> <p style="font-size: small;">If your property is currently listed with a REALTOR or Broker, please disregard this offer. It is not our intention to solicit the sale of your home through Focus or Focus.</p>						
<p>CONGRATS</p> <p>You're now a homeowner and are handed your keys. Time to celebrate.</p> 						
<p>HOME INSPECTION</p> <p>A home inspection of the property outlines any potential issues such as structural, electrical, and plumbing. Although not required, it's highly recommended.</p>						
<p>CONTRACT</p> <p>Your signed sales contract is provided to the title company and us.</p> 						
<p>LOAN APPLICATION</p> <p>Meet with us to review and sign your loan application.</p>						
<p>PRE-PROCESSING</p> <p>We request all items from you and prepare your application.</p>						
<p>PRE-QUALIFY</p> <p>We pre-qualify you by phone, online, or in person and review your credit report to ensure we're as accurate and helpful as possible.</p>						



Roanoke Fashion Week would like to announce the launch of the new magazine. "R Fashion" magazine is set to debut November 25, 2022, just in time for the holidays. It is loaded with so much fashion, local talent and hidden treasures it is bursting at its seams. This magazine will be a quarterly publication paper and or digital. Annually, Previous Customers we are offering a loyalty reward for paper \$15.99 or digital \$5.99. For our New Customer Paper \$19.99 or digital \$9.99. Don't miss out. Get your subscription NOW!!! Please contact Sonia Gravely at mzgravely09@gmail.com or by calling 540-915-2306 to set your subscription.



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I have over 30 years of experience in the financial services industry, and I have worked as an online graduate adjunct for over a decade. I spent the last 15 years in leadership roles in Learning & Development, Operations, HR, Risk, and Compliance. I graduated with a bachelor's degree in management from Radford University, a Master of Business Administration degree in leadership, and a Doctor of Business Administration degree in leadership from Walden University.

Dr. Andrea Bonds
Business Professional, Author,
and Educator

DELEGATION, NOT DUMPING

A team is a unit, and each person plays a significant role in the process. Leaders must delegate to get the job done. However, some leaders confuse delegation with dumping their responsibilities on their staff. How do you tell the difference between the two?

A leader who delegates is engaged and understands the task at hand, but they know it will benefit from the help of others. Therefore, they provide clear expectations and

a deadline, make themselves available for questions, and give credit to all who played a role in the assignment's completion.

Instead of owning work assigned to them, leaders who dump transfer tasks to their staff and tell them it is part of their responsibilities. It is not due to the leader's heavy workload but an abuse of power in most cases. They see it as a win/win because the employee completes the work,

but they receive the recognition. As long as the leaders manage the communication between their boss and staff, no one sees it as an issue.

The problem with dumping is that leaders miss opportunities to grow in their roles, and employees feel overworked and undervalued. When asked questions, leaders who dump are dependent on their staff because they only have a high-level understanding of the work. Eventually, it becomes evident that the leader must seek assistance from others to do their job, and people will avoid them altogether! The leader who dumps will probably get dumped if the behavior continues.

www.drandreabonds.com



LEARN MORE BY CLICKING THE LINK

Read Dr. Andrea's papers as well the plethora of information to help you along your journey by signing up for our blog



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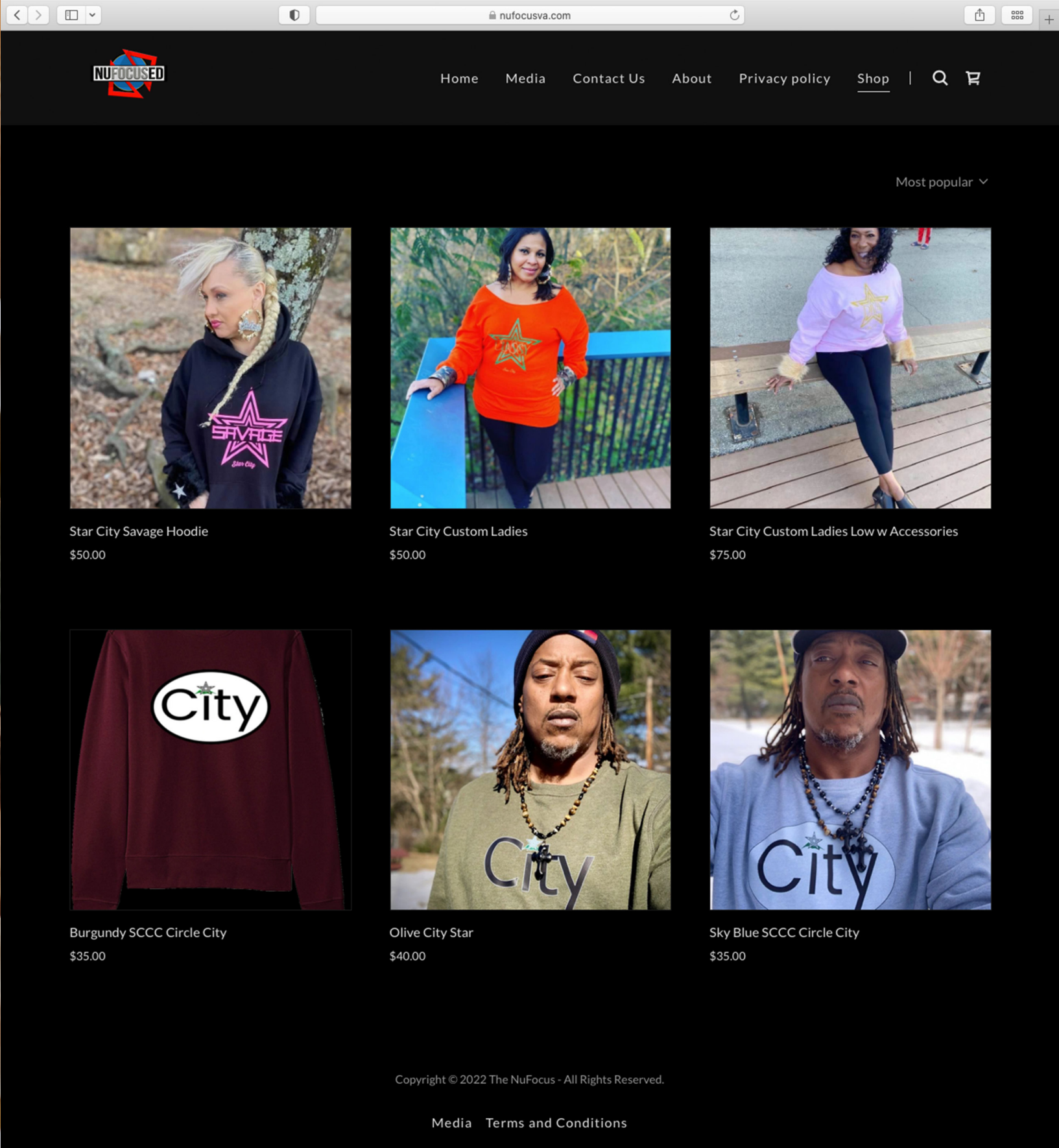
"The drastic loss in opportunity for Virginia that occurs when many across the Commonwealth don't see a positive way forward for themselves and their families is striking. That's why **ELI** and **SERCAP** formed a partnership to focus on addressing this largest of Virginia's infrastructure problems and is investing in human capital across the state through entrepreneurial mindset training.

"As a proud Virginian who was born and raised in Newport News, I wish for nothing more than to see many people across my community benefit from the life-changing impact that an entrepreneurial mindset offers."

Rob Herndon
President,
The Entrepreneurial Learning Initiative



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business idea with
support!!!



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Justice for Ruben Lawson...

VOICE OF JAMIE ROBINSON

Atty. John Fishwick, Jamie Robinson, and Jack Fishwick take a picture in Attorney Ruben Lawson's Conference Room.

HONORING A TITAN

Attorney John Fishwick is a highly decorated lawyer in the fight for civil rights still today. When we got word he was campaigning to have the Poff Federal Building renamed to the Ruben Lawson Building, we asked him to come by and he did! Jamie Robinson, the director of the Justice Business Center simply asked him one question and here's what was said

Here is a little bit of information about John P. Fishwick Jr. the man who wants to rename the federal Poff building who is also the owner of the law firm Fishwick & Associates PLC. They are a trial law firm focused on personal injury, civil rights, and federal criminal law. The firm has four lawyers and eleven



WWW.NUFOCUSVA.COM

employees. John was previously appointed by President Obama to be the United States Attorney for the Western District of Virginia and served in that capacity from 2015-2017. John has appeared as a legal expert on CNN and MSNBC concerning the Mar-a-Lago criminal investigation of former President Trump. He led the efforts to rename the River's Edge tennis courts in Roanoke after Carnis Poindexter, an African American trailblazer from Roanoke. John and others initiated the effort to keep open the Washington Park swimming pool for the summer of 2021. John is married to Jeanne and proud father of Richard and Jack. He is very excited about the campaign to rename Roanoke's Federal Building in honor of Ruben E. Lawson. I asked him what sparked his interest in wanting to rename the Poff Building and his response was as follows.

“Well first I learned about Ruben Lawson, this incredible civil rights Titan who had brought all the cases in this area to integrate our schools. So many in our country were resisting the integration of our schools through a thing called massive resistance and Ruben Lawson stood up to that. After Brown vs the Board of Education he bought the lawsuits to integrate Roanoke City schools, Roanoke County, Floyd, Grayson, Pulaski, and Lynchburg schools and I knew that he was somebody that should be honored. He'd been overlooked. I think forgotten a little bit because of Oliver Hill grew up down the street from us and started his law practice in Roanoke.. Ruben Lawson practiced in this building. The Lawson Building which I am honored to be in today and he built his law practice here in Roanoke where he brought those cases. I think he's a little overlooked because of Oliver Hill and the fact Mr. Lawson died at a young age. He died at 43.

The Poff Building is named for a man who we should commend him for his public service. He served in the military. He served in Congress. He was a State su-

preme court judge, but he voted for a thing called the Southern manifesto. Which was basically a manifesto that says we're not going to follow Brown vs the Board of Education. We're not going to follow the law of the land. We're going to resist integrating our schools. Mr. Poff and Congress also voted against every civil rights legislation including the 1964 civil rights act. He voted against the 1965 voting rights act. So I think a courthouse I am a trial lawyer in, should reflect a place that the people trying to vindicate their rights at, that they should be welcomed. That they should know it's named after somebody who has fought and stood up for peoples' rights. I think Ruben Lawson is the guy who does that and so we started this campaign. I appreciate the opportunity to be here today. We want to change The name of that building to the Ruben E. Lawson Federal building.”



Roanoke strong...
Attorney Fishwick pictured with longtime community leader Rev. Dr. E.T. Burton a friend and advocate of Attorney Lawson during his practice in Roanoke



Attorney Ruben Lawson in his law office in Gainsboro, the home of the Justice Business Ecosystem Center currently.

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GET INVOLVED WITH...

Helping us assist Mr Fishwick in his efforts to change the Federal Building to the Ruben Lawson Building by clicking this link.

I had never met Mr. Fishwick until today and had only heard of him per other's conversation so I myself had no personal opinion of him. He seems to be a very polite humble man considering all of his accomplishments as well as his son Jack who was present at the time of this interview. This helps me feel the genuine nature of this campaign and since I am working in the building Mr Lawson done all these great things at, this made me feel very good to hear him say. It's not everyday you get an attorney with such credentials, to come be a part of smething with roots to Gainsboro, the very place I am from.

"On Veterans Day we honor all Veterans who bravely served our country. I am very proud of my Father's service as a Lieutenant Commander in the United States Navy during World War II."

via John Fishwick LinkedIn



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About me

I have close to 30 years in the Financial Services Industry. I also have Restaurant Management and Foodservice sales experience. I love to help people succeed.

Steve Martin

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 Connect with me on LinkedIn



MHE head man, Tommy has released another visual "The Mint."

Honor, Courage, Commitment



Page Veterans

John Russo was the only child of Thomas Henry and Rachel that served in the military.



Rose Veterans

Army was the branch 3 of Fleming Sr and Hagar's children went to.



Brothers of 3005

Both of John Russo and Hazel's sons signed the blank check



WHAT DOES THE WORD VETERAN MEAN TO YOU?

To me it means a way of life. Both of my grandfathers were entrepreneurs. As I recollect stories told, I never heard any reference to them ever serving in the military. Their sons and even my mothers fathers youngest daughter (like a rap bar) did however write blank checks to Uncle Sam.

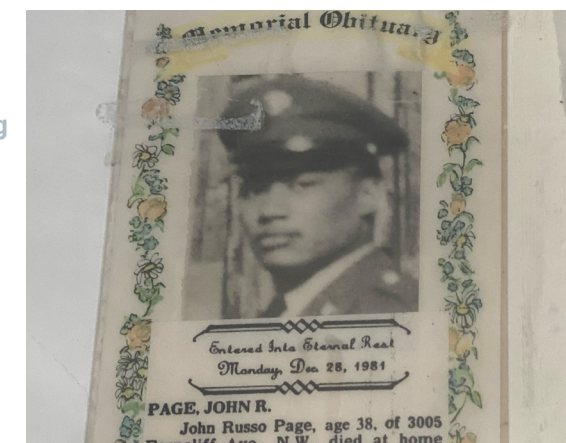
My father, son of Thomas Henry and Rachel, was the only child of the Page's to serve in the military. The story says he was drafted even after a known medical condition which should've prevented him from being called to serve. Complications from that same disorder while in theater ultimately cost him his life. A surgery that was needed combined with

an outbreak of meningitis placed him in a coma for six months. Subsequently being 100% medical discharged, he died at home with his family some 16 years later at the young age of 38.

The oldest two sons of Fleming Sr and Hagar Rose, both joined the military as soon as they could

(both underaged but who was checking them) and both retired from the United States Army. Fleming Jr and James had no desire to be a contractor fixing "shacks" as they called them, in Gainsboro like their father had made a living doing. Fleming Sr had made his way up from painter, to brick mason, and ultimately in-

John R Page was the only son of his family to enlist in the military during the Vietnam War.



Focused Radio is the flagship product of NFX. As a powerful community engagement tool, it has made everything else possible

We been here going on 9 years giving you the hottest music playing all while putting you on to the new fire from #ExclusiveIndie artists. We don't have any of intentions of slowing down now





Families Expecting Deliverance Using Prayer



NATE BARGATZE
 THE RAINCHECK TOUR
 ALL NEW MATERIAL
 SATURDAY, NOVEMBER 19



dependent general contractor. Something not many black men in America achieves still today some 75 years later. Instead the two boys became men by seeing the world serving. James' career directly rubbed off on his baby sister Constance who also served in the Army up until her death in 1993.

None of their kids and only one cousin out of my parents other siblings ever served. He, my cousin Kevin joined the Army, it didn't work out from boot camp. He came back to Roanoke, got into these streets. Next thing you know he has joined the Navy!
 What! Who does that? Nobody else in the family had been in the Navy. The boy couldn't even swim. Something still to this day is challenged when asking what happened that he was found, drowned while the ship was in port. Crazy, I know.

And then I joined 10 years later.

I had went to college. Thinking I was still on my path to my dreams of playing in the NFL and MLB like Bo and Deon. However, the reality of life was closing in on a kid with ok talent but not many stars had come from Roanoke before. Only one I knew of was Al Holland who had just coached me the year prior. Oh, he was back living in Roanoke. I started to think maybe I need to start growing up. I had one kid already and one on the way and that pro contract just got further and further away.

The streets of Roanoke had been overtaken by the crack pandemic. I was over sports after quitting the football and baseball teams at Ferrum for various reasons. Now back in Roanoke for the summer, I wasn't trying to go to prison like so many of my friends who were back home had started doing. I instead signed up at the recruiting station on Peters Creek Road and then I went to San Di-

ego for boot camp where my life changed forever.

I saw the world, made Tidewater my new home, and started my pathway to entrepreneurship. The relationships I built with my shipmates while in the heat of battle are still ones that I can rely on to have my back when things get tough here at maritime sailing. The ones I go see them retire now and feel proud that I served with them.

I lacked the discipline to be a professional athlete obviously, however learning "Honor, Courage, and Commitment" from the worlds finest Navy was equally rewarding in my book and I wouldn't change any of it.





The Plug

It's 2022 is coming to a close, it's been a party all year. Let's break it down from a "Focused" perspective.

"Who's Hot Right Now"

21Savage & Drake are killing the game with their new release of "Her Loss"... as well as Rap Legend "Nas" with his release of King's Disease III"

"This Year's Charts"

We've seen plenty releases this year but there's only so much room at the top... here's a list of the hottest songs this year in hip-hop so-far!!!

1. "Do We Have A Problem?" Nicki Minaj Ft. Lil Baby
2. "Bussin" Nicki Minaj Ft. Lil Baby
3. "London" Bia Ft. J. Cole
4. "Blick Blick" Coi Leray Ft. Nicki Minaj
5. "Sunshine" Latto Ft. Lil Wayne And Childish Gambino

"M.H.E."

Make'Em Hate Entertainment has been diligently at work both in front and behind the scenes... with that being said let's recap the year and see what's to come...

Last year:

M.H.E. Became official in the states with the papers! With Make'Em Hate becoming an official business it's only up for us!

Tommy Released Honor and performed it in the Noke also doing shows all over VA...

Next year:

We have big plans of shows local and abroad so stay tuned!!!

01



02



03



MONEY MATTERS GUIDE

THE BEST TAX RETURN SECRETS

This year with so many different rules regarding COVID-19 you need someone to guide you through the many dangers that await you. Our firm has handled clients across the country for 30 plus years and we are here to help you now.



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- Nov. 10** **Recession-Proof Your Finances**
- Dec. 8** **Mindfulness in the Midst of Loss**

12:00 PM - 1:00 PM
Room 411

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bit.ly/getting-it-together



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ICE WILL BE AVAIABLE!
(NO COOLERS) (PLEASE DRINK RESPONSIBLY)
BYOF : (NO STERNOS OR CANDLES)



LIQUOR BASKET RAFFLE DRAWING @ 11:30 PM
3 FOR \$ 5 OR 15 FOR \$ 20
50/50 RAFFLE * DOOR PRIZES
POSTIVE VIBES ONLY ! SECURITY WILL BE
TIGHT !!!
NO JEANS, SNEAKERS, BASEBALL HATS !!!
AGES : 30 & UP ! ID WILL BE CHECKED !!!



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