

EXISTENCE PLUS

THE AWARENESS MAGAZINE OF TODAY



THE HEART OF A COMMUNITY



MELODY CHILD

A WOMEN OF
INSPIRATION

January 2019

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wonder



him. her. they?



Wonder will be a “stand alone” Short Film that will be used as a Proof Of Concept for a series about the monumental events that happen when a child growing up in “the hood” starts to question themselves outside the “traditional” gender system.

Sammy is a 10 year-old biracial gender non conforming child (assigned Male at birth) growing up in the projects in Queens NY. After an encounter with a majestic Drag Queen, Sammy finds they/herself dreaming of trick-or-treating as Wonder Woman for Halloween. Afraid and confused of these new feelings, Sammy faces a dilemma they/she doesn’t understand. Sammy begins questioning gender in relation to the world around them and where they/she fits on the spectrum. After they/her secret is exposed to their/her father, Frank, the two embark on a journey of “firsts” that neither are ready for.

IMPACT

Over 50% of transgender and non-binary youth who don’t have family support have attempted suicide. Only 5% of transgender and non-binary youth with family support have attempted suicide.

(<https://www.ackerman.org/gfp/>)

Some stories are made for the queer community, some stories for the non-queer community. Our goal is to use Wonder as an instrument that can bridge the gap and speak to both sides.

YOUR SUPPORT IS VITAL TO TELLING THIS STORY



Interveiw with Writer Gabriel Furman

Who are the main contributors: Gabriel Furman & Javier Molina

Writer: Gabriel Furman

Producers of the Short Film: Gabriel Furman, Javier Molina Paolo Monico & Eva Minemar

Executive Producer: Goya Robles

Director: Javier Molina

Actors: Benji Siegel (Sammy), Nico Bustamante (Tito), Aiveri Wells (Deshawn), Farrah Faucette (Tisha), Gabriel Furman (Frank), Delissa

Reynolds (Henny), Janyl Dobbson (Drag Queen) and Barbara Spiegel

Makeup artist: Rita Mae Sylvester

Cinematographer: Elia Lyssy

Sound: Connor Donahue

Production Design: Scott Salome

MORE info on IMDB: <https://www.imdb.com/title/tt9129922/reference>

What inspired this story?

One day, I pulled into a gas station and saw a man walk out of the convenience store holding the hand of his son, who looked no more than nine years old. The young boy was wearing a Wonder Woman costume. It was the middle of February, so this had nothing to do with trick-or-treating. I was frozen. Tears began to roll down my face. I grew up in the projects of Queens, NY, in the 80's and 90's, where being a man meant you had to put a mask on as thick as cement to survive. I didn't grow up with a father, and what I saw that day was unconditional love right before my eyes. Wonder is not about a boy who wants to be a girl. It is about the struggle of having to be what society tells you to be until it breaks something inside of you. It is about loving our kids unconditionally, and letting them know that they are perfect just the way they are. It is about breaking the stereotypes of the people who come from nothing. It is a love poem to the kind of father I wish I had.

What are your goals of your production? Some stories are made for the queer community, some stories for the non-queer community. Wonder is an instrument that can bridge the gap and speak to both sides. It is raw, heart-breaking, and rooted in character journey, through the untold cinematic lens of "the projects".

Our team looks forward to making and sharing Wonder, with the intention to give voice to the under-represented, and to empower people to let go of ideas about who they think they have to be. This series will inspire its audience to open their hearts to the power of being genuinely true to oneself. Once complete, our team will partner with the Gender and Family Project and other organizations to bring Wonder to community events as a tool to share childhood experiences of the LGBTQIA community and build a bridge with the family members who are not sure how to start a conversation with their LGBTQIA loved ones and children.

Finally, while it is our goal to create an impactful and successful series, it is of equal importance to our team to





respect the personal and professional integrity of each individual who is employed in our project. By offering a living wage, the individuals who will comprise our cast and crew will feel that their time and creativity are valued and appreciated.

From the short clips you have been leaking to the community it really is insightful. Why? Because it's not just the need of understanding from the queer community. Wonder has brought together artists and people from all walks of life from both the queer and non-queer community to create something that bridges both sides. And also I think this story has never been told through the lens of "the hood." It's where both Javier and myself come from. We create from what we know with the hopes to understand our own ignorances through opening our own hearts.

If you had to give us something in the story to look forward to what information whorls that be? This is a series of firsts for both Sammy & their dad Frank. It's gonna be a wild ride and not just for them but for the community they live in. Wonder is not just a story about a trans kid growing up in the hood. It addresses stereotypes and turns all that we know on it's head and asks why do people do what they do and what darkness do they have to face to answer those questions.

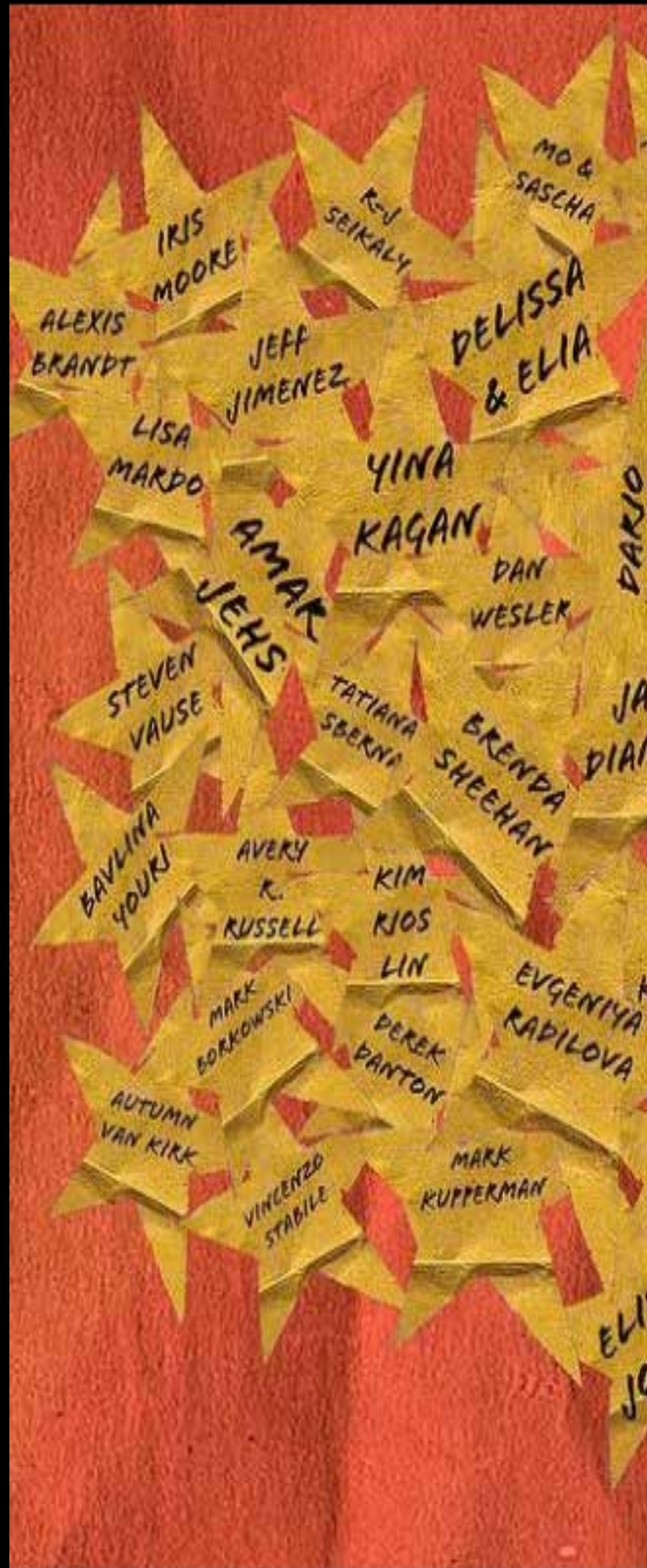
I'm hoping we can help push each other's communities to grow strong.

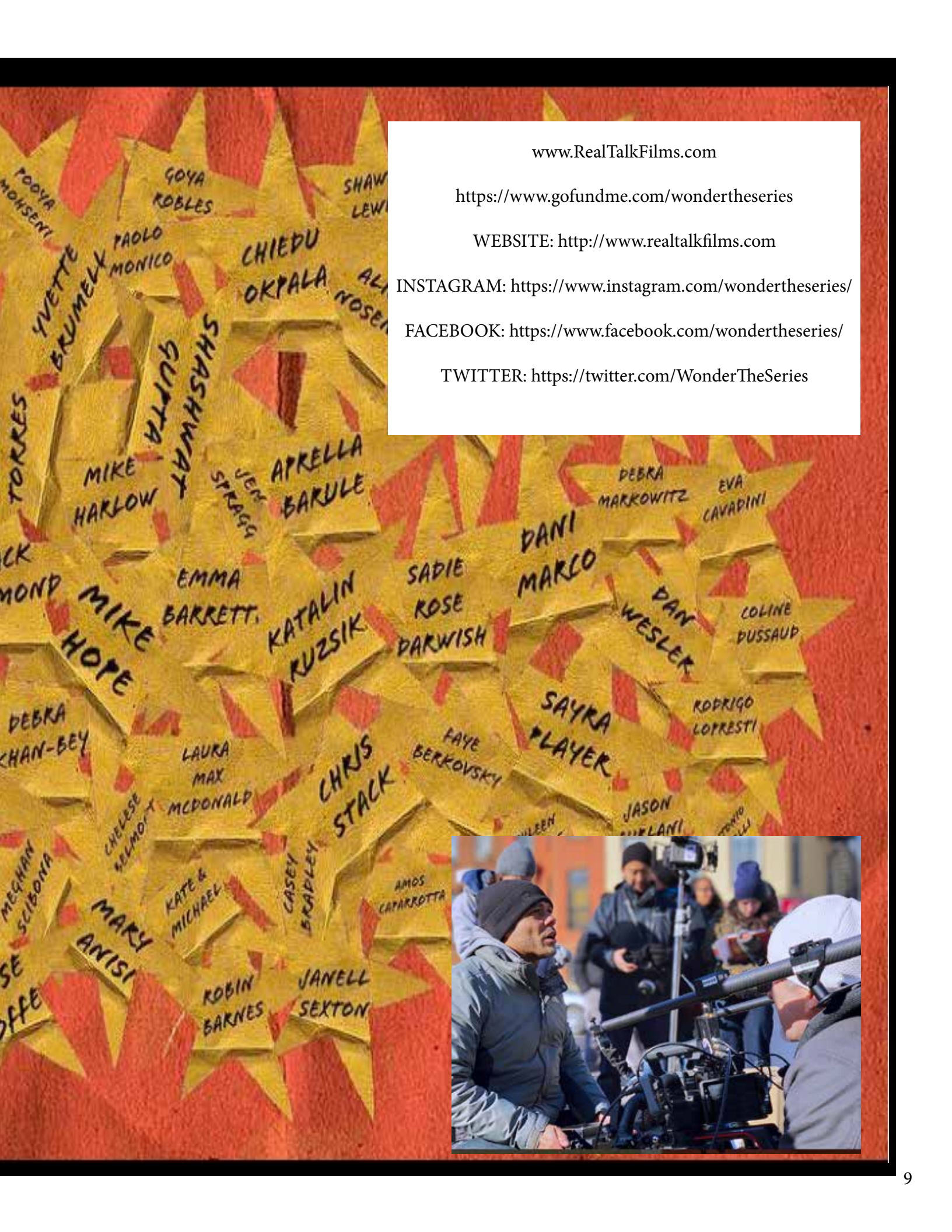
Thank you. Yes and we appreciate it. Here are the links to all of our social media and the CrowdFunding that we are still raising funds with. Let me know if you need anything else.

With Gratitude-

Gabriel Furman
Real Talk Films







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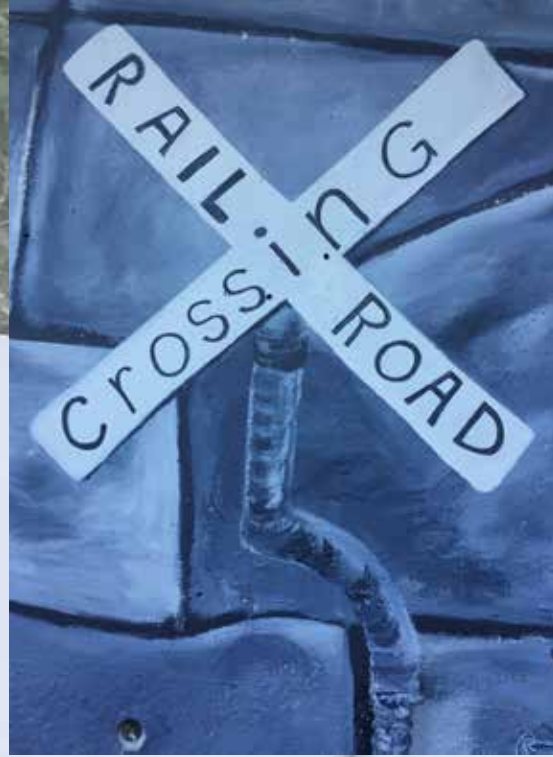
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The Heart of a



a Community



Cruz Maria Gonzales

Cruz Maria Gonzalez is a woman born in the heart of Puerto Rico, raised in the melting pot of Brooklyn, NY and currently residing in a small historical town in Pennsylvania and has become the talk of her town! Being a woman of God, a strong mother of 4, a grandmother and great grandmother , she has created ways to teach others and also to shock many.

In the town of Leighton behind the former Castle Grill on Lehigh dr. there is a wall located at the D&L trail. This wall is over 150ft long and 7ft in height. Cruz Maria was asked to give it her touch by owners Yvonne Stoudt and her husband Loyd. Once seeing this massive wall she new what to draw. Many days and nights passed, spring, summer, then fall and finally the wall was finished. Inspired by this historical town, the people in it and her faith in God she created a gorgeous master peace of art for the park community.

Cruz Maria is a women of strong faith and she published a poem regarding her faith. It describes her growth and how to succeed and accomplish goals in hard times with prayer, faith and a small amount of macaroni. Here is her Macaroni story.

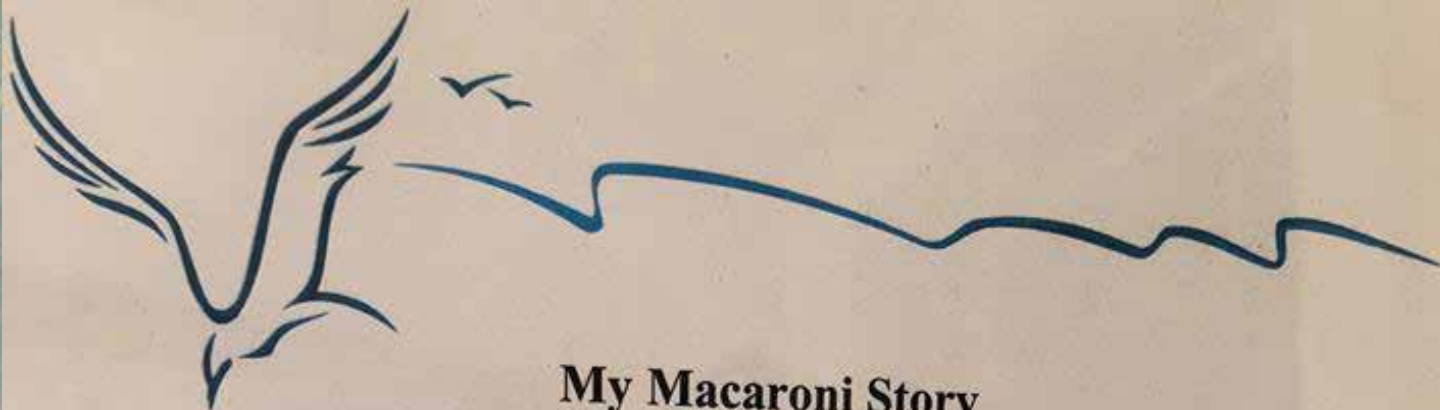
Make sure if you take a trip through the D&L trail possibly sit down and absorb the monuments and art created by Maria. Cruz Maria Gonzalez we thank you for awareness to your community.

-Je'an Paul Saliba









My Macaroni Story

There once was a woman with four kids alone. They lived in a building that nobody owned. With low-income wages and government aid, she budgeted the money for food, clothing, rent, laundry, utilities, a phone, and even the basics to live by as well, some can tell.

One day after working she came home to find her kitchen with neighbors sitting all around; they were hoping a morsel by her would be found. The government checks were delayed once again, a post office nightmare as holidays end. She had brought home three items, a dinner to cook: a small box of elbow macaroni, a small Spam, and Ragu (a banquet for her, a cheap dinner to you).

Those faces of hunger were standing their ground, could wait no longer, their stomachs a-growl. She prayed for a miracle as she started to cook. She said, "As you did in the desert, please make grow this food." After more conversations, some laughter and frowns, one of the neighbors said, "Quick, turn around, your pot's overflowing, the fire's gone out."

As she started serving, another did say, "Your prayers are answered in such a sweet way. As the sand drops, refilling the spaces one makes, so, too seems to happen with the food on our plates." She gave thanks for the feeding; 19 people ate. So great was that blessing that even the dog ate, and some was left over for the next day.

—*Cruzmaria Gonzalez*



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THE TALK REAL GET REAL SHOW

The live martial arts podcast called “Talk Real Get Real” has been growing consistently over the past year with new people as well as steady fans tuning in every Tuesday night at 8pm on Facebook and Youtube. This show has the main platform of educating the public on the all topics about martial arts and its goal is to demystify the sigma of traditional martial arts and to show the similarities of all styles of fighting arts from all over the world traditional as well as non-traditional. It is hosted by Shifu Gregg Zilb, a 38 year veteran of the full contact and tournament circuit who had constantly put his skills to the test whether it was forms, weapons and fighting, its other host is Shifu Lloyd Coleman, who has been training with Shifu Gregg for 23 years and has also competed for many years in the circuit as well.

These gentlemen has been exploring the different aspects of training halls and schools to give the public a better look at what’s really out there, interviewing different instructors and masters from different disciplines and asking one important question..... What are real martial arts in the 21st century? They give a rough guide as to what to look for and what to stay away from when choosing a school. For them the style doesn’t matter as long as the system can give you one thing, real time, real world application and techniques, for them and most of their guests the stuff has to work. In the age of information it’s very difficult to determine what’s legit and what’s not, it can be a task in itself to know what to look for in a martial art.

Hopefully this show can give you some insights that’ll help clear the air and get to the basics and help you start or continue your journey. Shifu Gregg frequently quotes the saying “The rising tide raises all the boats in the harbor.” The community of practitioners must come together if real martial arts are to thrive in

the 21 century, to ensure that the sacrifices of past masters lives to continue to give the public the ongoing legacy of self-empowerment.





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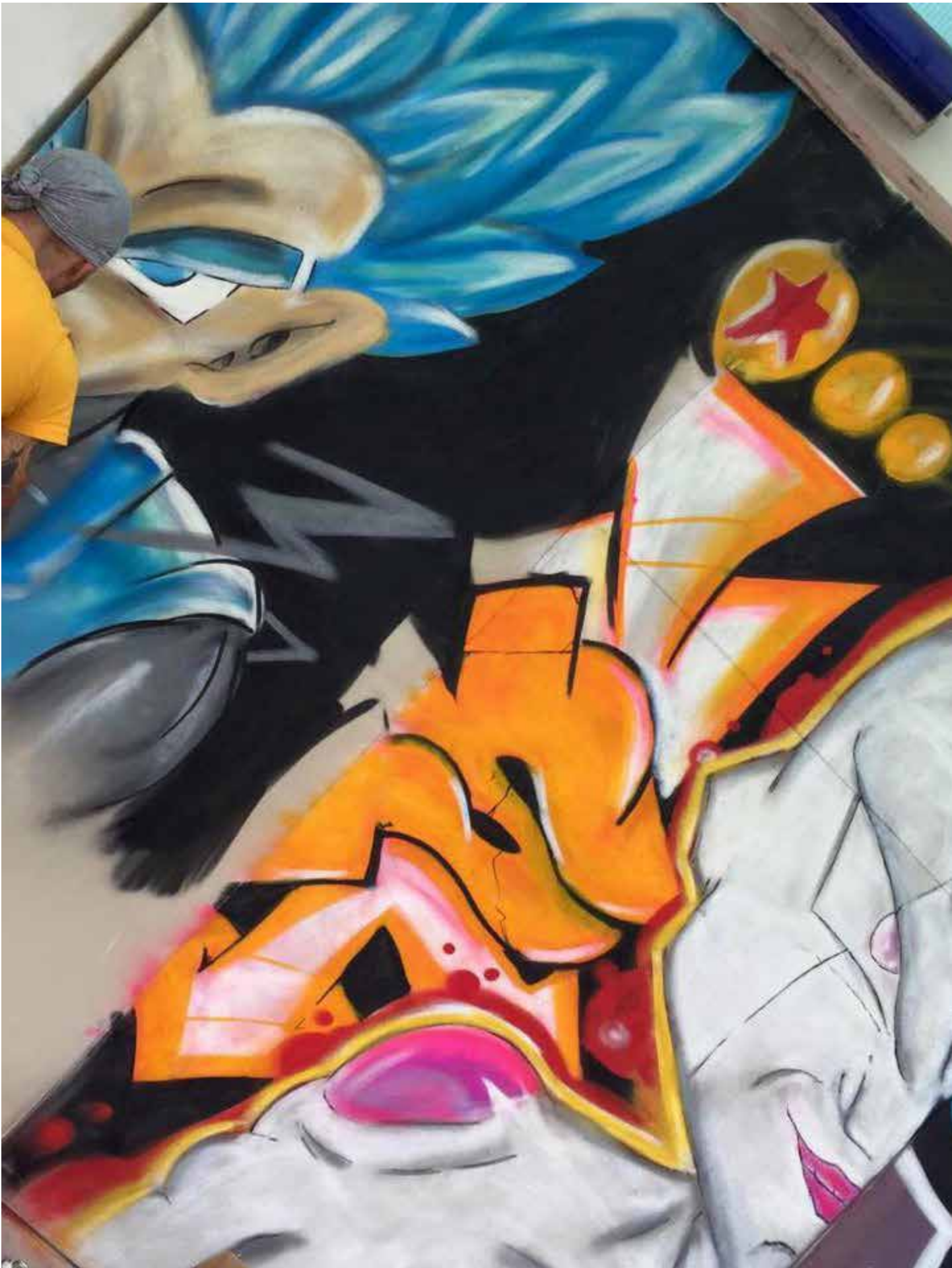


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*On the back page give us
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Melody Child

A WOMEN OF INSPIRATION



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MELODY CHILD
PRODUCTIONS





Musique

Musique represents everything about me .I'm laid back ,spiritual easy going who loves to laugh and smile . I enjoy life and love music to the fullest . My journey with music for a woman has been up and down. But I'm a fighter so I always go for what I know I can achieve. This album represents the fighters the women who have to go through obstacles but still overcome everything throw at them. This is for my love of jazz and rnb and my love for drumming.

So I wanna show that I very versatile not only by producing and engineering music but me also playing multiple instruments on this album just me myself and I . I want people to feel my music and come into my world and vibe and enjoy and have a great time!

-Melody Child

Melody Child is one of the very few professional female music producers and composer in the US and considered to be one of the highest profile female music producers in the music industry. Melody is multi talented in many areas , Melody multi-instrumentalist and experienced songwriting and drumming capabilities put her in a class of her own league. Melody range of composing multiple genre of music is one of her great skills .

Originally born Brooklyn New York and childhood raised in Brentwood N.Y, Melody started writing and producing music at 11 years old when she inherited a Casio keyboard from her mother. During her teens she wrote hundreds of songs and poetry, Melody learn to play the piano and drums and self taught herself the basics of music production using a 4-track analogue recorder and years of studying. With her influences stemming from the Hip-hop to R&B through bands such as Earth Wind & Fire and Barry White Love Unlimited. Melody studied music from every sound and instruments use and quality of mixing and arrangements. Melody music professional specializing in music production and sound design this creativity quickly fuelled a desire to pursue a career in production, leading her to develop her skills. Melody love for music takes new heights in her own production. Melody believes theres not a genre or melody she can't create.

Now an experienced musician and self-taught producer her unique varied new sounds reflects the broad range of her interests by many artist .Melody formed her own production company in 2000. Melody decided to write and produce for other artists and produced for many artists over the years such as Prodigy of Mobb Deep, DJ Prince Paul, Gorilla Zoe, Hell Well ,Kevin Gates, Meek Mill, Diamond and so much more. Now an established producer, Melody teaches Music Production and Remixing. Melody has also written various books on how independent artists can use better techniques to achieve music goals while learning . Melody is currently writing a short book on this subject which will be released in the near future.



There is a plethora of talent with female mixed martial arts fighters on the rise, and to look out for in 2019.

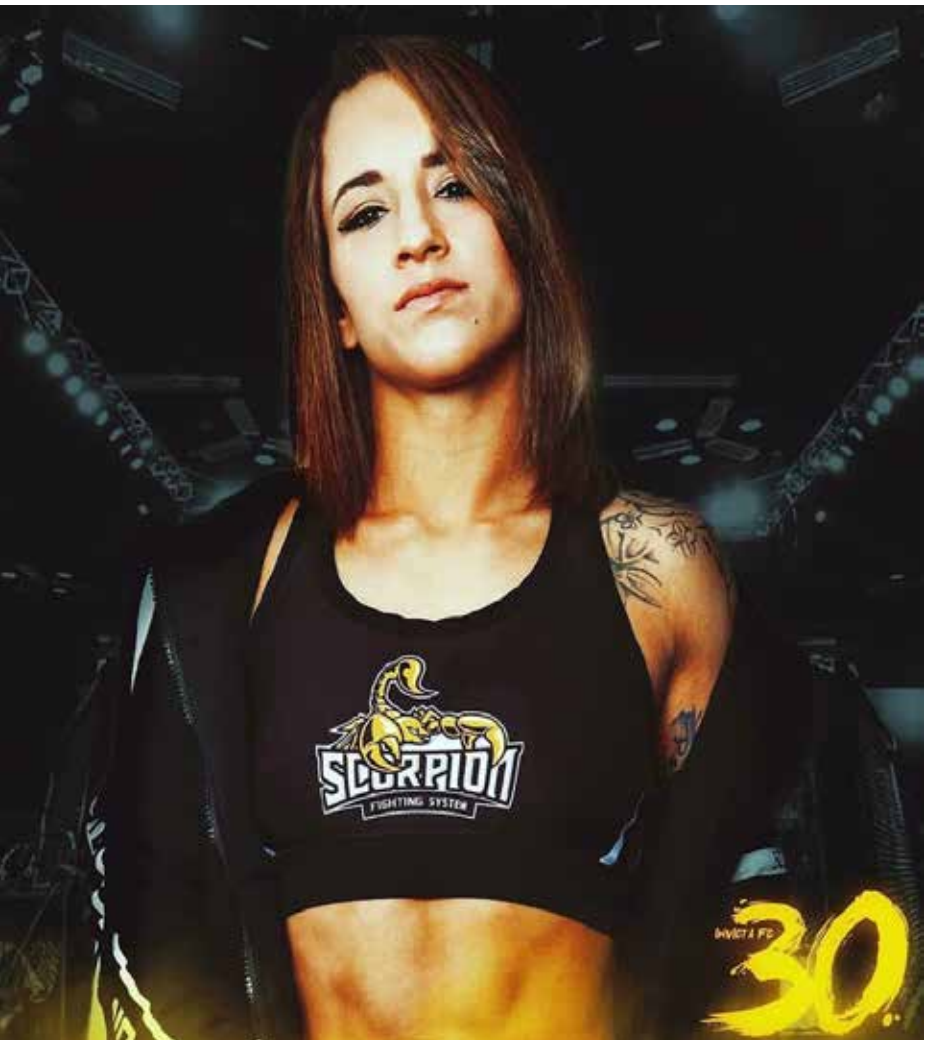
It is a fantastic time for women in mixed martial arts, and these ladies have what it takes to have a kick ass fight career, and life there after.

Because in this business there is life, after fighting.

From title contentions, too up and comers, wmma talent pool is deep.

In no particular order, because each of these women could be number one on anyone's list of fighters to watch.

Alesha "Half Pint" Zappitella, power house in talent, and don't let her size fool you, she is dominating the atomweight division. Fighting currently for arguably the best, and biggest, all female mma organizations, Zappitella is proving you can be a force, no matter your reach. Alesha fights at 105, and gets to that weight with ease, she trains with some of the best in the business out of Scorpion Fighting System. Ranked at #1 in Wisconsin, #6 in the US, and #2 in the Midwest, you can see why she's on the rise. Not only is Alesha a force in MMA, she has an amazing career in wrestling, she was on the 2016 Olympic team trials Qualifier, and plans on making another Olympic run in 2020. Look out for Alesha she'll be making a title run in Invicta FC atomweight division this year.





Jennifer Dugwen Chieng, is a ferocious as she is talented and strikingly beautiful. She has it all and has proved, she can do it all. An accomplished boxer, who competed in the Summer 2016 Olympics in Rio de Janeiro, and got to be the flag bearer in the parade of nations for Micronesia. Jennifer also took home gold in boxing at the Pacific Games, representing, Federated States of Micronesia. Having what would be considered a short amateur career in mma, she transitioned to professional mixed martial arts this year at Bellator 208. Chieng was the victor over Jessica Ruiz via TKO (strikes) 1:22 Round 1. Chieng will have a bright future in any of the top organizations as a strawweight. Fast rising, you don't want to blink because you'd miss what Jennifer has coming next, stay tuned for a special interview with her.



Leah "Nidas" Letson, is a professional mixed martial artist signed by the UFC. When she originally had signed, she was ready to fight at bantamweight or featherweight.

With nothing to lose and a contract signed, Letson set her sights on this past season of the Ultimate Fighter season 28, Heavy Hitters, in the female featherweight division. Coming up short in the semi finals, Letson had already had her contract. She got offered a bout on the finale where she came out the victor over Julija Stoliarenko, and cemented her place in the budding division. This is all a testament to who Leah Letson is, a US Air Force Veteran.

Lindsey "Damsel" VanZandt, a pro mma fighter,





out of Wappingers Falls NY, she is an atomweight force. Currently under the Invicta FC banner, “Damsel” has graced some of the bigger promotions in mixed martial arts in her young career. VanZandt has shown she can take the fight anywhere, and make it look easy, even in tough situations, she shows her composure and doesn’t give up. With a smile to light up any room, VanZandt can easily pick up a career in commentating, or broadcasting. She’s already been seen in the commentary seat for Aggressive Combat Championships, and did it well. In our last interview she mentioned wanting a fight with Alesha Zappitella who’s also on this list, which would be a banger of a wmma fight. You’ll get to know more about Lindsey in the near future, when she accompanies me to PFLMMA Championships this New Year’s Eve.

This woman is known for many things, in sports, life and now professional mixed martial arts. Taking home gold twice in Judo in the Olympics, in 2012 in London, and 2016 in Rio de Janeiro. Harrison also authored a book called “Fighting Back” it can teach parents about recognizing child sexual abuse, also preventing it, and helping kids recover. After reaching the top of Judo in the Olympics, the next stop could only be a career in mixed martial arts, and that is exactly where Harrison

went. Signing two different contracts with PFL MMA, one for broadcasting, and one gift fightign, because this beauty can do both. Harrison will be competing in the PFL MMA cage this New Year’s Eve at Madison Square Garden where I’ll be covering from the best seats in the venue. Don’t miss Kayla Harrison rise as she is headed to the top of professional mma and in life.

Jillian “Lion Heart” DeCoursey is one of the most humble fighters, inside and outside of the cage. Showing she is the epitome of her namesake in all of her fights, in victory and defeat. DeCourseys road to professional mma was longer than anyone watching her had thought it would be. Never giving up, and constantly working towards greatness, she signed under the Invicta FC organization. Tearing up Invicta FC atomweight division, DeCoursey will have a shot at the title sooner than later. She proves that she can stand and bang with the best of them, and make grappling look like it’s easy. This woman has the heart of a champion not just a lion.

There are so many female fighters on the come up, and you can follow In The Girls Corner to learn about their amazing journey





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Cradle of Aviation Museum



Thanksgiving Feast!

Hi, my name is Wayne Wofford and I just wanted to share my experience with a local non-profit organization called Community Solidarity. They are doing big things with little resources. About a year ago during my wife's last pregnancy our amazing midwife Barbara Charles told us about a local "food share" where a local organization distributes donated food to anyone in need. No special paperwork needed. Just go with a empty grocery bags and they will fill them for you. With five mouths to feed(including myself) the grocery bill can be high at times so anything I can do to offset that would help greatly. After a few months of attending I was approached by one of the volunteers(Melissa) who asked if I would be interested in picking up food to bring to the "food share" and my reaction we ABSOLUTELY! Why wouldn't I want to give back to an organization that has helped my family? She connected me with Community Solidarity's organize John Steppaian and I've been helping ever since.

You wouldn't believe how much perfectly good food gets tossed to the in the garbage every day. Every week we help redistribute over 100,000 pounds of food to people that want and need it. We all work to put food on the table and sometimes it doesn't workout that way for many people. A families food expense is probably one the most expensive expenses every month so if we could give you some free food, how much could you save each week?

My overall experience has been nothing less than amazing. Literally, in the rain, sleet, snow, thunderstorms and subzero degree weather we feed people. To see an organization so committed to giving their community a right to have good quality food is a great thing to be apart of.

We need volunteers with any and all skill sets and without monetary donations we cannot afford keep the backend of the organization going.

Please visit: <http://communitysolidarity.org/>

Warm regards,
Wayne Wofford

Thanksgiving Day at 7pm in Farmingville, NY
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Who We are

At Existence+ we're here to help you cultivate, reveal, and live the best version of you! Our site is designed to offer you guidance on building and rebuilding yourself. By sharing and discussing what countless others have done to ensure promising opportunities, you will find yourself in a positive position ready to seize the day. "Carpe diem!" By allowing us to show you what others have accomplished and achieved with their new found lease on living, you too will reap the benefits that life has to offer.

Existence+ gives you a new lease on thinking so that you can live and enjoy your life. With continual growth, you will find yourself in a continuous path of progression which leads to personal success! We will showcase members of the community who shine above the rest, and help lead you down the same paths. We have found that learning from positive influences can only yield positive results. Don't forget - We are molded by the influences of our environments. This is the Ex+ Project, better known as Existence Plus. We look for positive atmospheres and help grow them in our community by helping you become the best version of you! We help build your productivity with safety, happiness, health, art and wealth. We look forward to joining you on your journey to become the best you!

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My name is Phillip Russertt, and I have always been an avid fan of comics, superheroes, and art. The allure of fantastical beings with extraordinary abilities, clad in colorful costumes was my childhood. The idea of noble men and women with integrity and honor facing adversity for the sake of others was exciting and admirable. I was hooked immediately. Being married to an amazingly talented artist has brought upon an even greater appreciation for the effort and work put into making two-dimensional figures come to life.

Despite not being part of the industry, through my love of art and the fun interactions with artists, inkers, colorists and writers, I have been brought into this world. It was through my fanaticism that I decided to create, run and promote my own show. It is my way of paying homage and giving thanks to the many creators and comic retailers that brought magic to my childhood and well into my adulthood; though if you asked my wife the term adulthood is questionable.

This show is born out of appreciation and passion for the medium. My goal is to provide a great show for great fans and awesome people who make comics a reality, from their inception to the retail shelves. Suffolk County Comic and Art Expo is my thanks to you all. I hope everyone attends the show and shares their passion for the medium with us!

The first show was very successful with reviews of attending artists, vendors and fans stating, the show had a positive vibe and that there was a steady flow of traffic throughout the day. Both the adult and the children's cosplay contests were fun and energetic with many fans in the audience. Many of the cosplayers stated the show was all inclusive and made everyone feel welcome and special. There was a scavenger hunt where fans received clues weekly for five weeks before the event on Instagram to an artist. The first person to figure out who the artist is would approach the artist and get a phrase. That person was to find me at the show and give the exact phrase. If this was done correctly that person won \$100 cash there on the spot. We also had exclusive convention sketchbooks for \$5, and we raffled off statues and art for the Hero Initiative Non-Profit organization. I strive to provide new and exciting ideas not seen at other conventions.

Thanks to the fans, who have made the first event a success. I will have another Suffolk County Comic & Art Expo on April 14th, 2019 at the Stony Brook University Student Activities Center. The show will be from 10-6pm and will have many comic book vendors selling Golden, Silver, Bronze and Modern Age comics. We will have CGC authorized retailers to accept submissions and have witnesses available as well. We will have celebrity artists such as Ken Lashley, Billy Tucci, Will Conrad, Adeldo Corona, Ryan Kincaid, Mike Lilly, Chris Sotomayor and more to be announced!! I am grateful for the opportunity to put on an event that families and true comic book fans can enjoy. We are a community that, now more than ever needs something to bond us together. We need a common love to show us we really aren't that different. I hope that for eight hours on a Sunday I can provide that. In the words of the late, great legend, Stan Lee...EXCELSIOR!!!!





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