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# EXISTENCE PLUS MAGAZINE



A Coach  
with the  
most!



Glimpse  
of her voice

**FREE  
COMMUNITY  
AWARENESS**



# SERENA

## AFRO-MECHANICS

Serena Spears is a fusion dancer, performer, teacher, and choreographer from Brooklyn, NY. With three decades of dance experience and a diverse background, Serena focuses on creating seamlessly integrated and moving fusion that inspires people around the world.

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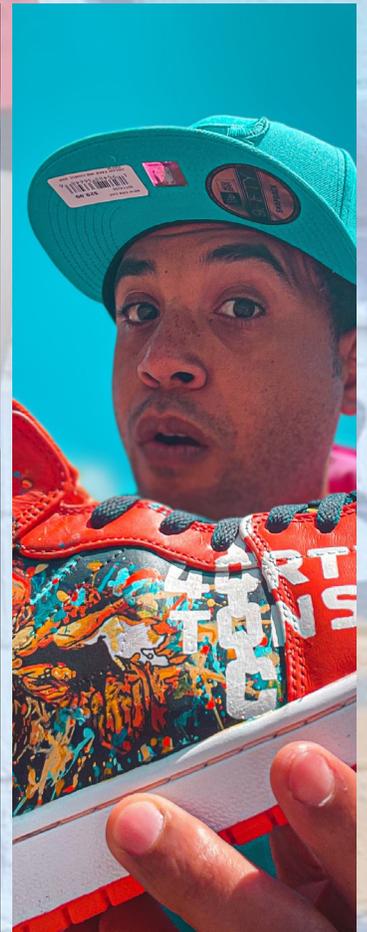
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# *Glimpse In Her Voice*

## **RACHAEL GREEN**

Rachael Green is an up-and-coming, multi-talented singer/songwriter based in central Pennsylvania.

Green's music combines elements of electronic, trip-hop, jazz/soul, indie, rock and more. Her command over these music styles takes her audience on a journey through each of her songs, with a voice that has been described as smooth, soulful, sultry, rich, playful and angelic.

Green is also a producer and has written and produced the instrumentals for many of her songs. She released her debut EP, *Private Island*, in June 2020. Since then, she has released three popular singles -- her latest hit being "Infinite Energy."

She has been working on new music and said she hopes to release a full-length album in 2022.

The lead singer of three different bands that perform frequently throughout Pennsylvania, she collaborates with multiple artists for live performances and has been a featured artist on many studio recordings.

What Inspired Your Art?





“Music has always been a part of my soul. When I listen to music, it connects me to truth, and the feeling is ineffable. Music gives me an outlet of self-expression that’s so genuine because when I sing, I can share parts of my soul with a safe vulnerability. Ever since I was a kid, my



biggest dream in life was to be a singer, and now that I'm making that dream come true, I get to create music that inspires me. My music taste is eclectic and versatile, which has allowed me to gain inspiration from many different artists and genres.

I'm particularly drawn to experimental electronic bass music, so I've made it a point to create that sound in many of my originals. I like to



explore different styles and sounds with my music, so you can never expect my music to fit into one box or one genre. Lyrics are extremely important and personal to me. The inspiration for my lyrics comes from real-life experiences and situations that deeply impacted me. I try to write out my feelings in a way that's poetic and

symbolic, while also rhythmic, and that's how my lyrics are born. I find myself constantly inspired by things I see in my daily life, emotions, people, and it's a gift to be able to share that inspiration through music.



### How to Follow Rachael Green

Green's music is on Spotify, Apple Music, Pandora, YouTube and all major streaming services.

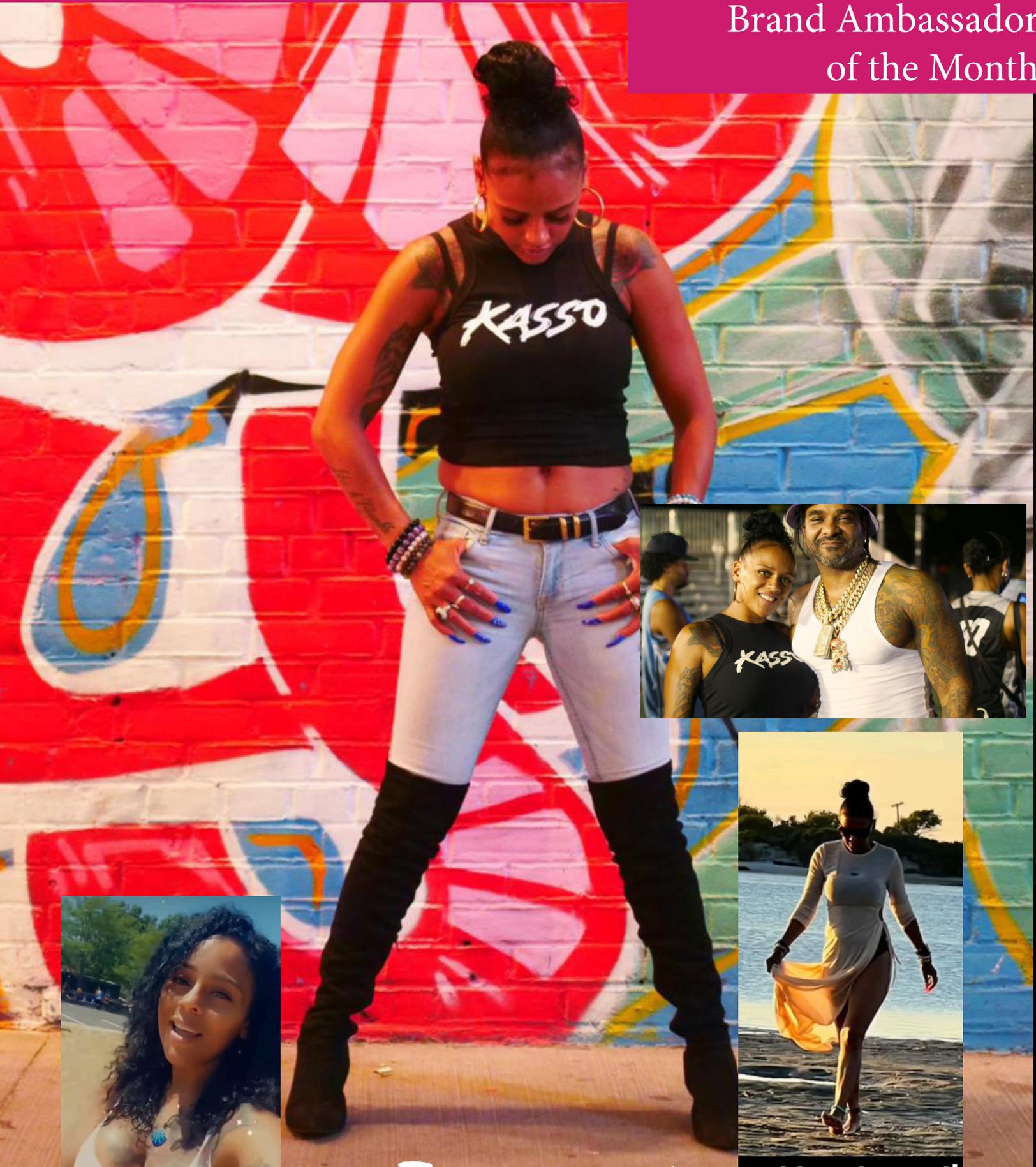
Her

latest hit is "Infinite Energy."

She's at @rachaelgreensings on all social media such as Instagram, Facebook and TikTok.

Linktree: <https://linktr.ee/rachaelgreensings>.

Brand Ambassador  
of the Month



**@VA\_QUEEN-CESSYBABY**



*Keep Fighting!*



@COACHTMZ



*Drew Majestic*  
DREWMAJESTIC.COM

Coach TMZ became a brand with in her own uplifting lifestyle and positive energy.

She strived to break away from 9-5 jobs, knowing it had to be done. After her best friend past away, she found her way teaching what she loved: boxing.



After coaching for over eight years, she has been running her own business for the past two years helping young adults of all types -- from young professionals to special needs -- make their way in the community. She explained



*Drew Majestic*  
DREWMAJESTIC.COM

that she loves seeing her kids grow into fighters. She always looks forward to them getting there wins. She is truly thankful to everyone who has supported and trained her, especially



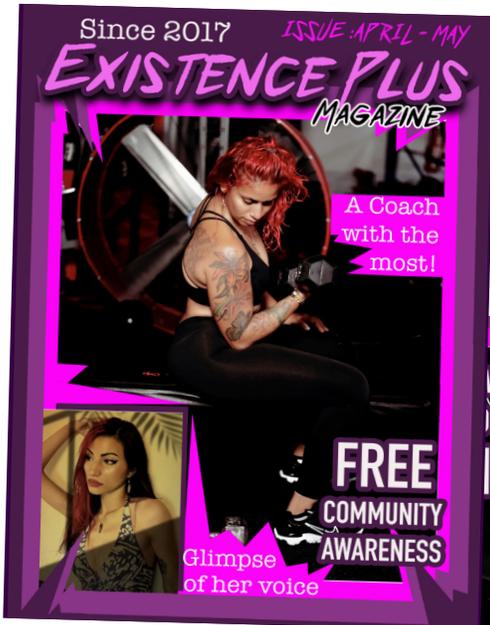
Andre Lerouge of Fusion Kickboxing NY.

You can catch Tammy on her social media accounts always supporting her fighters and giving great pointers, giving camaraderie and energy.

Her newest venture is a modeling career. She said modeling is a way of branding, and she feels good doing it. Building a name isn't easy, but we at Existence Plus support your hard work!



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2 SEE OUR  
OTHERSIDE



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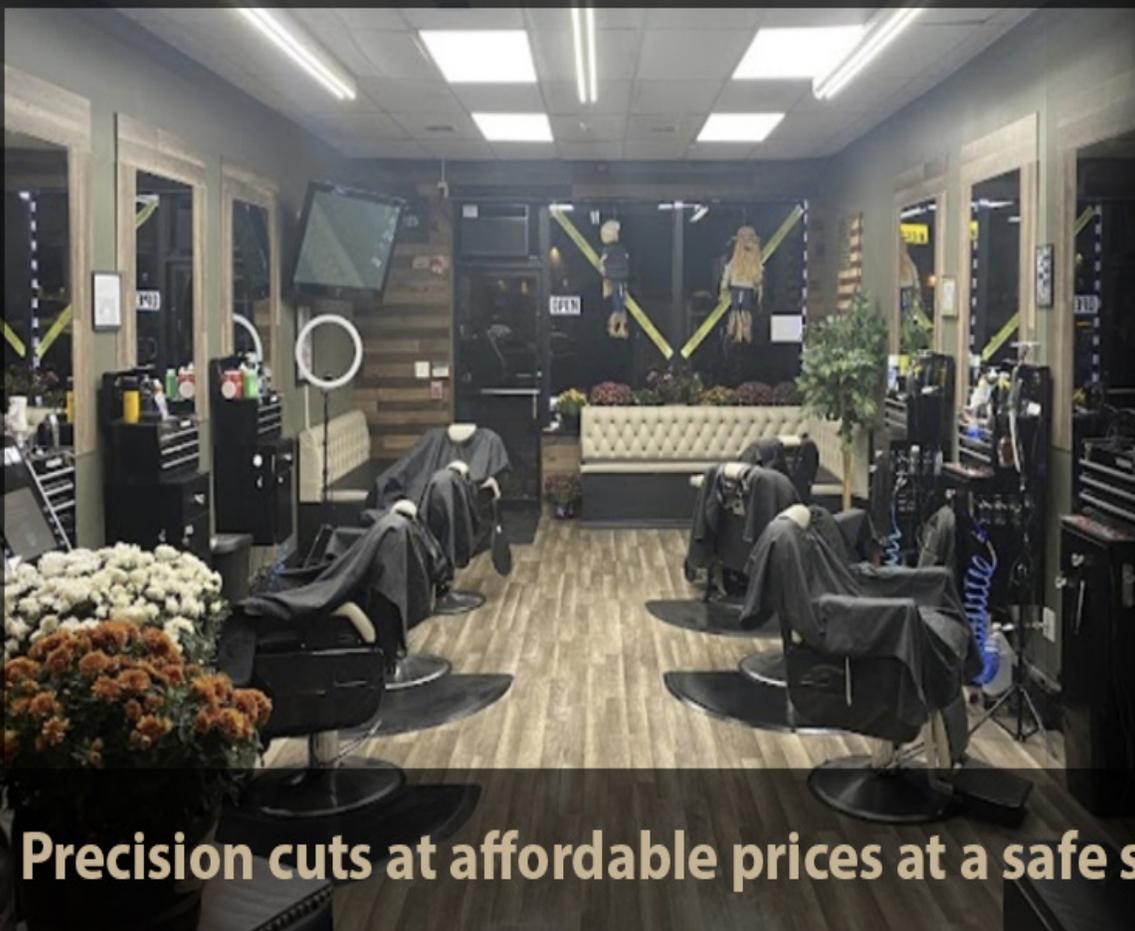
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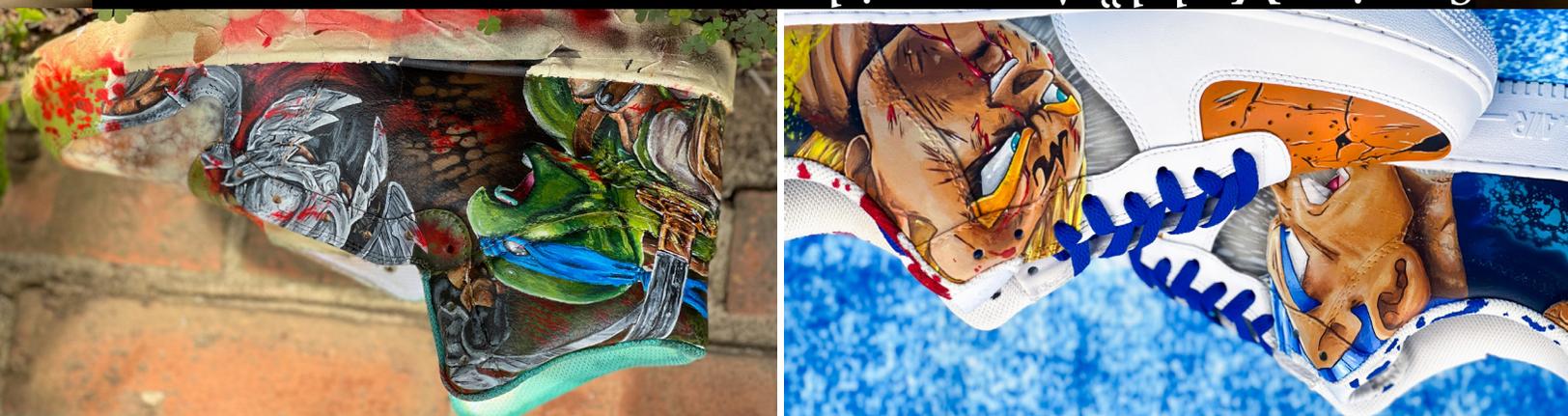
All of Amos' works are dedicated to his family -- his mother and grandmother especially for introducing him to the arts. He gives a special thank-you to his late teach-



er, Patricia Moore, who groomed me for 20 years into the artist he is today.  
You can find his works in Paris at Galerie Sakura, Sneakers Generation Exhibition 1 & 2 (<https://www.galerie-sakura.com/exhibition/sneakers-generation>).

Our continued efforts are now entering their third year, which will include a new sneaker design challenge, a mural for every pod in the school, and a community art exhibit open to the families and friends of students. South Suburban schools often feel forgotten, being adjacent to the Chicago Public School District, one of the largest districts in the country. The students were center stage these last two years, heroes of their own stories. Amos' group aims to spread the word that a single community can show students their hallowed school halls represent them -- their thoughts, feelings and hard work. The students' good ideas can earn rewards they care about now. Art and education are their own rewards, but children today have something rarely seen at such a young age -- nostalgia. They remember the world that was before Covid. They adjusted to a year at home and had to return and readjust to a new world. Amos aims to use creative community collaboration to make memories that hold a sense of ownership and pride during times of chaos and confusion.

Service Medal," Amos said.





and didn't want to be the focus of everyone's jokes, so he customized his Nike Air Forces. Luckily for him, Nelly had just released "Air Force Ones" that July. The result was a constant request for sneaker customs and more. By junior year he didn't carry books to school, and the book bag or locker was always full of students shoes. It got to a point where they would leave them on his doorstep or knock on his window to hand him last-minute requests. At this moment, he knew he had something lucrative.

He finds inspiration in iconic people, characters and his hometown Chicago-rich culture. His focus is realism and street art.

"My work reveals something about me personally," Amos said. "It represents a longing for connection, a truth about myself and other people. It shows a desire to be a whole by people, to feel complete, and validated. I created my identity through my art."

He was going into middle school with old sneakers leather paints.

In middle school, he began to experiment with

paints. He started with pencils and slowly continued to use more advanced mediums like acrylic Art kept him occupied and happy through tough childhood years. He started with pencils and slowly con- ducing me to art.”

mother and grandmother for the support and for intro- “Art kept me off the streets,” Amos said. “I thank my experience.

the beginning of a whole new career and a life-changing take art classes at the Art Institute of Chicago. This was forward a few years later, his grandmother took him to Little did she know, she was creating a true artist. Fast piece of paper as it was her way of keeping me busy. 4 years old. His mother introduced him to a pen and a Anthony Amos first started drawing when he was





which was unlikely over the last two years. Every day the first question in the hallways, before even saying good morning, was, “When are we doing the shoe contest?” They received money through crowdfunding, two grants, and a special request for a customized sneaker from the Secretary of Illinois, Jesse White. “Perhaps the most incredible honor and surprise were my receiving the Military Outstanding Volunteer



Amos said he wasn't always as confident as he is now. After dropping out of college, he suffered a major depression, which made him question his identity as an artist and what he wanted from life. What brought him back was a passion for art and the desire to make a change. These last five years, he said, proved to himself and everyone else that he can make money as an artist and place myself in history as an artist. "My goal is to be recognized and leave a legacy behind."

This resolution led to a project he and his partner founded, Concepts to Kicks. In the often-overlooked community of Hazel Crest, Illinois, Concepts to Kicks started as a passion project that seemed impossible to launch and was an incredible success. They used sneaker customization as an incentive to help K-8 students see how they could bring a well-thought-out idea into existence through design, proposal and collaboration.

After some initial struggles to raise funds and communicate our vision, we had an ever-growing amount of community support. CBS News covered our design project's first year, Teach magazine, The H-F Chronicle, and other local news. Last year, when students returned to in-person learning, they had a renewed faith in their potential. They were published artists and designers. They received more submissions than we have students,

Anthony Amos first started drawing when he was 4 years old. His mother introduced him to a pen and a piece of paper as it was her way of keeping me busy. Little did she know, she was creating a true artist. Fast forward a few years later, his grandmother took him to take art classes at the Art Institute of Chicago. This was the beginning of a whole new career and a life-changing experience.



Anthony Amos, 33  
Owner/Artist, Sneakerfare Kicks  
Sneakerfarkicks.com  
Instagram: @Sneakerfarkicks



# Concepts to Kicks

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Q: What are the most proud moments you have experienced with in the brand?

A: There's too many to mention but definitely seeing it expand across the globe; seeing people that love it so much that they have the logo tattooed on them.

Q: Do you have any new creative designs?

A: Yes we have a lot in the works but I can not release that just yet.

Q: I remember there was a time when you had Treads on Beanie hats who created that idea?

A: One of the B-Boys I know had made a home made version and said we should start making these. Then we made our own version

Q: What is most popular selling product? Why do people relate to it so well?  
A: Our Tag Logo T by far. Besides its look, it is now considered classic.



scenes which I always had a love for. If I would have known what we were doing I would have been at trade shows a lot sooner.

Q: Where did you see Panic going when it first launched?

A: We thought we were going to make this dope gear and walk into a store like Hot Topic and it would be a rap, but we had no idea how this business worked at the time. when we started it was hard to

even find a legit screen printer and other things, everyone was hush hush with any connect. We barely had the internet but it was not like today, it was hard to find things.



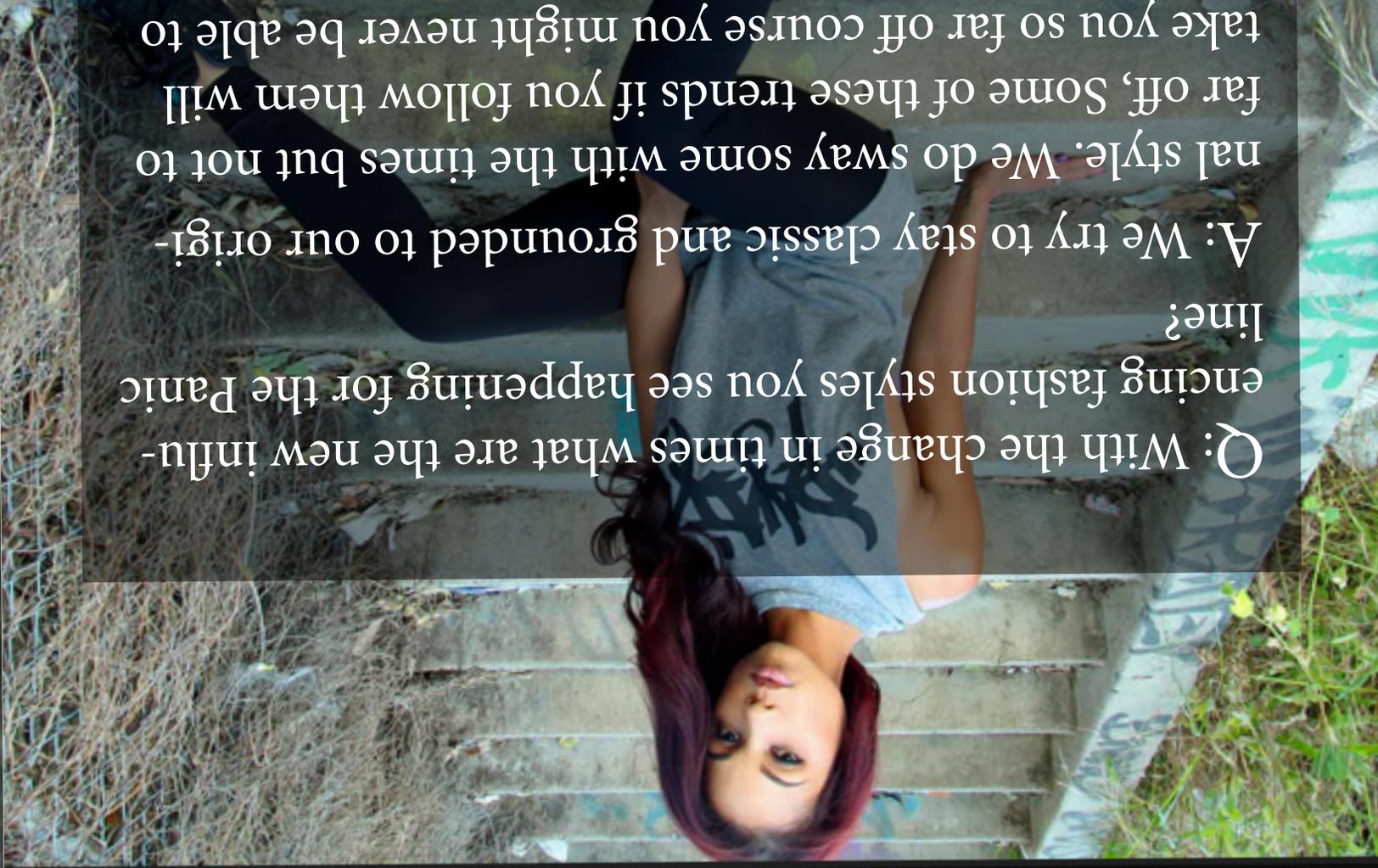
**Q:** How did you introduce Panic in its first years? Is there anything you would have done differently?

**A:** We made our first three designs and we just sold them to our friends. Then we started going to underground hip-hop shows and the more events we were at the more connections we were making. We really didn't know what we were doing. We met and sponsored our first person who was B-Boy Psycho from Air Force Crew who we are still down with to this day. But that introduced us into the streetdance



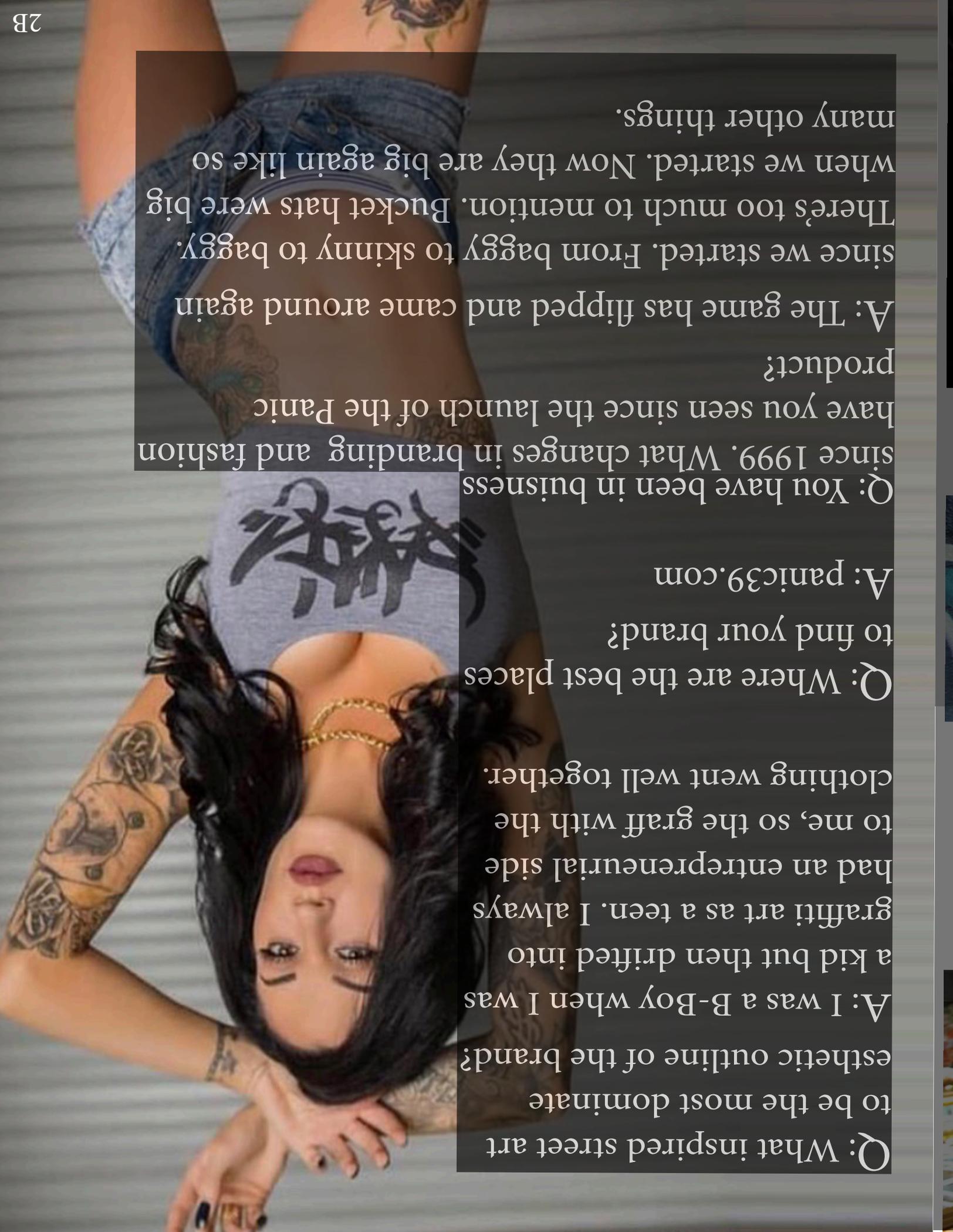


come back and die with that trend.



Q: With the change in times what are the new influencing fashion styles you see happening for the Panic line?

A: We try to stay classic and grounded to our original style. We do sway some with the times but not too far off, Some of these trends if you follow them will take you so far off course you might never be able to



Q: What inspired street art to be the most dominate aesthetic outline of the brand? A: I was a B-Boy when I was a kid but then drifted into graffiti art as a teen. I always had an entrepreneurial side to me, so the graff with the clothing went well together.

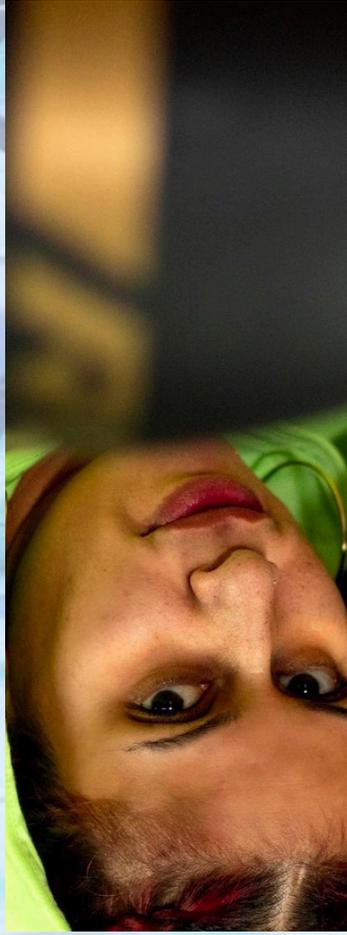
Q: Where are the best places to find your brand? A: panic39.com

Q: You have been in buisness since 1999. What changes in branding and fashion have you seen since the launch of the Panic product? A: The game has flipped and came around again since we started. From baggy to skinny to baggy. There's too much to mention. Bucket hats were big when we started. Now they are big again like so many other things.

FASHION  
AND

FASHION





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# AVAILABLE CLASSES

Step Fit Culture offers the hottest, most unique classes on Long Island! Customized by the founder, these classes are created to give you the best results while also having the time of your life! We believe that community is a vital part to fitness and here you will train with your new fitness family. Book a class today!



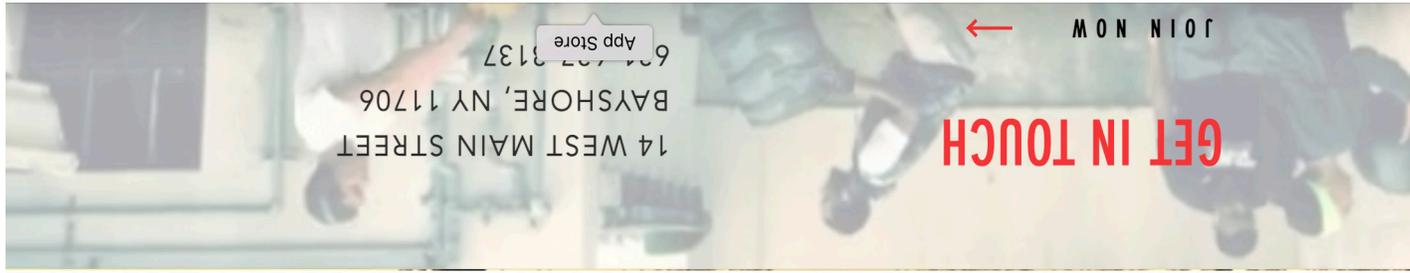
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