

EXISTENCE PLUS

THE AWARENESS MAGAZINE OF TODAY



STAGE RECOVERY
— CLOTHING —



FEBRUARY 2019

FREE
COMMUNITY
AWARENESS

CRADLE CON!

VOL. II
2019

A COMIC, COLLECTIBLE,
AND POP CULTURE CON

JUNE 1ST & 2ND, 2019!

WE'LL SEE YOU ALL NEXT YEAR!



Cradle of Aviation Museum



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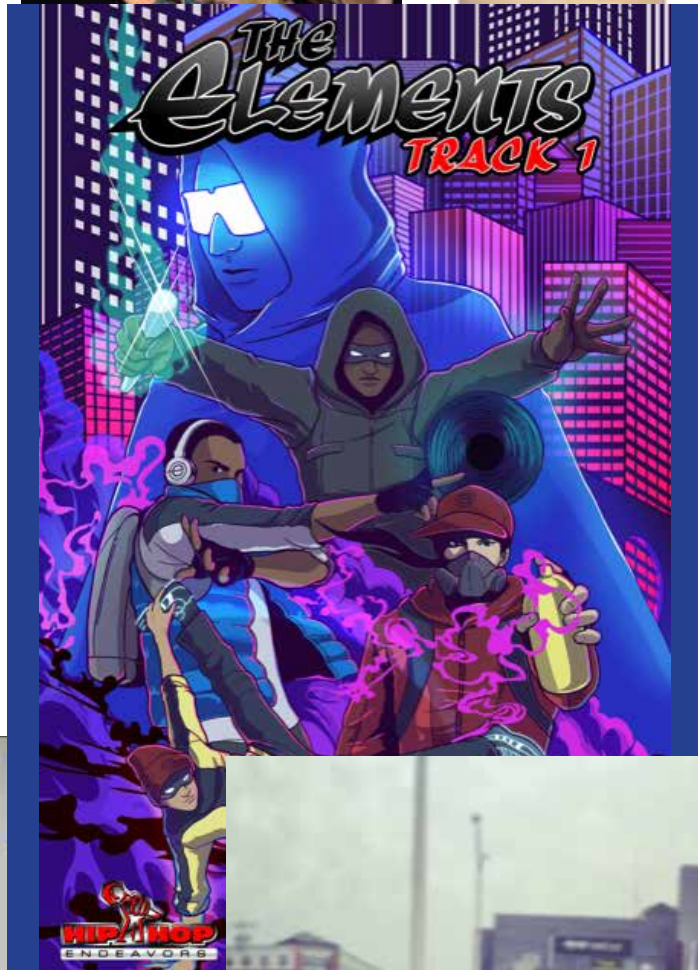
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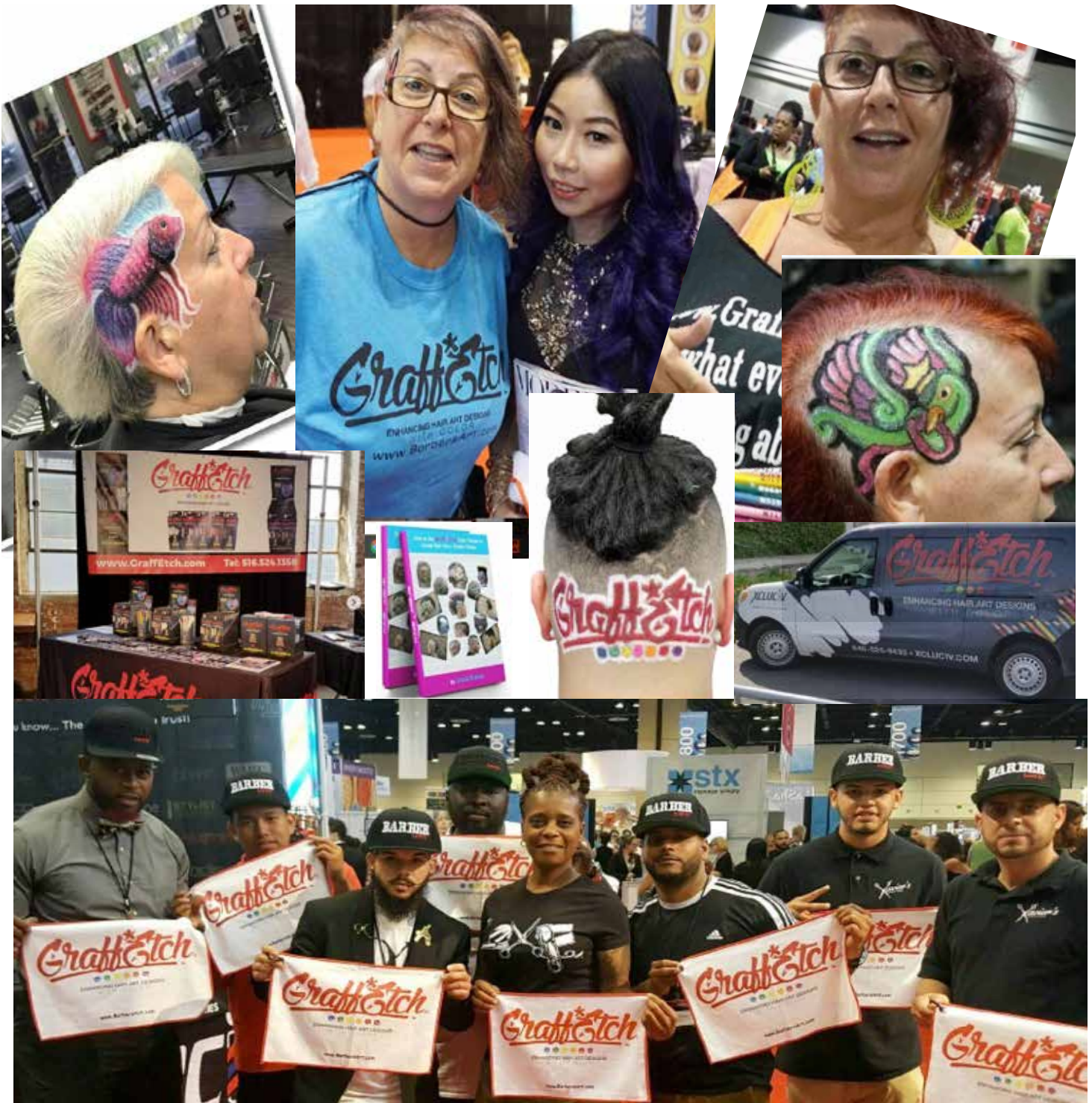
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Expression in hair!

Greetings! I am Linda Eisner, the founder and driving force behind Quality Pencils Inc. My background is in marketing and international sales of private label color cosmetics and skincare. For over 30 years, I have directly worked with manufacturers to create brands for my clients. My expertise is in cosmetic pencils for eyes, lips, brows and in the hair. I discretely produce cosmetic pencils for many of the major cosmetic companies sold today and also market 3 of my own brands with 2 more in the works. "pencil me in" natural eyeliner pencils. GraffEtch hair art barbering pencils and MrEyeliner, colors to fit every unique style.

"pencil me in" is the perfect eyeliner pencil. It is heavily pigmented, has a silky-smooth application with a long-lasting stay put formula. The colors we chose are not the ordinary eyeliner shades currently in the market-



place. Our shades range from vivid purple to frosted shades of blue and green to metallic bronze to subtle glitter. There are sensational choices for people of all races, genders and skin tones. The pencils are highly concentrated with color so pressing hard and repeating the line is not necessary. The eyeliners do not contain potentially harmful petroleum, parabens or gluten. The pencils are non-irritating, eco-friendly & tamperproof. Twelve-year olds' to grandmas alike are wearing and loving these pencils. We are seeking to build wholesale relationships with upscale salons, spas, specialty boutiques and health conscious consumers of all ages. We offer a custom designed countertop display making selling pencils in your stores practically effortless.

Graff*Etch was created to combine graffiti art and barber etchings. When barbers and stylists create hair art, they are creating a design in the hair with their trimmers & razors. These designs can be geometric, sports and company logos, cartoon characters and even famous faces. The artists that design hair art are incredibly talented. Some barbers and stylists use their imagination or have a vision in their mind, some duplicate from pictures and advertising materials. Graff*Etch color pencils are used to color in the designs to make them stand out. Graff*Etch pencils were created for newly shaved sensitive skin. They are not ordinary eyeliner pencils. They were specially formulated to apply on a tender scalp, the face, body and on short hair. The colors are blend able so any color you need can be created from the 16 total colors. Each box contains 8 pencils, a poster and a sharpener is built into each cap. There are 5 styles to choose from. Use these pencils to pre-draw your design before etching them out. You can fill in hair lines, beards and create sharp angles. Graff*Etch has the proper combination of texture, long lasting wear and ease of application. They apply creamy smooth, won't drip down if you sweat and will stay-put until washed out with shampoo or a cleanser. Graff*Etch pencils were created because barbers and stylists needed proper tools to be more creative. It's a fun and temporary way to express yourself.

MrEyeliner was created to encourage self-expression for ALL INDIVIDUALS that want to wear eyeliner. Show off your true look through your individualized created style. MrEyeliner believes in an openness culture of living. #stopthebullying. Live your life with authenticity and integrity. MrEyeliner believes in freedom, freedom fighters, survivors and creative beings. MrEyeliner encourages you not to be afraid to express yourself. Know that MrEyeliner is here and encourages self-expression. Our beauty culture is strong & proud. Everyone can be proud of who they are. Choose to be unique. Define yourself through beauty. Stand up, create your honesty in the face of differences. Think of our name, MrEyeliner as a PUN, we want to make sure anyone feels comfortable and confident wearing eyeliner. MrEyeliner is worn by music performers, actors as well as wall street tycoons. Beauty lovers, stylists and makeup artists are using and recommending MrEyeliner.



Graff*Etch®



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WITH COLOR



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<http://www.michaelshope.net>

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VIRTUALITY THEME SIMULATIONS

- ART (KINGSPRAY, TILT BUSH)
- PUZZLES (MOUSE TRAP, ESCAPE ROOMS)
- SPORTS (BASKET BALL, BASEBALL, FOOTBALL, BOWLING, PINGPONG, RIFLE CUP BOW AND ARROWS)
- SYFI (STARWARS, STAR TREK, WIZARDS, LIGHT SABERS, BEATSABERS)
- DIFFERENT WORLDS (AQUATIC, ASTROLOGICAL TIME MACHINE)



VIRTUALITY REALITY EVENT BOOKINGS

- EXPOS
- CONVENTIONS
- FESTIVALS (COMIC BOOK, ART, TATTOO, MUSIC, FASHION, SHOWCASES)
- BAR/BAT MIZFAHS (4HR RUN TIME)
- SWEET 16 (4HR RUN TIME)
- HOLIDAY EVENTS (SPECIAL THEMED REALITY EXPERIENCES)
- OUTSIDE
- CLUBS
- THERAPY



VIRTUALITY INTERACTION

- FAMILY FUN
- ACTIVE MOVEMENT
- NEW PERSPECTIVES
- COMPLETE SUBMERSION



COMMUNITY SOLIDARITY



Community Solidarity collects and shares vegetarian groceries with thousands of people across Long Island and New York City, twenty-four hours a day, seven days a week. Surprising to some, this massive volunteer effort is only a secondary goal for our organization. The main objective of Community Solidarity, perhaps an objective that is a little too obvious, is to build up the community. We believe that by achieving this aim, by building up communities in struggling neighborhoods, that in doing this process we actually achieve all our other goals as well. Goals like ending hunger, malnutrition, violence, discrimination, and sexism at the local level.

Empowerment, both for individuals and communities is our goal. Creating self-worth by offering the tools for that empowerment is how we've grown.

Community Solidarity doesn't have the resources that other nonprofits on our scale have. We have no warehouses, no tractor-trailer trucks, and no employees. What we have are thousands of families and individuals that are in need of assistance who have just as much of desire to give back to their own neighborhoods as we do. So we capitalize on the very community we're looking to build up.

“Solidarity, not Charity!”

This is our main motto; you see, Community Solidarity doesn't want to be a charity. Or put another way, we don't want to give handouts. Instead, we share free vegetarian groceries with anyone who needs it, no questions asked, but we offer anyone receiving that food limitless ways to give back to their community. Reciprocation is the tool



that allows us to grow while empowering all those who join our community.

On a day-to-day basis, there are those who are hungry who also organize clothing collections from their neighbors, they then distribute those items at our shares while they pick up their groceries.

There are homeless individuals that join us for donation pickups at supermarkets, and in doing so, they help to feed their community while building up great resume material; talents like leadership skills and business experience.

There are struggling families that organize activities for each other's kids at our various distribution locations.

There are seniors who grow produce for our shares while also picking up some bread and other items they need.

There are no limits to the ways anyone in need of assistance at our weekly Food Shares can give back and help our organization and their community to grow.

It's this "Community Solidarity" model, that allows us to help so many with so little resources. In fact, Community Solidarity is the most cost-effective hunger relief nonprofit on this scale. For every \$1 donated to us in 2016, we were able to rescue 328 pounds of nutritious groceries, share 21 items of warm clothing and provide \$8.30 worth of school supplies to struggling families at the start of the school year. This isn't including the 46,504.5



pounds of fruit trees and vegetable starts we shared last year or the estimated annual yield of 255,774.75 pounds of produce those plants create. Or the 13,515 books we shared in 2014, or the 14,660 toys we shared, or the 15,0050 pounds of hygiene products, and the list goes on...

All this shared for free to those in need in the community by those in need in the community, and anyone else who'd like to lend a hand! We make no limitations on volunteering, regardless of age or ability, education or sex, everyone is welcome to volunteer, to find their niche in the community and empower others by empowering themselves. Because the greatest lesson we have to teach is that anyone and everyone can make a difference.

So if this discussion about community has inspired you, we invite you to join us at any of our Food Shares or signup to volunteer and learn more. The best way to change your community is to get involved!

Can't volunteer, but still want to help? Your donations are always welcome.

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December's re-cap of
Talk Real Get Real

By
Lloyd k. Coleman, Shifu

This month's topics of talk were an awesome blend of useful information for the martial artist enthusiast as well as veteran instructors. This month's message was all about promoting your style or system with a fresh coat of digital paint, as we delved into the realm of building a social media presence for your school. Shifu Gregg Zilb and Shifu Lloyd Coleman brought together an ensemble of instructors and social media experts to give a detailed insight into how we as martial arts instructors can spread the message and educate the public on the realities of real combat and instructors get to see their art flourish on the web as they go for the 21st

century demographic of the me too generation. We got to sit down and talk to well known instructors such as Sifu Sharif Bey of Yee's Hung Ga, as he gave his accounts on being a traditional Kung Fu stylist dealing with the young thundercats of this millennium and showing the ferocity and relevance of the style and how it is still innovated and woven into today's gym like MMA training environment. We also sat with a panel of instructors; Shihan Andrew Stigliano and Sifu Rik Kellerman

and got some awesome tidbits of internet goodness from long-time friend, Thomas Peterson of Splash Social



TALK REAL GET REAL!

**EVERY TUESDAY STARTING AT 8 PM
THESE KUNG FU BROTHERS TALK ON THE
DAILY LIFE OF A MARTIAL ARTIST**

www.facebook.com/authenticshaolinkungfu

20





Marketing. This was awesome discussion of how to use social media to promote your style and be relevant as a traditional martial artist in an arena overloaded with so many ways people are promoting the martial arts. The main message for instructor...you MUST have a charismatic and engaging presence of the main social media platforms such as Youtube and Facebook to even be taken seriously to compete with the other various tricking and flamboyant content of the web nowadays. We also had a discussed on the benefits and realities of cross training in different styles and how to do it that will make your martial arts real and keep you safe. The topic of cross training can be a touchy subject for some as the message of the martial arts community is that of diversifying your training, but what many fail to realize the realities of real combat is the foundation of the particular discipline you choose which despite popular opinion cannot be rushed. The message here is train and experience different areas of combat but train from a realistic perspective, never let anyone tell you there's a shorter way to get advanced results, that's a sure fire road to butt whipping town. As we wrap up 2018, we're constantly looking for new ways to innovate the old teaching to help the younger generation understand there's beauty in working hard and not looking at the mountain top but enjoying the journey to reach the peak.



LASER
KINGDOM

LASER TAG PARTIES!

LASER KINGDOM

Fog seems to appear from nowhere. You begin to get odd sensations; is it the steel barricades or are they walls? Exciting colored lights start flashing randomly. The black lights give everything an usually cool appearance. A steady, heavy beat begins and soon so will the action...

Equipped with state-of-the-art laser equipment you will soon be immersed in the hi-tech world of Laser Kingdom. Let the adrenaline flow and the action begin. A huge electronic scoreboard keeps track of the team scores.

After the game, all participants receive a computerized team and individual assessment

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& Play
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Public Sessions

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**\$10 • 2 Games of
LASER TAG!**

Please call ahead for Session Times

Party Prices

MONDAY - THURSDAY

For 10 Children + Birthday Child FREE **\$279⁹⁵**
Each Additional Child **\$16.95**

FRIDAY, SATURDAY, SUNDAY & HOLIDAYS

For 10 Children + Birthday Child FREE **\$319⁹⁵**
Each Additional Child **\$16.95**

The Laser Kingdom Party includes Exclusive Use of the arena for 3 Games of Laser Tag! Also included are Pizza, Cake, Soda, Paper Goods, Invitations and a Private Party Room. You will also receive a Laser Referee, Laser Coach as well as a Party Room Attendant. This Unique Party Experience is sure to WOW your guests. Party length: 1Hr. & 30Min.

MAX CAPACITY: 24 KIDS

Add-Ons

Large Pizza with Soda		\$17⁹⁵
Party Favors \$2⁷⁵ Each	Or Filled with Candy	\$4²⁵
Deluxe Party Favor with Glow-Stick	Each	\$5⁵⁰
Loot Bag with Candy	Each	\$3⁷⁵
Picture Cake (Call for Details)		\$15⁰⁰
Glow in the Dark Face Paint	Per Person	\$2⁰⁰
Extra Sessions	Per Person	\$4⁰⁰
Extra Ice Cream Cake		\$20⁰⁰
Bottle of Soda	Each	\$2⁹⁵

133 Milbar Blvd., Farmingdale
631-694-6148



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631-698-0414

Prices are subject to change without notice. Tax and Gratuity Not Included. Cash, MasterCard and Visa ONLY! \$100.00 Deposit Required (Non-Refundable)

ARENA RENT OUT & RECREATION SPECIALS

LASER KINGDOM

LASER TAG FUNDRAISERS!

All across the Island adults are having parties like no other here at Laser Kingdom! Celebrate a Birthday, an Anniversary, Neighborhood Get-Together, and Corporate Outing or just to share an Exciting Night Out with all of your friends. Full Facility Rentals are available on an hourly basis. Call today to check for available dates and times for your event.

A GREAT WAY FOR YOU TO RAISE MONEY FOR YOUR YOUTH GROUP OR SCHOOL!

Laser Tag is a Great Game & Kids Love It!
There is no better facility on Long Island to enjoy this great game than Laser Kingdom! This combination of Fun & Purpose offers an outstanding program designed to allow your group to sponsor a fun-filled evening and make money for your group at the same time.

How do you Book An Event?

Reserve an evening with your Group!
Call today to check availability. There are some restrictions on dates and times and a deposit is required.

What does it Cost?

Base cost is \$600 with a Maximum of 100 guests
Tickets sell for \$15 each.
Your group will get \$9 for every ticket sold!
100 tickets sold X \$9 = \$900 Raised for your group!

What do you Get?

3 Hours of Excitement & Food!
Exclusive use of our Laser Tag Arena
1 Beverage per child and 1 Slice of Pizza

Who is going to Attend?

Your Whole Group! Everyone from Parents to Brothers and Sisters can attend. Promote Your Event!

Fundraiser Times:

Mon - Thurs & Sunday / 6:00 to 9:00 PM
Friday & Saturday / 8:00 to 11:00 PM

This program is open to Non-Profit youth organizations only. We reserve the right to refuse any group that does not meet our criteria. Accepted groups will be responsible for all their members' behavior. For further details, speak to your Laser Kingdom Manager. Programs may be terminated at any time without notice.

EXCLUSIVE ARENA RATES

\$300 \$400 \$500 \$600
1-HOUR 2-HOURS 3-HOURS 4-HOURS

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PIZZA \$15 - BOTTLE SODA \$2.95
ICE CREAM CAKES
Sm. \$20 / Med. \$35 / Large \$50

LASER KINGDOM
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Stage Recovery Clothing is a mental health and Recovery Apparel. We started a Recovery Apparel to end the stigma through fashion. Stage Recovery Clothing now has reached a diverse amount of people sparking a conversation as they wear our designs. Former Operasinger Kincie Elaine (picture on right)-----> started Stage Recovery Clothing in 2016. After many years of performing on stage she encounter with musicians and athletes who struggled with Addiction behind the spotlight.



IG: stagerecovery
www.stagerecoveryclothing.com





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The Elements


TRACK 1



HIP/HOP
ENDEAVORS

HIPHOPOLIS IS A BUSTLING CITY WITH A DYNAMIC CULTURE WHERE THE ARTS ARE ITS ECONOMICAL LIFEblood, WHICH FINANCES ITS GROWTH AND SUSTAINABILITY.





DESPITE THIS APPARENT UTOPIA, THERE WERE FORCES SEEKING TO UNDERMINE AND EXPLOIT THIS "FREQUENCY" OF HIPHOPOLIS FOR THE SELFISH DESIRE OF POWER, MONEY, AND WORLD DOMINATION.

IN ORDER TO CONTROL AND EXPLOIT THE PURE FREQUENCY ENERGY OF HIPHOPOLIS A BUSINESS ENTITY CALLED **CORPORATE ENTERPRISE** DEVISES A PLOT TO LOCATE THE MOST TALENTED CITIZENS WITHIN EACH ELEMENT OF THE HIP-HOP CULTURE.

THEY BELIEVE THAT IF THEY ARE ABLE TO FIND POTENTIAL LEADERS AND MANIPULATE THEIR YOUNG MINDS TO DO THEIR BIDDING, THE FREQUENCY POWER WITHIN HIPHOPOLIS WILL BE THEIRS TO CONTROL.



UNDER THE GUISE OF A CITYWIDE TALENT COMPETITION, SPONSORED BY A FLASHY BUSINESS OWNER KNOWN AS **FRANCIS THE JEWELER**, CORPORATE ENTERPRISE INVITES THE BEST OF THE BEST WITHIN THE DISCIPLINES OF **GRAFFITI, BREAK DANCE, MASTER OF CEREMONY, AND DISC JOCKEY** TO PARTICIPATE.

A CENTRAL PART OF THE HIPHOPOLIS CULTURE IS COMPETING WITH ONE ANOTHER TO HELP HONE EACH OTHER'S SKILLS.



NATURALLY, THE NEWS OF A CITYWIDE COMPETITION SPREADS QUICKLY.



WHEN THE DAY COMES, SEEING SO MANY TALENTED CITIZENS COMPETING AGAINST ONE ANOTHER MAKE FOR A GREAT SPECTACLE.



HOWEVER, AN AIR OF NEGATIVE VIBRATION HANGS OVER THE EVENT, AFFECTING THE COLLECTIVE FREQUENCY. EVERYONE SENSES IT, BUT THE COMPETITIVE SPIRIT TAKES OVER AND PEOPLE IGNORE THE OMINOUS FEELING.

THE WORLD OF HIP HOP IS ONE OF BOUNDLESS
CREATIVITY, BUT ALSO ONE WHERE THE EVIL
FORCES OF GREED LURK AND STRIVE TO
LEECH OFF THE HARD WORK AND
INGENUITY OF ORIGINAL ARTISTS.

CORPORATE PARASITES CRAWL THROUGH
RECORDING STUDIOS EVERY DAY, EAGER
TO SACRIFICE THE PURITY OF THE HIP HOP
CULTURE FOR THEIR OWN ENDS.

IN THE FACE OF THIS SEEMINGLY UNMOVABLE
NEMESIS STAND FOUR HEROES, WHO WILL
FIGHT AGAINST THE DARK FORCES OF THE
MUSIC INDUSTRY AND RESTORE ORDER TO THE
CULTURAL MOVEMENT THAT IS HIP HOP.

THE REVOLUTION WILL NOT BE TELEVISED...
BUT IT WILL BE **HEARD!!!**



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*Cut this picture out and mail it to
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*On the back page give us
a little info on who you are !*





recently got to speak with Josh Rosenblatt about his book, *Why We Fight*.

Congratulations on your book, and the success it's been. You can find *Why We Fight* in bookstores or on Amazon, for further details look at the end of this interview.

Josh, how did you come up with the idea to write *Why We Fight*?

I had been working as the editor-in-chief of *Fightland* for VICE and training MMA for years, but I had never thought seriously about fighting. When I left *Fightland* in 2014, though, it felt like the perfect time step into the cage and write about the experience. I think I was looking for a really big, meaningful, challenging project at that point, and fighting in a cage and writing a book about it seemed like the perfect fit.

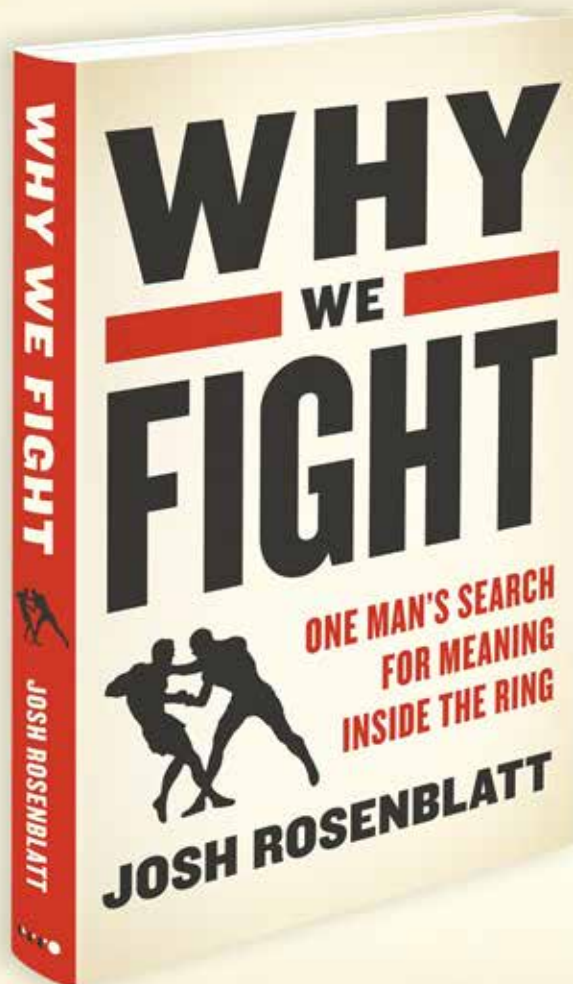
What was your experience like having fought in a cage? It was the most thrilling, terrifying, overwhelming thing I've ever been a part of. It was a real out-of-body experience, from the walk to the cage to the first punch I took on the nose to the end of the fight, when I really thought I was floating ten feet off the ground. There was enough adrenaline running through my body to numb any pain I was feeling, but I remember all the fear and frustration and joy like it was yesterday. It felt like high living, something akin to a religious experience.

Why do we fight, everyone has a reason to get in that cage or ring, what is yours? I had reached a point in my life where the old answers weren't working anymore. I looked at fighting as a transformative act, as a way to create a new life for myself. And part of that new life needed to involve me facing my fear of violence and physical confrontation. Having made it through half my life without being in a fight, I needed to know what it felt like to get hit by someone who was trying to hurt me. I needed to face that fear and transcend it ... or at least not run screaming from it.

Having your book *Why We Fight* on bookshelves in Barnes and Nobles and having your friends and family say they saw it has got to be an amazing feeling... What has this been like, so far? From the positive reviews to being able to have long MMA discussions with outlets like NPR and MMAUK to seeing the look on my mom's face and getting pictures from excited friends showing my book arriving in the mail, it's been an overwhelming experience. It's been four years since I wrote the proposal for "*Why We Fight*," so to finally see the book on shelves



Photographer
Robert Cuomo
@rbt.cuomo (instagram)



get into journalism? I was living in Austin in my late-20s, trying to figure out what I wanted to do with my life when I got an internship as a proofreader at The Austin Chronicle, the city's alt-weekly. Though it was humbling to be almost 30 and not getting paid for work, I felt at home immediately in a way I never had at any other job. Soon I was working there full time and when the opportunity came up to write a short film review I jumped at the chance and fell in love on the spot. When I saw the review printed in the paper a few days later I knew in that moment I was a writer. Before I knew it, I was getting fired as a proofreader but encouraged as a freelance writer, and the rest is history.

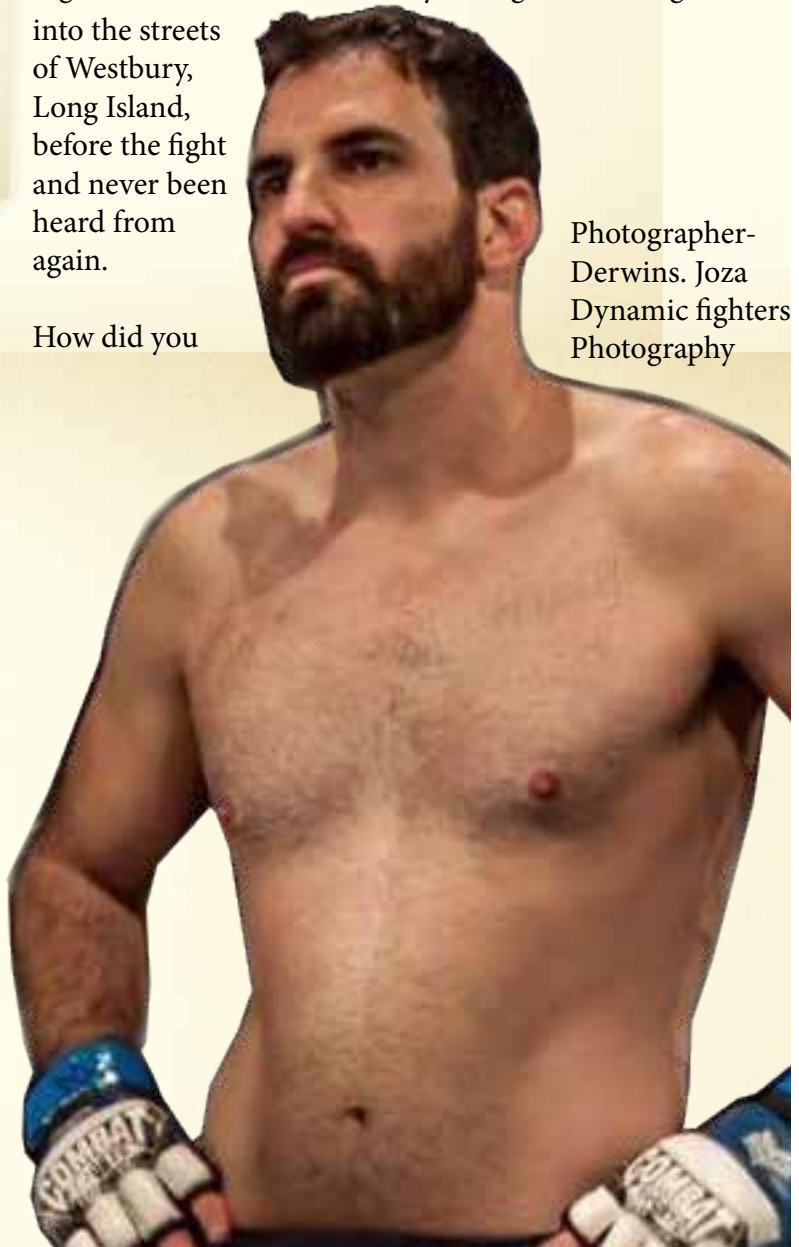
There are so many facets to MMA, so many things you can do after fighting... Do you have any plans to try your hand at something in broadcasting, maybe commentating? I actually hadn't considered commentating until our interview, but it sounds really fun, and I would like to think I could bring something different to the table. Plus,

and in friends' hands after all that time ... I don't really have the words for it.

Going through a fight camp, and getting in that cage, you have to have a great team. Tell us about yours... I was really lucky with my fight team. I had several coaches and teammates who were generous enough to give me focussed attention and help keep my mind and body right throughout my fight camp. This included all my BJJ and Muay Thai coaches at the Renzo Gracie Academy in Manhattan, my MMA sparring partners and our coach Daniel Gracie at Renzo's in Brooklyn, my boxing coach Dorrius Forde at Gleason's Gym in Brooklyn, and former UFC fighter "Sapo" Natal, who gave me my first experiences inside the cage. And finally there was Thiago Relá, an amazing MMA fighter and coach who was with me on fight night, and without whom I may have gone running off into the streets of Westbury, Long Island, before the fight and never been heard from again.

How did you

Photographer-
Derwins. Joza
Dynamic fighters
Photography



it would mean I'd be going to a lot more fights, which is always a good thing.

What does the future look like for you, Josh? Ha. I don't know. I guess it depends on how well this book does. I would love to write another one, though it hasn't been easy coming up with an idea that holds my attention. "Why We Fight" was so significant for me, because it combined a topic I love writing about with a physical experience that was totally transformative, that I feel like it may be tough to find a topic that tops it in terms of my interest and devotion. But thankfully I don't have to worry about that yet. Right now I'm just enjoying traveling around, trying to sell people on the idea of reading a book about a man stupid enough to fight another man in a cage.

You can take a moment and thank anyone you'd like....

Thank you so much for taking the time to speak to me Josh, I am looking forward to seeing your book Why We Fight take off.

Why We Fight by Josh Rosenblatt will be released in late February in the UK. It is available now for preorder on Amazon. You can buy it in the US now, at Barnes and Nobles, and it's available on Amazon.



Photographer
Robert Cuomo
@rbt.cuono (instagram)

NEW YORK'S PREMIER MMA PROMOTION





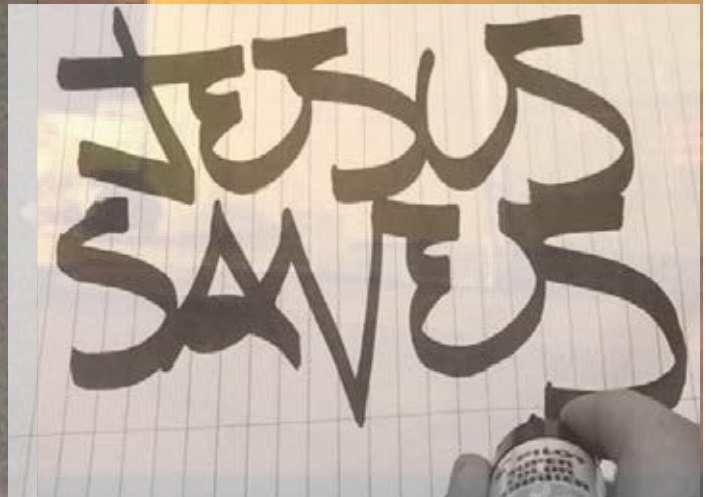
2019 DATES

ACC 20
MARCH
16TH

ACC 21
MAY
31ST

ACC 22
SEPT
21ST

ACC 23
TBD



is a Graffiti Writer/Artist from New York. He began writing in 1995 in the streets of bushwick Brooklyn & in amitivile Long Island. He has traveled over seas & through out the United States to spread the Message through Graffiti. He started off tagging in all 5 boroughs of NY yet he has

slowed down for the amount of Graffiti Arrest he has. Now JS paints legally, permission wise, net works & has been featured in over 50 art exhibition gallery event. He continues to travel to paint & he will continue to do so if God willing.



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