

URBAN CITY MAGAZINE NEWSLETTER



My Friend & Breast Cancer & The Pink Party

an article by Arica Wright

I conducted a little interview with my dear friend Malissa Cheatom about her recent struggles with Breast Cancer. These were my questions, and this is what I found out.

Tell me about the day you found out you had Breast cancer?

I was so numb. I felt like I was walking into the abyss. The complete darkness of cancer. Early in the diagnosis there is no context. It is like being told to swim the length of an Olympic pool with no training.

When did you begin to lose your hair?

I lost my hair after my 2nd chemotherapy treatment which is normal. I minimized the trauma of losing my hair, which was longer than it has ever been, by cutting it into a pixie cut prior to starting chemo. I was not emotionally prepared for huge clumps of hair on my sink or in my drain. I wanted to take control where I could. I bought head wraps in advance. The day it started to come out in the shower in my hands, I cried. My boyfriend and friend re-assured me by reminding me that I knew this would happen. They told me it would be ok and that I did not need my hair to be me. It did not matter. Cry and move on. Surprisingly it worked.

Did you ever get a wig?

Unity Point has a great team of Nurse navigators and I had the opportunity to go pick up a wig, but I never went to the appointment. It was liberating in a way to just not care about my hair. That is not to say that I was not self-conscious but somehow God granted me the grace to just move without it. I did not want to deal with a hot cumbersome wig. The part that hurt was losing my eyebrows. Because that is what really makes you look ill, in my opinion. I lost my nostril hairs, which believe it or not are important. My nose would run a lot and it just came out.

Early Detection:

Early detection was very much critical to my survival. I had a mammogram February of 2018 and there were no concerns or flags. However, in October I noticed a nodule on my areola, while showering and came very close to dismissing it, as my life was very busy. Thank God I went.

Breast Cancer Awareness and African American Women African- American Women in the U.S. are

- Dying unnecessarily from breast cancer at a rate that is nearly 40% higher than white women, even though incidence rates are equivalent.
- Diagnosed with the highest rates of the most aggressive and most difficult to treat breast cancer subtypes, such as triple negative breast cancer.
- Often diagnosed younger, with late-stage breast cancer when treatment options are limited and costly and the prognosis is poor.

With that being said, and with all the women and families that are affected by this disease it is our moral duty to come alongside the Susan G. Komen foundation. So many times, women do not have insurance to get these priceless but expensive mammograms for the early detection. This organization has collaborated with communities to assist African American Women affected by this disease directly.

My friend, (like so many other women affected by this disease) has not been able to work for about a year. In addition, she was in a car accident which totaled her car. I had to help my friend the best way I know how. Thus, I decided to have a PINK Party. A Breast Cancer awareness Kick off event by asking folks to have a Pink Lemonade stand on Saturday, October 5th from noon-5. Take a picture and post it on Malissa Cheatom's Facebook page.

There will be an opportunity for people/children to bring the money to the celebration at Topsy Crow from 5-7. Donations can be made to Malissa's Go fund me page or to Susan G Komen Foundation (under team Malissa). The Pink Party is at Topsy Crow from 7pm-1 am. Put on your pink and come out to enjoy a fun evening, with dancing, prizes and celebration with survivors. Proceeds from the party will be donated.

The PINK Party
Breast Cancer Awareness Fundraiser / Celebration
Saturday, October 5th, 2019
What: Citywide Pink Lemonade Stand
Why: Breast Cancer Awareness Month Fundraiser

Set up a Pink Lemonade Stand on 10/5 from 1-5pm to donate the proceeds to the Susan G. Komen Breast Cancer Awareness Foundation in honor of Malissa Cheatom. Then come celebrate with us outside at Topsy Crow. Downtown Des Moines. Kid 5-7pm. Cake, pizza, and dancing!! (You can turn your \$ in at the party or online.) Adult Celebration 7-1am. Topsy Crow will donate a portion of the sales to Breast Cancer Awareness. Music by DJ Metro!!!

Topsy Crow 102 SW 3rd St. Des Moines, IA



TranZitions Beauty has become a partnered salon with the non profit Strands Of Strength an organization which provides new wig units free of charge to women whom are fighting breast cancer. TranZitions Beauty will now be able to supply wigs to these women as well FREE OF CHARGE for the recipient.



Hey Everyone,

My name is Zakiya and I am here to help you meet your fitness goals by sharing my struggles and successes with you in hopes that I can encourage you no matter where you are today: stay consistent, be patient with yourself and you will start to feel and look better almost instantly.

I want to encourage you to start your health and wellness journey TODAY! Don't wait until January 2020 because for one, you are not promised to live to see it and secondly, you must finish this year off strong. What you do now will set the tone for how you go into this unknown century. It will be the first of its kind and so will you.

My advice to you is to start with simple changes that you can achieve. Don't try to change everything all at once because quite frankly, you will overwhelm yourself and just give up! What I did initially was cut out soda or pop (depending on what you call it) to one day per week. Also, if I would order any fast food, I started out by not ordering any food with mayo and cheese. Once my mind and my taste buds were okay with the change, I moved on to other things such as drinking more water and practicing mindful eating. These small steps, along with others that I will share with you, helped me decrease my weight by over 75 pounds over the last four years. It's a journey, but it is so worth it.

We know exercise is important but finding the motivation to do it is extremely hard. How I began was I got up early in the morning because I knew as a wife, mother, and employee; after work was not an option because I never knew how my day would end, and after a hard day all I wanted to do was kick my feet up and relax. I challenge you to commit to exercise in the morning regardless: rain, sleet or snow even if you do at home workouts from Instagram or hire a personal trainer. Don't look at exercise as a chore, think of it as you are improving who you are as a person. Find something you like to do and if you don't quite know what that is, try something new, you might actually like it (Take a walk in the rain).

Don't be so hard or critical of yourself and make simple changes because they will add up to big changes over time.

Remember, progressing into 2020 is not about perfection BUT more about progress!

Zakiya English, NASM-CPT
Owner of Soul Fit
Fitness Expert
zakiya@soulfitdsm.com



**A LITTLE
PROGRESS
EACH DAY
ADDS UP
TOO BIG RESULTS**

DO YOU LOVE WHERE YOU LIVE?

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I love working with first time homebuyers and sellers purchasing their step up homes, because their excitement is contagious when their dreams come true. Let's break down the benefits of purchasing or selling a home right now, instead of waiting.

1. Sellers-there are serious buyers looking for homes now – they are determined to find something before winter.
2. Sellers -there is less competition in the Fall market as others are preparing for the holidays and taking their homes off.
3. Buyers-It's a SMART investment- to buy low and eventually sell at a higher price.
4. Buyers- Low interest rates help you purchase with a lower down payment and monthly payments. There is also less competition with other buyers to reduce competing against multiple offers and better opportunity to find your dream home.
5. Sellers- You can sell your home for a great price and reinvest those profits in purchasing something better for your family.
6. Credit Issues-I have a credit repair team dedicated to help you resolve challenges so you can purchase a home.
7. Finance-When the market slows down the lenders can typically complete your loan process quicker so you can enjoy your new home sooner.

Feel free to reach out for your personal strategy: to qualify for a loan or non-traditional plans of financing, an estimate of what your home can sell for, or to know strategies to help your home sell for the most money. I want to help you find your dream home and LOVE where you live.

Natasha Ratliff
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IOWA ARTIST SPOTLIGHT

AJ is a 6 year old artist from Waterloo Iowa. His whole life he has been around music and talent. His mother, Felicia, is a talented singer who performs original music, sings with the Cedar Valley Big Band, coordinates festivals and music events, etc. His father, Lyrikal TMG, is an international hip-hop artist and producer, and runs a recording studio downtown Waterloo. Since AJ's birth, his household ranged from artists recording in the basement while other artists were taking vocal and dance lessons upstairs. By the age of 4, AJ took a strong liking in music and videos by Michael Jackson. He would mimic the "Thriller" and "Whos Bad" videos, and dance the choreography move for move without even looking at the screen. He then appeared in his father Lyrikal TMG's music video for "All About the Pay".

This past summer, AJ attended a program called "Hip-Hop Literacy 319" where students from elementary to middle school in Waterloo would write music as groups, record the songs and also make music videos. After the program was over, AJ continued to show his love for music as he would freestyle to his father's beats while he was making them. One day this evolved into AJ's first single "Play With Me".

"Play With Me" is a fun catchy song with a message of pulling away from our mobile devices and video games and enjoy being with friends. The song is also available on all major digital platforms and an official music video is on the way.

GIVE AJ A LISTEN ON ANY OF THE FOLLOWING:



THE URBAN IMPACT SHOW

If you're looking for inspiration, thought provoking solutions to community issues and current day impacts to the community; look no further than our new podcast The Urban Impact Show hosted by Rob Johnson and Shekinah Young. The show broadcasts live from various locations depending on the topic with a packed roster of upcoming guests; you don't want to miss this. Sundays at 3pm Live on the Urban City Magazine Facebook page and coming soon to iTunes, The Urban Impact Show is making major moves. There's so much good going on in our community and we want to talk about it.

Last month's premiere episode went live from "Clash of Clippers Battle of the Salons" hair show hosted by Big Robb of Platinum Cuts and Platinum Signature. Local and out-of-state cosmetologists, barbers, small business owners and (local) legislators talked with us about the art of barbering and cosmetology. We learned that barbers or stylist's massive community impacts are often overlooked. They increase household income by teaching recession proof skills to youth as young as high school; they are mental health advocates listening to clients concerns and challenges of life while making them feel and performed better due to increased self-esteem, they create ways for the Black dollar to revolve in the Black community and so much more. In addition, the artistry has impacts at the capital as well with legislation like that of the 2016 Model Braiding Law, removing legal mandates for hair braiders to have a cosmetology license in order to operate in the state of Iowa. Barbers and stylist and those in the industry should be recognized for their community impact. Efforts like:

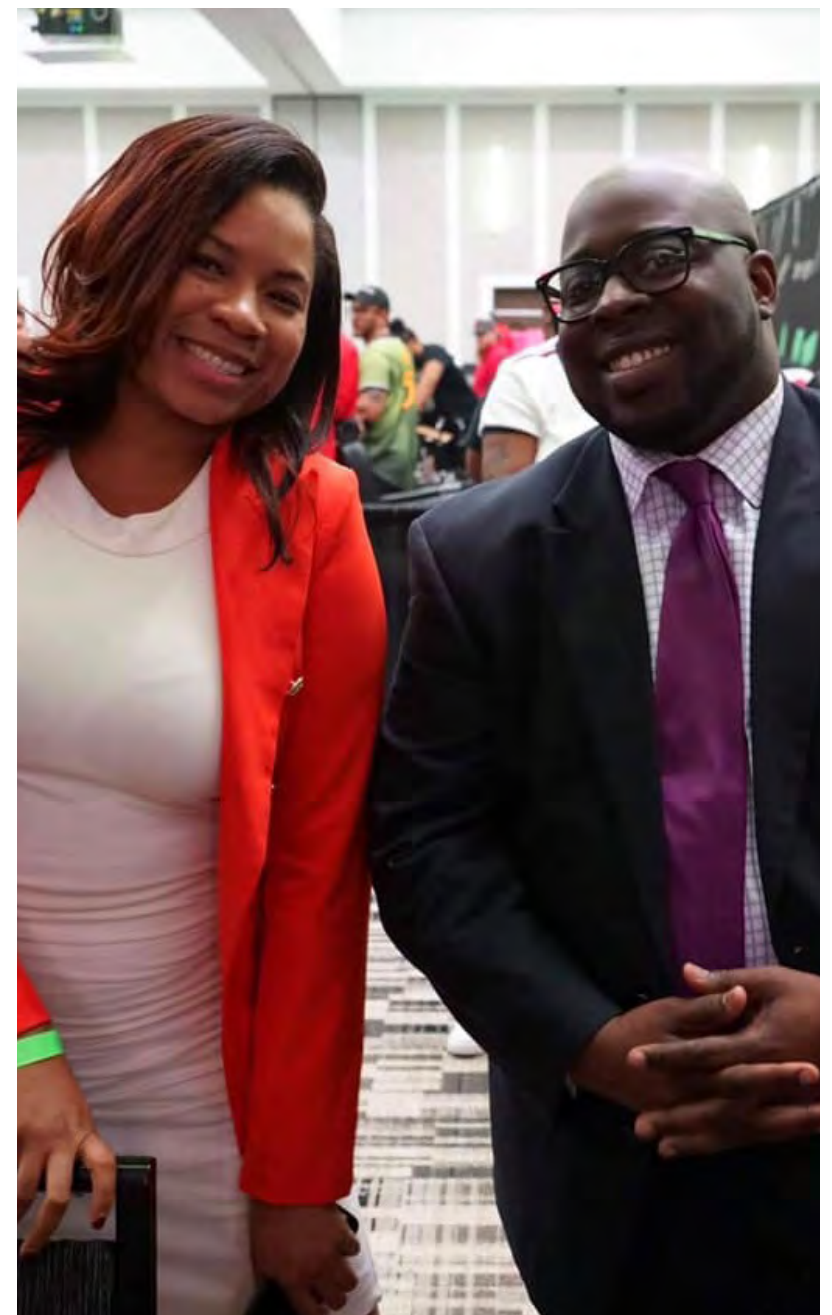
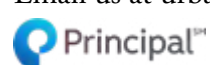
Tony Mac – Master Barber of Imperial Kutz building a barber college and working with Big Robb of Platinum Cuts & Platinum Signature to have a barber/ beauty apprenticeship program at Roosevelt High School.

Representative AKO Abdul Samad – 2016 Model Braiding Law - removing barriers to economic growth

Chavez, Ohio Barber – Haircuts, backpacks and belts for young boys in OH.

James Witherspoon, Cedar Rapids Barber – Big Robb gave him his first job and he has since grown business moved to Cedar Rapids and began opening doors for additional gentlemen to work in barbering

Want to learn more about things impacting our community? Listen to the Community Impact Show Sundays at 3pm on The Urban City Magazine Facebook page. Ideas for guests or topics? Email us at urban515mag@gmail.com.





HALLOWEEN



COMMUNITY

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9:00 am - 4:00 pm
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Panelist



Sharina Sallis
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Juliet Dunn
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Jackie Robinson, Brunch Host
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FOR MORE INFO EMAIL: IOWATWERKFEST18@GMAIL.COM

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