

# KUOM Magazine.com

Men & Women of Kulture 365 Ribbons of Survivors 365

• Dec. 2020 / Jan./Feb. 2021

HISTORY  
MAKER....  
MASTER  
CHEF



**DARYL SHULAR**  
OPENING THE SHULAR INSTITUTE 2021



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As 2020 ends, I reflect on my journey of challenges of staying healthy during the COVID-19 pandemic. I also became a Certification Professional Life Coach & Certified Health & Nutrition Life Coach. Like myself and many others, we've discovered new things we've taken for granted, such as; family, friends, eating healthier, to making self-care a priority.

Now moving into 2021, I will continue to pray daily, have a positive **Mindset** and keep my **Faith** in God. Each morning as I drink from my favorite cup, and reflect undoubtedly changes of growth, this cup has taught me that life holds stale, things that need to be discarded and that sometimes our lives feel as wounded as a broken cup. I've overcome many obstacles, especially as a 21-year Breast Cancer Survivor and that the content of my life is meant to be constantly given and to be shared in a generous gesture of compassion. Just as the main purpose of a cup is to have its contents given away as we drink. Having gratitude for all my moments and the unexpected one's that have transformed my life into an abundant cup of blessings.

Thank you to my readers, family & friends, for supporting KUOMagazine, and to always staying faith strong, trust in God and you'll be amazed what can happen in your life.

I also want to say a special thank you to my team of journalist and our featured guests for another amazing issue. Until next issue, have a Happy & Safe Holiday.

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**Master Chef Daryl L. Shular**, who is a very talented and well respected chef worldwide, and one of America's elite History Makers! In 2014, Chef Shular etched his name in the culinary history books by becoming the first African American & minority to successfully pass the grueling 130-hour; eight day test known as the "Master Chef exam."

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### HEALTH MONTH AWARENESS

During the month of December, January and February, we will be bring attention to a few various causes listed below:

#### DECEMBER

- National Handwashing Awareness Week(6-12)

#### JANUARY

- Cervical Health Awareness Month
- Thyroid Awareness Month

#### FEBRUARY

- African Heritage & Health Week (1-7)
- American Heart Health Month
- Children's Mental Health Awareness Month

To see more of our National Monthly Health Awareness, please visit on Facebook at [www.facebook.com/RibbonsOfSurvivors365](https://www.facebook.com/RibbonsOfSurvivors365)



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# Family, Friends, Dating and Relationships during COVID Period

*We are living in a very unique time, learning to cope and interact with each other has drastically changed.....*

**W**e are living in a very unique time in the world and because of that the way we interact with each other has drastically changed due to an illness labeled COVID-19. Happy hour with friends, family gatherings and dating has been limited, and in some cases eliminated. Even funerals have had to pivot in how it moves forward with ceremonies.

We have companies requiring its employees to work from home which many feels are a good thing. Over time many of us miss having that time away from home and connecting with co-workers even if one for two of them were a pain in the...There are people that move as if nothing has changed and some are dealing with the consequences of those actions. Some have lived to tell the story, and some haven't. Regardless of the reason many are no longer with us because of COVID-19, send prayers to the family and pass no judgement.

For those in relationships, it's been a time of addressing sections of the relationship that have been ignored and through it all became stronger together and some realized they are better apart. Now holiday season is upon us and I, like many of you had hoped this condition would have been remedied, yet it's still with us, but that doesn't mean we should give up all hope of building, strengthening and cultivating new relationships. If life has taught me one thing is that it is through the darkest times great relationships are formed and strengthened.

For those that will take the chance to travel to be with family this holiday season, I wish you a safe return journey and may the conversations be loving and supportive. To families staying home, make time to reflect and share how grateful everyone is to have each other in your life. To my single men and women wishing they had someone to spend the holidays with, know that with technology and initiative, anything is possible.



I wish you all a happy holiday and exceptional relationships and may you never lose faith in having one.

Master Coach Ronnie Walker

KUOMagazine's Love & Relationships Journalist

Master Coach of Exceptional Relationships and Sex

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*“God infallibly preserves in faith all of those he has given to the Son”*

# Perseverance

Written by Elder Frank H. Mixon, II

Greater is he that is within me, is a portion of a scripture in [1 John](#), that is quoted quite frequently, mainly the b clause which contains these seven words. We should take these words and apply them to our everyday life. The foundation word of this particular phrase is a descriptive word that amplifies the phrase. It signifies from the beginning that what comes next is superfluous. It lets the reader know, that whomever is being described is unusually powerful in nature. The individual who you do not know but have a partial description of, must have power and intestinal fortitude; because the implication is that no matter what forces on the outside come against him, it has been established that greater is already within. Life brings many challenges, quite a few seem daunting. Whether it is finances, sickness and disease or relationships. All of us have issues that are part of daily life and there must be something besides words that keep us moving forward, the wherewithal to continue to want to succeed. It could be the feeling of being one with nature, or motivational speakers that speak positivity into your life, or as for me and my house, it is God; however, there has to be something ultimately inside of you that compels you to accept greater, whether it be nature, a person or God. There must be an acceptance on your part that no matter what may come, I will succeed.

What gives you that inner strength we consider perseverance. Whether you call it dedication, determination or endurance it all is synonymous with perseverance. Why do some understand this terminology and apply it more than others. Many don't understand the power they possess within themselves because of their past or current situation. Past transgressions don't have to put a strangle hold on your future existence and don't judge your future by current situation.



Let's deal with the he. The he is you, and most people are judged so much off their first appearance which is not a whole understanding of a person but in this instance, the understanding is great, and the person who is needing to understand is he. He must first be true to himself and understand his flaws and shortcomings and when we understand what keeps us from being great we allow ourselves to persevere and push forward to our great success. It is not that we are impervious to what outside influences or haters are coming against us but the greater he in me, understands and is forced to persevere and push forward despite, what is said or obstacles that confront him.

We all have greater in us, sometimes people just won't let us be great. In the definition of great there is the word unusual / usually, which means in you being great you are going to seem unusual, different from what is considered normal but that is what makes me/you, Me/you. Take hold of that unusual greatness that is unique to you and follow through to your aspirations and dreams. Despite heartaches, pains, setbacks, and deterrence's that may arise, have the sedulity, pertinacity to know you will overcome. Perseverance is an action which means it takes work and is continuance. Believe in yourself and what is in you will come out, and you shall succeed.

## PERSERVE!



Written by Elder Frank H. Mixon, II  
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# It's beginning to look a lot like..... Winter skin!

Many skin conditions pop up during the colder weather. Dry patches, itchy & Eczema flairs are on the rise during weather season. Remember never leave home without applying sunscreen. The sun's harmful rays do not go away just because it gets colder. Opt for a sunscreen with at least SPF 30 protection. We still have to protect. I prefer sunscreens that have zinc oxide opposed to harsh chemicals. It offers broad spectrum protection against UVB and UVA rays.

Stay away from skincare products that contain alcohol because it can cause skin stripping during the cold weather. Alcohol can take away natural oils from your skin. Oils that are great to use are Vitamin E, Rosehip, Jojoba, Seabuck Thorn, Raspberry Leaf, Almond Oil and Milk Thistle. Those oils absorb into your skin and they assist in repairing and protecting your skin. We all need protection from Free Radicals. Those oils should be applied at night. After your skincare regimen. During the day, you would use your sunscreen and regular moisturizer.



Vitamin E



Rosehip



Jojoba



Seabuck Thorn



Raspberry Leaf



Almond Oil



Milk Thistle

Many people have an issue with the white residue that sunscreen leaves behind, but there is a trick to that. Pour sunscreen onto the palm of your hand and add a few drops of glycerin or raspberry leaf oil. Then rub together and apply to the face. **DONT RUB FACE. APPLY GENTLY. GOING UPWARDS. INCLUDING NECK AND CHEST AREA.**

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## Beauty 411: Skin Care

Raspberry leaf oil is a natural sunscreen protector, and it thins out that sunscreen, so that it won't leave any chalkiness behind. Oils are full of antioxidants and when you apply it at night, during the moment that your body and skin are repairing, which happens while we sleep, the antioxidants work best. You can apply the oils on your arms, legs, and feet too.

Lips get drier in the winter too! You can do a lip scrub using coconut oil and sugar. 1 tsp of sugar, 1 tsp of coconut oil. Mix together and rub on lips with your pointer finger gently in a circular motion for a few seconds and wipe off. I do that after I brush my teeth. Morning and night. Chapstick is not very effective when you don't exfoliate your lips. This will not only temporarily help with your dry or cracked lips, but it will help repair them.

### Let's Not Forget:

Make sure that you eat a balanced diet and take your supplements and stay hydrated with water. Which is great for the skin!! Supplements and food that contain omega-3, omega-6, omega 7 fatty acids, such as fish oil, flaxseed oil and Sea Buckthorn. Dry eyes happen in the winter too and the omega fatty acids help with that as well. As always, make sure you ask your healthcare provider if it is safe for you to take any supplements. Supplements can interact with many prescription meds. It is very important to get your vitamins from healthy foods, so keep that in mind.

Those that are vegan or vegetarian, check out <https://www.medicalnewstoday.com/articles/323144>. For a list of the fatty acids that you can include in your diet. For food group information on what is recommended, visit [choosemyplate.gov](http://choosemyplate.gov). Take care of you and your biggest organ, your skin!

\*If you're interested in a wellness consultation, or if you have any questions, feel free to email Ria at [riamali@icloud.com](mailto:riamali@icloud.com)



Ria Mixon, KUOMagazine's Beauty 411/Fitness Journalist

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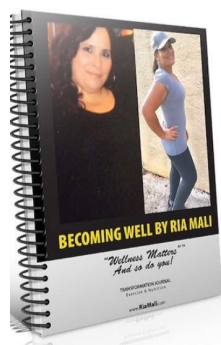
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# BEAUTY 411: HAIR CARE

*with Jamee' G*



## Managing Winter Hair

Tis the season! But why is my hair feeling dry and breaking off? It's getting old outside and you may notice your hair is changing. Yes, it is! Climate change can alter your hair. The cold weather and dry heat inside can cause your hair to become dry and have split ins. Here is **1 IMPORTANT** thing you can do to keep your hair healthy.

**KEEP YOUR HAIR HYDRATED:** Hydration is moisture. Therefore, you need to force moisture to retain in your hair. When it is cold outside it causes your hair cuticle to raise, making it harder for moisture to stay or penetrate your hair. Raised cuticles will also result in split ins. On a healthy strand of hair, the cuticle will be intact allowing moisture to stay in your hair.

**Here are ways to keep your hair hydrated:**

- Hot oil treatments
- Steam treatments
- Deep conditioning treatments.

**AND MOST IMPORTANT** "Avoid heat styling" **DON'T FORGET** What you put into your body also plays a major role in keeping your hair hydrated and healthy. Here are things you can eat and or drink:

- Drink more water "drinking water is like watering a flower, think of your hair as a flower."
- Boost your intake of vitamin B and C. Vitamin B is good for assisting in the production of oxygen-rich red blood cells, which feed hair follicles and aids in hair growth. Vitamin C is full of antioxidants and creates collagen.
- Eat healthy fats. Examples are leafy greens, avocados, fresh salmon and tuna, nuts, eggs, coconuts and dark chocolate. You can also mix these into your smoothies.



When the weather change, take note and adjust the things you do to keep your hair healthy. Any personal questions or concerns about your natural hair. please visit [www.jameeg.com](http://www.jameeg.com) to book a video or in person consultation. Let's keep our hair healthy. Loc Bar Healthy Hair Studio specializes in healthy Natural Hair and Loc Maintenance/ Repair.

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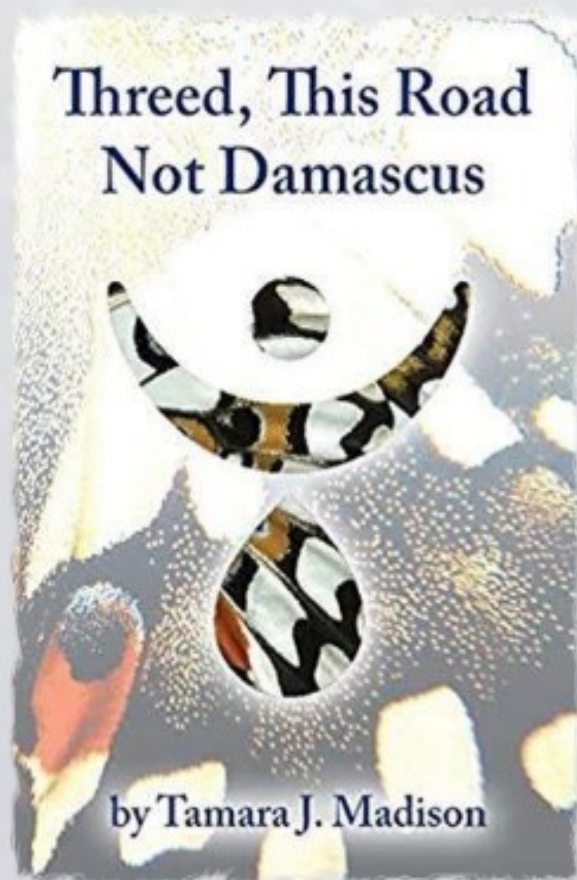


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## "INSPIRING AUTHORS"

*Tamara J. Madison*



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# Inspiring Authors

with Muriel Bissainthe & Ruby Mabry



## Tamara J. Madison

*Wife, Mother, Internationally Traveled Writer, Poet, Performer, Professor of English and Creative Writing*

Tamara J. Madison is an internationally traveled Writer, Poet, and Performer. Her critical and creative works have been published in various journals, magazines, and anthologies including Poetry International, Extract, Web del Sol Review of Books, Tidal Basin Review, and aaduna. She has also been published in the anthologies, Temba Tupu (Red Sea Press), Check the Rhyme (LitNoire Press) and SisterFire (HarperCollins). She is the author of **Collard County, A Collection of Short Stories**, and **Kentucky Curdled**, a poetry/essay collection and poetry audiobook. Her album, **Naked Voice**, is Grand Prize Winner of the First Literary Recording Contest for Manzanita Quarterly and AUTHENTIC VOICEwork Records. Her most recent poetry collection, **Threed This Road Not Damascus, (Trio House Press)**, was short-listed under the title, Breast Poems, in the 2015 Willow Books Literature Award for poetry. Tamara has performed and recorded her work for stage, television, and studio. She enjoys facilitating creative writing and expressions workshops for both youths and adults. She currently lives in Orlando where she teaches as a professor of English and creative writing at Valencia College.



**KUOM: Tamara, thank you so much for being our Inspiring Author in this issue of KUOMagazine. Please share a little of your upbringing and birth-place?** Thank you so much for having me! I am honored! I was born and raised

in Evansville, Indiana. Both my parents were born and raised in Kentucky. I spent some summers in Madisonville and Owensboro Kentucky with relatives but went to school in Evansville. Much of my upbringing was in the church with my mother being the daughter and granddaughter of a minister and also a church secretary. My father was a fireman. I was curious about travel and language and faraway places in the world as a teenager. I learned French in high school and spent a year as a study abroad student while in college. I also immersed myself in the Black Cultural Center arts programs while at Purdue University (Haraka Writers, New Directional Players, and Black Voices of Inspiration). After college I lived a few years in Chicago and was heavily influenced by the blues and jazz music scene of the city. I have always been fascinated with culture and how it is shared through the arts: music, dance, literature. All of the above shaped who I am as a writer.

**KUOM: As you know this year has been a challenging year for everyone, what obstacle(s) have you faced and how did you overcome them?** As an instructor, I have had to transition to exclusive online teaching for the first time. This was a really big shift for me. At first, I missed the face-to-face teaching environment, but I realized there was an opportunity to learn so much with numerous online platforms. Conferences, panel discussions, performances, literary readings, workshops were opening up online everywhere. Many of them were free with access to places and programs all over the country. That has been refreshing, and I have taken advantage of that. As a family we are all working and going to school from home, so we have had more time together. We often go to the park and spend time at the gym. Family card games and movie nights have become more frequent as well. I have survived this by the love of family and community (even if at a distance). The arts have always been immersive therapy for me and definitely come in handy at a time such as this. I am reading more, and it helps me to focus.

**KUOM: Tamara, when did you realize you wanted to become an author and what inspired you?** As a child, I loved stories. I loved to hear family, friends, and community share stories. I was also intrigued by the language of poetry. It was magical to me and felt like “home” or my first language. I remember Mrs. Carolyn Outlaw, a librarian and rich resource, introducing me to the poetry section in our community library. Maya Angelou, Nikki Giovanni, Sonia Sanchez, and Ntozake Shange were all just sitting right there waiting for me. I loved reading the poetry in books but also noting the poetry in everyday black language from the street corner to the pulpit. Our language is just as vibrant and colorful as our skins. Writing poetry felt natural to me. I saw myself discovering new things and growing through my writing. I became bored with math and science and my engineering program in college and realized that writing was my passion and my calling.

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**KUOM:** What are some of your rituals you use when writing and where do you draw inspiration? My rituals are to “get it in when/were I can fit it in!” My preference is to write, revise and edit work while in a coffee shop. With my busy schedule, I don’t get to do that as much anymore. I try to make sure that I find quiet time when everyone is away or sleeping to tune in and sketch new work. I love to do writing retreats away from home as often as I can. I get a lot of work done in those types of spaces. I also try to do workshops and conferences and attend literary events when possible to keep new ideas and work flowing.

**KUOM:** Your book, *Threed, This Road Not Damascus*, was in honor & loving memory of your foremothers.... I’m intrigued by the first poem called “Wombing: Three-Breasted Woman Shares Her Birth Story.” Please share the true meaning of this poem and how did you come up with the title. Three-Breasted Woman is a spiritual persona in the book who leads the speaker/poet in a rite of passage. I consider her to be a spiritual guide. The imagery of that poem came to me years ago in a meditation. She felt like a kindred spirit who was part of me yet bigger than life at the same time. To me, she is primordial woman in all of her glorious essence, not perfection or expectation, but essence. In that poem, I tried to translate where she came from and how/why she came to me. The book title, *Threed, This Road Not Damascus*, comes partly from Three-Breasted Woman. The breast symbolizes compassion and the sustenance that nurtures humanity. She has three breasts, not two, and is thus plentiful and beyond the mundane or human ordinary. One who is “threed” is her descendant or a descendant and keeper of compassion. The road to Damascus is taken from the story in the Bible regarding Paul’s enlightenment. The title and the book suggest that Paul’s path is not the only way to enlightenment. There are many paths to this end/beginning. My YouTube channel and website have interviews, book reviews, a podcast, and a video on the book if readers would like more information.

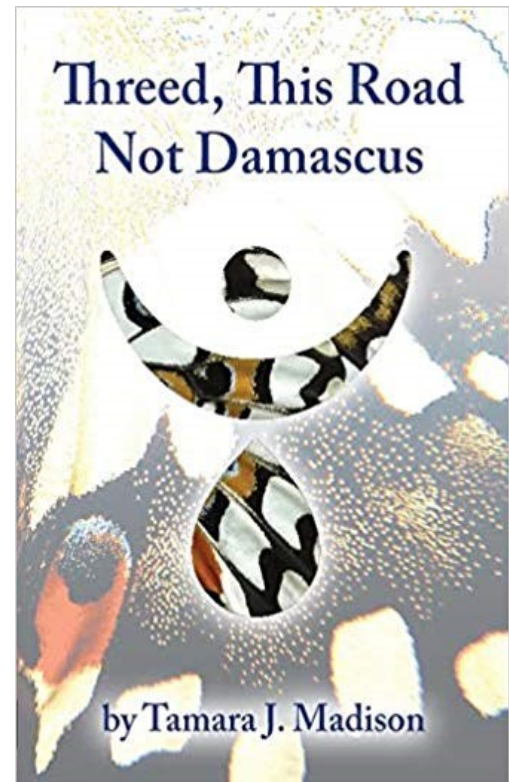
**KUOM:** In 2015, you won the Literature Award for poetry for Willow Books, and a forthcoming publication with Trio House Press for spring 2019, just to name a few. Tamara, how did you transcend your body of work? I made it down to the top four finalists of the Literature Award from Willow Books. The publisher chose another poet as the awardee, so I did not win the grand prize. However, to be chosen as one of the final four was a great accomplishment and motivation for me. *Threed, This Road Not Damascus* was published by Trio House Press in May 2019. They were great editors and staff to work with and the book grew immensely in the process.

**KUOM:** Tamara, I know “Collards” are a cornerstone of African American families. You must share your funky recipe of how you came up with this collection of stories in your book *Collard County*? The stories are simply translations of folklore, family stories, and experiences that I wanted to record. Sometimes the stories are inspired by a conversation I hear. Sometimes they come from a dream. Other times I hear a character’s voice and follow the path to the story. Collards are a staple in African American soul food and diet. They are rich in vitamins and nutrients, healthy for body and soul. They are soul food, comfort food that remind us of what nurtures us, what feels like home. *Collard County* is a collection of stories and characters of every day home folk, black folk that find magical ways to survive, love, and even thrive.

**KUOM:** Tamara, what influenced you to write this book *Kentucky Curdled*? My aunt shared a tragic family story with me about one of my ancestors who had been born into slavery but later after being freed killed one of her children. The story haunted me for years until I was finally able to write about it. Exploring the story through poetry was healing for me. I wanted to deal with the topic of mental illness as a compassionate witness, without judgement. I accomplished that through poetry and this book. The book includes a short essay encouraging positive perspectives on mental health.

**KUOM:** If you had to do it all over again, would you change anything in your books? If I had to do it over again, I could not change anything because I wrote according to my growth and experience at the time. Looking back as I grow, I can always find something to change, but that change goes into new projects.

**KUOM:** What advice would you offer someone if they wanted to become an author or poet? I would suggest that person follow his/her passion with a fierceness. Write something everything day. Read even more than you write every single day. There is no such thing as writer’s block. Either we nurture our muses to keep us going or we do not. When we feel there is nothing to write about, then we must do something about it. Read a new book! Attend a dance recital! Go to a concert! Visit a museum! Participate in a workshop! Cuddle up with an independent foreign film... There are endless opportunities to inspire us creatively, but we must be open and proactive!



Continues on page 16



**KUOM: If you had to convince a friend or colleague to read your books, what might you tell them?** I really do not think that I would try to “convince” a friend or colleague. I am passionate about writing and reading and literature. Not everyone is. I trust that the work will call to whoever needs to experience it, and they will find and receive it. For me it is more of a spiritual journey rather than a commercial one. I must trust that process and know that I do not write for everyone.

**KUOM: Tamara, you are a Professor of English and Creative Writing at Valencia College. How have you inspired your students to bring out their creativity in growing their craft as writers?** I try my best to encourage my students to find and honor their own voices and create their own aesthetic. I encourage them to research and study other writers, critique even the work of the canon, and experiment. Most of all, I remind them to nurture themselves as writers / artists because our culture does not. We must do that for ourselves continually. It is also important to be consistent about growing your craft. It is not just what you say but how powerfully and magically you can say it and immerse the reader in an experience.

**KUOM: Please share about your workshop for writers?** I love to do workshops that focus on the above, craft. I especially enjoy encouraging writers to explore new voices and honor the stories that are calling to them.

**KUOM: Finally, is there anything you want to say to our readers that we didn't mention?** YES!!! Tell your story! Remember you are writing your story every single day, and you have the power to change it. Share in the stories of others. That is one of the ways we share our humanity. Also support your local and favorite authors. Buy books. Borrow books. Trade books. Share books. Start a book club. Write a reaction to the books that inspire you and post on Amazon, Goodreads, Barnes and Nobles. Take a pic with your favorite books and post on your social media websites with your reaction and support. You never know who might be inspired or motivated or redirected by a book or post that you share. Thanks so much KUOMagazine, I appreciate this opportunity!

On behalf of KUOMagazine, we would like to thank you so much Tamara for allowing us to feature her as one of our Inspiring Authors. To stay connected with Tamara J. Madison and purchase her book, please follow her on the social media links and websites below:

Facebook: <https://www.facebook.com/TamaraJMadison/>  
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# Art Therapy 365

with Ronyai Hawkins

## Amara "Give Love" Hall aka The Peaceful Warrior!

*In the spring of 2016, I had an opportunity to meet one extraordinary young lady while I was working a 3-day promo event in Kissimmee, FL. She was working with a chart-topping Country music duo at the time, but that wasn't the thing that caught my attention. In the midst of our formal introduction there was one common thread that connected us....and that was our love for poetry. We both shared a verse and stayed connected through social media afterwards. I knew that there was more to her and time proved my hypothesis correct. Over the last four years, I watched this flower bloom to unparalleled heights by exercising in her gifts. Not only is she a talented writer, musician, and model, but her heart shines through by giving back to the women who are incarcerated in Nashville through her program called Safe Place Poetry Circle. Back in October of this year, she was named Most Fascinating People by Nashville Lifestyle Magazine. However, titles don't move her. She is walking in her purpose while remaining true and staying focus on her mission.*



**KUOM: Who is Amara Hall?** A shy kid from Baltimore who is creative, curious, and always seeking.

**KUOM: Describe To Me what was it like growing up in Baltimore?**

Pretty normal I suppose. I went to good schools both public and private. Always had a built-in community of love and support around me via my own family and then received lots of trickle-down aunties, uncles and cousins from my parent's friends growing up. I was usually involved in sports, so I kept a crew of friends around me as well.

**KUOM: Who are you close to your mother or father and why?** My mother. My Mom is the quintessential nurturer, and she will call you repeatedly if need be, hah!

**KUOM: So, I happen to watch a segment online from your interview on Hyper Caroline Hobby. I discovered that even though your parents were deep into the faith they divorced. What was your first initial reaction and what tools helped you to cope through the process at an early age?** I realized things were changing, there was nothing I could do about it, and I'd have to adapt. I coped by becoming busy, socially, and athletically. I don't know that I would call it coping so much as surviving. But maybe they are one and the same. I do best when I choose something else to focus on...in this case it was the emotional wellness of my sister and brother and then my mother. I did what I typically do in family environments and hold space.

**KUOM: How did the absence of your affect you emotionally as you were transitioning from adolescence to adulthood?** I think it ultimately made me more aware emotionally. Not right away, but into adulthood for sure. The absence of a parent is more so a reminder that people let you down, they leave, they abandon, they deal with things too. And that's ok.

**KUOM: Tell me the first you discovered poetry? Who or what introduced you to the genre?** I've always written things down. I don't know I can pinpoint an exact moment. Seems it's always been present whether I was cognizant of that or not. I have always been drawn to rhythmic speech. I can remember hearing Maya Angelou recite a poem at some televised event my parents were watching. I can't tell you the poem, I've watched so many of hers, but I can tell you that the spoken word has always had a special weight and depth to it for me.

**KUOM: What lessons did poetry teach you?** The art of expression without the need to edit and make it perfect.

**KUOM: What called you to pursue the entertainment industry? Was it always a lifelong dream or did you have family members who were musicians, actors, or writers that inspired you?** My Aunt Pam introduced me to the entertainment industry formally when I interned with her the summer after my senior year of high school, going into college. She worked in the music industry in New York and eventually landed back in the DMV programming a jazz channel for satellite radio.

*Continues on page 19*



## Art Therapy continues with Amara Hall....

I got the itch watching her interact with her co-workers, the ease and flow of the day, it was always a cool vibe. Artists in and out of the studios, I remember thinking to myself, wait this is your job? She taught me how to smile and talk on the mic too...she would say people can tell if you're smiling or not.

**KUOM: Having a diverse background and being female in a male driven arena did you come across any challenges and if so how did you handle the situation?** I think the challenge for a woman is always the same - getting men to tap you on the shoulder for your intellect and because you are the best for the job. You have to be sharp; you have to be witty; you have to be beautiful, but not too sexy. I've definitely experienced sexual harassment whether it be blatant or not - it kind of goes hand in hand with working in a male dominated field and also in an industry that doesn't subscribe to corporate norms by any means. You have to put on your armor before you walk out the door, let the comments brush off your shoulders and keep yourself focused.

**KUOM: You also mentioned in that same interview that you considered your mother and grandmother are some of the strong women who inspired you. Tell us what was one piece of advice that you learned from them?** A life lived for others is the only life worth living. My grandmother used to say that to us.

**KUOM: Have you experienced stages of uncertainty that included depression or anxiety while pursuing your dream? If so, what methods or tools did you use to bring you back to a place of solitude?** I think the very word uncertainty means there are ebbs and flows of depression or anxiety or both! I think the most important thing to remember is that pursuing a dream is uncomfortable, typically it's something you've never done before so there are always going to be doubts that creep in, there are always going to be people who just don't get it. I like to write down what I'm feeling when I'm feeling it, no matter if it's good, bad, or ugly. You have to be able to be honest with yourself and not push the emotion away. I remind myself that I've never done what I am attempting, so there's always grace there.

**KUOM: Currently, you are working on a program called Safe Place Poetry Circle. Tell me more about it and how was the idea birthed?** It was an idea of a former inmate; her name is Brittney. I was performing some spoken word at a Christmas program with some good friends of mine who run a non-profit that provides messages of hope to men, women, and kids. I happened to be one of the talents for this particular show and when Brittney approached me she said very matter of fact, "You should think about teaching a class here. I think people would like it." I thanked her for her kindness and didn't think much of it, but the positive response from such an audience as the 300 women who would not be home to see their families for the holidays really stuck with me. Some months later I began thinking about it. And that was the first step...just thinking about what it would look like? Could I teach a class? Would people come? But I'm not a teacher. Eventually I brought in my friend Jordan to help me think about it until it became a living and breathing course. First step is allowing yourself to see it for yourself...you don't have to know how to get there. Just be prepared. Talk to people and let them in on your ideas. You will be amazed.

**KUOM: Most creatives produce memorable pieces that come from a place of vulnerability. What is your definition of vulnerability?** Vulnerability is showing someone your true self.

**KUOM: Can you tell us any other projects you are involved in at this moment?** I'm working with several indie artists, helping with talent development, writing, and producing songs and helping to connect them with other artists. I also model with an agency in Nashville, so I try to pick up as much of that work as I can! Follow me on Instagram at <https://www.instagram.com/amaragivelove>

**KUOM: Last question.....favorite dessert? ;-)** Creme Brulé



Written by Ronyai Hawkins  
KUOMagazine's Art Therapy & Men of Kulture 365 Journalist

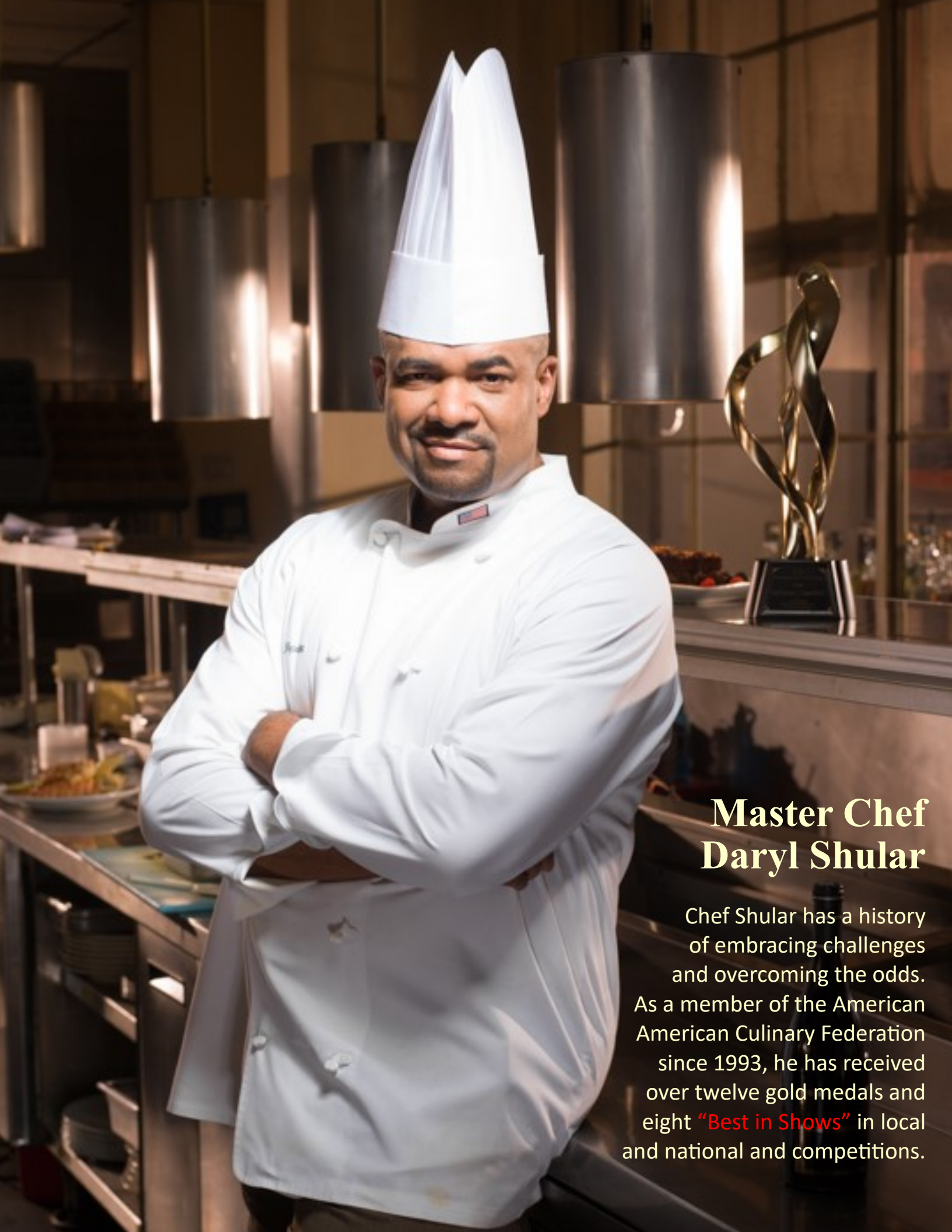
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## Master Chef Daryl Shular

Chef Shular has a history of embracing challenges and overcoming the odds. As a member of the American American Culinary Federation since 1993, he has received over twelve gold medals and eight “**Best in Shows**” in local and national and competitions.





**Tirrell Anthony**, the President of Le Cordon Blue College of Culinary Arts in Orlando, Florida introduced me to Chef Daryl Shular in 2016 at the college. I made some of my dairy-free chocolate truffles as a special treat for Chef Shular. He enjoyed the truffles, and we even talked about us getting together and throwing down in the kitchen one day. During our conversation Chef Shular shared with me his dream of opening his own culinary school. He enjoyed the truffles, and we even talked about us getting together and throwing down in the kitchen one day. During our conversation Chef Shular shared with me his dream of opening his own culinary school. Five years later his dream is no longer a dream.

The Shular Institute will open in 2021. Daryl Shular was always an individual driven to achieve excellence. This is shown throughout his culinary career. In 2008 he was a member of the internationally recognized ACF United States Culinary Olympic Team representing the United States in international culinary competitions. The team achievement was an Olympic Gold Medal, winning top honors against 63 teams at the IKA "Culinary Olympics" held every four years in Erfurt, Germany.

# TRAILBLAZER, HISTORY MAKER....

## Master Chef Daryl Shular

In 2014, Daryl Shular became the first African American to pass the 130-hour; eight-day test known as the Master Chef exam and secured his name in the culinary history books by earning the prestigious title of Master Chef. Daryl Shular earned the culinary industry's highest honor known as Certified Master Chef (CMA.) He became one of America's elite History Makers. Daryl Shular is a Trailblazer. He will make history again in 2021 with the opening of the Shular Institute in Atlanta, Georgia. It is truly an honor to interview Trailblazer, History Maker, Master Chef Daryl Shular for the cover story of KUOMagazine's December 2020/January/February 2021 issue.

**VEGAN CHEF SANDI:** Thank you Chef Shular for taking the time out of your busy schedule to do this interview for KUOMagazine. Thank you Chef Sandi for giving me this opportunity.

**VEGAN CHEF SANDI:** Who inspired you to pursue a career in the culinary arts? My mother. I was fascinated by watching her cook. She was an outstanding cook. She always loved to cook for us. She would cook the family traditional meals that she learned from her mother, and that's what got me into cooking. What inspired me to become a chef was a chef that spoke at my graduation ceremony when I was in high school. He was the chef at the Marriott World Center in Orlando. After he spoke to us, I said, I would like to be a chef one day not knowing that it would really happen until I came to Atlanta and saw a commercial, then I realized at that moment that I wanted to become a chef. I went to culinary school, and the rest is history.

**VEGAN CHEF SANDI:** Wow! You spoke it into existence. I guess I did Chef Sandi.

**VEGAN CHEF SANDI:** What motivated you to take the Master Chef Exam? During my time coming up into the culinary world, I was doing my research trying to find my path as to what I want to do long-term. A chef by the name of Daryl Evans, who was on the US Culinary Olympic team in 1992. Actually, he was on the same team with Chef Johnny Rivers. When I was studying Chef Daryl Evans and other great chefs, I learned about the Master Chef exam. I did some further research and realized that these were the top chefs in the world, and at that time there was only 50 of them. That fascinated me and I said this is what I want to do, so I was encouraged to take the Master Chef exam. I was the second African American chef to be on the US Olympic team. I was very thrilled about that opportunity. That experience inspired and encouraged me to become a Certified Master Chef in 2014.

*Continues on page 22*

**VEGAN CHEF SANDI:** Wow! Chef Johnny Rivers, I had the opportunity to study with him. He is really a master at his craft. Yes, he is. Chef Johnny Rivers is like family to you right?

**VEGAN CHEF SANDI:** Yes, Chef Johnny Rivers was my teacher and mentor for five years. Over the years he became a good friend, and yes like family. Chef Johnny Rivers is one of the pioneers in the culinary world.

**VEGAN CHEF SANDI:** He sure is a pioneer in the industry. Who are some of the other chefs that inspired you over the years? Chef Johnny Rivers was one. I love Leah Chase, Edna Lewis, and Chef Joe Randall. One of my mentors that really worked with me when I was on the Olympic team was Chef Edward Lenord, and also Jill Bosich, she was my coach on the Olympic team. Those were some of the chefs that impacted my career.

**VEGAN CHEF SANDI:** Which one of the chefs impacted your career the most? Two of them did. Chef Evans because he inspired me to take this journey. Chef Edward Leonard, he was the one that inspired me to take it all the way to becoming a Master Chef. After I became a Certified Master Chef, I was trying to figure who I am as a chef, so I would say Chef Joe Randall and Chef Patrick Clark that came before me, they were the ones that inspired me to embrace my heritage as a young African-American who was born in Winter Haven and grew up in Auburndale, Florida. (Polk County) Those two inspired me to focus on my Southern Heritage Cuisine.

**VEGAN CHEF SANDI:** And now you are getting ready to open the Shular Institute. This is quite an accomplishment. What inspired you to open the Shular Institute? During the years coming up in the industry, I spent some time as an instructor at the local colleges for several years, and then I became the director of education at another culinary program with one of the largest in the country. I saw the writing on the wall during that time. I saw the disconnect between faculty and students. I always loved team development. I was a coach for the junior competition teams, and I was a member of the Olympic team. I really loved that camaraderie and the energy of working together to achieve a goal. I always wanted to create a platform that would allow students to train as athletes. I want students to really train at a high level, and to be exposed to all avenues of the industry. I spent several years doing my research studying companies and the combination between corporations and the private sector to come up with the Shular Institute. The Shular Institute will be very unique because it will be a playground for chefs, novice as well as professionals to give them a place to work in the kitchen that will be open to the community in the form of a restaurant. The restaurant is called Farmed Kitchen located in Tucker Georgia. This environment will give students the opportunity to come in and test out their ideas and get feedback from a Certified Master Chef which will be me. I decided to open the Shular Institute to create a platform, and to create an environment for higher learning so that students will have education at the highest level.

**VEGAN CHEF SANDI:** This is a two-part question. How will the Shular Institute be different from other culinary schools? And what aspects of the institute will stand out to make it different from other culinary schools? The Shular Institute will be different from other culinary schools because the majority of time students will be working in a real environment. We will open the restaurant first. Students will be cooking for people, and they will see the end result. They will see the impact their creations have on the public. I will be selecting top chefs to come in and help to teach the curriculum. We will have international chefs from around the world to teach the different cuisines. To teach Latin American Cuisine we will have a Latin American chef to teach that cuisine so the students will learn the culture, the people, the tradition, the techniques, and the tools. Everything about Latin Cuisine that the students would never get in a traditional culinary school. On top of that, the real important aspect is that our students will be able to go out into the field and learn from different corporate environments. We have partnerships with corporations where our students can go and learn the details on how things are grown from the plant to the plate. They will be getting hands on learning. The icing on the cake is that they will be learning and earning at the same time. The students will be earning income and earning tuition reduction through grants and scholarships. They will be able to go out as graduates from our program with no tuition debt.



**VEGAN CHEF SANDI:** That is Excellent, I love that aspect about your institute because most of the time when students graduate from college they have a lot of student loans to pay back. What are some of the programs that the Shular Institute will offer? Several different programs. The first program is an apprentice program called Navigate, this program escorts students from the high school level into the Shular Institute to where we will work with them while they are in high school on the basic fundamentals. After they learn the fundamentals they will go on to the accelerated program, and then they will be able to transition into the Shular Institute to continue their education. We will also have our introduction program for traditional students who may be out of the school, or maybe at home trying to figure out their life and might be interested in the Culinary Arts, or Hospitality. The two most important programs are our Advanced 1 and Advanced 2 programs.

*Continues on page 23*





The Advanced 1 program will focus on mid-level management students to help them learn how to operate and manage people, manage stations, and learn the business aspects of the industry. They will also learn how to speak and communicate in a business setting. Students will go into the industry and be more equipped for mid-level to high-level management programs. Advanced 2 program is entrepreneur based. This program will teach the students how to create their own business operation, such as a food truck operation, or if they want to open a catering business. The Shular Institute will focus on generating the next level of entrepreneurs. I am very proud about all the programs that we will offer at the Shular Institute. I believe our programs will set us aside from everyone else and give us a cutting edge.

**VEGAN CHEF SANDI: There are a lot of different dietary lifestyles today. How will you train your chefs to accommodate the different dietary lifestyles?** At the Shular Institute we will be cooking foods where it's back to its natural state. Nutrition and healthy focus foods will be priority. We will focus on working with local farmers and produce that are in season. Back in 2004, I was the national champion for nutritional cooking. That's my style of cooking Chef Sandi. We will not be cooking at the Shular Institute with heavy fats. This new generation is becoming more conscious of healthy eating. We will prepare foods in its natural state without too much manipulation.

**VEGAN CHEF SANDI: What about the Vegan lifestyle? This lifestyle is very popular now. Many people are moving more to a plant-based lifestyle. How will your chefs accommodate this lifestyle?** All of our programs have a healthy lifestyle component. Our students will learn all the different dietary styles of cooking. They will learn the Mediterranean, Keto, Vegan or Gluten-Free. We will expose our students to all the different lifestyles cuisines so that when they do go out into the industry they will not be intimidated when someone says I would like to have a gluten-free meal or a specific meal catered to my dietary needs. I think that is really essential for this next generation of hospitality professionals because so many people out there today are health conscious, and there is a tremendous growth in that segment of the industry. Today we see more plant-based items featured on menus. Companies are coming up with their own version of meatless products. I think it's critical for our students to be exposed to all aspects of nutritional cooking. My program will expose the students to the best minds in the industry. Teaching African Cuisine, I want someone from that region to teach about African Cuisine, someone who does it every day, and lives it every day.

**VEGAN CHEF SANDI: That is wonderful Chef Shular. I like that idea a lot. Your institute is opening during a pandemic. What are some of the safety methods you plan to include to keep your students safe, and do you have an opening date scheduled?** There are two opening dates. We are opening the restaurant now, then we will start bringing students into the Shular Institute sometime in the Spring of 2021. We are in a location that has the footprint in order to accommodate social distancing. We have a 7,000 square foot facility. We can hold 12 to 14 students, and each one will have a station that is at least 6 feet apart.

*Continues on page 24*

The reason why we continue to move forward during Covid-19 is because we know what will be on the other side of this Covid-19. There will be a new formation of the hospitality industry that will meet the educational needs. I think that will give us a huge leverage for years to come. Also, at the same time I think great minds learn how to navigate through certain situations. I have surrounded myself with some of the best minds and the best talent in the industry. We have a great executive team, and with us all collaborating together we have been very successful until now. We are securing the facility and securing the additional capital we need to put in the best equipment. The Shular Institute will be a state-of-the art institute for our students. We are very proud to have an open kitchen and beautiful decor. We are very blessed to have this facility.

**VEGAN CHEF SANDI:** Do you have a program set up with other industries to help your students with jobs when they graduate from the Shular Institute? That is a great question Chef Sandi, yes, the Shular Institute will be connecting students with employers through the program. Industry professionals will be able to visit our facility and see our students like a recruitment setting. If our partners who are partnering with the Shular Institute needs a specific group of students to be trained in a specific type of way, we will be able to accommodate that situation. We feel confident that the majority of our students will have employment before they graduate from our program. Our partners are an essential part of our operation so we will always have that connection for our students. We believe that having that partnership is a good platform.

**VEGAN CHEF SANDI:** Do you have a charity organization that you are setting up for an aspiring young African American Chef who would like to do the Master Chef exam? We have a 501C program where any organization can donate money to help students achieve their long-term goal. If we have a student who desires to become a Master Chef, we will work with that student throughout his or her career. It takes many years of experience, many years in order to be ready to take the Master Chef exam, but we always will help our student to achieve their goals. We want to be a life-time family for all of our students.

**VEGAN CHEF SANDI:** That is so beautiful Chef Shular. It sounds like you are creating a wonderful family atmosphere for your students. Just to change the subject a little. What is your favorite Vegetarian meal that you like to prepare, and what is your favorite Cuisine? Southern Cuisine is my favorite, and I love making a nice vegetable soup. I love soup because I know that vitamins and minerals are water soluble. Most people cook their vegetables in water and extract their nutrients from it. I love to turn it into a nice soup with a vegetable broth by adding tomatoes, onions, celery, carrots cabbage peppers, fresh garlic, and herbs. I normally cook the soup down and add some beans making it very rich and robust. At the end I squeeze a little acid to compensate for flavor profile instead of salt. It's one of my favorite soups to make and store it in the freezer.

**VEGAN CHEF SANDI:** That sounds delicious. Every Saturday was a soup day for us growing up in Jamaica, so I love soup. I will have to try this one. Do you have any plans to put any products on the market? Yes, I plan to put out a line of spices by the end of 2020- 2022 with the Shular label. We are also planning some signature knives, pots and uniforms with the Shular brand. We are working on that now.

**VEGAN CHEF SANDI:** Congratulations, I look forward to seeing them on the market. Thank you, Chef Sandi.

*Continues on page 25*



SHULAR  
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**VEGAN CHEF SANDI:** Do you have a program to help feed the homeless? Actually, I do believe in feeding the homeless. I did a program that fed 10,000 people with Hosea Feeds. (*Hosea Feed The Hungry and Homeless was founded in 1971 by civil rights icons Rev. Hosea and Juanita T. Williams. Their vision was instrumental in guiding Hosea Feed The Hungry and Homeless as it became one of the most significant human services organization in the Southeast United States providing services for some 50,000 people per year*). When, I was teaching Chef Sandi, I remember seeing students practice their knife cuts with carrots, onions and different vegetables just doing it for the sake of practicing. The facility that I was teaching did not have the space to store the produce so the produce would normally end up in the trash. Culinary schools are notorious for wasting produce. At the Shular Institute all our produce that we don't use will be given to feed people in shelters or the homeless. We want our produce that we do not use to feed people in need. I remember my Mom was always feeding people in our community, so I want to continue my Mom's tradition.

**VEGAN CHEF SANDI:** That is a wonderful family tradition to carry on. I know your mother will be happy that you continued with the tradition. What is your future vision for the Shular Institute? The Shular Institute in Atlanta is the main school. We plan to open several other locations. We have a facility in Milwaukie that we are looking to expand. We also have another place in Arkansa that we are going to put a Shular Institute, also in Charlotte North Carolina and Nashville. These are cities that have shown interest in the Shular Institute. The goal is to put a version where it is needed. Our program can spread throughout the country and benefit a lot of communities of colors and communities in general that want to get a high-level of real-world experience with a cutting-edge program.

**VEGAN CHEF SANDI:** Chef Shular, you are such a positive role model for young African American men and women. You were the first Certified African American Master Chef in America. All your students that graduate from the Shular Institute will shine your light throughout the world and your legacy will live on through your students from generation to generation. You are truly an inspiration. Thank you for taking the time to do this interview for KUOMagazine. Thank you Chef Sandi for the opportunity.

You can stay connected with Master Chef Daryl Shular on the links below:

Websites: [www.shularinstitute.com](http://www.shularinstitute.com)

Websites: [www.chefdarylshular.com](http://www.chefdarylshular.com).

Instagram: <https://www.instagram.com/darylshularcmc>

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*Lady Q*

# Soulful Art

## *Heart Sorrows*

You have been restless the night before, because your mind has been overwhelmed with the issues in your life. You wake up trying to get your day started and can barely move. You lay in the bed contemplating your life decisions and go take a shower. You walk past the mirror not stopping to take a look at yourself as you get into the shower. You stand allowing the water to just fall upon your head as your mind races millions of miles.

As you step out the shower grab your towel and find yourself in front of the same mirror you ignored earlier, you realize you are naked. You have been stripped of who you are and naked in your thoughts, you bent over your sink and a tear begin to burn the check of your face. You see yourself staring back at you and you realize the sorrows of your heart is overflowing into the drain. Looking down as though your heart is in your hand and everything that you have experienced is pouring out of you.

You cry you gather your thoughts and look back into that same mirror and you hear God tell you, "My daughter you got this because I got you."



By LaQwonna "Lady Q" Glaster  
KUOMagazine's Soulful Journalist  
Founder of Sisters of Faith & Pink 365  
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# Maintaining A Healthy Lifestyle

Temperance

Rest

Trust in  
God

Nutrition

Exercise

Fresh air

Water

Sunshine

## 8 Natural Healers

Through a Greater Level of Wellness (G.L.O.W.) 365

[KUOMagazine.com](http://KUOMagazine.com)



# Maria "Ria Mali" Mixon

*January is Cervical Health Awareness Month. This issue our 2019 Ribbons of Survivors 365 "Cervix & Ovarian Cancer" Ambassador, Maria "Ria Mali" Mixon shares her testimony of being pregnant and now a survivor of Cervix Cancer.*

Hearing that I was pregnant with my 4th child was so exciting. I always wanted a big family. Hearing that I had cervical cancer while pregnant though was a shocker. To be honest, I only cared about having a healthy baby. I wasn't scared for me. When I was younger, I didn't take care of myself like I should have. I didn't think pap smears were important and I always made an excuse not to get one. I only took care of myself while I was pregnant. I never missed my doctors appointments when I was pregnant with all of my children. I loved being a mom. When I was 18 years old I woke up one day with a terrible stomach pain. I couldn't even straighten up. I went to the hospital and was told that I had a pelvic inflammatory disease. That's when some of my issues began.




Test were done and I was being treated for several days. Dr told me that it was so severe that I will most likely be infertile because of the scarring that took place in my Fallopian tubes. My tubes were blocked. At 18 and hearing that news, I wasn't as upset as I thought I would be, but that was because I already had a child. My first child I was pregnant at 16 and I had my first son at 17 years old. Well, I became pregnant at 19 years old and I remember telling the doctor, Um what happened lol. He said, "You're lucky." I said, no, my child is supposed to be here." After I had my second child, I developed endometriosis. Again, I was told that my chances were very slim in getting pregnant. I had my third child, 5 years after that diagnosis.

Then the big whopper happened when I was 29 years old. Was told I was pregnant, and I had cervical cancer. I had my 4th baby at 30 years old and I was treated several weeks after he was born. I had a tubal and Many leap and freezing procedures and medication. My body, hair and skin were changing. I did go through severe depression and later I had a partial hysterectomy and then full. The full hysterectomy is another story because I was diagnosed with ovarian cancer years later. Pap tests (or Pap smears) look for cancers and

precancers in the cervix. Precancers are cell changes that can be caused by the human papillomavirus (HPV). If not treated, these abnormal cells could lead to cervical cancer. An HPV test looks for HPV in cervical cells. I still believe I could have prevented my cervical cancer if I would have taken better care of myself. If you haven't learned anything from my story, I pray to God that you learned that scheduling doctor appointments are very important. Educating yourself about your body ladies is very important. Ask questions and listen to those that can give you helpful advice on taking care of you so that you won't have a domino effect, like I did. I live with auto immune diseases and side effects from them, but I will not let that defeat me. I learned how to quiet my flares the natural way with good nutrition, water, exercise, and herbs.

The story ends well. I grew up to be a wellness coach. Many years of health, fitness and wellness paid off because I coach many. I have my own company called Wellness Matters & so do you LLC. I was given a Minority & Woman owned certificate from the State of Florida. That was a Great honor. I lived to tell it and now I must continue to coach others and be the Best Wellness Version of me that I can be.

Ria Mali, KUOMagazine's Ribbons of Survivors 365 Journalist  
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*January is*  
**Cervical  
Cancer**  
*Awareness  
Month*

# AMERICAN HEART HEALTH MONTH

**FEBRUARY IS HEART HEALTH AWARENESS MONTH:** Heart Disease and Stroke threaten millions of families each year, and the pandemic has made everything even more challenging. Here are 5 things to do every day to keep your **HEART HEALTHY**:

1. **Eat healthy fats, NOT trans fats:** We need fats in our diet, including saturated and polyunsaturated and unsaturated fats. trans fat clogs your arteries by raising your bad cholesterol levels (LDL) and lowering your good cholesterol levels (HDL).
2. **Practice good Dental Hygiene:** Dental health is a good indication of overall health, including your heart, because those who have periodontal (gum) disease often have the same risk factors for heart disease. **TIP:** *Floss and brush your teeth daily to ward off gum disease. It's more than cavities you may have to deal with if you are fighting gum disease.*
3. **Get Enough Sleep.** Sleep is an essential part of keeping your heart healthy. If you don't sleep enough, you may be at a higher risk for cardiovascular disease no matter your age or other health habits. One study looking at 3,000 adults over the age of 45 found that those who slept fewer than six hours per night were about twice as likely to have a stroke or heart attack as people who slept six to eight hours per night.
4. **Long Sitting:** Researches has suggested that staying seated for long periods of time is bad for your health no matter how much exercise you do. This is bad news for the many people who sit at sedentary jobs all day.
5. **Avoid Secondhand Smoke:** Studies show that the risk of developing heart disease is about 25 to 30 percent higher for people who are exposed to secondhand smoke at home or work. According to the American Heart Association, exposure to tobacco smoke contributes to about 34,000 premature heart disease deaths and 7,300 lung cancer deaths each year. And nonsmokers who have high blood pressure or high blood cholesterol have an even greater risk of developing heart disease when they're exposed to secondhand smoke. This is because the chemicals emitted from cigarette smoke promote the development of plaque buildup in the arteries. **TIP:** *Be firm with smokers that you do not want to be around environmental smoke — and keep children away from secondhand smoke.*



**Heart Healthy Foods:** Leafy green vegetables (spinach, kale, collard greens). Whole grains (whole wheat, brown rice, oats, rye, barley, buckwheat and quinoa). Fruits (Avocado, Blackberries, Blueberries, Strawberries). Fatty Fish and Fish Oil (Fatty fish like Salmon, Mackerel, sardines and tuna are loaded with omega-3 fatty acids), just to name a few. Read more link below [www.healthline.com/nutrition/heart-healthy-foods#TOC\\_TITLE\\_HDR\\_2](http://www.healthline.com/nutrition/heart-healthy-foods#TOC_TITLE_HDR_2)

**NATIONAL HAND WASHING**  
www.RibbonsOfSurvivors.com **December (6-12)**

**VIRUS PREVENTION IS IN YOUR HANDS!**

**SYMPTOMS OF COVID 19**

- Fever
- Cough
- Shortness of Breath

**HOW IT SPREADS**

- Droplets from cough or sneezes
- Close contact with infected people
- Contact with contaminated surfaces or objects, followed by touching own mouth, nose or face

**DO'S AND DON'TS**

- DO wash your hands
- DON'T touch your face
- DO Keep social distance
- DON'T Go into crowds

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Warrior's courage & Gutsy  
Ribbons of Survivors 365

## National Handwashing Awareness Week (December 6-7th):

Personal hygiene begins and ends with our hands. According to the CDC, keeping hands clean is one of the top steps to avoid getting sick and from spreading germs around. With the new flu season among us and COVID-19 more rampant than ever this is a pertinent action. There are a variety of diseases and germs that are spread by not washing hands with clean, running water and soap. Everyone should be scrubbing their hands for at least 20 seconds. If you do not have a timer you can hum the "Happy Birthday" song fully two times.

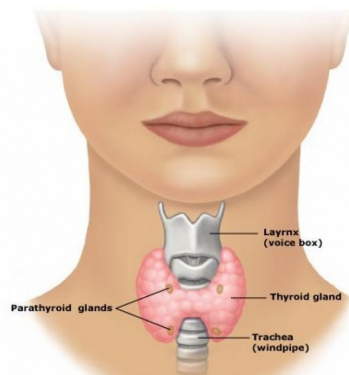
About 1.4 million children under age 5 die from diarrheal disease and pneumonia, which are two most deadly afflictions for children worldwide. There are five easy steps the CDC recommends when washing your hands: Wet, lather, scrub, rinse, and dry your hands.

More info at <https://www.cdc.gov/handwashing/campaign.html>



### THYROID

January is Thyroid Awareness. This disease is very common, with an estimated 20 million people in the United States having some type of thyroid disorder. A woman is about five to eight times more likely to be diagnosed with a thyroid condition than a man. The thyroid, a butterfly-shaped gland located in the neck, is the master gland of metabolism. When your thyroid doesn't function, it can affect every aspect of your health, and in particular, weight, depression and energy levels. If undiagnosed thyroid problems can dramatically increase your risk of obesity, heart disease, depression, anxiety, hair loss, sexual dysfunction, infertility and a host of other symptoms and health problems, it's important that you don't go undiagnosed. You don't need to have all of these symptoms in order to have a thyroid problem, but here are 10 of the most common signs that you may have a thyroid condition:



**Fatigue:** Feeling exhausted when you wake up, feeling as if 8 or 10 hours of sleep a night is insufficient.

**Weight Changes:** You may be on a low-fat, low-calorie diet with a rigorous exercise program, but are failing to lose or gain any weight. Unexplained weight changes and issues can be signs of both hypothyroidism or hyperthyroidism.

**Depression & Anxiety:** Hypothyroidism is most typically associated with depression, while hyperthyroidism is more commonly associated with anxiety or panic attacks. Depression that does not respond to antidepressants may also be a sign of an undiagnosed thyroid disorder.

**Cholesterol:** High cholesterol, especially when it is not responsive to diet, exercise or cholesterol-lowering medication, can be a sign of undiagnosed hypothyroidism. Unusually low cholesterol levels may be a sign of hyperthyroidism.

**Family History:** If you have a family history of thyroid problems, you are at a higher risk of having a thyroid condition yourself. You may not always be aware of thyroid problems in your family, though, because among older people, it is often referred to as "gland trouble" or "goiter," so pay attention to glandular conditions or goiter or weight gain.

**Menstrual Irregularities and Fertility Problems:** Heavier, more frequent and more painful periods are frequently associated with hypothyroidism, and shorter, lighter or infrequent menstruation can be associated with hyperthyroidism. Infertility can also be associated with undiagnosed thyroid conditions.

**Bowel Problems:** Severe or long-term constipation is frequently associated with hypothyroidism, while diarrhea or irritable bowel syndrome (IBS) is associated with hyperthyroidism.

**Hair & Skin Changes:** With hypothyroidism, hair frequently becomes brittle, coarse and dry, while breaking off and falling out easily, skin can become coarse, thick, dry, and scaly. There is often an unusual loss of hair in the outer edge of the eyebrow. With hyperthyroidism, severe hair loss can also occur, and skin can become fragile and thin. All of these are particularly associated with thyroid problems.

**Neck Discomfort/Enlargement:** A feeling of swelling in the neck, discomfort with turtlenecks or neckties, a hoarse voice or a visibly enlarged thyroid can all be symptoms of thyroid disease. To help find out if your thyroid may be enlarged, see your doctor.

**Muscle and Joint Pains, Carpal Tunnel /Tendonitis Problems:** Aches and pains in your muscles and joints, weakness in the arms and a tendency to develop carpal tunnel in the arms /hands and tarsal tunnel in the legs, can all be symptoms of undiagnosed thyroid problems.

For more information about Thyroid Awareness, please visit <https://www.thyroid.org/thyroid-information>

**OLDWAYS  
AFRICAN  
HERITAGE  
& HEALTH  
WEEK 2016**

**FEBRUARY 1-7**  
**#EatAfricanHeritage365**  
[oldwayspt.org/african-heritage-week](http://oldwayspt.org/african-heritage-week)

### AFRICAN HERITAGE AND HEALTH WEEK

Oldways founded African Heritage and Health Week to celebrate the traditional flavors and cooking heritage of African cuisines. The celebrate cuisines around the world, providing healthful recipes and menus designed based on traditional diets. The foods, flavors and healthy cooking heritage of a traditional African diet by exploring the cuisines that are central to Africa, South America, the Caribbean and the American South, African Heritage & Health Week also inspires us to eat better by learning cooking the techniques and culinary history.

More information, please visit [www.oldwayspt.org](http://www.oldwayspt.org)



# FALLING THROUGH THE CRACKS:

## *The State of Children Mental Health...*

*Enter Covid-19 March 2020. The pandemic covers every nation like a heatwave in mid-summer. The national emergency effects multiple industries including the educational infrastructure. Shutting the doors of schools across the state to teaching kids online was slowly becoming "the new normal". Unfortunately, during these past few months many students including elementary school were showing signs that they couldn't adjust to this new transition. However, radio personality extraordinaire, Mimi Steward, is one parent who is concerned about her three sons Royal, Roman, and Reid's future. Let's take a closer look at how this full-time mom balances her career and staying on top of her Children's Mental Health during these crucial times.*

**KUOM:** Describe to me your first reaction when you found out that your son, Royal's school was exposed to Covid-19? Unfortunately, I expected it to happen so not shocked but concerned and saddened.

**KUOM:** When you found out that Royal would have to take classes online for the rest of the year at home were you a little concern? Absolutely, as virtual school was never an idea or wanted option.

**KUOM:** Did you notice any hesitation or change of attitude from Royal after receiving the news? At first he was eager to not physically having to go to school but after our last year's quarter to this new year starting off of no physical personal assistance, motivation, discipline, or personal contact with his friends his grades are suffering tremendously. He even state how it's impossible to make new friends this way as well.

**KUOM:** Did the news affect your home and if so, what tool or methods did you use to bring it back to a place of solitude? Knowing he is being supported at home by seeing how important it is to us to be pro-actively involved with his educators even more so then ever before. Bought in a sense of hope and control.

**KUOM:** Months pass by and you're going to teacher meetings at the school. You're getting involved with your son's day to day curriculum and the teacher tells you that your son is failing online class. What was your first call to action? There was never a physical meeting. No communication until I received an email from his councilor warning the potential to fail. I was extremely disappointed on the lack of reaching out to the parents and having to leave a middle school child completely on their own to manage, navigate their entire online classes and assignments that form in many different online avenues. I demanded a meeting with all of his educators to focus on where best for my son ASAP.

**KUOM:** Did your son's mental health get affected during this process? If so, what steps did you take boost his spirit? He lost his lack of motivation, spirits, and determination. I encouraged him that it's temporary and we have to learn how to work with change, that we got this.



L-R (Reid, Royal, Mimi, Roman)

**KUOM:** Now, you have a full plate. You're at the radio station, traveling, doing shows, working at the office in the mornings plus monitoring your son's homework. Not to mention giving them breaks, snacks, etc. On a scale from 1 to 10 where is your mental wellness at the moment? How do you keep it in balance? 8, Overwhelmed at times but must be done as it's more about having to handle a drastic change in all our lives. I ended up changing my personal work schedule and meetings completely around as I needed to collect myself and stay focus with one thing at a time. Bought me a sense of more control and structure.

**KUOM:** How are the twin's handling all of this COVID-19 fiasco? At 8 they are completely restless, and grades have declined tremendously.

Often times we hear how parents deal with the emotional rollercoaster of their children's educational journey. However, Mimi's son, Royal, who is only 12 years old and is already taking high school's courses. This extremely bright and talented student has its own share of personal struggle. Let's take a closer look at how Royal shares his heart and mind through this process.

**KUOM:** Royal, when you first heard that you had to leave school because of Covid-19 and be taught at home on the computer how did it make you feel? First I felt fine because I didn't mind being away from all the students and teachers but afraid for others losing their lives due to it.

*Continues on page 33*



**KUOM: What do you miss about school?** My friends, I can't talk to them or actually meet new friends. I also can't personally meet my teachers. It's like I don't even really know them.

**KUOM: How did your friend's handle the news?** At first happy to not having to physically go to school but now when I look at them on online classes through the cameras they all look very sad and have no sparks, no motivation in their eyes or voice at all.

**KUOM: Do you like being taught at home? If not, why?** Now I do not like it at all. There's no true assistance as I have to look up most my work on google, watch a lot of videos, I can completely miss on where to submit or look for class work and get zeros so easily than ever before. It's aggravating as I feel I don't have control of their process or system yet.

**KUOM: Name one thing you liked about school? and one thing you didn't like about school?** Physical bonding and socializing. Bullying I don't like.

**KUOM: What do you do to make yourself happy?** My mom encourages me to find my happiness to get me back on track to staying focus on physically sitting for a long period of time and learning one main way only. I take more breaks and my mom allows me to grab a snack, I also get free time right after school, so I anticipate that.

**KUOM: If you had one wish what would it be?** To end Coronavirus to save lives.



Written by Ronyai Hawkins  
KUOMagazine's G.L.O.W. & Men of  
Kulture 365 Journalist

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## Mimi Mala

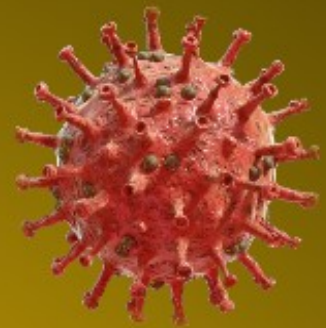
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KUOMagazine's Ribbons Of Survivors

# COVID-19

Explained to children



Wash your hands  
frequently



Keep a  
distance of  
one meter  
between you



**To prevent the  
spread of the virus  
and protect yourself,  
please follow these  
recommendations**

**SCIENTISTS CONTINUE  
THEIR RESEARCH TO  
FIND AN EFFICIENT  
VACCINE AGAINST VIRUS**

Use a tissue as  
unique use



COVID-19 causes respiratory illness.  
Symptoms includes: coughing, sneezing,  
runny nose, fever and shortness of breath. If  
you have these symptoms, please get check.

Do not  
shake  
hands







### Traditional Medicine with Dr. George Xavier Love Jr.

*Traditional Health Interview with Dr. Love, Qigong master and Doctor of Oriental Medicine*

On how his background sparked his interest in the healing arts, Dr. Love reflects: "I was a short fat kid that could not fight or run. I started training in Tai Kwon Do, a Korean martial art in a friend's garage when I was still in high School.



After an honorable discharge from the Navy during Vietnam era, I started riding motorcycles at 21 and became a Bruce Lee fan and learned Jeet Kune Do (a fighting style introduced by Bruce Lee). At age 28 I became a fitness fanatic and switched from motorcycles to bicycles, competing in fifty-mile races. After a career ending knee injury, I went to Chinatown for acupuncture to reduce pain and swelling. There I learned about Qi-gong for rehab. That was the spark that sent me to acupuncture school. Shortly after I graduated from Traditional Chinese Medicine school in Canada, I joined the Jushi Lin Taoist scholar's council led by Master Lee who taught Qi-Gong in Chinatown New York city. After three years I was given permission to teach and was awarded Doctor of Oriental Medicine degree from Beijing Acupuncture and Rejuvenation Institute. After nine years I became the first non-Chinese master of the Blue Dragon Immortal Qi-Gong System. Master Lee forbade me to continue martial arts sparring to prevent loss of Qi that I needed for healing others. He told me, "It is easier to break bones than it is to heal bones."

**KUOM: Dr. Love, your bio states that you are the first non-Chinese Qigong master; can you tell the readers how this came to be?** Qi-Gong is the foundation of Asian Medicine. Qi is the electromagnetic energy that flows with the blood thru the arteries. It is charged by rotational joint movements that enable it to be stored in the body like a battery.

☯ Your Qi can be excess or deficient, hot, or cold, damp, or dry and Yin or Yang. The terms yin and yang illustrated by the circular symbol, refer to a way of harmonizing the opposite nature of things. For example, Men are normally characterized as Yang-loud and aggressive and Women as Yin- soft and quiet, however we all know loud and aggressive women and soft and quiet men. That means people have both natures, but one can be more predominant. We practice Qi-gong to create this internal harmony.

**KUOM: What are some health benefits an individual can experience with Qigong classes?** The Benefits of practicing Qi-Gong includes the following:

- Builds immune system and lung function
- Increases longevity and kidney function
- Eliminates, back, neck and shoulder pain
- Improves mental clarity
- Strengthens circulation and respiration
- Calms & relaxes nervous system
- Improves musculoskeletal strength
- Strengthens reproductive organs
- Improves digestive system
- Lowers blood pressure
- Blood sugar and cholesterol
- Increases energy and improves sleep
- Prevents osteoporosis, hypertension and diabetes
- Reduces risk to 5 types of cancer
- Prevents heart disease reduces risk to bacterial, viral, fungal, and parasitic infections

*Continues on page 36*

**KUOM: Please explain the health benefits of food therapy?** Love Chinese Medicine Food Therapy: Asian Food Therapy is applied from an energetic diagnosis of your internal environment. From the determination of whether you are hot and moist, cold, and moist, hot, and dry or cold and dry, we can use foods to balance you to neutral. We can also use culinary spices as medicine to create neutral balance. We also apply five colors and five flavors to balance over a seven-day period. The Five Flavors are pungent, salt, sweet, sour, and *bitter*.

**The Five Colors are:**

**White:** (pungent) onions, garlic, shallots, scallions, and leeks.

**Black:** (salty) sea vegetables – Nori, Hijiki, Arame, Wakame

**Red/Orange Fruits** – sour grapes berries, sour cherries, sour plums, persimmons, grapefruit

**Yellow Orange:** (sweet) vegetables and most fruits – carrots, squash, pumpkin, turnips

**Leafy Green:** (bitter) vegetables

During the course of seven-days you should eat an equal amount of the five colors and five flavors. I teach weekly un-cooking classes and have raw videos for sale. In an online consultation I can determine what your internal environment is and with a questionnaire I can create a dietary regimen for you.

**KUOM: Why is important for us to detox our bodies and how often should we be doing it?** My Detoxification & Purification Program is called the Grandmaster Cleanse Juice Feast. You should juice feast one day a week, three days a month, seven days when the seasons change and 21 days before your birthday. The Juice feast is celery, carrot, beet, ginger, and turmeric. It can be adapted from 7-21 days depending on your requirements. I developed this in 1983 and has been perfecting it ever since as a transition from meat eating to vegetarian to Vegan to Raw food. I teach monthly Detox programs online and in person.

**KUOM: As a Doctor of Oriental Medicine, what are some modalities you use to treat diseases?** Modalities besides acupuncture:

- Heat called Moxibustion, from mugwort herb rolled into a lighted cigar and held a few inches above specific points to build Qi.
- Suction called Cupping, from negative pressure pulls interstitial fluid and blood back into proper circulation.
- Scraping called Gwasha, moves stagnant blood and interstitial fluid into proper circulation.
- Drumming or patting called Paidai, along the meridian increase flow of Qi and blood.
- Soundwaves called Tonopuncture, uses tuning forks on children and needle sensitive or needle phobic people on acupuncture points.
- Magnetic Therapy uses magnets on acupuncture points. North side for pain and south for infection.



- Microcurrent is 100x weaker than T.E.N.S. unit for pain. Used on ears and other sensitive areas of the body for chronic problems, nervous anxiety, and stress.

Blue Dragon Qigong Academy teaches 5 Transformations to create balance within the digestive system relating to organ longevity and physical strength and how that relates to spiritual health and emotional health. This is the landmark program that I organized from all the teachings I learned from Master Lee and Traditional Chinese Medicine.

KUOMagazine would like to thank Dr. Love for sharing his story with our readers and for taking us on this journey through the fundamentals of Chinese Medicine and how he applies its principles in his practice. This has truly been a fascinating education and an expansion of my personal understanding of Traditional Medicine.

For more information, contact Dr. Qi Love at the following links below or at (561) 450-5204.

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Website: [www.LoveChineseMedicine.com](http://www.LoveChineseMedicine.com)

Website: [www.BlueDragonQigongAcademy.com](http://www.BlueDragonQigongAcademy.com)

Website: [www.youtube.com/user/mysticmaster49](https://www.youtube.com/user/mysticmaster49)

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# Wellness Chefs



KUOMagazine.com Cooking with Master Chef Shular

# Acorn Squash-Ginger Soup with Root Vegetables and Coconut-Lime Cream



## RECIPE

by Chef Shular

### Acorn Squash-Ginger Soup

#### Ingredients:

1 ea. Acorn Squash, Halved and Seeds Removed  
2oz Coconut Oil  
1 ea. Carrot, Large Diced  
1 ea. Parsnips, Large Diced  
2 oz Ginger, Fresh Grated  
1 ea. Shallot, Sliced  
4 ea. Orange, Fresh Juiced and Zest  
2 ea. Lime, Juice, and Zest  
½ tsp Cinnamon  
¼ tsp Nutmeg  
1 ea. Clove  
4oz. Honey  
1 cup Coconut Cream  
1oz Mint, Fresh and Chopped  
Pinch Kosher Salt  
Pinch White Pepper

#### Method:

- Pre-Heat oven to 375 degrees
- Next place the halved acorn squash, carrots, parsnips, ginger, and shallots onto a clean small sheet pan line with butchers' or parchment paper.
- Once placed onto the pan, drizzle the 2oz of coconut oil onto the squash/vegetable mixture and evenly coat on all side.
- Place squash mixture in the oven and roast unto lightly brown and tender.
- Once mixture has cooked remove from oven and allow to cool for 5-10 mins.
- Next place mixture into a blender with orange juice, lime juice, cinnamon, clove, honey and coconut cream and process until smooth.
- Once soup is processed and smooth finish with the fresh chopped mint, salt, and white pepper.

**NOTE:** Reheat prior to serving and garnish with root vegetables and additional coconut cream.

#### Master Chef Note:

I like to showcase the vegetables as an added textural and visual enhancer, in this photo the vegetables are shredded fine with a grater to form a noodle like presentation. The addition of the coconut cream and roasted acorn squash wedge make this suitable for any occasion.

#### Root Vegetables Garnish:

- Acorn Squash
- Carrots
- Parsnip
- Orange Zest
- Lime Zest

#### Coconut-Lime Cream

4oz Coconut Cream, Sweetened  
1ea Lime Juice and Zest



# Healthy Eating with Chef Noel Cunningham

## Healthy Eating Tips During the “Holidays”

Growing up in Jamaica every year my family looks forward to Christmas. This is the time we would visit my aunt Miriam in Portmore for dinner and she would go all out on her Christmas spread. Plus, she is a great cook I must add. For us it was more than the food, it was a time of getting together and seeing family you haven't seen all year. All the adults cook and as kids, we would be on the cleanup team and that's our family Christmas tradition for years without gifts. Our gifts were love.

A lot of people believe that eating healthy means restricting yourself from the food you love. I believe in eating in balance and moderation. This festive season you want to join your family at the table but still maintain that good health and physique.

Everyone's healthy diet goes through the window once the holiday season arrives because some of the festive treats are simply impossible to resist. This Holiday season you can stay healthy with these 8 tips. You will thank me later.

- Eat small portions of food-In this case, it's not what you eat but how much of what you eat.
- Offer to bring/prepare something healthy like a kidney bean quinoa salad.
- Ensure you are eating in colors- Once you have a colorful plate you are on your way to eating healthy.
- Add a flavorful mocktail to the menu so this way you can still enjoy a drink but you not consuming the calories from the alcohol. Drinking is one of the easiest ways to gain weight over the holidays .
- Ensure you have breakfast and lunch, so you don't overindulge at dinner.
- Plan your menu in advance- This will give you time to make sure your menu is balanced with salads, vegetables, healthy protein, and a mixture of healthy starch such as a mashed sweet potato instead of regular mashed.
- Serve dinner at a reasonable time- One day won't hurt eating late but this is a great way to ensure you are staying on track with your diet.

Use a small plate - This way you will maintain your portion.

Written by Chef Noel Cunningham

KUOMagazine's Healthy Eating Journalist

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# Wellness Chefs

Celebrity Vegan Chef, Sandi Morais





**Celebrity Vegan Chef**  
**Sandi Morais**

# HOLIDAY SNACK IT UP

## An inspired Jamaican Pastry



## Coconut Gizzada Tart (No Bake)

**Coconut Gizzada Tart:** Is a traditional Jamaican pastry that I always enjoyed as a snack when I was growing up in Jamaica. It is also known as pinch-me-round because of the pinched crust. When I became a Vegan and also gluten-free, I could no longer enjoy my favorite baked Gizzada because the Gizzada was made with flour, butter and sugar. I wanted to enjoy my favorite childhood snack so I decided to create a No Bake Vegan style Coconut Gizzada Tart by substituting healthier ingredients. I made the crust with almond, walnuts and coconut as a substitute for the flour. I included the traditional spices such as vanilla, nutmeg and cinnamon to spice up the crust, and dates as the sweetener instead of sugar. I made the filling for the Gizzada with coconut cream instead of butter. I was very happy that I was able to recreate one of my favorite childhood snacks to fit into my vegan lifestyle. This is a simple tasty healthy Gizzada Tart recipe that you can make and Snack It Up for the holidays.

**Serves: 2**

**Prep Time: 10 minutes**

**Total Time: 30 minutes**

### CRUST

1/2 cup raw unsalted almonds  
1/2 cup raw unsalted walnuts  
3 tablespoons unsweetened shredded coconut  
1/2 cup pitted dates  
1/2 teaspoon nutmeg  
1/2 teaspoon vanilla extract  
1/2 teaspoon cinnamon

### TOPPING

4 tablespoons unsweetened shredded coconut  
2 tablespoons coconut cream  
1 tablespoon maple syrup  
1/4 teaspoon nutmeg

(Mix ingredients together in a bowl)

### METHOD:

**Step 1:** Add walnuts, almonds and shredded coconut to your food processor and blend to a meal texture. Add cinnamon, nutmeg, vanilla and blend again.

**Step 2:** Add dates and blend until mixture begins to form a dough. Scrape the dough into a bowl. Add a piece of parchment paper to a 5 inch tart mold. Scrape the dough into the tart mold. Use a spatula and press the dough firmly into the mold.

**Step 3:** Put the Gizzada into the freezer to set for 20 minutes. Remove the Gizzada from the freezer and put it into the regular part of the fridge. Add topping when ready to serve.

For more tasty healthy recipes and to order my *Vegan Recipe for Life Cook Book* for only \$24.95 (Includes S&H), visit online at [www.vegantuneupcafe.com](http://www.vegantuneupcafe.com).

Recipes by Celebrity Vegan Chef Sandi Morais

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