

JANUARY/FEBUARY 2020

## Heart Disease

The importance of being heart healthy cannot be stressed enough.

*Exclusive*

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Celebrity Vegan Chef



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Bridgette M. Bennett, Esq.  
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**302 W. Orange St., Groveland, FL 34736**

Office: 352.557.8989

Fax: 866.894.4321

[bridgette@bennettlawcenter.com](mailto:bridgette@bennettlawcenter.com)

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### DIGITAL MEDIA & PHOTOGRAPHY

Art & Layout /Graphic Design **MICHELLE "MEA" ALLMAN**  
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### CONTACT INFORMATION

Karibbean Under One Magazine (KUOMagazine )  
1516 E. Colonial Drive, Suite 305, Orlando, FL 32803  
Email: [iamkuomagazine@gmail.com](mailto:iamkuomagazine@gmail.com)  
Website: [www.KUOMagazine.com](http://www.KUOMagazine.com)  
Office Voicemail: (407) 906-3305 Cell: (407) 486-5001  
Facebook: <https://www.facebook.com/KUOMagazine>  
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# KUOM

Greater Level of Wellness #G.L.O.W.

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## EDITOR IN CHIEF / MESSAGE

2020 is the year of **#CLARITY** in finding my **#PURPOSE #PASSION #MOTIVATION & #DIRECTION** in reverting back to what I know best, and that is publishing KUOMagazine, but with a Greater Level of Wellness **G.L.O.W.** Being a 19 year Breast Cancer Survivor has taught me that life is too short and not to sweat the small stuff. Embracing my self-love, believing in my faith and trusting in GOD, I can do anything. My knowledge is my direction to my journey. In 2019 there were many challenges and beautiful moments that I hold close in my heart. There was one painful moment in 2019 that I am still recovering from and that is the death of my dear friend Vanburn O'Bryan Ivey (aka Bryan Ivey) of B2B Marketing, Back To Basics Radio. Bryan lost his battle to cancer on Sunday, December 22nd, 2019. We were friends for about 11 years. Bryan inspired me to believe in myself, follow my dreams and don't take mess from nobody. He would always say "I'm watching you sis, keep up the good work in all that you do in your community. That truly meant a lot coming from him. Prior to Bryan's passing, I asked him if I could grant one last wish what would it be? He responded by saying "go back to KUOMagazine because that's who you are, and will forever be."

I am happy to say, I followed his advice, I'm back! Another special moment was when I shared that I wanted to bring my magazine back with my closest friends and they say, "My Sista, You Got This." Let's get it started, build your team and we'll walk the runway beside you! Now that's how you start the New Year in 2020!!!! My 2020 clarity of direction is just be true to yourself. Have an open mind. Don't be afraid to step forward to be a leader and not a follower. Have faith that you can accomplish anything your mind can conceive, because you will achieve. The mistakes or I would say life lessons, will make you a stronger person. Lord knows I've seen many of those days. We may not always know where to start, but by taking a moment to reflect on your life experiences, just might lead you to the right path of clarity. Today is a good day to remember that God gives us the power to act and change. It is a good day to stop worrying about whether or not you're are making progress. Finally, allow me to share this quote with you by George Bernard Shaw, "*Life isn't about finding yourself. It's about creating yourself.*" So, I'm creating a Greater Level of Wellness **#G.L.O.W.** with KUOMagazine and my team of journalists.

**Breathing in:** Your Power

**Breathing Out:** Moving through God's Power for Clarity

Mea Allman, KUOMagazine's Editor-In-Chief/Publisher

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## A.L.I.V.E - Mindset Techniques to Elevate Your Mind, Elevate Your Beliefs & Elevate your Life!

**\*Affirmations Love Imagination Vision Empowerment\***

As we enter a new year we tend to make new resolutions. Sorry to say but not much will change if we do not do the work to **RENEW OUR SUBCONSCIOUS MIND**. You may be saying to yourself that you are just not seeing results in certain areas of your life. Well, until we change the **INSIDE** aka **SUBCONSCIOUS MINDSET** (beliefs, thoughts, words & feelings) the **OUTSIDE** aka **REALITY** will remain the same. **“If you want to find the secrets of the universe, think in term of energy, frequency and vibration”**

Nikola Tesla.

**The Culprit:** - **LIMITED SUBCONSCIOUS BELIEFS**. Studies show that we picked up stinking thinking from our **PAST** experiences, childhood, family, religion, trauma etc., which was adopted as **LIMITED** or **NEGATIVE BELIEFS** in the **SUBCONSCIOUS MIND**. That stinking thinking can keep us in negative energy thus attracting continuous negative results. We may not be able to change the past but we can **UPDATE** the beliefs that does not serve us and **RE-LEARN** our truth.

**Reality:** The more **POSITIVE & EMPOWERING BELIEFS** you adopted, the more positive & empowering **HABITS** you will create which will lead you to experience a more “positive” **LIFE**. The more **NEGATIVE & DIS-EMPOWERING BELIEFS** you adopted, the more negative & dis-empowering **HABITS** you will create which will lead you to experience a more “negative” **LIFE**. Unfortunately, the cycle will repeat until new positive, empowering information is impressed repeatedly on the subconscious mind.

**Solution.** Think of your subconscious mind as a computer that has a virus and you have to download certain information to get rid of the virus or give it critical updates. Relearning new empowering, positive information to the mind is like updating the computer system.

**Applying The Solution:** \* Affirmations \* Love \* Imagination \* Vision \* Empowerment

It's important to add “**ME Time**” (prayer, meditation, affirmations, imagination, etc.) to our daily schedule. 30 mins in the am and/or 30 mins before bed is ideal. This time is beneficial to our lives as we need time to empower, heal & love self so we can be a blessing to others. Incorporate your life with my **A.L.I.V.E Mindset Techniques** and watch your life blossom in areas that you thought were blocked. Next time we will go over in details how to use these **5 positive mindset & mind priming techniques** to **ELEVATE** your mind & **ELEVATE** your life.



Written by Donna Morton Morgan  
KUOMagazine's Life's Renewal Journalist/Mindset Coach  
**Facebook:** <https://www.facebook.com/BreakthroughmindsetBroker>  
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## TWO WORDS “ART & THERAPY”

When you think of these two words Art and Therapy within the same sentence many don't believe they can live in holy matrimony. During my coming of age years and having to move from the Midwest to Florida I was already experiencing very traumatic but pivotal moments in my life. I witnessed childhood friends being murdered due to gun violence, gang affiliation, adult like situations and more.

Not only that but trying to balance a new school, grades, athletics, and seeking validation from my father could have been a recipe for disaster. I will never forget the day that my mother introduced me to the power of writing in the medium of poetry. You see my mother was a writer and my grandmother as well, along with being a certified counselor for women transitioning out of prison and missionary. Her focal point was anger management.

When she showed me how to channel my aggression and adrenaline from the pen to a blank canvas, I found healing in that moment. Fast forward to today. I'm thankful that I'm able to create a platform called Refuel that can help artists and men find a safe haven to release through the power of their gifts and talents.

Regardless if its producing music, sculpting, painting, cooking, dancing, acting, etc. release your emotions to that canvas. Because of art, faith, counseling and reflection I was able to diagnose myself.

Suffering from depression and rejection for almost ten years in silence I can finally say that Art is a healer. Throughout the series you will read countless stories on other artists and their healing journey along with different health tips that will keep you away from being enslaved. Lets talk more in 2020!

Written by Ronyai Hawkins,  
KUOMagazine's Men of Kulture 365 Journalist  
Founder of Paint With Words

**Website:** [www.ronyai.com](http://www.ronyai.com)

**Facebook:**

<https://www.facebook.com/ronyai.hawkins>

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**Instagram:**

[https://www.instagram.com/iam\\_ronyai](https://www.instagram.com/iam_ronyai)

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## “Power” - The Power of **LOVE**

That moment when her eyes meets his, she is transcended to another time and place. His mind connects with hers and she gives in to him. She is his Queen Sweetness, giving him, royal sensuality and he is her King, giving her the strength of a Dark Knight. She submits to him and loves him beyond the atmosphere and when she embraces him, he submits all his power to her.



She gives and pours into him a love he's never seen yet is overwhelmed with the desire to experience the depth of her love. Their love is like a current that keeps electricity flowing. It is the ignition that does not allow their flame to cease and an ever-burning flame that can never be quenched. Her soul awakens his and his soul draws near to hers.

Even when distance separates them, it is their love that continues to keep their souls connected leaving them in one another's presence. In their separation of space, she sleeps and is awakened because she feels his call for her and she reach for him calling for him and they touch the realness of their bodies while miles apart. He desires her and she yearns for him. It is his mind that she has captured and her mind, he embraces.

Their love takes them on mental journeys reviving their hearts and attaching their souls. “The Power of **LOVE**” in her heart flows to his mind, captivating and keeping him. She nourishes his mind taking him beyond himself, bringing him to that place inside of her that brings him peace.

He can release himself to her without any doubt to that place where there is no limits or boundaries between them. He is her safe place, her Dark Knight who keeps her heart and mind protected.

He awakens her and she gives him life. Their love is.....Powerful - an ever-burning unquenchable flame, keeping their souls connected. Within each other they're injected. They illuminate the very essence of **LOVE**. When she looks into his eyes, she sees her place in him and he reveals himself to her. There is a powerful radiation of love between them that cannot pull their hearts apart. Their love is amazingly intense and full of “**POWER**”!



By Evangelist Laqwonna Glaster, KUOMagazine's Soulful Art Journalist

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# Women of Kulture 365

with Mea Allman



## *Celebrating Life with Sandi Morais, Celebrity Vegan Chef*

In this issue we celebrate life with Celebrity Vegan Chef, Sandi Morais, who's been a contributor writer for KUOMagazine for many years sharing some of her healthy recipes. I'm very excited to feature my dear friend as our cover story. Sandi is a graduate of Florida International University and author of *Vegan Recipe for Life* cookbook, but before she embarked into the culinary world, she was a Physical Education teacher and Pre-School teacher. Fitness was a big part of her lifestyle but 18 years ago she fell in love with the vegan cuisine. Sandi wanted to learn how to create exquisite, tasty meals so she went on to study at Le Cordon Bleu College of Culinary Arts. She also had the privilege to study with two master's Chefs in the culinary world, Johnny Rivers, former Disney's Executive Chef and Dr. Aris LaTham, Father of Gourmet Raw Living Food.

In 2018 Sandi was the VIP Chef at the inaugural Vegan Festival in Orlando, Florida. Sandi loves to educate people about the health benefits of the vegan plant-based lifestyle so she created the [VeganTuneUpCafe.com](http://VeganTuneUpCafe.com) website. She caters vegan meals for private celebrity clients and for various health and fitness events. She also teaches vegan cooking classes as well. Between Sandi's busy schedule as a celebrity Vegan Chef, we were able to catch up with her for an up and close interview as she shares a little insight about her vegan lifestyle.

**Sandi, what was the turning point that made you decide to adopt the vegan lifestyle?** Eighteen years ago, when I was living in Miami, Florida I started to experience some digestive issues. I consulted with a Holistic Doctor by the name of Dr. George Love who suggested that I should try and adopt a vegan plant-based lifestyle. I was skeptical at first because I did not know if I could live without eating my traditional Jamaican foods, but I was willing to give it a try because this was about my health.

**Did making the change to the vegan lifestyle make a difference in your health?** I did not change to the vegan lifestyle immediately. I became a vegetarian first. I did not know how to prepare vegetarian meals, so my beloved significant other Philip Michael Thomas who had been a vegetarian since 1967 bought me a vegetarian cookbook. I tried the vegetarian lifestyle for a year then I decided to transition to the vegan lifestyle. Yes, my health gradually began to improve with the vegan plant-based lifestyle. I have been living this lifestyle for 18 years.

**Is there a difference between the vegetarian lifestyle and a vegan lifestyle?** Oh yes, there is a big difference. Vegans don't eat any meat or dairy products. However, some vegetarians consume dairy products. There are different types of vegetarians. Lacto vegetarian's eat dairy products but no meat. Ova vegetarians eat eggs but no dairy or meat. The Pescatarian is someone who adds fish and seafood to their vegetarian lifestyle.

**Let's go down memory lane to your childhood. What Jamaican dish did you love growing up that you had to give up? And were you able to recreate that dish into your vegan lifestyle?** I loved Jerk Chicken and Rice and Peas, but I had to give it up. However, I was able to recreate my favorite Jamaican Jerk Chicken and Rice and Peas by substituting the chicken with tofu and the white rice for quinoa. I used my traditional Jamaican jerk sauce along with some other spices to create the Jerk Tofu dish because I wanted to keep the taste authentic.

**What is the misconception about vegans when it comes to the vegan lifestyle?** One misconception is that vegans don't get enough protein. On the contrary vegans get a lot of protein. We get protein from beans, legumes, nuts, seeds, grains and even some greens.

*Continues on page 18*

# Women of Kulture 365

*with Mea Allman*

## *Celebrating Life with Sandi Morais, Celebrity Vegan Chef*



**You are the Brand Ambassador for Stiffinefood, a company that is based in Italy to help promote their organic Italian vegan products. What was the reason why you decided to be involved with that company?** I was very impressed with the fact that all their products were authentic, organic and full of flavor. We also share the same passion about the health benefits of the vegan lifestyle. I love to align myself with people of like mind.

**You are a teacher who advocates the vegan cuisine. You have inspired many people, me included, even celebrities with your cooking and promoting healthy living through the vegan lifestyle. What dish has been the biggest challenge you've encountered & memorable moments as a Vegan Chef?** I had to prepare a vegan Mac & Cheese for 35 children ages 9-15 at a community outreach center. Mac & Cheese is a staple meal for children all across America, so I was up for a challenge. I had to create a Vegan Mac & Cheese recipe with the same texture and taste that the children were used to eating and hope that the children would enjoy it. Lucky for me the children loved the recipe and that made me very happy. It also was a memorable moment for me to get the opportunity to work with the kids from the outreach program. I believe it is very important to introduce healthy eating to children at an early age because it will help them to create healthy eating habits throughout their lives.

**I read an article about vegans being deficient in vitamin B12. Do you think vegans should be concern about B12 deficiency?** I believe if someone is concern about B12 deficiency they should consult with their doctor to find out if indeed they have a B12 deficiency.

**The vegan lifestyle is becoming more popular. What is your take on the plant-based industry?** I am happy to see the vegan community growing and more people getting a chance to experience the benefits of the vegan plant-based lifestyle.

*Continues on page 19*

# Women of Kulture 365

with Mea Allman

## *Celebrating Life with Sandi Morais, Celebrity Vegan Chef*

**I noticed the vegan meals you post on your Instagram page looks so delicious and enticing. When I share your page with some of my friends, they think that your meals look different from some of the other vegan meals they see on other Instagram pages. Is there a certain method you use to prepare your meals to make them look vibrant and alive?** I had the opportunity to work with Master Chef Johnny Rivers, who taught me the method of Food Styling. Creating Food Art on the plate will make the meal look more delicious and enticing.

**What methods do you use via education etc. to get your message across to encourage people to live a healthier lifestyle?** I speak at health seminars on the benefits of the vegan lifestyle. I also teach vegan cooking classes. My *Vegan Recipe for Life* cookbook is another method to help give people a jump-start to a healthy lifestyle.

**How do you normally create a salad to make it more of a meal?** I normally start with dark leafy greens, then I add some beans and colorful veggies along with avocado. I also add some dried fruits like cranberries or dates, then my homemade salad dressing. Having a good balance of plant protein, healthy fats and good carbs will help to make the salad a more satisfying meal.

**If someone wanted to become vegan what steps do you recommend?** Education is the first step. There is a plethora of information in books and different documentaries like "What the Health" & "Forks over Knives." I also would recommend cooking classes in order to learn how to prepare vegan meals.

**As a Woman of Kulture 365 what are some inspiring words that you would like to share with our readers?** Make your healthy lifestyle a top priority because good health is your true wealth.

**Sandi, thanks for taking the time to share with KUOMagazine information on your vegan lifestyle with our readers. How can people get in touch with you to purchase your cookbook or for cooking classes?** Through my website at [www.vegantuneupcafe.com](http://www.vegantuneupcafe.com) or my IG @sandi\_vegancooking and my FB @chefsandivegancooking.

For more information about Vegan Chef Sandi Morais, and to order "*VEGAN RECIPE FOR LIFE*" COOKBOOK FOR ONLY 24.95 (Includes S&H), please visit [www.vegantuneupcafe.com](http://www.vegantuneupcafe.com).

On behalf of KUOMagazine.com, we would like to thank Celebrity Vegan Chef, Sandi Morais for taking the time to share information on her vegan lifestyle with our readers.

Written by Mea Allman  
KUOMagazine's Founder/Journalist



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## YOUR HEART & RELATIONSHIPS

Let's talk about your heart and relationships. The heart is arguably the most vital organ of the human body. It's responsible for pumping blood through the circulatory system supplying oxygen and nutrients to the tissues and re- moves carbon dioxide. Needless to say, taking care of the heart is vital. Eating the right foods, proper exercise as well as a positive state of mind. Now, I'm not a doctor, Yet I'm sure we can all agree that stress is a killer. It places undue pressure on the heart and the next thing you know a myriad of things happen to the body.

And while there are many things that cause stress, the one thing we need to be mindful of is the relationship we have with ourselves, work and with others. I can't express enough how a healthy relationship with ourselves will act a defensive mechanism when outside forces atom to bring the street into our lives. It could be unnecessary drama, worry and one that is familiar to many, heartbreak. Holding animosity against another creates stress. No letting go of experiences that did not serve us. It's important we learn the lesson from that experience and **LET IT GO!**

Holding on to unhealthy family relationships create stress, especially during family gatherings and holidays. Choosing not to forgive someone you used to be in a relationship with? Family member? Yep, that can create stress as well. Stop focusing on the "haters" as well. It may not seem so on the surface, but so much happens on a subconscious and soul level that it plays itself out on your health and well-being. You cannot allow holding in a mindset that is negative, anger-filled and bitter. Trust me, they are not thinking of you.

You have a purpose on this planet, and you need ALL of you to accomplish it. You need to be there for your lover, intimacy, sex, the kids, your business or job. Most importantly, you need to be there for you. Take care of your heart and your heart will take care of you.

Written by Ronnie Walker, KUOMagazine's Heart & Relationships Journalist  
Master Coach of Exceptional Relationships and Relationship Transformation

Website: [www.resultswithronnie.com](http://www.resultswithronnie.com) / [www.resultswithronnieradio.com](http://www.resultswithronnieradio.com) / [www.blackintimacymatters.com](http://www.blackintimacymatters.com)

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# WHAT IS HEART DISEASE?

In this month of G.L.O.W. (Greater Level of Wellness), we bring awareness to heart health with Heart Disease (FEBRUARY), describes a range of conditions that affect your heart. Diseases that fall under heart disease is coronary artery disease, blood vessel diseases, heart rhythm issues, heart defects, congenital heart defects, among others. We remember smelling dinner while walking home from school. We always had a nice meal that was cooked with love. Unfortunately, as a child we did not realize that what we were eating was not always healthy. Coming from a Caribbean background means indulging in fatty, salty, refined carbs and fried food. In our family there is high blood pressure, diabetes and high cholesterol. Our father had a heart attack and our mother had a stroke, which we feel was contributed from improper eating, lack of education and immobility. I am sure there were many warning signs which were ignored. With proper education and lifestyle changes heart disease can be avoided. More women than men die every year from heart disease. Cardiovascular symptoms may be different for men and women. You can experience symptoms such as chest pain, chest tightness, chest pressure and chest discomfort such as shortness of breath, nausea and extreme fatigue. Some environmental factors that can contribute to heart disease are tobacco use, physical inactivity, poor diet



and obesity. Some foods that are bad for your heart and may lead to heart failure are bacon, red meat, soda, cookies, cakes, muffins, processed meats, white rice, breads, pasta, alcohol, and butter to name a few. Eight foods that can cleanse your arteries are asparagus, avocado, garlic, leafy green vegetables, green tea, flaxseeds, almonds and walnuts. It is necessary to choose a healthy diet in order to live a long life. Overall, the importance of being heart healthy cannot be stressed enough. Your health is your wealth so treasure it. Be the one to lead by example in your

Family by eating right, exercising, taking your medications, seeing your physician on a regular basis and making healthier choices all the time.



## SIGNS OF STROKE:

**BE-FAST** indicates Balance, Eyes, Face, Arm, Speech, Time. It is an acronym used as a mnemonic to help detect and enhance responsiveness to the needs of a person having a stroke. The acronym stands for Facial drooping, Arm weakness, Speech difficulties and Time to call emergency services.

- B - is for Balance:** Does the person have sudden loss of balance?
- E - is for Eye:** Has the person lost vision in one or both eyes?
- F - is for Face:** Does the person's face look uneven?
- A - Arms:** Is one arm hanging down?
- S - Speech:** Is the person's speech slurred or have trouble speaking and seem confused?
- T - Time:** If they are experiencing these symptoms, then it's time to call 911.

Written by Muriel Bassainthe  
 KUOMagazine's #G.L.O.W. Journalist

**Facebook:**  
<https://www.facebook.com/muriel.bissainthe>

**Instagram:**  
<https://www.instagram.com/onlymuriel>

**Instagram:**  
[https://www.instagram.com/candid\\_conversations](https://www.instagram.com/candid_conversations)

**Photo Credit:** WebMD, Heart.org & Candid Conversations

For info on Heart Disease, please visit the American Heart Association at <https://www.heart.org/>



## How **TRADITIONAL MEDICINE** Is Practiced Today!

Throughout my childhood, I can remember pots containing water, leaves, and roots boiling away in our kitchen. My mom's Jamaican home remedies included fever grass (aka lemongrass), ginger root, cerasee, and peppermint teas. I later learned that these plants are full of powerful compounds that serve many healing purposes, including anti-inflammatory, antibacterial, antifungal and antimicrobial properties.



Fueled by a lifelong curiosity about natural health, in 2002 I became a certified health coach through the Institute for Integrative Nutrition in New York City. We were trained to isolate aspects of traditional healing modalities and put them together to customize individual wellness protocols. In 2017 when I was diagnosed with Graves' Disease, I decided to draw upon my knowledge of traditional medicine to aid in my recovery. I incorporated milk thistle and dandelion to protect my liver from the damaging effects of my thyroid medication while herbs such as ashwagandha and turmeric helped to battle anxiety and inflammation.

### Here are 3 quick examples of Traditional Medicine still practiced today:

**The San Bushmen** have inhabited Southern Africa for over 20,000 years and are master herbalists. They use the *hoodia gordonii* plant to successfully suppress appetites while on long hunting expeditions. **Traditional Chinese Medicine** has been in practice for over 3,000 years, dating from the Shang dynasty. This practice includes the use of herbs, acupuncture, and food to treat ailments emanating from deficiencies of the Qi (or life force energy). **Indian Traditional Medicine** is called Ayurveda in which everyone requires specific herbs and diet to balance doshas and maintain wellness.

The **W.H.O.** defines Traditional Medicine as: "the sum total of the knowledge, skills, and practices based on the theories, beliefs, and experiences indigenous to different cultures, used in the maintenance of health..." Traditional doctors have been prescribing plant-based medicines for thousands of years while modern medicine is a fairly new science. Its genesis dating back to the industrial age of the 18th century. But the history of colonialism around the globe is directly associated to our negative understanding of traditional medicine. As colonists grabbed land around the globe, they attempted to squash local traditions and beliefs and imposed their own.

They simply believed that their views on religion and medicine were superior to those of the native doctors they encountered. Unfortunately, these beliefs persist to this day. Although there are purists on both sides, I do believe the traditional and modern can work together for the betterment of the patient and I look forward with great hope, to that bright future.

By Dawn Hewitt, KUOMagazine's Traditional Medicine Journalist

**Facebook:** <https://www.facebook.com/dawn.hewitt1>

**Instagram:** <https://www.instagram.com/dawnsheren>

**Photo Credit:** *Herbal Medicines in African Traditional Medicine (IntechOpen Limited)*



# KUOM

#WellnessChefs *with Sandi Morais*

## Quinoa Curry Coconut Bean Salad

Celebrity Vegan Chef, Sandi Morais, says “A salad is not just an appetizer.” A salad can be created to make a satisfying meal by adding some plant protein, healthy fats, and good carbs. Eating a big colorful salad is a great way to get some of your nutrients. This simple and easy to prepare Quinoa Coconut Curry Bean Salad is delicious and full of flavor.

**Serves: 2**

**Prep Time: 10 minutes**

**Cook Time: 20-30 minutes**

### Ingredients: Quinoa recipe

1/2 cup quinoa

1 cup water

1 veggie bouillon

1 teaspoon olive oil

1 small garlic clove (chopped)

### Salad

3 cups baby kale or spinach

1 cup shredded carrot

1/2 cup grape tomatoes

1/2 cup dried cranberries

### Curry Coconut Bean Sauce

2 cups garbanzo beans (cooked)

1 1/2 tablespoons coconut oil

2 garlic cloves (chopped)

2 tablespoons red pepper (chopped)

1 teaspoon turmeric powder

1/2 teaspoon cumin powder

1/2 teaspoon coriander powder

3 tablespoons coconut cream

1/2 cup water

Sea salt

### Method:

**Step 1.** Wash the quinoa. Use a fine mesh strainer and drain off the water. Put the water into a pot and add the quinoa to the water. Add olive oil, veggie bouillon, garlic and sea salt. Bring the water to a boil. Cover the pot and turn the stove on low. Allow the quinoa to cook for 20-25 minutes.



### Curry Coconut Bean Sauce:

**Step 2.** Add coconut oil to sauce pan. Once the oil is slightly hot add garlic and peppers. Sauté for a few seconds; then add turmeric, coriander and cumin. Sauté for a few seconds. Add water and coconut cream. Mix together and allow the sauce to get thick. Add garbanzo beans to the sauce and mix together. Salt to taste. If the sauce is too thick add a little more water.

**Step 3.** Put quinoa into a bowl. Add baby kale, or spinach. Add tomatoes, shredded carrot and dried cranberries. Add curry bean sauce to the bowl.

Recipe by Sandi Morais, Celebrity Vegan Chef

KUOM Wellness Chefs Journalist

Photo Credit: Michael Philip Thomas

Continues on page 25

## OVERNIGHT OATS ALMOND OATS PUDDING

Celebrity Vegan Chef, Sandi Morais shares an Overnight Almond Oats Pudding made with Rolled Oats is delicious and the recipe is simple and easy to make. Once the pudding is made overnight it's easy to just warm-up the pudding in the morning for a simple healthy breakfast, or just take it in your lunch box with some fresh fruits as a snack on-the-go.

**Serves: 1**

**Prep Time: 6 minutes**

**Total Time: 6 minutes**

### Ingredients:

1/2 cup unsweetened almond milk  
1/2 cup old-fashioned rolled oats  
3 pitted dates  
1/2 teaspoon cinnamon powder  
1/4 teaspoon nutmeg  
1/2 teaspoon vanilla extract  
1 teaspoon chia seeds  
2 tablespoons raisins

### Toppings:

1/2 cup berries  
1 tablespoon almond butter  
1 tablespoon chopped nuts (optional)

### Method:

**Step 1.** Put the almond milk into your high speed blender or Vitamix. Add dates, cinnamon, vanilla, nutmeg and blend.

**Step 2.** Pour the milk into a mason jar. Add chia seeds and mix together. Add rolled oats and mix. Add raisins and continue to mix until the oats is soft. Add a little more milk if the pudding is too thick.

**Step 3.** Cover the jar and put it into the fridge overnight. (Not the freezer.) When you are ready to eat the pudding add toppings.

**NOTE:** You can also get creative and add toppings of your choice. Oats is a good source of vitamins, minerals, fiber and protein ([www.healthline.com](http://www.healthline.com)).

### DIFFERENT TYPES OF OATS:

**Rolled Oats:** Rolled oats, or old-fashioned oats, are oat groats that have gone through a steaming and flattening process.

**Quick Oats:** Quick oats or quick-cooking oats are rolled oats that go through further processing to decrease cooking time.

**Steel-Cut Oats:** Also known as Irish oatmeal, steel-cut oats are most closely related to the original, unprocessed oat groat. To produce steel-cut oats, the groats are chopped into pieces with large steel blades.

**Note:** Information from [www.healthline.com](http://www.healthline.com)

Recipes by Sandi Morais, Celebrity Vegan Chef  
KUOMagazine's Snack It Up Journalist

Photo Credit: [Vegantuneupcafe.com](http://Vegantuneupcafe.com)

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

Facebook: <https://www.facebook.com/sandi.morais.1>

Instagram: [https://www.instagram.com/sandi\\_vegancooking](https://www.instagram.com/sandi_vegancooking)



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# ABS & GLUTES TUNE UP

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A CHAMPION'S GUIDE TO TONED ABS AND A FIRM REAR END



Photo Credit: pherbs

## THE HEALTH BENEFITS OF WATER!

I always stress the importance of staying hydrated to my clients. Water is crucial for your health and well-being. In Dr. Don Colbert's Book *The Seven Pillars of Health*, he states "water is the first pillar of health." According to research drinking water on a regular basis supplies your body with many health benefits.

### HEALTH BENEFITS OF WATER:

- Water transports nutrients to your cells.
- Water flushes your kidneys by removing toxins from your body.
- Water lubricates your muscles and joints.
- Water helps with blood circulation.
- Water helps to prevent dehydration.
- Water helps with digestion.
- Water helps to keep your skin young, healthy and vibrant.

**Kamla Macko**, is the Author of *ABS & GLUTES TUNE UP* fitness book. She is a graduate of Florida International University with a degree in Exercise Science/Cardiac Rehabilitation. She is an IFBB Figure-Pro, Kentucky-Pro Champion and 2x Olympia Competitor. Kamla competed in a total of 19 shows including Arnold Classics and Ms. Figure Olympia. She is the co-owner of G-Kamp Fitness in Tampa, Florida. [www.gkamp.net](http://www.gkamp.net)



Written by Kamla Macko, KUOMagazine's Weighing In Journalist IFBB Figure-Pro Certified Personal Trainer, 2x Olympia Competitor, Ms. Figure Olympia & Co-Owner of G-Kamp Fitness (Tampa, FL)

**Website:** [www.gkamp.net](http://www.gkamp.net)

**Instagram:** <https://www.instagram.com/kamlagus>

**Book Photographer:** Tammy Busciglio

**Cover Design:** Fineline Printing

To Order my *ABS & GLUTES* Fitness Book for only \$25.00 (Includes S&H)  
Visit: [www.gkamp.net](http://www.gkamp.net). The book includes healthy recipes and a Progress Chart to help you stay on track with your workout.

# KUOM #BusinessFeature *with Marlyn Bonzil-Juste*



Marlyn Bonzil-Juste (Haitian-American) is the Visionary Founder of MJ Solutions LLC, a consulting firm. Offering tailored business solutions to companies within legal and healthcare industries, with a specialty in Personal Injury Law.

Mrs. Bonzil-Juste academic background consists of a Bachelor of Science degree in Business Administration and a Master's degree in Healthcare Administration. Moreover, she has 15+ years of progressive management experience in Sales, Marketing, and Strategic Business Relations.

Mrs. Bonzil-Juste stands behind her motto, **“Create Yourself.”** Such has fueled her passion to continually evolve and deepen her found belief in practicing a holistic approach to living. She is a serial entrepreneur and the founder of **Your Best Life: Self-Care For The Modern Woman conference & Co-Author of Broken Chains.**

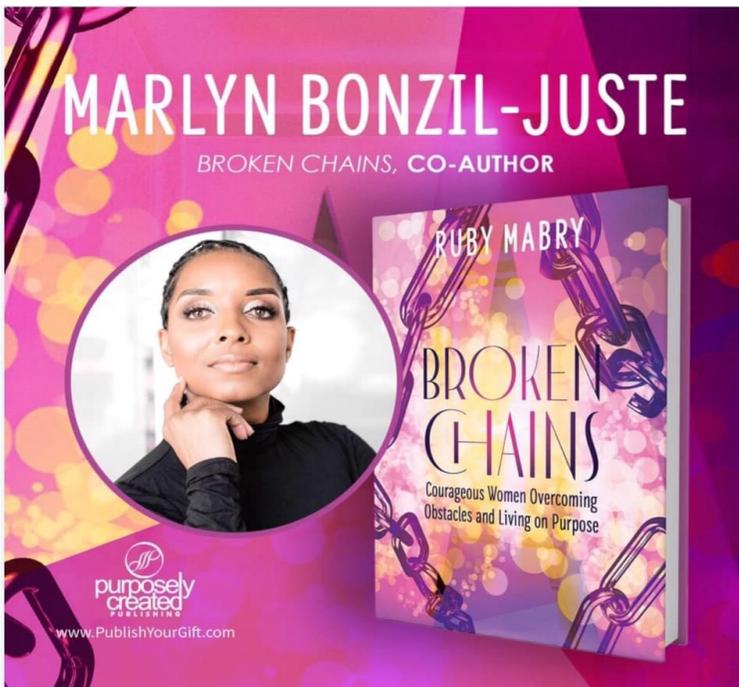
Earlier in 2019, she was the recipient of the Entrepreneur Deeva Award presented by Women On The Rise. Moreover, she acquired the title as a best-selling author, with a collaborative publication entitled, Broken Chains. Mrs. Bonzil-Juste currently resides with her family in Central Florida where she is active in the community at large, with a special focus on the Haitian-Caribbean and African-American markets.

Marlyn serves as the Vice-President of the Greater Haitian-American Chamber of Commerce-Orlando and a board member of the Human Relations Diversity Board for the city of Ocoee.

Written by Marlyn Bonzil-Juste, Visionary Founder, MJ Solutions

Facebook: <https://www.facebook.com/MJSolutions.us>

Website: [www.mjsolutions.us](http://www.mjsolutions.us)





# KUOM #InspiringAuthors *with Ethel Mae*

## Pack Your Luggage But Leave Your Baggage

Author, Ethel Mae

ISBN - Pack Your Luggage But Leave Your baggage

Softcover | ISBN 9781480882294

E-Book | ISBN 9781480882287

Hardcover | ISBN 9781480882300

Author Ethel Mae highlights the importance of leaving baggage behind in a guide to overcoming obstacles and achieving dreams titled “Pack Your Luggage But Leave Your Baggage: Practical Everyday Tips for Men and Women to Help Get through This Thing We Call Life!” Mae shares parts of her personal story and makes observations on life so readers can: appreciate their strengths and love themselves, confront and overcome whatever is holding them back and troubling them, take responsibility for their future, and adjust their attitude to achieve success. The author also highlights the power of words and why it’s important to use them wisely, as well as why it’s important to forgive others and set oneself free. She encourages readers to pay attention to the people they surround themselves with, who influences them, and “who claps when you win.” She also explains that it’s important to look at life as a cruise where an individual enjoys the journey instead of being so fixated and anxious on a destination.

## PACK YOUR LUGGAGE BUT LEAVE YOUR BAGGAGE

PRACTICAL EVERYDAY TIPS FOR *MEN AND WOMEN* TO HELP GET THROUGH THIS THING WE CALL LIFE



ETHEL MAE

## “Broken Pieces Behind the Mask”

Author, Ethel Mae

ISBN - Broken Pieces Behind the Mask

Softcover | ISBN 9781480877177

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Hardcover | ISBN 9781480877184

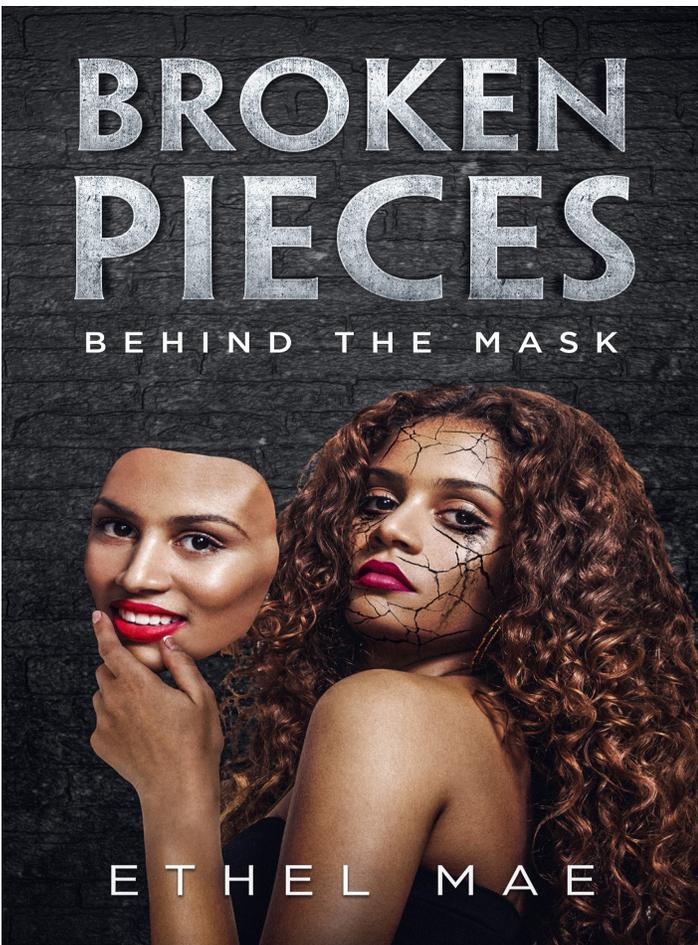
In Ethel Mae’s “*Broken Pieces Behind*” the ask” (published by Archway Publishing), she shares her painful story of surviving physical and sexual abuse at the hands of family members and trusted friends while growing up in London, England. “Broken Pieces Behind the Mask” is a dramatic, moving memoir of a traumatic childhood and its impact growing into young adulthood. While honest and passionate, Mae adds humor to cope with the difficult and challenging experiences. She offers insight as to how abuse can devastate someone’s life, and how hard it is to break the cycle. A story of survival against all odds, Mae hopes “Broken Pieces Behind the Mask” will show readers “That they too can overcome, that it is not the hand you are dealt it is how you play that hand.”

Facebook: <https://www.facebook.com/Ethelmaebooks1>

Instagram: [https://www.instagram.com/ethel\\_mae\\_books](https://www.instagram.com/ethel_mae_books)

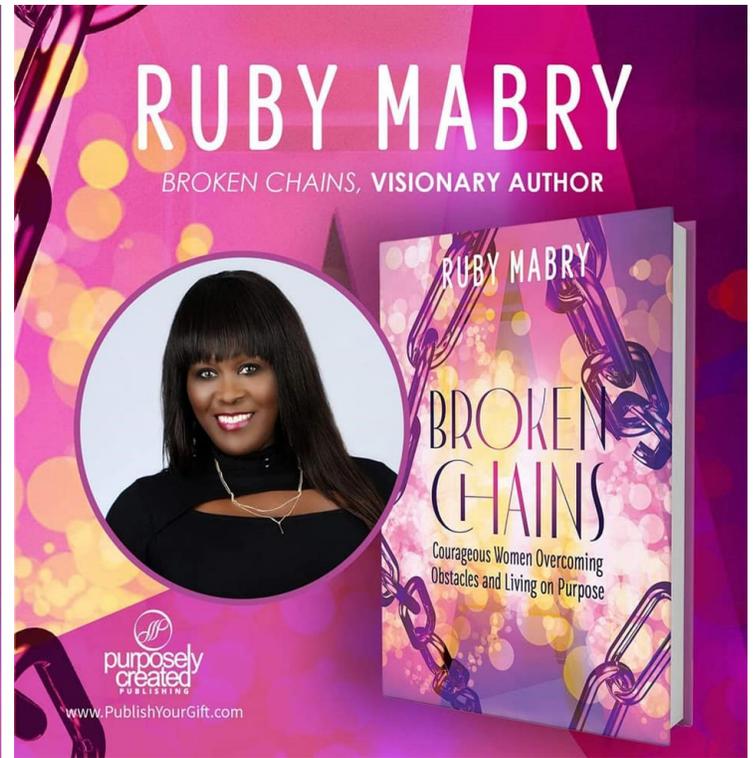
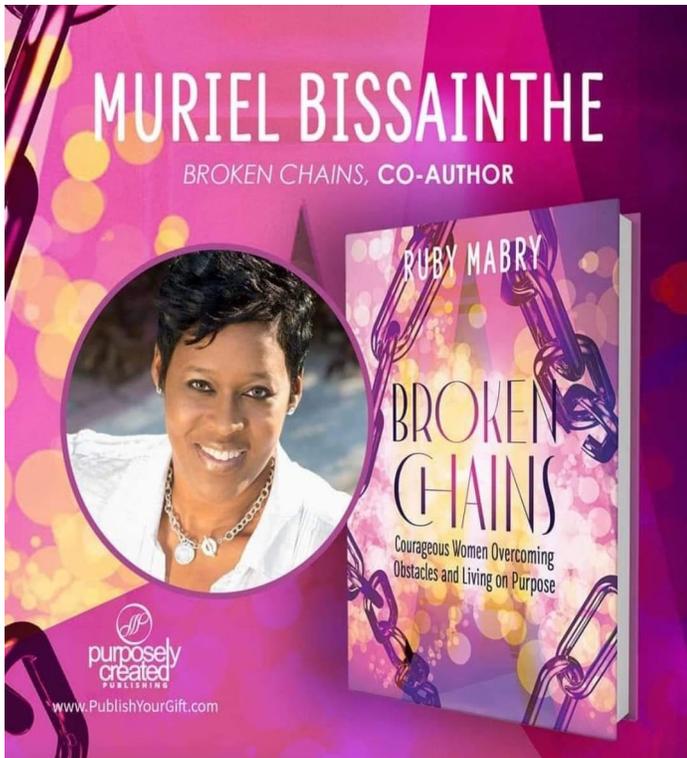
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Website: [www.ethelmaebooks.com](http://www.ethelmaebooks.com)



ETHEL MAE

# KUOM #InspiringAuthors continue *with Broken Chains*



Muriel Bissainthe is a Best-Selling Author “Broken Chains,” who shares her journey with the world as a source of healing, inspiration and a survivor of Domestic Violence. Her Motto: *You attract the energy that you give off. Spread good vibes. Think positively & enjoy life.* Ruby Mabry is a International Best-Selling Author, Founder of Live on Purpose Movement Group (<https://www.liveonpurposemastermind.com>), where she inspires women to live on purpose, collaborate and empower one another. The group meets up in the community quarterly for outings, networking and giving back to the community. Ruby is also a PR/Marketing and Co-Founder of ZoeFinity Haitian American apparel line. Muriel & Ruby are the TV Host for The Candid Conversations Show, that airs every Tuesdays at 6pm on Tele Anacaona (MYTATV—<https://www.facebook.com/teleanacaona>) and also board members for Greater Haitian American Chamber of Commerce-Orlando. If you would like to purchase Muriel book, please email at Muriel at [murielbissainthe@gmail.com](mailto:murielbissainthe@gmail.com) & Ruby at [authorrubymabry@gmail.com](mailto:authorrubymabry@gmail.com)

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## Celebrating HAITI'S Independence

On January 1, 1804, Haiti, located to the west of the Dominican Republic. Haiti is the first Black Country to gain its independence. Although celebrated by many Haitians as New Year's Day, the date commemorates the declaration of independence from France that was made on this day in 1804. This is the National Day of Haiti. The French first got a foothold on the island of Hispaniola when French sailors settled in the western part of the island in the 16th century. By 1659, the French colony of Saint-Domingue had been established, in what is now Haiti. Sugarcane plantations, worked by slaves from Africa, were established by colonists. In 1791, the Haitian Revolution began when slaves and some free people of color of Saint-Domingue began a rebellion against French authority. The rebellion was abated when the French abolished slavery in the colony in 1793. A prominent leader in the 1791 rebellion, Toussaint Louverture had grown powerful and in 1801, he drafted a new constitution for Saint-Domingue. Napoleon sent 20,000 troops to the colony to restore French authority. Louverture was captured by the French in 1802 and deported to jail in France, where he died in 1803.

Jean-Jacques Dessalines, a lieutenant to Louverture, then took the leadership of the revolution, defeating French troops at the Battle of Vertières on November 18th 1803. France then withdrew its remaining 7,000 troops from the island and Napoleon abandoned any ambitions to North American empire. This defeat had ramifications far beyond Haiti, with the war having gone so badly, Napoleon sold Louisiana (New France) to the United States for \$15 million dollars, in the Louisiana Purchase. On January 1st 1804, in the city of Gonaïves, Dessalines officially declared the former colony's independence as a free republic, renaming it "Haiti" after its indigenous name. Dessalines became the first Emperor of Haiti but was assassinated by political rivals in October 1806. The revolution made Haiti the first independent nation in Latin America, the first post-colonial independent black-led nation in the world, and the only nation whose independence was gained as part of a successful slave rebellion.

### How is Haitian Independence Day Celebrated?

To mark the day, Haitians shake off their New Year's Eve hangover to watch the parades in the capital, Port-au-Prince. The day is marked with fireworks, dancing and renditions of the national anthem, which honours Jean-Jacques Dessalines, the hero of the revolution. A New Year's Day tradition in Haiti is 'soup joumou' pumpkin soup. The story is that slaves in Haiti were forbidden from drinking soup joumou as it was a delicacy reserved for their colonial masters. It's said that Dessalines' wife, Marie-Claire Heureuse Felicite, declared that on this day no Haitian should be denied a traditional bowl of joumou. Drinking the soup on 1st January to mark the country's liberation has become a symbol of freedom.

## Haitian Joumou Soup

Get Recipes at:

<https://www.epicurious.com/recipes/food/views/haitian-beef-and-pumpkin-soup-soup-joumou>

We celebrate our Independence Day with a Haitian tradition by preparing and eating Soup Joumou (Pumpkin Soup). This soup was enjoyed by the slave masters on the former French colony, while the Haitian slaves were forbidden it. As a historical tribute to Haitians Independence in 1804, Soup Joumou is traditionally consumed on New Year's Day (January 1).

I remember growing up standing in the kitchen watching my dad prepare his Specialty Soup Joumou and waiting for the soup to be done. Delicious!!! Nothing like you've ever had. Come enjoy our celebration with our Soup, Parades, fireworks or just visiting a friend to find out about the Culture.

Written by Ruby Mabry  
 KUOMagazine Kulture Korna Journalist  
 Facebook: @rubymabry @candidconversations  
 Instagram: @rubymabry @candid\_conversations



## A Tribute To Vanburn O'Bryan Ivey Family



Vanburn O'Bryan Ivey, whom we affectionately called Bryan Ivey, was such an influence and inspiration for so many of us. Many of us may have met him while he was doing real estate, however after the market took a dive in 2008, Bryan then decided to focus more on his marketing skills and formed his own company **BACK To BASICS MARKETING "B2B MARKETING."** Many of you would've seen and can still see his digital monitors in almost all the Caribbean Restaurants around town, here in Central Florida and all the way up to Georgia. Bryan later decided to venture into Radio and after all he loved to talk right?

Well, that was the beginning of the Back To Basics Radio show. Bryan shared the air with a few other Co-Hosts in the beginning like Gary Holness as the Two Original Bad Boys of Radio & Munch to name a few, before he also asked me to come and join him too. Bryan had such an infectious personality; lol he had a way of just getting everyone comfortable enough to just open up and chat! You could just be yourself! Many of those talks would've ended up becoming topical conversations for our show.

"The Back To Basics Radio Show" became a gateway that led him into the hearts of those in communities both local and abroad. For ten years Bryan was welcomed into every one's home with love for his sense of humor, controversial stands and at times, just for his take on any and every given current situation. That also included even his personal diagnosis and journey with the fatal & incurable disease - pancreatic cancer.

Our dear brother and friend fought a good fight like a warrior in an uphill battle. However, Bryan lost his life in a true heroic manner on December 22, 2019 in an Advent Health hospital, where he was surrounded with love by his close family and friends. Bryan will surely be missed but certainly not forgotten as his legacy will continue to live on. In honoring his life and memory, **THE BRYAN IVEY SCHOLARSHIP FUND** for early Diagnostic & Detection Education will be set up in order to continue his work to enlighten and encourage others of the importance of self-care and early detection.

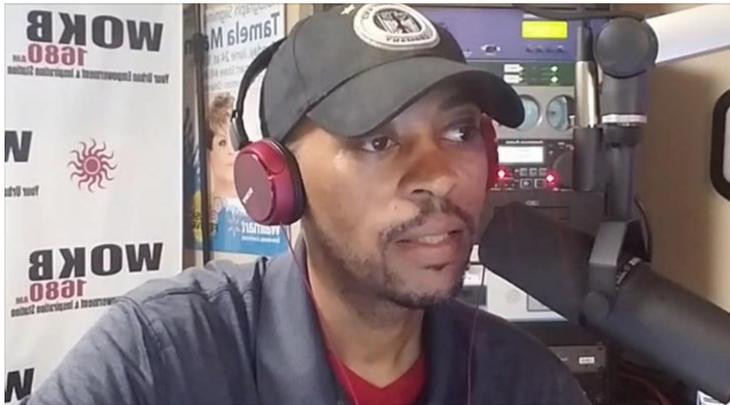
On Saturday, January 11th, 2020, there was a Farewell celebration, in true Jamaican Celebratory style at a Wake, what we Jamaicans otherwise call "Nine Night" at **TASTE of JAMAICA RESTAURANT** (6406 N. Orange Blossom Trail, Orlando, FL). His Memorial Service was also held on January 12<sup>th</sup>, 2020, at Mount Sinai Seventh Day Adventist Church located at 2610 Orange Center Blvd., Orlando, FL 32805, following a Repass in the church's Fellowship Hall.

As I say all this, I remember how Bryan would always close out each show with this profound quote. Always remember: ***"In any moment of decision, the best thing you can do is the RIGHT thing, The next best thing is the WRONG thing, and the absolute worst thing you can do is NOTHING."*** By Theodore Roosevelt. One thing is for sure, Bryan Ivey certainly did a lot!

Rest on my brother Bryan, rest on... Written by Sophie "G" Green.

Continue on page 31

# KUOMagazine's In Our Community #RememberingOurFriends *continues*



On behalf of KUOMagazine, send our deepest condolences & prayers to Bryan's wife Jillian, son Mathew and to all his family and friends. Bryan, shared his battle with pancreatic cancer and brought awareness on how important it was to have your annual checkups, enjoy things that are important to you, keep family first and live your best life healthily. Vanburn O'Bryan Ivey, was one of our community leaders who inspired and empowered many people in his Caribbean community, local business, and organizations. You may be gone on earth, but you will never be forgotten. Thank you for all that you did & touches so many lives. RIP....

Join us as we celebrate  
*the legendary life of*  
**A. EARL NURSE SR.**  
 May 10, 1946 - December 13, 2019

Viewing - Friday, Jan 3 - 5p to 8p  
 Highland Funeral Home  
 3329 E Semoran Blvd, Apopka, FL 32703  
 tel (407) 869-1188

Funeral Service - Saturday, Jan 4 - 10:30 am  
 Church of the Holy Spirit  
 601 S. Highland Ave., Apopka, FL 32703  
 tel (407) 886-1740

Repat - immediately following the service  
 201 S Park Ave, Apopka, FL 32703  
 (on the corner of S. Park Ave and E 3rd St.)



On behalf of JCC, our deepest condolences & prayers to his Family & Friends. A. Earl Nurse Sr. was the Vice President of Jamaican Cultural Connection (JCC), who transitioned Friday, December 13th, 2019.

The Celebration of his life was on Saturday, January 4th, 2020. His family would like to thank everyone for the overwhelming outpouring of condolences and well wishes to our family. Thanks again.

Patrick Mitchell, President  
 Jamaican Cultural Connection

# KARIBBEAN



UNDER ONE MAGAZINE



**KUOMagazine.com**

1516 E. Colonial Drive, Suite 305, Orlando, FL 32803

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Instagram: @menofkulture365 @womenofkulture365

Office: (407) 906-3305 \* Cell: (407) 486-5001

Email: iamkuomagazine@gmail.com

Website: www.KUOMagazine.com