

March/April/May 2020

KUOMagazine.com

Men & Women of Kulture 365

Greater Level of Wellness (G.L.O.W.)

**Celebrating
Women's
History
Month
(March)**

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"A Small Powerhouse"

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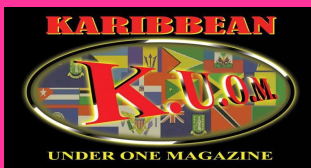
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HOW MY PARADIGM SHIFTED TO FENG SHUI MY LIFE!

#SecondChances

We're now moving into a new season of spring where new changes begin with challenges we need to overcome. Let's start letting go of all the winter stress to rejuvenating into more delightful blossoms of possibilities.

My paradigm shift launched to another level in who I want to become. This year I chose to celebrate my 56th birthday in a different Feng Shui, by attending my friend Marlyn Bonzil-Juste (MJ Solutions) event. The event was the 3rd Annual - Your Best Life: Self-Care for The Modern Woman Workshop. As I progress into my Life & Health Coaching field, it was very enlightening and educational as I reflected on the message of the speakers who touched on various topics about; Holistic Living, Mental Health Harmony, Wealth-Building, Fitness Training and Meditation / Yoga.

We're always finding ways to feng shui our homes, but why not ourselves? Many of us are carrying around a lot of baggage from a broken heart, financial struggle, stress from health conditions to not loving the person we see in the mirror. Speaking from experience, I became in a state of depression and I was losing my **Self-Worth, Self-Esteem, Self-Power** and no longer wanted to be around friends and family. I also felt a lack of interest in accomplishing my goals or to find love. Today, I understand it's okay to have these feelings when you're going through a stressful time in your life. It's normal. It's called being human. The key is to seek advice from professionals in getting help.

I learned to identify areas I needed to heal by taking a self-care inventory of my feelings, ways to start the healing process and take charge of my life. My self-care will always be at the top of my list because second chances are not given often or not at all. While I have breath in my body, I started living my best life to **#LIVE #LAUGH** and **#ENJOY** while I'm present on this earth. Remember in all that you do, always celebrate your life with Greater Lever of Level of Wellness (**G.L.O.W.**).

Breathing In: Your Power

Breathing Out: Moving through God's Power for Balance!



Written by Mea Allman, Editor-In-Chief

KUOMagazine's Founder / Publisher

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My 10 Steps To Feng Shui My Life:

- ♦ **Morning Prayer:** My way to commune with God, being thankful of my gifts, life, knowledge, directions & blessings for myself and others.
- ♦ **Connecting with My Core:** Feed my soul daily with Love, Positive & Spiritual Affirmations and Meditation.
- ♦ **Acceptance:** Accepting me Above All Else. I'm not perfect, but I'm real with all my flaws.
- ♦ **Open Mind:** Try new things, drop the expectations and judging.
- ♦ **Be Selfish:** Enjoying more me time, because it's ok to say no sometimes.
- ♦ **Journaling:** Note to self...to reflect structure in my life and personal growth.
- ♦ **Spiritual Wellness:** Connecting with the deeper part of me, that lets me know who I am, why I'm here and what my purpose to strengthen by beliefs and Faith.
- ♦ **Education:** Never stop educating myself on ways achieve new goals.
- ♦ **Evening Prayer:** Communing with God, grateful in having a blessed day, blessings for myself and others.

WOMEN: LET'S CELEBRATE



Who can find a virtuous woman? For her price is far above rubies (Proverbs 31). Celebration, to commemorate, proclaim and make publicly known. We all have someone whether a mother, sister or daughter that should be lauded. Women have been instrumental throughout history, with little to no fanfare except through generally family and friends. Women are the balance and reasoning needed to bring things back to order, in line, back to right.

Women have been a guiding force in many lives of our most successful people. They are the mothers who nurture and instill, they were the overwhelming number of teachers that taught and advised. They helped instill the work ethic and to empower an underappreciated generation of young girls to become who they want and succeed in a world that has not been favorable to women.

Women should be loved and cherished, but also uplifted and praised for the many struggles endured and overcome. Celebrated for their contributions to faith, family and community. The countless inventions in science and math. The importance of their service in the military, during times of war and peace. Women should be openly appreciated every day, for without them there is no US.

I celebrate you, thank you.





Written by Elder Frank H. Mixon, II
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BROKEN PIECES

BEHIND THE MASK



ETHEL MAE



BEAUTY 411

With Maria "Ria" Mixon

Many women try a variety of products and still have not reached skin wellness. No matter how much the products cost. Before trying to fix the outer appearance, we have to balance inside. That requires getting in our recommended water and nutrients from healthy food. This is very necessary in balancing our PH. You will begin to see improvements in your skin. I also love natural homemade products for the skin.

Our Beauty & Wellness Matters...



Balance Meal



Moisturing Oils



Regular Exercise

For nutrition, I like <https://www.choosemyplate.gov/eathealthy/WhatIsMyPlate>. Remember, never get too tired of taking care of your skin. That means never going to bed without cleansing, toning and moisturizing. I like moisturizing with oils and serums, because the antioxidants will nourish and protect your skin from free radicals. I have several recipes for the skin on my blog at www.recipesfortheskin.blogspot.com

Beauty & Wellness Matters!

Written by Maria "Ria Mali" Mixon
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WELLNESS MATTERS



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Celebrating Our WOMEN History Month (March)

What if I were to tell you we could not have a history without women? We all know that everyone reading this article is here because of a woman. March is Women's History Month and while I wanted to write about few women that have made history, I realized that the list would be too long.

As a man, that I as I look into my upbringing and growing up, women all played a major part in the defining moments in my life and I would bet that your history would bear that out as well. The history of this country and the world over is chock full of stories of exceptional women that have been pioneers of change, growth, freedom and peace. History has proven that women are responsible for the balance the world has needed in its most challenging and best of times. The most beautiful, heartfelt and intense works of art, be it writing, acting, film direction, music and production. Look into the world of politics and you find the same, be it in the forefront or maintaining the legacy of works by her significant other and children.

Freedom from oppression in its various forms, women have played an equally liberating part. In relationships, we know women uplift, empower, challenge and provide us with the energy needed to create the differences we want to make. They are a gift from God!! Women are the gateway for all the history makers, because without them, they cease to exist. History is not history without HER story and as a man, I'm honored to be asked to share my thoughts on it. I ask that we do our part to protect and uplift the women in our lives, young and experienced, so that can continue to make history as the world depends on it. To our women making history from the past, the present and for the future, We honor you.

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

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Question: What wonderful things could I say about mothers that has not already been said?

Answer: It doesn't matter because it's ALWAYS worth repeating.

The relationship with our mother is one of the most fascinating, complex, intense, advise filled relationships we will ever have. As a man, I will forever give credit to my mother for me being the caring, high performance man that I am today. For many of us, she is the first woman that showed us love and she is the first woman we learned to love. She was there when we believed the world is against us. She was there when we came back from our first date. She was there to console us after our first heartbreak. She was there to make sure the house kept a spirit of love and peace no matter what was going on outside the front door. Not all mothers are biological, as many incredible women stepped into the role of motherhood and continued to bring honor one of the most powerful roles in the world. To those women, we salute and honor you. Mother's day is more than just a card, dinner, and a gift. It's a day where we recognize a woman that brings balance, a calmness to chaos, and does it in a way that only mothers can do. There are times in living life we forget what they mean to us and Mother's Day is a day to remind us of that. If you are lucky enough to still have your Mother with you, this is that time to let her know she is loved. For those of you that may physically have your Mother here, I believe she is still with you looking down on you with a caring spirit and your appreciation and love for her will not be any less. Wherever you may be on Mother's Day, make it a point to share your heartfelt thanks and appreciation for the wonderful person you turned out to be and that you will eternally be grateful for all she has and continue to do for you and yours. Do with more than just a card, dinner, and a gift...Let her know with your words. Verbally or written. As long as it's from the heart.

To the superhero I call my mom, I LOVE YOU!

By Ronnie Walker, KUOMagazine's Love & Relationship Journalist
Master Coach of Exceptional Relationships, Sex and Relationship Transformation.

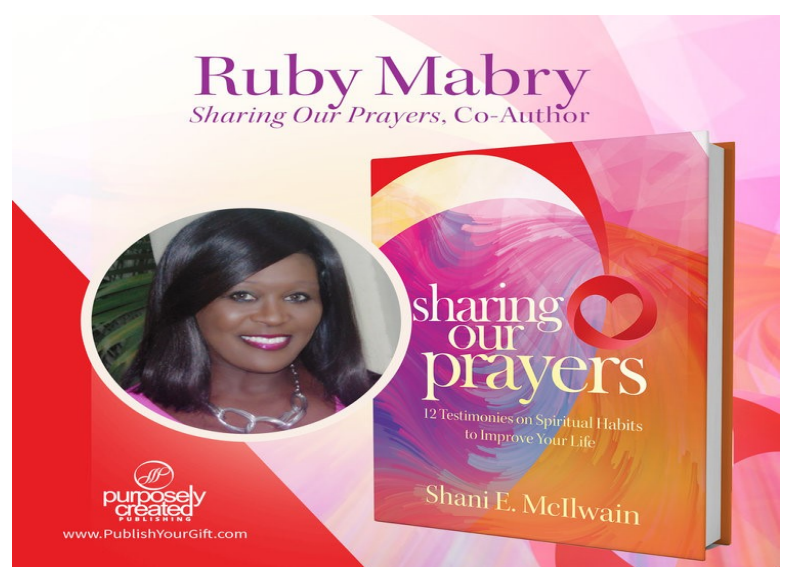
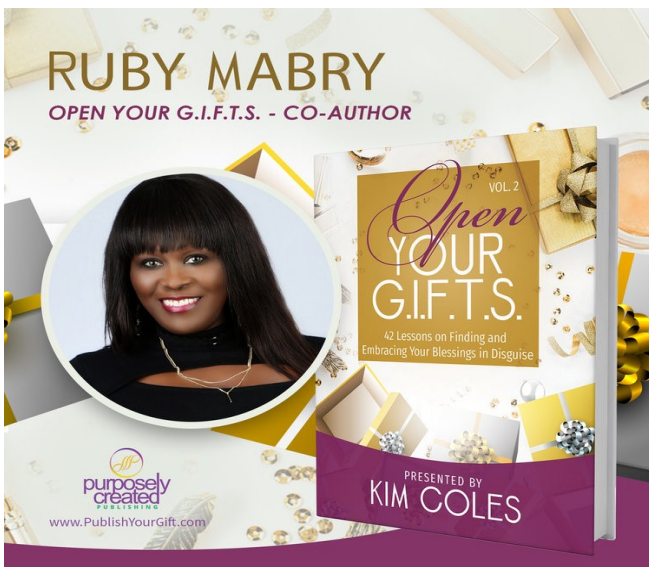
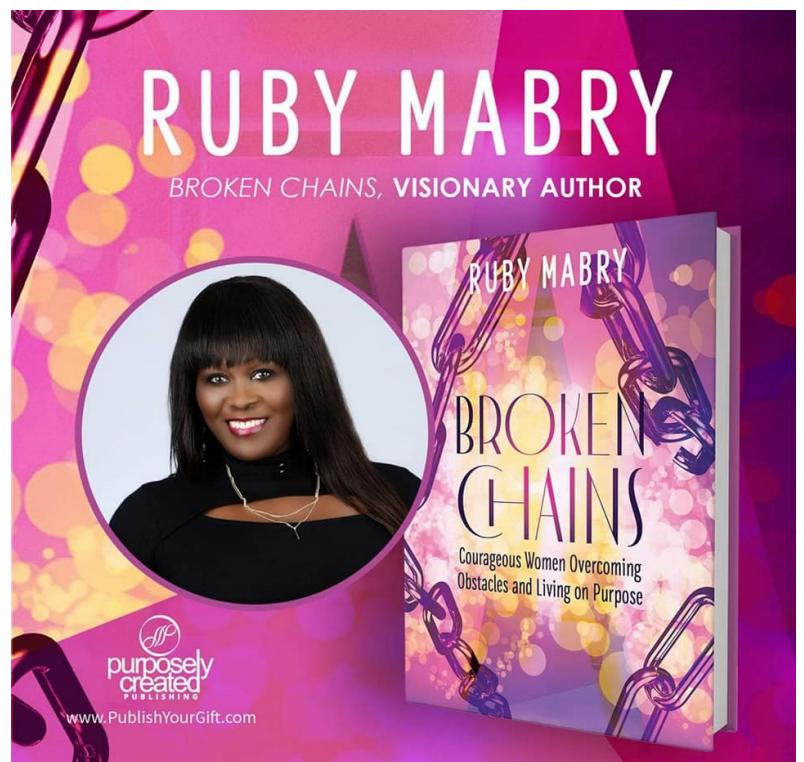
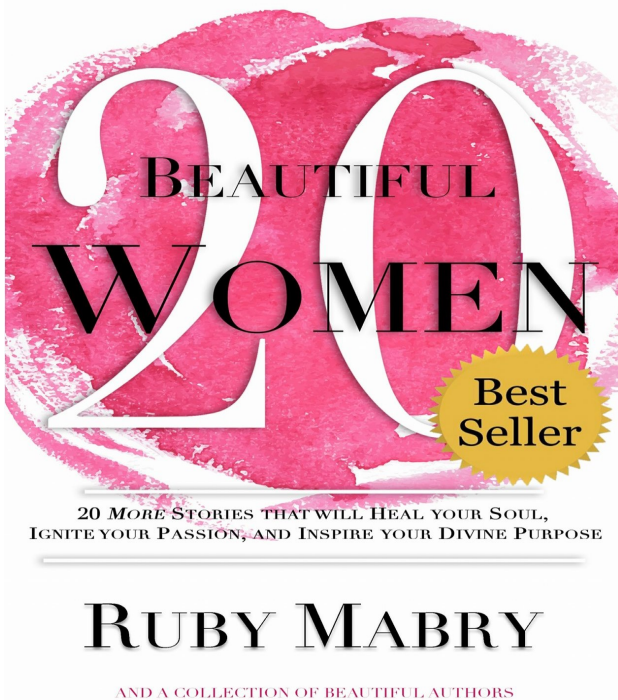
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New Release Now Available!



I SAW THE RED FLAG.... BUT IGNORED IT!



Muriel Bissainthe (Haitian American), born in Brooklyn, NY and is the First Generation Haitian American. She is a TV Host for The Candid Conversations Show, with Ruby Mabry, that airs every Tuesdays at 6pm on Tele Anacaona (MYTATV). She's also the Public Relations Board member with the Greater Haitian American Chamber of Commerce-Orlando and a co-author of her book called Broken Chains, which launched in 2019.

Muriel share an insight of her book, saying, “I Saw The Red Flag, but Ignored It!” In *Broken Chains: Courageous Women Overcoming Obstacles and Living on Purpose*, Muriel shares with us her journey of being in a domestic violence relationship and the struggle of raising children in that environment. She discusses different situations she had to endure and the different scenarios she encountered that led her to leave the situation entirely. Muriel stated that “many women stay, not knowing if they can make it on their own and some of us have.

The more power I allowed him to have over me, the more dangerous the emotional abuse became. Emotional abuse leaves marks on the inside, where no one can see and physical abuse, you wear on the outside, the world can see. Both are equally as bad. This book will let you into the lives of courageous women sharing some of the most difficult times and how they managed by the grace of God to still be here to tell their story. To order your signed copy go to [PayPal.me/murielbissainthe/25](https://www.paypal.me/murielbissainthe/25). Stay connected with Muriel on all her social media platforms (**Facebook:** Candid Conversations or Muriel Bissainthe, **Instagram:** [@CandidConversations](#) & [@OnlyMuriel](#) and on **YouTube:** Candid Conversations Show or contact her by email onlymuriel@yahoo.com.



Written by Ruby Mabry, KUOMagazine's Inspiring Authors Journalist

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Celebrating Women's History Month with Adina Sutton

Owner of Adina Did It Studios LLC, Founder of Innovative Mother's Advanced (IMA),
Hair Care Consultant, Choreographer, Model & Wife!



Resilient, Persistent, Selfless, Courageous. These are just a few words that describe the characteristics and brilliant mind of Adina Sutton. After being diagnosed with a health condition called Shingles, Adina relies on her faith, family, and her passion for the arts to be her therapy tool to heal and give back. Let's take a closer look into the world of this upcoming creative mogul.

KUOM: Who Is Adina Sutton? Adina Sutton is a strong, beautiful, God-fearing black woman who positively impacts those she comes across by empowering them to love themselves and learn the power they have within to create the life they want! I live a life full of experiences, which creates a lifetime of memories and lessons to pass on. I have a heart for our future generations, so I create platforms for them to learn and shine bright. Who Adina is, right now at this moment is a confident being who has discovered her true power of being a creative, I now understand and have power to create new possibilities for myself and those around me every second of every day! I am also a Wife, mother of 2, and my bonus baby, business owner of AdinaDidIt Studios, LLC., visionary of Innovative Mother's Advance (IMA) Business Baby; building everyday kids into kid entrepreneurs, VP of Laannco Inc.; supporting our Community & Youth through events, education, and consulting, choreographer, radio host, event host, model, and motivational speaker.

KUOM: Describe Your Childhood? I was born in Brownsville, New York, one of the deadliest cities, in New York city where they consider it to be a neighborhood that may take a decade off your life expectancy. A place considered deadly to most but home to me, built strength, understanding, and gratitude for life, especially for the simple things in life. Relocating to Orlando, FL, gave my single mother of 3 girls peace, knowing we lived in a safer environment. Raised in a Caribbean household, and as a first generation American, I was very grounded in values and had an eagerness to rise above all adversity. My family's mistakes were my lessons, and as a young child I understood the choice of being a victim or being a warrior, and God blessed me to be a warrior! I was a young leader and even when I didn't know the power, I had within me God always sent his angels in many forms to let me know how special I was.

KUOM: Who inspired you to pursue the performing arts? My Grandfather was a DJ in Brooklyn, New York, and he played music ALL THE TIME. I think I came out of the womb dancing! Many of the males in my family were DJs, producers, artists, many of the women were dancers, so it was in my blood. Overall, I would say my family! As a hairstylist, my mom was a stylist, and my aunt still is. I just had a love for touching and doing my family's hair, since I was 3. My family's love for the arts absolutely impacted my life.

KUOM: Who are you closest to your mother or father? My mom was a single mom, so it was her. My father went to prison before I was 1 and the last time, I saw him, I was 5. Hearing family stories, he could have given my mom a run for her money, but his imprisonment, and deportation had an impact on my life (you don't have to put all of that if you don't want to...just giving you some juice lol).

KUOM: When you perform or do hair where do you draw inspiration to create? As far as performing I really draw from my life experiences, good or bad. The artist's story being told in the songs inspires me to create. When it comes to hair, what inspires me is the person sitting in my chair. Truly listening to their needs and prescribing a solution like a doctor is what inspires me to create for them. Some people focus on the trend at the times, yes that may play a role for my clients, however what's in for one person is out for the other, so it's really important to customize each hair session with my clients. Another thing that inspires me is knowing God gave me a gift to inspire and uplift people and that is my opportunity to do it every day to every person who walks in my salon.

KUOM: When did you have that light bulb moment when you realize that your talent can touch people's lives? At the age of 15, when I started "interpretation/praise" dancing. The pastor, and the church body would all be in tears! Now at 33 I still dance, and have the same impact, and I see the impact dancing has had on my daughter. She has watched me dance all the 8 years of her life, and through dancing and music, I am able to teach her life lessons.

Continues on page 14

Men of Kulture 365 #ArtTherapy Interview cont.'s with Adina Sutton

KUOM: Now, you battle with shingles correct? Tell us what is this condition and how does it affect your overall health especially mentally? Shingles is an infection virus caused by the varicella-zoster, the same virus that causes chickenpox. It affects your nerves, and can cause burning, shooting pain, tingling, and or itching as well as a rash and blisters. Most cases of the shingles last 3 to 5 weeks, however shingles has led to me having, Postherpetic neuralgia (PHN), which occurs when there is damage to a peripheral nerve. There is no treatment, and after doing research, and trial and error, what has helped me the best is having a healthy well-balanced diet, getting enough sleep, and to be stress-free as much as possible. As a high-functioning person, my life didn't consist of all the above, so this made me slow down, and pay more attention to how I am treating my body. Mentally, this was tough and painful! Getting a clear understanding of the virus helped me understand what I could do beyond taking prescription. As a fighter, I had to tell myself this was all ok and I would be fine. The virus had me down, I had to wear certain clothing to be comfortable, I was missing out on my children's life, work, daily activities, dancing, cancelling appointments, it made me feel so guilty. The guilt inspired me to do my research, make diet changes, which subsides the amount of pain, and helps keep the painful rash away. I also enrolled myself in a self-development program called Landmark that has allowed me to deal with life more powerfully and has given me a choice to be stressed or not to be stressed!

KUOM: Looking back over your life did you have any support from your family while pursuing these goals? Absolutely! My family saw my talent before I did, they really showed up and showed out, when it came to performances, whether it was dancing, modeling, even supporting me by sending me clients and supporting my business. The moments I didn't believe in myself I always had family and close friends to remind me of my greatness.

KUOM: Did your creative gifts become your therapy tools during a crisis?

I was an introverted child, and dancing helped me express myself, **PERIOD**. When I was about 15 and my mom introduced me to praise dancing, I felt a healing, words could never heal! All the hurt and anger I had bottled up I was truly able to release it and let Holy Spirit take over. Before noticing how much it started to heal me, I would see how I was able to help heal others through my performances. People would cry and feel so moved. As an adult for my wedding, it was very important that I was able to style some of my bridesmaid's hair. My family and friends thought I was crazy, but doing hair allowed me not to be anxious and made me really calm.

KUOM: What advice would you give to a young girl who was going through a similar situation with their health or feeling discouraged? I would say, no matter what you do or who you are, there is always room for growth. When you commit to be a better human being, it allows you to be open to criticism, growth, open to accepting your failures and accomplishments! When you understand, you are, who you are supposed to be, at the time that you are being, it allows you to LOVE yourself, what you have, and to be present in every moment! You do not have control over LIFE, it is a rollercoaster and hardships will find you, and You do have control over your mindset and what you say about life and the hardships that find you. There are no mistakes, just lessons, so get ready to be a student of life and you will learn to live it abundantly!

KUOM: Bonus* What did the arts teach you? The ARTS helped me find my purpose! It healed and inspired me through the bad times, helped me kick fear in the face, and allowed me to express myself when my mouth couldn't. Dance is my **LOVE LANGUAGE**, and it has literally been my vehicle to happiness.

Written by Ronyai Hawkins

KUOMagazine's Men of Kulture 365 Journalist / Art Therapy Journalist

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“On my
worse day,
I’m still
stronger
than the
enemy”

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Women of Kulture 365

Our Ribbons of Survivors 365

Celebrating Women's History with Dr. Sonya M. Mixon #SmallPowerhouse

Each year in March KUOMagazine celebrates **Women's History Month** to highlight influential women who've changed the world and made a difference by empowering and inspiring with a sisterhood celebration. In this issue, we are celebrating with Dr. Sonya M. Mixon, who's nickname is "Small Powerhouse" for none other reason, than her explosiveness and ability to pull souls out of deaths grip and survive anything that come her way!

Dr. Sonya M. Mixon, (born American), a native of Long Island, N.Y., who is born into a long line of preachers and teachers of the Gospel. She is the eldest daughter of four children to Bishop Frank and Co-Pastor Gloria Mixon, of the Mt. Calvary Holy Church, in Huntington, N.Y. Dr. Mixon serves as Senior Pastor of The Shabach Church and continues to lead this great congregation as the fastest growing ministry in Apopka, Florida, a city outside of Orlando, where Dr. Todd M. Hall, Sr. is the founder and overseer. She holds a bachelor's degree in Theology, a master's degree in Religious Education and a Doctorate in Divinity. Dr. Mixon is the Co-Hosts a weekly radio show on WOKB Radio with Dr. Todd Hall and has appeared on The Word Network, The Greg Davis Show and the Super Channel WACX. She's also an international speaker traveling to England, the Caribbean and abroad teaching and preaching to hundreds.

Dr. Mixon shares her story of being diagnosed with Stage 3 Invasive Carcinoma. She starts by saying, there's been many defining moments that took place in her life, but none so defining as this for me on November 7, 2019, when a radiologist called and asked "Can you come in today by 3pm? I want to go over your test results." It was 12 noon and I already knew in my heart what I would be told. I just didn't know to what extent. Monday morning, November 4, 2019, after just hosting our 14th Annual Holy Convocation and closing everything that Sunday night, I drove to the imaging center to have a biopsy of my left breast. What I didn't know was I would also have a biopsy of one of my auxiliary lymph nodes on my left side as well. Her words to me were *"I'm sorry but it is cancer and its aggressive. I'm not saying you are going to die, but we have to get on this right away and your chances of survival are good. We can't wait."* I had my sister on FaceTime with me which was the best at the time because I checked out of the conversation for a few moments after she said, *"I'm sorry but it is cancer."*

She rejoined the conversation and gathered my thoughts and let her know I was very aware I was not going to die because I believe God and I'm not finished fulfilling His plan for my life in the Earth. This diagnosis is for me to assist God in helping someone else, so what do we do next and by the time I left the office, I had an Oncologist Surgeon, an Oncologist and an appointment the next day with the Surgeon that set off a myriad of other tests and appointments. By the time I got to my appointment the next day, I was given my pathology report that confirmed that I was also Estrogen positive and Her2/Neu Positive. That meant a whole other set of issues to deal with. I now had to also fight this nasty protein receptor called HER2/Neu that affects 20% of women and I could no longer have anything that had Soy in it. Who knew that everything, and I mean everything now has Soy!!!

In the next 2 weeks my life was a roller coaster of events and I had planned and paid for a trip to London and now I did not want to go. I was told take the 4 days and travel to London and enjoy myself, because nothing would change in that short period of time. I immediately had a complete bone scan, brain scan, CT scan of my chest, abdomen and pelvis to be sure that it had not spread any further. After meeting with my surgeon, I found out that having surgery immediately would not be possible and I would have to first begin a series of Chemotherapy treatments to stop the further spread of any of these invasive cells and a whole plan of action for the rest of the year. How did I get here? I didn't and still haven't felt a thing. How many women haven't felt anything and don't get checked. Or feel something and ignore it. It could be nothing or it could change your life.

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Dr. Sonya M. Mixon #SmallPowerhouse cont.'s

I am a very, very, very, very, private person and I wanted to stay silent and not share any of this with anyone except my closest family and friends and go through this without telling anyone until the end of the process. But then God began to deal with me and said “with the platform I have given you, I want you to share your journey and help others live. People in the church don’t see Pastors and Leaders go through this type of journey until the end. I need someone to see the real process and know that they can live.” That is what I am doing. I am sharing my ups and downs, my good days and bad days, my hair loss, my treatments and side-affects, and it is my prayer that this strengthens someone and causes you to fight to live and trust God in the process because on your worst day you are still Stronger than the Enemy!! Dr. Mixon shares her journey and the journey of others through her self-titled talk show, “The Sonya Marie Show” airing on Shabactv.com. Dr. Mixon continues to beat the odds and diagnosis of her doctors to be an example to others of the healing power of God. She is currently penning her first book detailing her story to encourage others to never give up. Dr. Mixon shares her journey and the journey of others through her self-titled talk show, “The Sonya Marie Show” airing on Shabactv.com. Dr. Mixon continues to beat the odds and diagnosis of her doctors to be an example to others of the healing power of God. She is currently penning her first book detailing her story to encourage others to never give up.

Dr. Mixon, also mentioned that throughout your journey the one takeaway she’s learned about herself, is to be still and rest. She’s been working since 13 years old and never really just took time for herself. Finally, to other women who have been diagnosed or battling cancer, please do not panic! What you believe about yourself is what you will manifest. Believe you are strong, just because something is hard, doesn’t have to mean it’s impossible. Never surrender. You don’t have to be selfish, but you must be Self-First. Stay connected with Dr. Mixon at This Picked the Wrong Chick, PLEASE follow her at the links below:

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

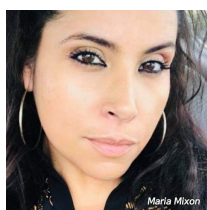
Facebook: <https://www.facebook.com/PastorSMixon>

Youtube: <https://www.youtube.com/channel/UckJhF4XkEy-A6tz6t7p64qg/featured>

Website: <https://sonyamixon.com>



On behalf of KUOMagazine, we want to thank you for sharing your story with us and sending lots of prayers your way. You Are A Ribbon of Survivor 365 Warrior in all that you do, in **FAITH....** in **MINISTRY.....**in your **CONGREGATION.....** and to your family & friends!



Maria Mixon, KUOMagazine’s Women of Kulture 365 /Ribbons of Survivors 365 Journalist

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MY MUSICAL CULTURE THROUGH As A PANNIST *Beverly Williams*



For those who don't know exactly what steel pan is, Beverly shares a little insight into this art form that has become an international sensation. "The steel pan, also known as the "steel drum", is a tuned percussion instrument created in the 1930s in the lovely twin islands of Trinidad and Tobago. The pan is circular, looks like a bowl with "dents" that play different notes. You play it with wooden mallets which have rubber ends, which us natives call "sticks". Before the steel pan, it was "Tamboo Bamboo" bands, made up of descendants of African slaves hitting the ground with bamboo, jamming with bottles, with spoons and metal lids. It's sometimes played solo or with a whole band of different pans. You know the entertainers on Caribbean cruise ships, or that sound of music you hear in the background of island travel commercials? Yep, that's the steel pan. Even though people play year-round, it is a Carnival staple to have pan players and masqueraders behind them in the parade." Now that we've gotten a little 411 on steel pan, let's chat a little more with Beverly, about her culture, passion and how women pannists like herself are impacting the world of steel pan.

KUOM: What is your cultural heritage, and does it play a part in your passion for steel pan? I am Afro-Caribbean. My mother is from St Croix, V.I. and my father is from TNT (Trinidad & Tobago). As the youngest and only girl of a single father, I learned so much from my Dad, especially about my heritage. We bond the most thru our cultural experiences and traditions. I've been listening to steel pan music since I was in the womb. My father is still shocked when I can sing songs back to him that came out when I was a toddler. To be a Trini-baby, it is only natural for me to love the sound of the instrument. I mean who doesn't? It's happy music!!



KUOM: How old were you when you started playing, and what has the journey been like for you? I have been playing for 13 years old. It has been an amazing journey thus far! I am a member of the band, The New Generation Branches Steel Orchestra, located in my hometown of Orlando, Florida. Been playing with them since I started. Thru the love of the music and the camaraderie of a steel band, I've learned the dynamics of musical arrangement, teamwork and pride for my culture. And you don't need to have any special skills to learn and play well. When I play pan, I hear colors. I see music...moving people of all different ethnicity and ages, dancing full of joy and liberation. It is really freeing!

KUOM: Does your participation in this uniquely Caribbean music genre make you feel empowered as a woman, and how prevalent are women in this field? Absolutely! Back, in the day, pan was associated with "the streets" and thugs. It was frowned upon by many to play pan or even be in a *pan yard*, fights would break out over rivalry and music, especially women because it wasn't safe. My father has told me many stories about how brawls would break out in a band, being that it had loyal members/fans like a gang would or sports team. Steel bands are related to the neighborhood it began in. If you're from St James, you're a "Phase II man". Don't get caught hanging around Casablanca. Still to this day, steel bands have prideful players and competition, but there's way more love than violence than there was 60 years ago. As a woman of the African diaspora, traditionally it is more common for women to dance than to play a drum, but not in the 21st Century. Being

Continue on page 21

that I can dance while playing sweet music, empowers my culture and sensuality at the same time. Sometimes you'll see more women pannists than men. There are all women bands. It's inspiring how things have evolved to include all the village. Everybody grabs something to play!

KUOM: Steel pan is one of the cornerstones of the international carnival circuit, can you give the readers an idea of where and when people can catch Carnival, and watch you and your crew perform? Each carnival happens at different times during the year. Miami's carnival is at a different time than Trini's. In Orlando, Carnival is the Sunday before Memorial Day in May. You can catch New Generation Branches either on a truck in the parade or performing in the park, where the parade flows into.

KUOM: In your opinion, should we be encouraging our young people to get involved in carrying the rich history of steelpan forward into the future? Most definitely! Even though, Trinidad has shared the gift of steel pan with the world, at times I see many of the players not look like the indigenous creators of it and sometimes do not know or **FEEL** the cultural significance. Like all good things, the steel pan has been exploited for monetary gain, treated as a novelty and as leisure entertainment. It is imperative that young people, especially young people of African descent continue the art of steel pan music and its impact on the world. Sankofa, you must know where you come from in order to get where you are destined to go. We cannot let this beautiful instrument become a relic of the past!

KUOM: Finally, in your opinion is steel pan here to stay, and why? Pan is not going anywhere. There are bands all the way in Japan and they are GOOD. Pan is becoming a staple in hundreds, maybe thousands of high school percussion bands. Steel pan is used in music therapy as well. It is such a joy to know that many cherish the music and that it has and will continue to uplift the world.

On behalf of KUOMagazine.com, thank you Beverly for allowing us to interview you sharing your musical culture through a female pannist as we celebrate Women's History Month (March).

Stay connected with Beverly on her social media platforms at Bev The Creatress on the links below:

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

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



Written by Dawn Hewitt, CHHC
KUOMagazine's Kulture Korna Journalist
Certified Holistic Health Coach (CHHC)

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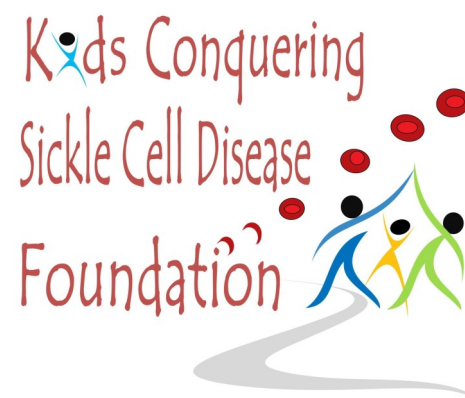
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WOMEN

A Women of Color Is Galactic!

A woman of color is galactic. She has an immense personality that cannot be covered nor hidden. She is not one you can put in a box and she has the ability to overcome any obstacle that comes her way.

She is a nurturer to her own and others outside of her home. She is a builder and a mountain mover. She has a faith that allows her to see into the future and a hope that brings her to it.

If you give her little she will create in abundance. She pours life into you so that you produce life. She carries the weight of many while still being successful within herself.

She has a strength that may get weakened at times yet cannot be broken, a strength that comes from deep within. She has a love that is beyond herself.

A love without conditions, and a soul that reaches beyond generations. She is full of wisdom and experiences of life that will teach you how to endure this life.

She is huge, she is vast, she is galactic. If you do not believe me, just sit back and watch her work.

By LaQwonna "Lady Q" Glaster
KUOMagazine's Soulful Journalist
Founder of Sisters of Faith

Website: www.sistersofaith.org

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GREATER LEVEL OF WELLNESS #AWARENESS

How To Prevent

CORONAVIRUS

4 Easy Steps To Stay Safe From COVID-19

1

WASH YOUR HANDS

Frequently, wash your hands with soap and water or using an alcohol solution.

2

KEEP SOCIAL DISTANCE

Keep at least 3 feet away from people who shows symptoms of flu, and avoid crowded places.

3

AVOID TOUCHING

Try not to touch your mouth, nose and face with your hands, as well as any potentially contaminated surface like hand rails, etc.

4

IF YOU HAVE SYMPTOMS

If you are experiencing a cough, fever or breathing problems, don't panic! Stay at home and call your doctor. Also, cover your mouth if you cough and use disposable tissue or upper sleeves when you sneezing.

Situation in U.S: Different parts of the country are seeing different levels of COVID-19 activity. The United States nationally is currently in the initiation phases, but states where community spread is occurring are in the acceleration phase. The duration and severity of each phase can vary depending on the characteristics of the virus and the public health response. Please continue to stay updated with your City Officials, Government, Health Department and CDC advisory recommendations.

More information, please visit:

<https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/summary.html>



IS SUGAR MORE ADDICTIVE THAN COCAINE AND OPIOIDS?

In the last 100 years, sugar consumption has skyrocketed. More addictive than cocaine, sugar alters brain chemistry, activates the opiate receptors in your brain, and hijacks your health — affecting major organs in the body, causing craving and withdrawal symptoms, hormone imbalances, bingeing, and weight gain. Research on rats from Connecticut College indicates that Oreo cookies activate more neurons in the brain's pleasure center than cocaine does. And just like people, the rats would eat the filling first! And a Princeton Study found that not only could rats become dependent on sugar, but this dependency correlated with several aspects of 'drug' addiction, including craving, bingeing, and withdrawal.

Sugar can have a significant effect on behavior in children, and this is often in direct proportion to the amount of sugary foods they consume. When too much sugary foods and drinks are consumed it affects learning ability and attention span in children leading them to be diagnosed with **ADHD**. A high carbohydrate breakfast with added refined sugars is claimed to increase aggressive behavior in children. Subjecting children to early health issues due to careless diet can be considered child neglect.

Today, the average American consumes at least a half-pound of sugar per day (that's 130 pounds every year!) — directly contributing to the development of type 2 diabetes, heart disease, non-alcoholic fatty liver disease, cancer and other health problems.

Being aware of the effects of high sugar consumption would help with:

- Overcoming grain and sugar addiction.
- Dietary shifts to mitigate sugar's effects.
- Tips and techniques for making healthier decisions.
- Finding hidden sugars in everyday foods
- Getting your kids off sugar
- Transitioning from sugar burning to fat burning
- Creating gut health
- And more!

Do you think cutting out or cutting back on sugar will benefit your health? I must state for the record that although I'm in the health profession, I am not a physician, and any information mentioned herein are derived from my personal experience, research, scientific experiments and case studies. It is not intended as medical advice and I wholeheartedly recommend that you work closely with your doctor to determine the right path to wellness based on your individual health conditions.

For Non-invasive, Radiation-Free Health Screenings with Nutritional consultation, **DNA** testing to determine your body's deficiencies and Nutritional Supplements formulated specifically to your DNA visit: MoreHealthNews.com. If you have any questions and want to learn more, email me at: livingdreams407@gmail.com.

Healthy recipes and tips are available in my FB support group: <https://facebook.com/groups/allnaturalweightloss> or <https://www.facebook.com/healthandnutritiontipstoday>

I am dedicated to helping people and changing lives for the better!

By Noreen Monticeux
KUOMagazine's Health & Wellness Journalist
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Living Dreams International, LLC
by: Noreen Monticeux
<http://ldi.parcwellnesscentres.com>

HERBS.. NATURAL FOODS.. my LIFESTYLE for HEALING & MAINTAINING my HEALTH!

Traditional Medicine is the use of herbs, natural foods, and lifestyle for healing and maintaining health. It can be used in combination with Western Medicine to help patients achieve their health goals. Chinese Medicine, Macrobiotic and Ayurveda are all traditional medicine systems from China, Japan, and India, but here in the west are now considered as "alternative." Western Medicine is a very new science that is sometimes referred to as "traditional". These labels can be very confusing. I personally believe the label "alternative" is meant to trivialize the awesome healing powers found in nature. In this issue, Juawana Montgomery shares her perspective on Traditional Medicine, Herbs, Natural Foods, and "Mindfulness" to promote healing and maintain a healthy lifestyle.

KUOM: What does traditional medicine mean to you, personally? To me, traditional medicine is how the family used to go about healing themselves in a time of need, including herbs and food. Foods such as bone broth to help build the strength within themselves. Bone broth contains minerals, collagen, and protein, the building blocks of the cells.

KUOM: Was there anything in your childhood that influenced you to get into this field? Nothing from the way I was brought up got me into this field. I saw the need within the community, for healing. I read a book that explained how to heal yourself. I was adopted, so when I got a chance to meet my biological grandmother, she said that's what my great great grandmother was also into in New York, as well as being a midwife. Back then there were not a lot of hospitals for blacks so they had to depend on family medicine. Just knowing that information about my lineage really opened my mind. To not really know where you come from, yet it's still embedded within yourself, still in your DNA.. Eventually, I trained with Dr. Llaila Afrika in Indianapolis and became a certified Nutritional Health Counselor.

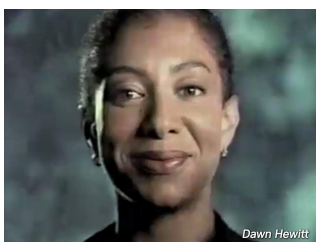


KUOM: What inspired you to start your holistic health business? The need to help and educate, this information was not really passed around in my family and the community. I felt a need to actually share and educate, and to let people know that health doesn't have to be so complicated.

KUOM: In addition to nutritional counseling, what services do you offer to your clients? What I'm realizing now is, you can't just treat the illness or people will fall back into the same pattern of behavior. A lot of health issues also have to do with traumas. You have to treat the mind, body, and soul, they have to all be in alignment. Our behaviors and what we choose to eat can be based on an emotional experience or traumas that are embedded within our bodies. This method, "mindfulness", is a journey into self. Your actions will then be connected to self-love and you will make better choices, what you eat, when you eat. It's really situational, some people eat as a learned behavior. When you bring self-love and awareness to your eating it's a form of self-love and treating your body as a temple.

KUOM: What role do you believe traditional medicine can play in people's daily lives? The role of traditional medicine is the maintenance of good health. For instance, there are lots of free radicals in the air we breathe and just drinking a tea every day will help to strengthen your liver and kidneys, and everything is filtered through them anyway, so it's best to nourish them. I take a cup of tea before bed myself.

KUOM: Do you have any closing thoughts? Yes, I'll close with a quote from neuroscientist and educator Joe Dispenza, who healed himself after a terrible motorcycle accident: "If you desire true change, you have to break the habit of being who you are." Stay connected with me on Facebook at <https://www.facebook.com/juawanda>



Dawn Hewitt, CHHC, KUOMagazine's Traditional Medicine Journalist
Certified Holistic Health Coach (CHHC)

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Dr. Kanada Narahari: WEIGHING IN ON AYURVEDA!

Dr. Kanada Narahari was born in India. He completed his degree in Ayurvedic medicine from Dhanyantari Ayurvedic college in Siddapur, Karnataka under Rajiv Gandhi University of Health Science. He served thousands of patients in Bangalore by classical authentic Ayurveda practice in a well-known Ayurvedic hospital called Ukkinadkas Ayurveda. He also taught courses to bring awareness on Ayurveda at different organizations and various public gathering while he was living in Bangalore. In 2011, Dr. Narahari relocated to Nepal where he lived in the city called Pokhara located in the foothills of the Annapurna mountains of the Himalayas. He lived there for two years. He was also the Ayurveda Consultant and wellness manager for Zen Experience in Temple Tree Resort in Pokhara. In 2014 he relocated to Durban, South Africa and set up his medical practice. Dr. Narahari is a well-known Sitar musician. He incorporates Music Therapy with Ayurveda. In 2019, Dr. Narahari relocated to Orlando, Florida. KUOMagazine is excited to have the opportunity to interview Dr. Kanada Narahari.

KUOM: Dr. Kanada, what is Ayurveda? Ayurveda means “Knowledge Of Life.” It is a system of medicine that originated in India 5,000 years ago. It is a holistic approach that combines herbal medicine and lifestyle medicine. Yoga and meditation are also incorporated in Ayurveda. We treat the whole person mind, body and spirit.

Continues on page 27

KUOM: Could you explain the meaning of the doshas in Ayurveda? Doshas are the fundamental principles of Ayurveda. There are three doshas, the Vata, the Pitta and the Kapha. The Vata is responsible for the neurological actions of the body to keep the mind healthy. Pitta is responsible for the enzymatic activities in the body. All the glandular functions are related to Pitta. Kapha is responsible for the mucus element of the body, the lymphatic drainage, the muscular system, and connective tissues of the body. If the three doshas are not in harmony with each other, your health can be compromised. The Vata is responsible for cold, so if a patient is experiencing fever and chills then the Vata is out of balance so the Ayurveda doctor will supplement something to the patient in order to bring Vata back to normal.

KUOM: What are some of the ways for an Ayurvedic doctor to find out if the doshas are out of balance with his patient? Naadi Vignaana (Pulse diagnosis,) when the Ayurvedic doctor checks the patient's pulse, the doctor will know which dosha is out of balance and what future problems it could cause for the patient. The doctor will also check the eyes and do a medical history on the patient. The health of the entire mind and body can be determined from Naadi Vignaana (Pulse diagnosis). A skilled Ayurvedic doctor can check the patient's pulse to find out the functions of the organs. Pulse diagnosis can also tell advance warnings of health problems that may occur later. By detecting early symptoms of imbalance, the Ayurvedic doctor will help the patient to take preventive steps to correct the problem before it manifests into a major problem.

KUOM: What do you think are the imbalances in Graves' Disease, and how can Ayurveda help to treat the imbalance? Graves' disease is an autoimmune condition. Graves' disease is an imbalance of 2 doshas Vata and Kapha. Remember the Vata is responsible for the neurological actions of the body to keep the mind healthy. Kapha is the principle responsible for the mucus element of the body, the lymphatic drainage, the muscular system, and connective tissues of the body. A stressful life can cause imbalance of the doshas. Doshas tries to protect the body but sometimes due to a person's unhealthy lifestyle doshas can get out of balance.

KUOM: Do you believe that someone who is suffering from High Blood Pressure or Diabetes and is taking medication, and would like to get off the medication could benefit from Ayurveda? Yes, if the patient goes to an Ayurvedic doctor for high blood pressure or diabetes, the doctor can help the patient plan a proper lifestyle modification. The Ayurvedic doctor will advise what herbal supplements the patient should take and work with the patient's medical doctor. If the patient's numbers go down because of lifestyle modification and herbal supplements with the advice of the patient's medical doctor, the patient can slowly reduce the amount of medication and gradually get off the medication.

KUOM: A lot of people have various digestive issues. Can Ayurveda help people with digestive issues? Yes, it can. When the three doshas are working in harmony together they contribute to a normal healthy life. If any of the doshas are not in harmony it will cause an imbalance with the digestive system. Stress can cause an imbalance with the doshas. Someone with digestive issues should eat foods to balance the doshas. Herbal supplements and lifestyle modification can also help to balance the digestive system.

KUOM: How long have you been practicing Ayurveda, and have you seen a success rate from patients that practice Ayurveda? I have been practicing Ayurveda for 13 years. I served thousands of patients in Bangalore with classical authentic Ayurveda practice in a well-known Ayurvedic hospital called Ukkinadkas Ayurveda. I also practiced Ayurveda in Nepal for two years, and I had a thriving Ayurveda practice in South Africa for 5 years. There are 5,500 documented patients that I have been able to successfully help with Ayurveda.

KUOM: You had a successful Ayurveda practice in South Africa why did you relocate to Orlando? I came to Orlando in 2019 with a charity organization because of my music. In addition to be an Ayurvedic doctor, I am also a Sitar musician. I have a passion for music. Music is a big part of my life. I am a singer and performer. Music is very healing. I have combined music therapy with Ayurveda. I love to travel and share my knowledge about Ayurveda and perform my music live.



Continues on page 28

KUOM: I had the opportunity to meet you last year when you came to Orlando and you give me one of your music CD's. Your music is very relaxing. I really enjoy listening to it. What inspired you to go into music? My mother is a singer and my father worked in the performing arts. I grew up around music. I studied classical music at the age of 9. I did classical music for 11 years, then I switched to Sitar.

KUOM: Do you incorporate your music into Ayurveda? Yes, I incorporate music therapy into Ayurveda because music is healing. I work with patients with autism and psychosomatic problems and music helps them to relax and go into the alpha state of mind.

KUOM: Do you think people in Orlando are receptive to Ayurveda? Yes, I think they are open to Ayurveda because people are becoming more aware about Alternative medicine. They are researching alternative ways of healing and they are understanding it more because of the information on the internet. People are more empowered now with knowledge about Ayurveda.

KUOM: What is the difference between Ayurveda and Traditional Chinese Medicine? I think the main difference is Acupuncture. In Ayurveda we don't treat patients with Acupuncture.

KUOM: What role does food play in Ayurveda? A main classical book in Ayurveda states: "To have a healthy life one should live with these principles in consideration, food, sleep and social contact." Food is very important in Ayurveda because every individual is different. A banana might be good for one person but not for another person. People react different to different types of foods. The doshas can determine the types of food for everyone. In Ayurveda 50% of all illness can be manage and treated with right food.

KUOM: What motivates you to continue in the area of Ayurveda? Spreading the knowledge of Ayurveda and healing through my music keeps me motivated.

KUOM: Thank you Dr Kanada Narahari for taking time out of your busy schedule to do the interview for KUOMagazine. Thank you for inviting me.

KUOM: How can people contact you? They can contact me @ 386-944-8854 or my Instagram @ sitar_kanada. I offer free consultation.

Sandi also wrote the biography for a book titled *Psalms in the Dance of Life*, and she co-wrote *Abs & Glutes Tune Up* with her daughter Kamla Macko, IFBB- Figure-Pro. Sandi also co-wrote *Sacha and the Magic Cookie Maker* coloring story book with Philip Michael Thomas.



Written by Celebrity Vegan Sandi Morais, KUOMagazine's Weighing In Journalist

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KUOM Wellness Chefs

Celebrity Vegan Chef, Sandi Morais

Black beans are a good source of plant-based protein and fiber. The beans are very versatile and can be prepared in many different ways to enjoy the nutritional benefits.



VEGAN BLACK BEAN CHILI NACHOS

Black Beans are a good source of plant-based protein and fiber. The beans are very versatile and can be prepared in many different ways to enjoy the nutritional benefits.

Serves: 2

Prep Time: 10 minutes

Cook Time: 10 minutes

Total Time: 20 Minutes

Ingredients:

Black Bean Chili Recipe

- 1 can or box or organic black beans
- 2 tablespoons tomato paste
- 1 small carrot (diced)
- 2 garlic clove (chopped)
- 2 tablespoon olive oil
- 2 tablespoons sweet onion (chopped)
- 1/4 teaspoon chili powder
- 1/2 teaspoon cumin powder
- 1 small Haas avocado
- Sea Salt



Method:

Step 1. Add olive oil to saucepan. Sauté onion and garlic into olive oil. Add cumin, chili powder and sauté. Add tomato paste and carrots with 1/4 cup of water and sauté for a few minutes.

Step 2. Add black beans to the saucepan and salt to taste. Turn the stove down and cook for 7-10 minutes. If the chili is too thick and a little more water.

Step 3. Add black beans to a plate; Add lettuce, tomatoes, cucumbers, olives and avocado. Add shredded vegan cheese.

Recipes by Celebrity Vegan Chef Sandi Morais
KUOMagazine's Wellness Chefs / Snack It Up Journalist

Photo Credit: Vegantuneupcafe.com

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APPLE NUTTY COCO CRUNCH



Serves:2

Prep time: 4-5 minutes

Total time: 4-5 minutes

Ingredients:

2 medium organic apples (sliced or chopped)

2 tablespoons sliced almonds

2 tablespoons shredded coconut

1 tablespoon dried cranberries

1 tablespoon maple syrup or agave

1 tablespoon lemon juice

1/4 cup chopped nuts

Method:

Step 1. Put apples into a bowl.

Step 2. Add coconut, almonds and cranberries.

Step 3. Add maple syrup and lemon juice. Mix together. Add chopped nuts.

Recipes by Celebrity Vegan Chef Sandi Morais

KUOMagazine's Wellness Chefs / Snack It Up Journalist

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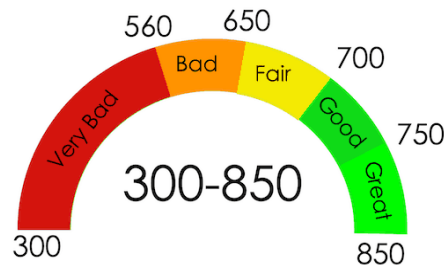


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5 TIPS TO RAISE YOUR CREDIT SCORE!

So, you want to **BUY** a home in 2020, but your **CREDIT** is holding you back? Here are 5 tips to **RAISE** your Credit Score to get you ready!!



- 1. Review Your Credit Report ASAP** – If you don't have a current credit report please get it as soon as possible. You need to be aware if there are any existing issues so you can address them. Serious issues and sometimes even minor ones can take months to repair. Please note that you are entitled to a free credit report from each of the three credit bureaus once a year under the FACT Act; just go to Annual Credit Report website to retrieve it at <https://www.usa.gov/credit-reports> / [AnnualCreditReport.com](https://www.annualcreditreport.com)
- 2. Errors on Your Credit Report? Get it Fixed** – Every year, 25% of people who get declined for a mortgage loan had errors in their credit report. When you spot them, it's up to you to get it fixed. You can attempt on your own or sign up with a credit company to work on repairing, building and/or raising your score.
- 3. Payment History - stay Current & Pay your bills on time** – It is critical for you to pay your bills on time and not be late. One late payment can **drop** your score 50 points. That can be the difference in you getting a loan or even getting down payment assistance.
- 4. Pay more than the Minimum Payment** – Always pay more than the minimum payments on your revolving credit cards each month. Not only will you be chipping away at your balances faster, but you'll **save** money on the total amount of **interest** charged by your bank.
- 5. Percentage of Credit Used and Age of History** – Some say the best way to keep you score afloat is to avoid carrying a balance that's over 50% of your limit on each card, so pay those debts down below that halfway mark as soon as possible. Even 30% would be great. If you decide to pay off all your credit cards – don't close them just leave at 0 balance. The longer the credit history the better.

For more information please contact me at 407-810-6520 or email donnamorton22@gmail.com. Let's go over your credit report together. I look forward to assisting you to becoming a homeowner in 2020!



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REALTY

JOSHUA BRYANT

Singer....Songwriter....Model....and Actor!

Joshua Bryant is a 17-year-old entertainer who attends Wekiva High School in Apopka, FL. Joshua is an aspiring singer, songwriter, model, and actor and has received opportunities to perform in television commercials, an extra in Saturday Night Takeaway TV show (aired in the UK), several runway competitions with Barbizon USA, trained in the Dramatic Arts and directed a short film entitled "The Game," a student-led production filmed at Studio Global Institute in Los Angeles, CA.

KUOM: In this issue of KUOMagazine.com we are celebrating Women's History Month. What has been the best advice so far, you've gotten from your mother in terms of keeping you grounded? Pretty much keeping my head up whenever challenges and barriers to my success come my way. Another thing that she always told me is to never give up on my dreams and to surround myself with people who will encourage me on my path to success.

KUOM: You are a multi-talented singer/songwriter, model and actor. If you had the opportunity to produce another movie, what would you name it, the role you'd play and who would be your co-star? If I were to produce a movie it would be called Chi-Town Heat. It would be a movie about a young teenager from Chicago who has a dream to be a successful rapper but is faced with life challenges that threatens this dream. I would play the main character, Jerome Higgins, a 15-year-old who wants to gain fame and fortune. My co-star would be Will Smith, who would play my father who doubted me in the beginning but ended up supporting me in my dream.

KUOM: This is a 3-part question. Your passion lies in music and songwriting. Where do you find inspiration when writing and how would you classify your type of music? Also, who would you love to write or do a collaboration? As a writer, I find inspiration from my own experiences as well as the experiences of others. I also picture my favorite places to be with a special person. My music falls in three genres including R&B, Pop, & Hip Hop. I would love to write a song for Justin Bieber, because we have similar tastes in music. I would love to do a collaboration with Drake, because he has an emotional feel to his music with an inspiration like my own.

KUOM: Congratulations Joshua in having the opportunity in September 2020 to walk the runway at New York Fashion Week. What are you most looking forward to and which designer clothing would you hope to wear? Mainly, I am looking forward to the opportunity for people to see my talent as a model and receive some job opportunities in advertisement and print. I would like to wear something from Gucci or Louis Vuitton, because these designers bring out my personality through clothing.

KUOM: What is your motto to live by? Always put God first in everything you do.

KUOM: Any final words you'd like to share that we did not talk about and where can our readers follow you on social media or website? I am thankful to have two parents who support me in everything that I do. Your readers can follow me on Instagram at <https://www.instagram.com/toomuch.swag>. Thank you for the opportunity to appear in KUOMagazine.



Shapprelle Gammons
KUOMagazine's Youth Korna Journalist
Photo Credit of Joshua: Montalvo's Photography
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UNDER ONE MAGAZINE



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