

UPWORDS®

INSPIRATIONAL STORIES OF ORDINARY INDIVIDUALS

OCTOBER 2020 ISSUE #3 VOL. 5

Featured Stories:

LaDonna Marie

Donald L. Dowridge Jr.

Vero G.

Lola Chanel

Mary Starnes

Taashaa Hayaat



YVONNE WHITE
MITCHELL

THE FIGHT
IS ON!

Editor's Note



“UP WORDS” is a magazine dedicated to the inspiring journeys of people from all walks of life living in all areas of the world. Each cover story in the magazine focuses on people who, often against great odds, inspire hope in others through their story or journey. The cover story is complemented by various sections such as entrepreneurship, education, art, music, folk world, lifestyle, sports and spirituality- all of which highlight positivity.

Our world is filled with so much negativity and violence. And because of that individuals from all walks of life tend to forget that what gets us through the dark days are stories of hope.

“UP WORDS” stories of hope are those that say to the reader, “look what he or she has done; I too can do that.” “UP WORDS” also intends to differentiate itself from others by researching and telling the inspirational stories of the ordinary individual. The ordinary individuals' stories tend to be neglected; yet they comprise the majority of the population across the globe.

“UP WORDS” seeks to spotlight them, for they are the ones who will light the flames of tomorrow's generation. “UP WORDS” has something for everyone, young and old, male, female and individuals from diverse socio-economic backgrounds. It seeks to build bridges of understanding, facilitate dialogue across society's divisions and build peace for tomorrow's generation. The magazine believes that life's limitations can inspire us to strive for heights we may not have reached otherwise.

ABHIJIT GANGULY

Editor-in-Chief

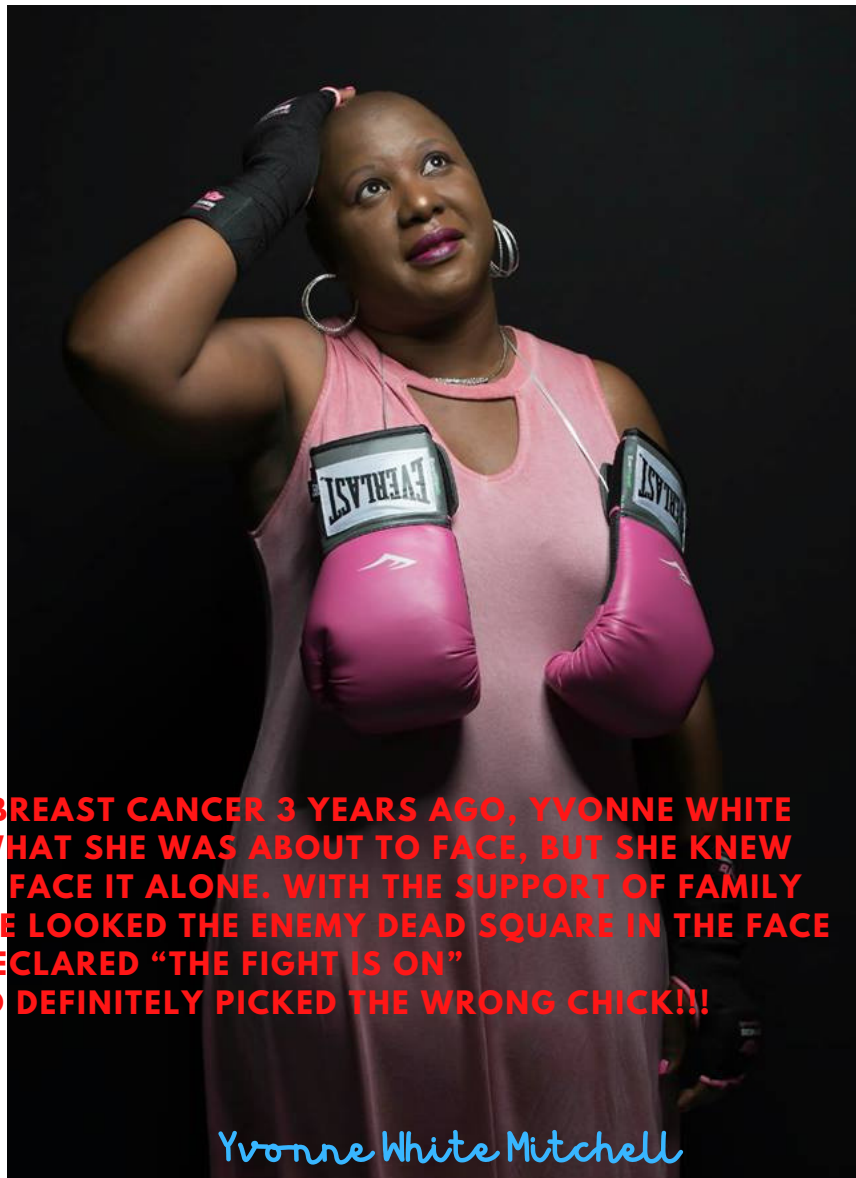
Hon Advisors

Dame Dr. Munnì Irone (USA)
Raphael Louis (Canada)
Unisa Kamara (UK)
Damon Kowarsky (Australia)
Blanca Madrigal (Mexico)
Juan Requelme (Peru)
Oleg Smotrov (France)
Uwe Jonas (Germany)
Ntina Anastasiadou (Greece)
Maria José Castejon Trigo (Spain)
Jhohann Pimenta (Brazil)
Rodolphe de Decker (Belgium)
Alessio Roma (Italy)
Tamara Pereira (Portugal)
Angelo Borer (Switzerland)
Seongkuk Jeong (South Korea)
Waled Nour (Egypt)
Fatane Amiri (Iran)
Rahim Karim Karimov (Kyrgyzstan)
Carol Chiu (Taiwan)
Dr Raja Rajeswari Seetha Raman (Malaysia)
Daya Dissanayake (Sri Lanka)
Lan Echo (Vietnam)
Aphinita Chaichana (Thailand)
Jameel Ahmed Raju (Bangladesh)
Hermelinda Simela (Mozambique)
Smith Nwokocho (Nigeria)
David Kissi (Ghana)
Chilekwa Louisa Kangwa (Zambia)
Reagan Opio (Uganda)
Chris Ticker (Liberia)
Lamin S Janneh (Gambia)
Cee Boo (South Africa)

1	Editor's Note
3	COVER STORY : YVONNE WHITE MITCHELL
8	CHASING DREAMS : LADONNA MARIE
11	CHASING DREAMS : DONALD L. DOWRIDGE JR.
14	CHASING DREAMS : VERONICA GONZALEZ AKA VERO G.
18	SPOTLIGHT: JASMINE BLAKE (LOLA CHANEL)
20	CREATIVE CORNER : MARY STARNES
22	BEHIND THE LENS: TAASHAA HAYAAT

TABLE OF CONTENTS

“THE FIGHT IS ON”



WHEN DIAGNOSED WITH BREAST CANCER 3 YEARS AGO, YVONNE WHITE MITCHELL HAD NO IDEA WHAT SHE WAS ABOUT TO FACE, BUT SHE KNEW THAT SHE DIDN'T HAVE TO FACE IT ALONE. WITH THE SUPPORT OF FAMILY AND HER FAITH IN GOD...SHE LOOKED THE ENEMY DEAD SQUARE IN THE FACE AND DECLARED “THE FIGHT IS ON” BREAST CANCER HAD DEFINITELY PICKED THE WRONG CHICK!!!

Yvonne White Mitchell

Yvonne White Mitchell

Born, June 27, 1971 in Tuskegee, Al to James and Ruby White 1989 Graduate of Marbury High School, Marbury, Al ;2005 Graduate of Concordia College, Selma, Al Wife, Mother, Grandmother, Evangelist, Motivational Speaker, Author, Intercessory Prayer Warrior, Breast Cancer Advocate, Breast Cancer Survivor and most of all Child of The Most High King, our Lord and Saviour Jesus Christ!!.

Currently attending The Holy Greater Trinity Biblical Institute, Montevallo, Al under the leadership of Dr. Kimberly Quillman.

Yvonne's favorite hobbies include , enjoying her family, writing, sewing and playing gospel music with husband Tony Mitchell (Manager, Lead Singer and Bass Guitarist for the Christian Harmonizers of Jemison).



Overcoming many obstacles in life, a breast cancer diagnosis in November of 2017 would proven to be one of the toughest battles Yvonne would have to face. “I have always been very healthy and quite active in my church and community, so I definitely had no time for the big “C” word. Following a self examination and discovering a lump in my right breast was so overwhelming, but I knew that I was not going to be defeated. I decided with hesitation to leave my job as a postal service clerk to focus completely on my healing. The breast cancer was determined to be Stage II Hormone Receptor Positive that had also moved into my lymph nodes.

My mind was in a million places and then God began to speak to me. I had two choices:

1. I could sit down and throw myself the biggest pity party that I could have , or,
2. I could stand up and fight and trust God through the process.

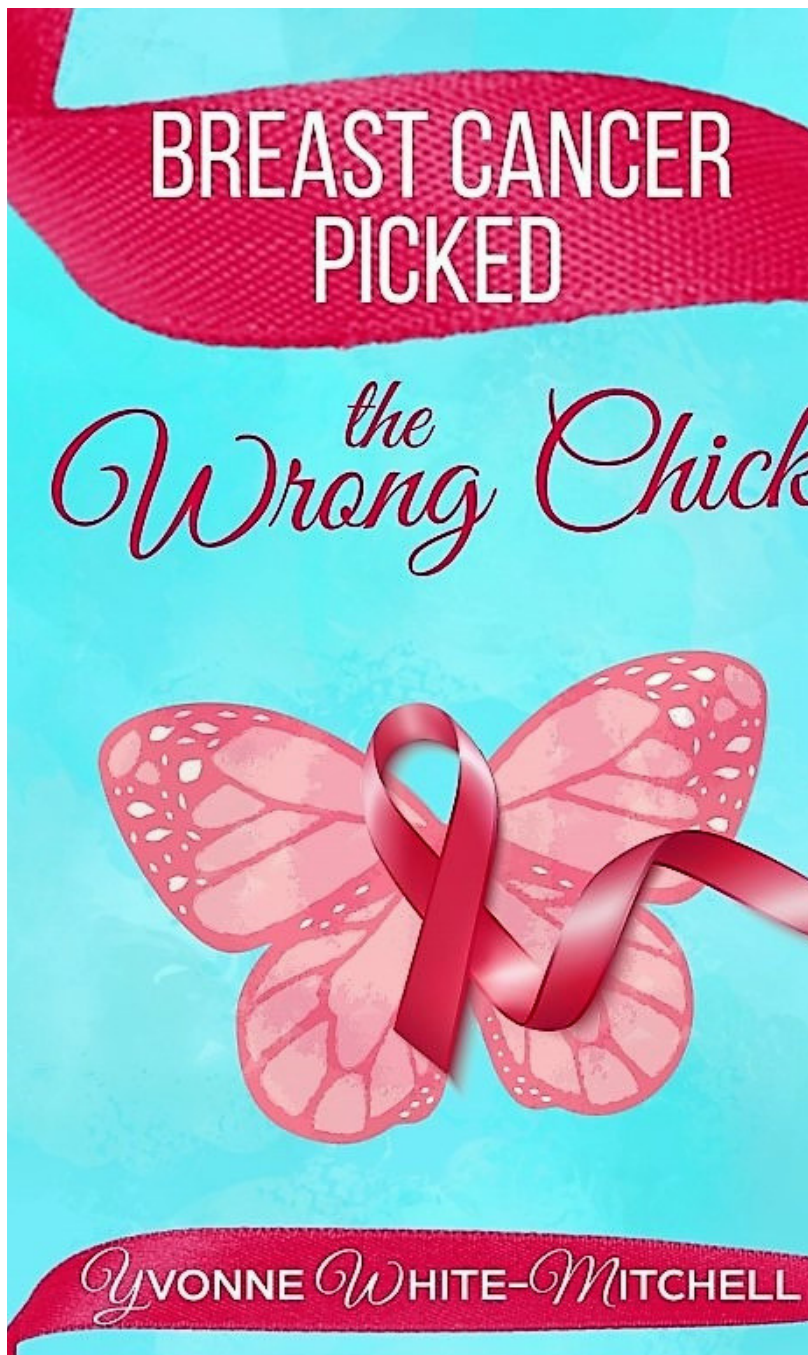
I chose to trust God!! I am convinced that the reason that I am still here is because of my faith in God and the support of my family.

I was facing countless surgeries, chemotherapy, radiation and not to mention never ending doctor's visits. But God had a bigger broader plan for my life. He would use me to encourage and inspire others to stay in the race, keep going.....despite what it looks like. There were many times when I just wanted to sit down and give up because I was so sick from the strong doses of chemo. Every time a negative thought would enter my mind,

God would always tap me on the shoulder and let me know that someone else's life is depending on you and how you handle what I am about to do for you and through you. During the time that I was undergoing all of the procedures and treatments, God would always send someone to me that needed an encouraging word or something to help to push them to the next level. I would often think to myself, now God....how am I supposed to keep encouraging and praying for these people when I need encouraging myself? God's reply would always be a simple one....."Trust Me!" and so I did.

At the same time, God also had me writing. "Yes, God was putting the pressure on this girl!!" This is where I know that my healing and transformation was taking place.





I did not understand it at the time but God showed me some time later after I completed this book. This was a book that I did not want to write, but God kept pushing me and pushing me and pushing me. I didn't want to write it because it would uncover wounds that I had covered up for years and years. No one wants people to see the completely raw and uncut version of themselves, but God said write it!!! So I wrote. With much hesitation, I still wrote it. I shed many tears because I would often ask God....do I really have to put that part in there? And of course he would say....Trust Me!

So this is where the birthing of "Breast Cancer Picked the Wrong Chick" comes in to existence. The title of the book came from God when I was first diagnosed with this horrible disease. I spoke these words to the enemy as if he was standing in my face, "You have picked the wrong one now devil!!!!", "You are in for a fight!"..... I absolutely refused to allow the enemy to steal my joy. I'm a child of the KING!

"BREAST CANCER PICKED THE WRONG CHICK" IS AVAILABLE FOR PURCHASE ON AMAZON.COM. IT NOT ONLY FOCUSES ON BREAST CANCER BUT IT INCLUDES A TESTIMONY OF OVERCOMING MANY OBSTACLES THROUGH PERSEVERANCE, STRONG WILL AND FAITH IN GOD.

I ALSO HAVE A PUBLIC GROUP PAGE ON FACEBOOK (BREAST CANCER HAS PICKED THE WRONG CHICK) IT IS DESIGNED FOR ANYONE TO SHARE THEIR STORIES , SEEK ADVICE AND REQUEST PRAYER.



After completing treatments in 2018, I am currently on a mission to educate others about breast cancer and early detection. I have since spoken at many conferences and events to uplift and inspire women and men as well.

So what am I currently working on today? I have recently completed my second book as a Christian author, its title is "A Threat to the Enemy" based on putting on the whole armour of God from Ephesians 6. No release date has been set as of yet. In November 2019 I also founded a Prayer Pillow Ministry!

During my battle with cancer, a dear friend of mine had given me a pillow and she called it a prayer pillow. I thought ..."ok God...it's cute, but how do I use it?" It wasn't until November 2019 ...when God woke me up out of my sleep and gave me this vision about a Prayer Pillow Ministry. He immediately took me to the book of Habakkuk and gave me a precise word concerning these pillows. In the book of Habakkuk the prophet was very burdened by all that was going on around him. The city was in chaos, much like our country today. But God spoke to Habakkuk and reassured him that He is God!!! Habakkuk was to write the vision and make it plain, so that everyone would see and know that when God starts to moving, they would know that it was God and ONLY God!!

These pillows serve as a comfort to many. Initially I was only going to make a few pillows and give them to friends and family and be done with it. But God started showing me so many people who were hurting, sick or just going through life who needed a little extra reassurance. The pillows are free upon request and have reached thousands of people all across the world. Since November 2019, we have managed to deliver over 4000 pillows. Each pillow is prayed over and anointed. The word of God says that he would use the foolish thing to confound the wise. It's not just about a pillow but about your faith in God. This is one of my biggest passions and I will do it as long as God gives me strength. Just being able to walk into cancer treatment centers, dialysis clinics, and senior citizen homes and share these pillows and put a smile on someone's face is the greatest gift from God!!

If you are interested in receiving a pillow please contact me: Yvonne White Mitchell (facebook) The Prayer Pillow Ministry theprayerpillowministry@gmail.com Pillows are free, however we accept any donations/fabric/materials big or small in order to continue to be a blessing to others. We are currently in the process of seeking non profit status and filing for 501c3 but at this time, during this process, we operate solely off of donations from friends and family.

CHASING DREAMS

"THINGS I WISH I KNEW A OPEN LETTER TO
GIRLS AND WOMEN ALL OVER THE WORLD,
TO HEAL AND OVERCOME OBSTACLES"



©Stori Studios

Hailed by American and European literary review experts as one the greatest up and coming act- provoking writers, is LaDonna Marie. The literary artist is an award-winning, international and best-selling author. She also is a Motivational speaker, Evangelist and founder of Planting Positive Seeds.

Having earned some of the industry's most glowing reviews, the critically acclaimed writer will be the first to tell you that she traveled a long way to the remarkable destination she now enjoys. LaDonna published her first poem in an anthology, "Whispers with The League of American Poets," in 2007, and went on to self-publish her freshman book, "Expressions of the Mind, Body & Soul," three years later. Without any effort on her part, she was recognized and received a Certificate of Congratulations from Congressman Bennie Thompson, 2nd district of Mississippi. There's nothing minimalist about her accomplishments which include wide-ranging collaborations and associations ranging from a U. S. Representative, to Australia, London, South Africa, and Italy hosts. In addition to her extraordinary and unprecedented impact upon the literary industry, she's also a vibrant keynote and motivational speaker for several youth groups. LaDonna has a penchant for inspiring entrepreneurs, children, artists, writers and politicians, alike.



LADONNA MARIE BOOKS, LLC

www.ladonnamarie.org/shop

**A COLLECTION OF BOOKS THAT ARE
MOTIVATING AND INSPIRING!**

Her book titles such as, "Until Tomorrow Comes," "Lessons: Shattered Pieces Being Restored 2014," and "Quiet Moments with God," and have all yielded world-wide attention. She is the recipient of more than a dozen awards including a 2012, Humanitarian Award, and the 2014 DJ Gatsby Book Club Literary Award in Poetry. LaDonna Marie's latest accomplishments in 2020 were she was selected as Top 30 influential women: Movers and Shakers in K.I.S.H Magazine, and awarded Top 50 Women in Business by Black Women's Expo. In 2019 She was nominated as Faith Based Speaker of the Year at Speaker Con and received a Mississippi Success Award. As an Author in 2018 she showcased her book at the Congressional Black Caucus and NAACP's Authors Pavilion and Winner of International Author of the Year in London, UK.

The world-renowned writer can be inspirational and melancholy. At one moment she's vulnerable; the next, she's conveying a display of empowerment. Her astonishing talent and proverbial delivery paints portraits in vivid detail for secular and spiritual audiences alike. LaDonna Marie says that "Becoming a writer and my love for words are my passions and greatest gifts from God. They helped me maintain a humble spirit." She loves creating an atmosphere for learning and growth. She's often quoted by a variety of publications such as The Glory Journal, ASU Alumni Magazine, and Sibella Poetry Magazine.





LaDonna Marie continues to make an impact globally and locally in her community with her nonprofit organization Planting Positive Seeds. In 2018 she had a Season to Cry Out Conference. In 2019 she hosted a Maximizing Your inner strength Retreat for girls ages 13-18.

LaDonna Marie received her B. A., in Social Work from Alcorn State University in 2005. She earned a M. S., in Counseling Studies from Capella University, and a M. A., from South University in Professional Counseling, respectively. In addition to consulting, Marie delivers keynotes, trainings, writer insights, networking and strategy sessions. Her book titles are available on Amazon and Barnes and Noble. She now makes her home in Mississippi with her two wonderful children Landon and Lathan Cook.

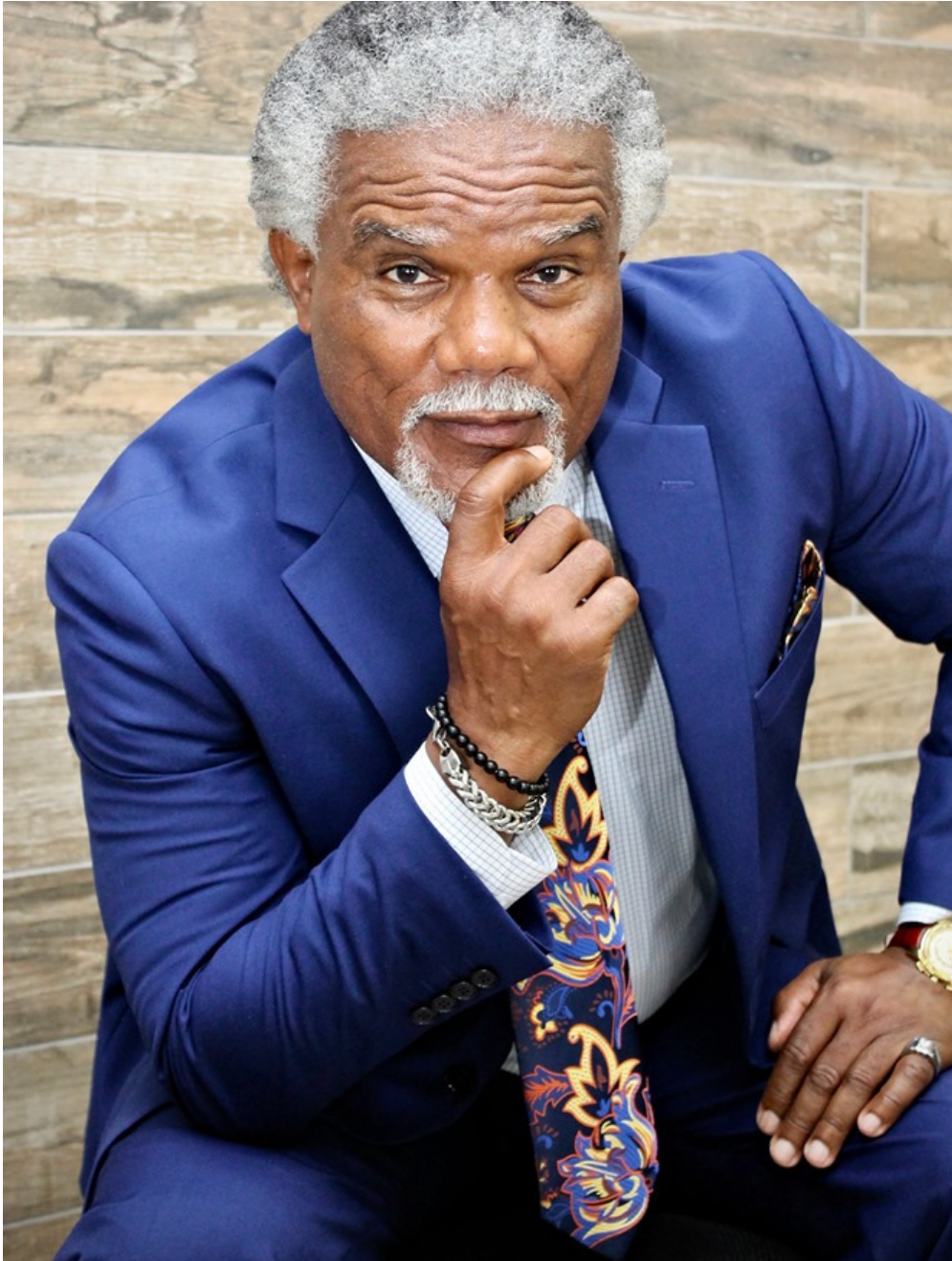


IN THIS DAY AND AGE IT IS IMPORTANT TO HELP YOUNG GIRLS AND YOUNG WOMEN, BE THE BEST VERSION OF THEMSELVES. THE AUTHOR WROTE THE BOOK TO HELP PRE-TEENS, TEENAGERS AND YOUNG ADULTS TO NAVIGATE THROUGHOUT LIFE'S CIRCUMSTANCES AND OBSTACLES. IN THIS BOOK, THE AUTHOR PRODUCES SOLUTIONS AND POSITIVE ENCOURAGEMENT TO FACE LIFE'S JOURNEY PREPARED.

FOR ADDITIONAL INFORMATION INCLUDING FEATURES ON THE AUTHOR, VISIT WWW.LADONNAMARIE.ORG

**DONALD
“THE GURU”
DOWRIDGE, JR.**

**CHASING
DREAMS**



ENTREPRENEUR, SPEAKER , MOTIVATOR

Donald L. Dowridge, Jr. is a native Baltimorean and raised in “The Bronx” New York. He is the middle child of 3 from his parents and was raised in the foster care system throughout his childhood. He is a survivor of child abuse and has endured many cases of abusive incidents that would have created the demise of many children, but that was not the case for Mr. Dowridge. After spending several years being moved around from foster home to foster home, he would then endure even more abuse in the homes that he would be transferred to. This would be the atmosphere that he would have to endure for his innocent childhood. His future foster home, which would be his fourth one in a small stretch of time, would be located on the Westside of Baltimore and would be his most difficult challenge that he would face as just a nine-year-old boy.

Donald was left with many scares from his experiences and they would haunt him for many years but he would still make it through, some how. After these tumultuous experiences he would be retrieved by his biological father and moved to the South Bronx, New York. Moving with his father, he was still not able to escape the throws of abuse and violence. As the case with some that have endured this kind of pain and destructive behavior, he would turn to the streets and wound up in Rikers Island prison, as a thirteen year old gang member and then this would be followed by a three year stint at Lincoln Hall. Lincoln Hall is located in the Caskills of Upstate New York.

After returning home he would find himself back with the same group of people(Black Spades gang) and continued in his gang activities and wound up getting into a fight that led to him being stabbed and two other individuals faced death. JunBug, as Donald was affectionately known, would be a victim in this encounter but would use this incident to create a new beginning and would bring about a fresh new life for him in the city of Tampa, Florida in 1974.

Since giving his life to God, some 30 years ago he has been on a journey to make a difference in other people's lives. He has had a great career in the Tampa Postal Service, of which he was the first Black Manager. He established his company DLD(Determined to Learn and Develop) Enterprises, in 1992. DLD Enterprises is Headquartered in Tampa, Florida.



DLD is a nationally recognized and innovative motivational consulting firm specializing in strategic empowering, and building hope.

DLD was Awarded 2013 Presidential Award (Outstanding Achievements), 2013 African American Authors Award for "THE POWER OF BEING A W-I-N-N-E-R," 2013 Father of The Year to include invitation into Cambridge Who's Who as a Honored Member.

Awarded for bravery from the Hillsborough County Sheriff Department. Awards received consist of the prestigious Business & Professional Network Gold Medal Award and recognition by many notable organizations.

DLD began to gain traction in schools, churches, youth groups and community impact. Organizations began to take notice of DLD Enterprises and Donald's passion, energy and empowering spirit that he projected. This would lead him to speaking before businesses, universities, and embassies. Donald would pen his first book "TRUTH IN THE POEM(1992)", and would lead to his 13th book "THE POWER OF BEING A WINNER" landing on Barnes & Noble's #1 List of Motivational Self-Help Books. His 14th book was released in November of 2019 and is impacting individuals and businesses nationally.

CHASING DREAMS

DLD Enterprises offers services such as :

"YOUTH EMPOWERMENT "

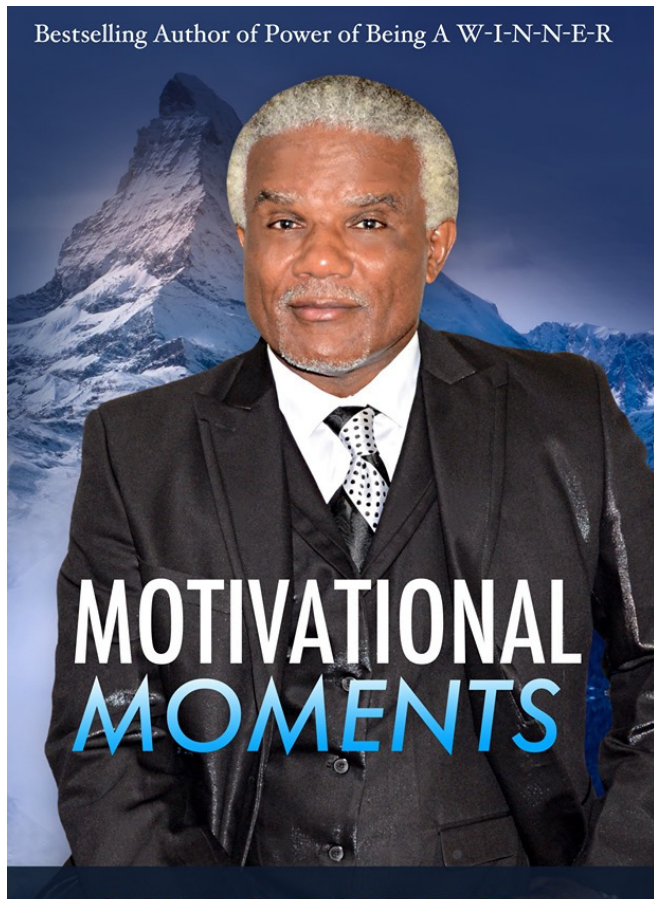
Youth can be disobedient, negligent to heed the warnings of danger can be ahead! They may lack motivation with school, missing the flight to graduation. Youth attempting gang life, or currently involved in gang? Youth and alcohol / drugs, dangerous mix! Can't seem to reach your youth? Why not invest in DLD!

"KEYNOTE / GUEST SPEAKER"

Why! Why have Donald L. Dowridge, Jr. as your Keynote/Guest speaker? DLD has and continue to be recognized as a top speaker for many organizations. DLD researches and prepare knowledgeable speeches for a educated audience. DLD bring Twenty - Eight (28) Years of proven success as a orator/speaker to your facility. DLD refreshes and inspires by tickling the least motivated into conquering desires. DLD experience gratitude from audiences for delivery of great speeches.

"PERSONAL COACHING"

DLD will Elevate you from Attitude to "ALTITUDE!" True Igniting a Renew interest in your Strength, not your Weakness! True Coaching to ID core Competencies and Developmental areas! True Providing an environment of Learning and Support! True, get your boost from low to a Highly Esteemed Individual! DLD truly ignites a Renewal in your Strength, not your Weakness!



See more on DLD at :



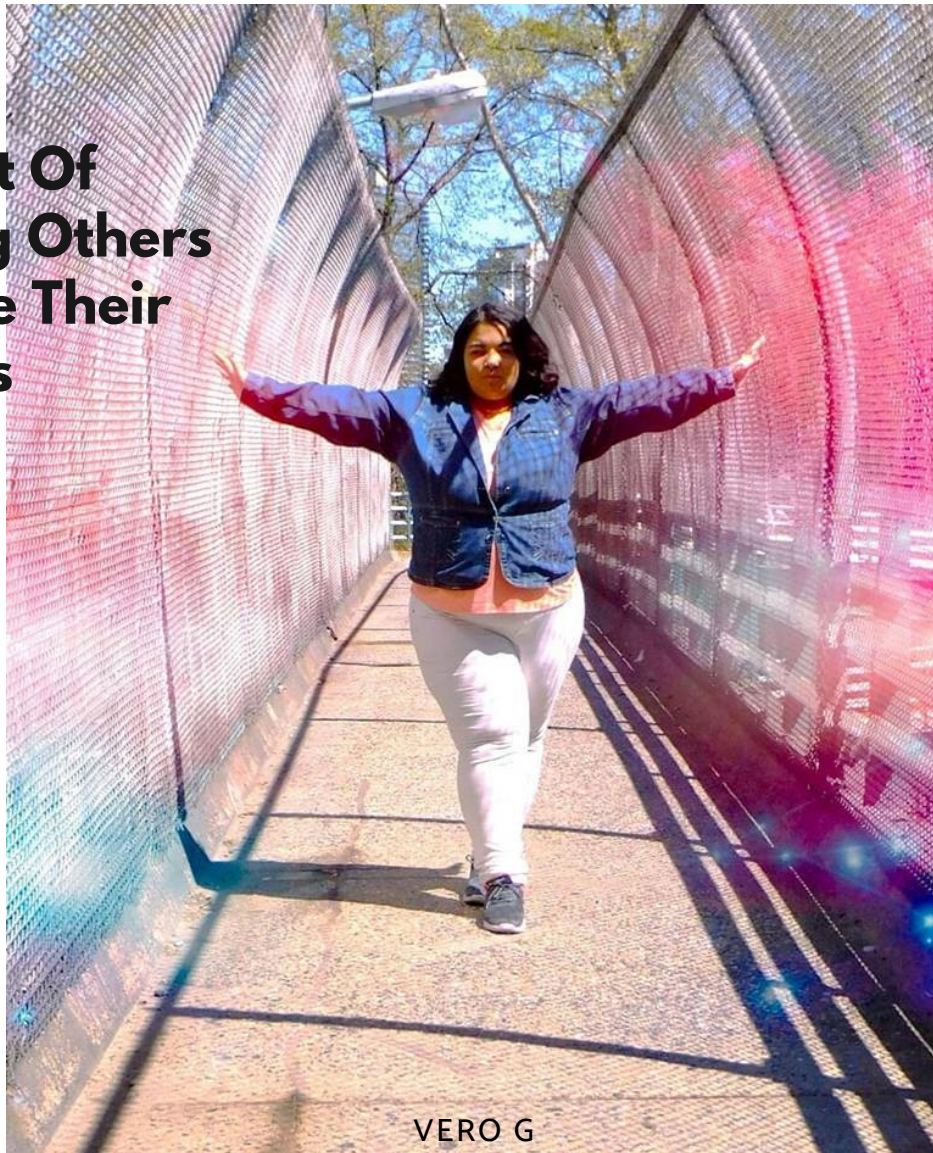
CONSIDER HIRING DLD AS YOUR NEXT KEYNOTE SPEAKER

Phone Number:(813) 394-5875

Email:dld282002@yahoo.com

Website:www.dldenterprises.org

The Gift Of Helping Others Achieve Their Dreams



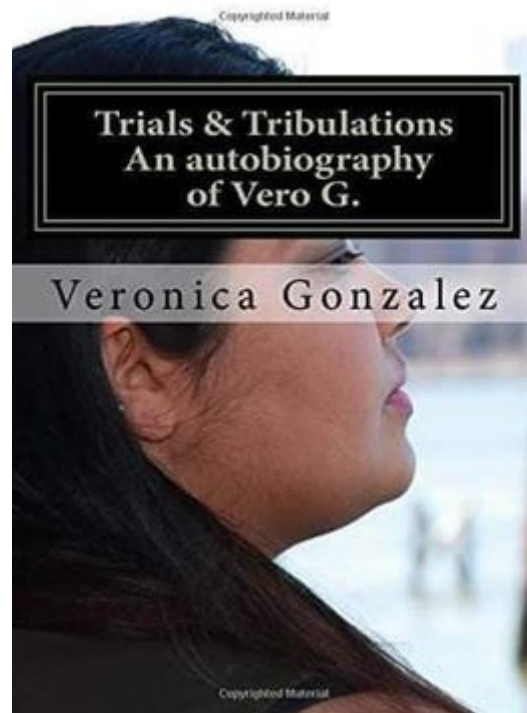
VERO G

Veronica Gonzalez AKA Vero G. is a 34 year old, Latina, born and raised in the Lower East Side. She is a Singer/Songwriter/Model/Actress/Poet/Host/Screenwriter. Her genre of music is R&B mix with Soul. She has some experience with the music industry and the in's and outs of how it works. She started to sing at the age of 7 years old. She has been a member of the JHS 22 School Choir, was a member in The Change Choir with Al Sharpton, and has received awards throughout her accomplishments (First Place Trophy for the Anti-violence Awareness, Certificate for Recognition). Her music is refreshing, upbeat, and lifting to others. She has gotten great reviews from all of her performances, and has been approach by the audience for encores. Her influences in music are Mary J Blige, Alicia Keys, Selena, and Mariah Carey.

She had just released her first single "Addicted" it consists of an R&B style. Adding to that she has other tracks with various artists such as Cool Breeze in "Don't be a sinner and Ella Esta Tremenda ft Jose the Amazing" including her second single "Clueless" ft Cool Breeze. It's Been Two Years ft Cool Breeze, Thinking About You ft Cool Breeze, Remake of George Gerswhin's song "Summertime".

As well done her first Christmas EP album It's Christmas Time with Vero G and got great feedback on it, as well she did a music video of a single White Christmas from her Christmas EP with Take Over Promotions. She is also working on new material (Vicious & Turn it on) Tracks with Artist Dirty Promesa and her First Debut Album Trails and Tribulations coming out soon by August 2016. Working on her latest sophomore album The Rise Of Vero G. and another album named Untitled for 2019. She also has some singles of her latest album The Rise of Vero G. Coming For Mine, Summer Loving and Mother's Lullaby. Worked with Artists Real Lyricez on their recent hit collaborations Gimme your love, Broken Dreams, On my way, and much more. Recently she has been working with an independent label FME (Fam Music Ent) with CEO Jeremy Ortiz aka J-Shine (Artist) and other artists under that label. She was feature in their latest track One Night Stand with J-Shine and SGS.

Recently she had done collaboration with artist Darka Shade in his remix of Seductive Dancing. Also she has been working with long time friend and CEO of Music4life Wayne Whiteside. In various projects, and also being a part of his upcoming label Music4life as an R&B female Artist, and working side by side with various artist as well in that label. Including with that she is the assistant director of the upcoming single for artists Brian J Morris and Shenee Johnson hit Do Something Together which will be release in August 2015. Recently, she has performed at local gigs, such as the Recoup Lounge, Sapphire Lounge, Blaze the stage, Blaze the mic, Blacktorn 51, Diamond fashion week, Silhouettes, The Zinc Bar, The Nuyorican Poet's Café, Iguana Lounge, Back to Cool event and The Singer's Forum, Talent Tonight at Amarchi Lounge and at the Lit Lounge at the Swagger on the Mic Showcase, Talent Tonight, Village Underground, Bar 580 Showcase, TKP Underground Open Mic Host Jai-Ho. Recently she had performed in various performances with artist Dirty Promesa with their collaborations Turn it on and Vicious. Artist Dirty Promesa and Vero G had done music videos for both songs. She had also performed on a TV with the Bronx netCommunity Access Network with Rhina Valentin's show "Open".





She had appeared in various times on TV for the Manhattan Neighborhood Network shows such as The Diamante Show Host Juan Gonzalez on various times, On with Angel show Host Angel, and The Home Invaders Variety Show with Host Hector Bosa on various times, Beyond the focustv show, SNYCTV, Chris Concepts tv show, Soulfood TV, Vega 411, BME TV show, Candid Conversations with Darrell Fitzgerald. Recently was in an Open Mic Toy Drive with hosts Skittelz and Charlie Uptown and in Word up Open Mic. Been in three TV show appearances for The Home Invaders Variety Show with Host Hector Bosa, Guy's Cormier Stories Today with Host Guy Cormier and S.O.T.A with host Cynthia aka Sin with Take Over Promotions talking about myself and upcoming projects. She will also have more songs releasing soon to her YouTube Channel and she had worked with DJ Gemstarr with a mix tape Eye on the Dollar Volume 3, Cocaine Cowboys volume 5 mix tape, and also will work other people to promote her work. She is also promoting her singles Addicted and to college radios in the Tristate area. Also on her second single Can't Live Without You ft Coolbreeze for her upcoming album Trials and Tribulations. Recently she had done some radio interviews to promote her music. Radio Impacto 2 91.9 FM Host Fausto Chadan , MichaelaTV Live at Niteline Radio with host Michaela, college radio interview with Host Charlie Uptown at Bottoms up Social Radio WCCR 590 AM discussing her various projects, Radio show Xclusive ATL's 96.9 FM with Host The Spacemann.

Vero G. has also been appeared on every month on the M Pire Magazine under the artist spotlight with various other talented artists. Adding to that she has also done an Online Radio interview with Lehman College Radio Station W H L C with hosts Ace and Uno at the Comfy Hour (The Bat cave) show, FLo Empire radio show Onpoint, LDM Radio show, Open TV with Bobbie Lee(From WBLS radio personality), SWBRadio, The Evening Experience. Recently she starred in the music video of artist Reggie DaProducer hit Sleeping on Bricks Directed by Oscar Fernandez. Also had appeared in three films The Interrogators Directed by Milton Greene, Sensory Deprivation and Coincidental Killer Directed by Shawn Raynor. Recently she has been in two other films in Movie Horror Affair with Director Brittany Bullock, Untitled with Director Joseph Oyewande, and in a web series Respect the Come Up with Director Brad Bizzy Beauge.

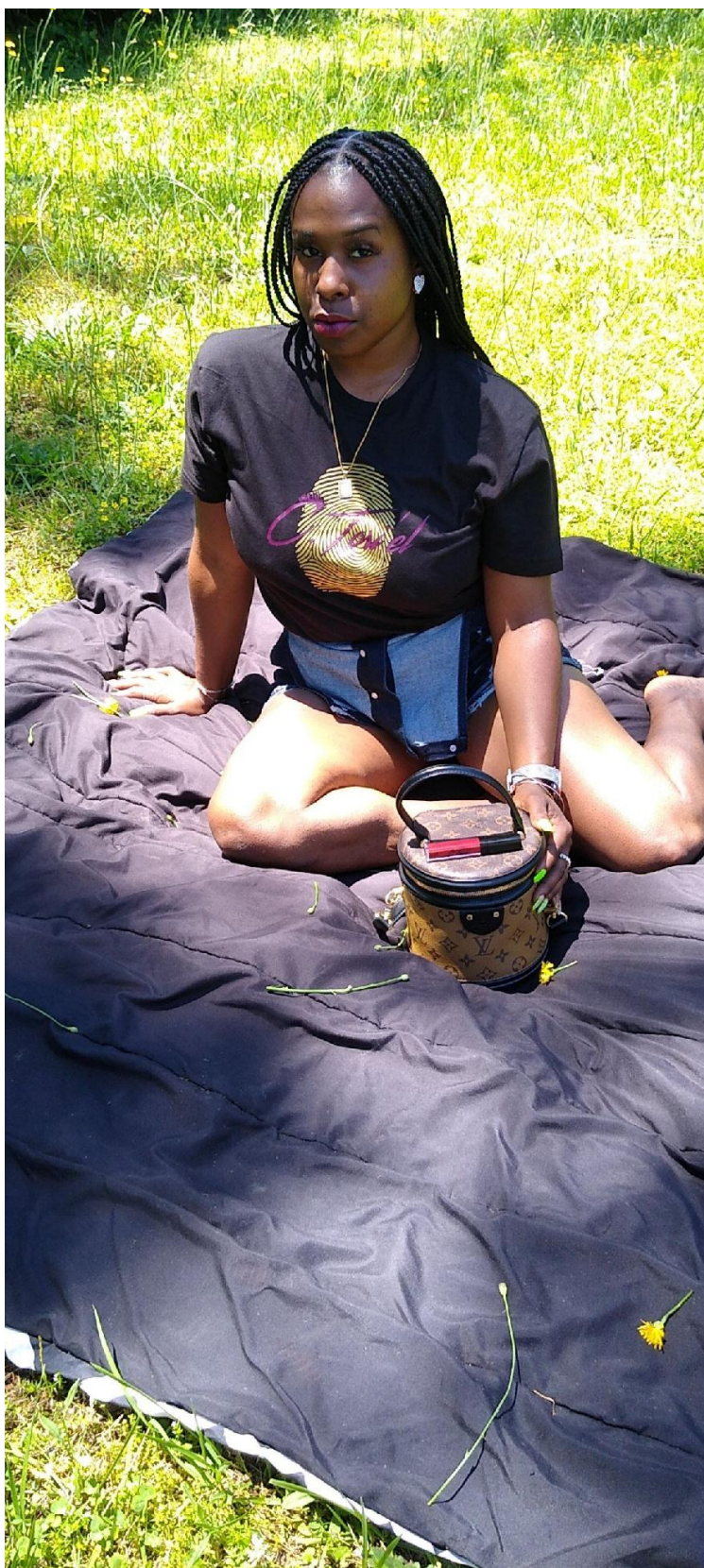


She also model for various photographers in photo shoots. Even was in a fashion show runway with various models as well in the Top Notch Projects fashion show with Designer Ms White and with another fashion show at the Hollywood Fashion show with Designer Ms. Shaw and Northern Lights Fashion show with Designer Paul Anthony Mantia, NYFW in some shows in NYC, and in Connecticut region as well. Also is a published model been in various magazines for her work as a model.

Vero G. has also gotten some awards and recognition for her hard work. She recieved the Courage of medal award from the Domestic Violence Unmasked the truth event, Recognition award for her performance at the LDM Women's Empowerment showcase, 2018 nominee for the LDM award show for POP and LATIN category and more to come. She is 2019 nominee for the LDM award show for Pop category. Vero G. also models, acts, hosts and does poems in her spare time. Recently she has one some hosting in various fashion show events, even hosted in some of her shows under Model Talk, Soulfood TV, Vero G. Spotlight tv, Vero G. & Friends online show, and BTSTRADIO TV show. Recently she has written over 20 poetry books an two books one is an autobiography Trials and Tribulations an autobiography of Vero G. and My Journey which focus about her music career. She is a jack of all trades and love to earn through others in the entertainment business. She would like to be an entrepreneur and own her own business someday.

Her sole purpose of being a part of the music business is to encourage others to open up yourself, fulfill your dreams and goals, and explore your true talent as a gift for others to enjoy.

THE VISIONARY ENTREPRENEUR



My name is Jasmine Blake (Lola Chanel) I'm A 28 year old Professional Lash Technician, Professional Waxing & Hair Removal Technician & Entrepreneur from Norfolk Virginia. I have two beautiful stars (Daughters) ages 7 & 8. Which whom I do everything for. Life wouldn't be the same without you. Im forever grateful. I love you soooo much.

Cha'Nel Tori'el was established in 2017 when i decided to take a leap of faith and venture out on my own path. Prior to this...I was struggling, living with my grandmother and trying to figure out my future... I was tired of working hard for someone else for m.wages & they were living good. I had given up on college & before you knew it I was depressed.

With two young ones looking up to me something had to change.... So I started thinking of a few things that I enjoy and said " well if I love it that much I am gonna stop spending money and I am gonna start making some money lol. Which happen to be none other than makeup.Especially lipstick. I was scared of course but I knew that God was real. He had brung me through so much before. "I remember the night my boyfriend & i stayed up thinking of names , products, designs , audience and more. Lol the next morning i prayed on it & a month later i had purchased my business license". I was Eager & Hungry.... I knew of better so i had to do better. That's exactly what i did.

Cha'Nel Tori'el is a Black owned luxury cosmetic & retail company , also known as "The Face Cartel" . with products ranging from Liquid Matte Lipstick, Lash Growth Serum, Waterproof Brow Gel , Mink Eyelashes, Lip gloss to Seasonal & limited custom Clothing. My vision for the Company is to create something that will last forever for my kids and their kids to come of course, but it's also my vision to grow so big that i can take what I've created back home to Africa. I love America but Africa is my home (and i have never been).

My vision for the Brand is to continue making great products for my beautiful women EVERYWHERE! We are beautiful whether its being A Natural Boss Or An Exotic Barbie... You are beautiful. & Our products will show you the meaning of it. That's a promise.



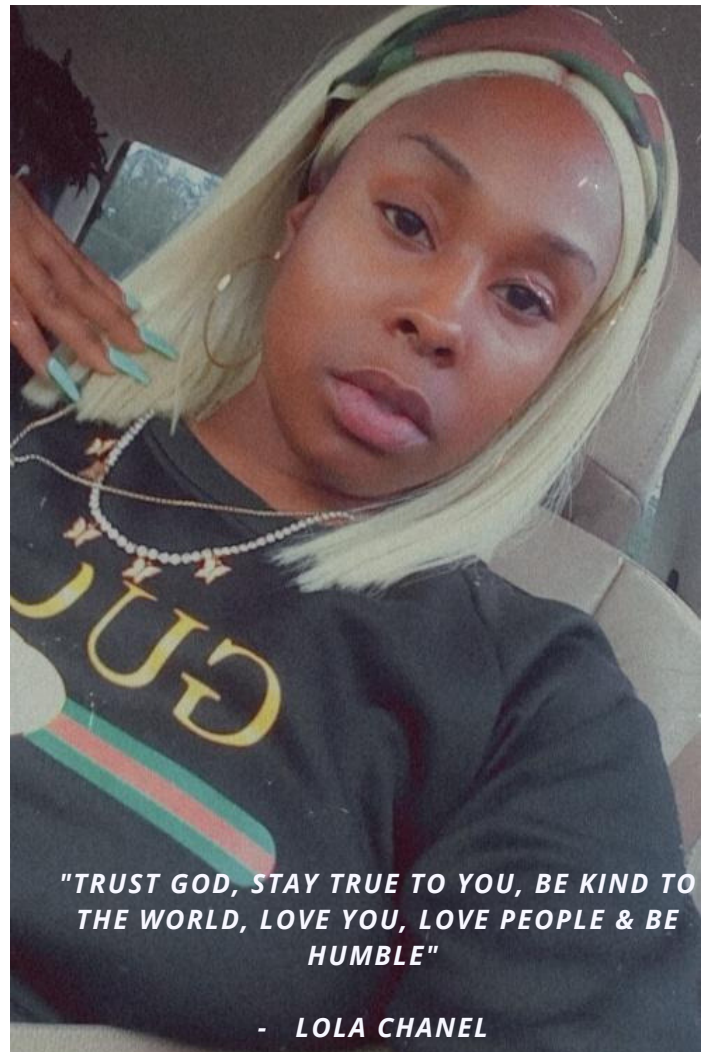
FB: CHA'NEL TORI'EL

IG: CHANELTORIEL

SNAPCHAT: LOLACHANEL2

WEBSITE: WWW.CTORIEL.BIGCARTEL.COM

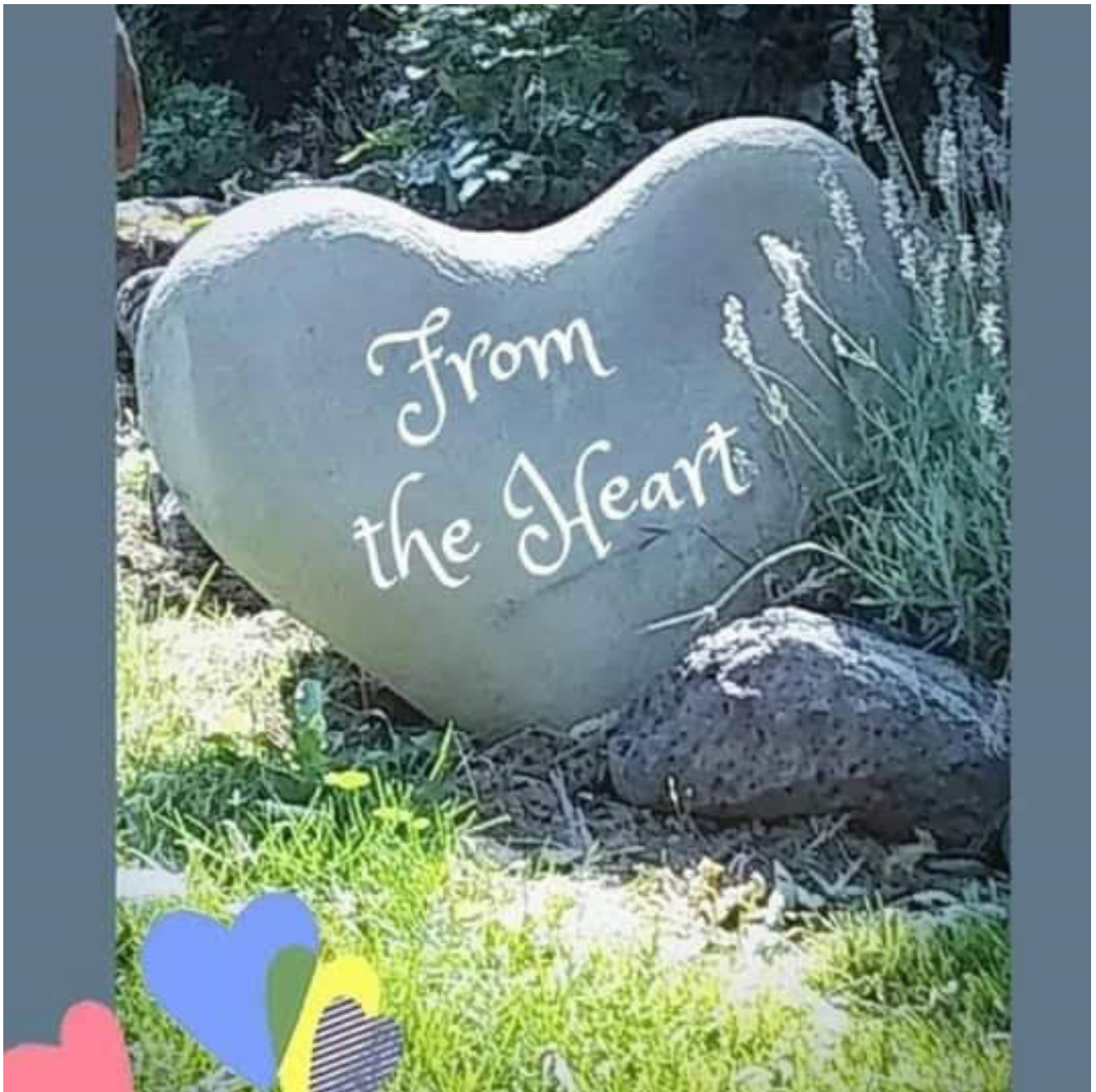
EMAIL:CHANELTORIEL@GMAIL.COM



"TRUST GOD, STAY TRUE TO YOU, BE KIND TO THE WORLD, LOVE YOU, LOVE PEOPLE & BE HUMBLE"

- LOLA CHANEL

Becoming an Author : Mary Starnes



I would never have thought it was possible for me to become an Author. The truth be known had it not been for my best friend and sister in Christ TY Washington, I would not have become an Author because she was the one who convinced me to write a book. You see, I never thought that anyone would be interested in what I had to say!

My biggest inspiration for writing my book was that I really wanted to help other people who have been molested or who knows someone who has been sexually abused who needed to know that there really is light at the end of the tunnel and that you can have a good life even after having been abused in such a horrible way!

I also wanted to reach out to those who have been to prison even if it was more than just once so that they also could see that there is hope of having and living a normal life after you get out of prison.

Using being an Author as a platform is a way to reach more people more quickly and at one time. For so many years many people wouldn't talk about such things as being molested. I feel that it is time for the victims of child abuse and child molestation to speak out and be heard and to realize that they don't have to be victims anymore and that they don't have anything to be ashamed of. The only way to heal and to grow is to get all of the anger and bitterness out of you and the only way to do that is to talk about it.

As a Victim of child abuse and sexual abuse I remained silent for many years and because of that it ate me alive like a cancer and it took control of my life. I ran away from home at a young age and I became a drug addict and I went to prison 4 times because I didn't ever learn to love myself or how to deal with the feelings that I had deep inside of me. I was an addict for 30 years and now because I found God in my life and learned how to deal with the anger, the bitterness and the pain that I had inside of me for so long,

I now have been clean for 10 years and for once in my life I love myself. Imagine that it took me so many years to realize that I am a loveable person and that I was capable of loving others! I will never be able to forget what happened to me or forget what I went through but I can now use what I went through to help other people who are going through it and show them that with help and the love and understanding of others who have been in their shoes that there is hope for a better future and a better life! We must not allow those who victimized us to win by allowing ourselves to self destruct. They don't deserve the power to destroy us and our lives!



I want to encourage others to take their power back. I also want men and women who have been in prison to know that just because you have been in prison it doesn't mean that you are bad or that you are worthless. It doesn't matter if you have been to prison once or 4 times, it is NEVER too late to change your life. You have Worth and value and as long as you are alive there is hope for you to change your life.

If you think my book could help you or someone you know or love the name of my book is "From the heart " by Mary Starnes and is on sale through Amazon.

I am adding a picture of the cover of my book as there is a Mary Starnes with a book by the same name. Good luck and may God bless you always!



Taashaa Hayaat

WHOSE TALENTS GO BEYOND ACTING!

ACTRESS, SINGER, FASHION & FITNESS MODEL

TAASHAA HAYAAT IS AN INDIAN PROFESSIONAL FITNESS MODEL/ACTOR/SINGER BASED OUT OF THE FINANCE CAPITAL OF INDIA, MUMBAI. SHE STARTED HER CAREER AT AN EARLY AGE OF 17 AS A MODEL, AND WON A BEAUTY PAGEANT 'LAKME STYLE DIVA WEST BENGAL'. SHE WORKS FOR SEVERAL BIG BRANDS AND IS MULTI TALENTED. SHE IS A FASHION & FITNESS INFLUENCER AS WELL AS A MOTIVATIONAL SPEAKER. SHE LOVES TO DO SOCIAL SERVICES FOR HER COUNTRY AND PASSIONATE ABOUT HUMANITARIAN CAUSES. SHE DIDN'T LIMIT HERSELF AS A MODEL AND WENT ON TO TRY HER LUCK AS A SINGER AND ACTRESS TOO.

**DADA SAHEB PHALKE ICON AWARD WINNER 2019
FMBAF GLOBAL EXCELLENCE AWARD WINNER 2018**



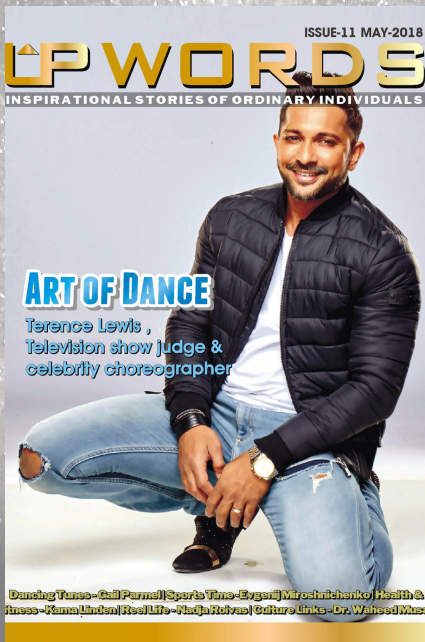
FESTIVE ETHNICS GET A MODERN INTERPRETATION



THE FESTIVAL OF BRIGHT LIGHTS, COLOURS, GAIETY IS ALMOST HERE, WHEN THE COUNTRY PUTS ITS BEST FOOT FORWARD – AND THIS YEAR IS NO EXCEPTION AS INDIA DECKS UP AND GETS READY TO MAKE A STYLE STATEMENT. LADIES, WE KNOW THE DEMANDS OF GOING TRADITIONAL DURING THE FESTIVE SEASON. IN THESE TIMES OF THE GOVERNMENT-MANDATED LOCKDOWN, WE ARE RESTRAINED TO CELEBRATE WITH OUR FRIENDS AND FAMILIES. BUT, AS THE OCCASIONS DEMAND, WE WILL ADORN OURSELVES TO BRIGHTEN OUR MOOD AND HOPEFULLY PAUSE THE EXISTENTIAL CRISES WE ARE COLLECTIVELY GOING THROUGH TOGETHER.

AT A TIME WHEN EVERYONE RIGHT FROM DEEPIKA PADUKONE TO KAREENA KAPOOR SEEMS TO BE SWEARING BY THE CHARMS OF THE SARI, THE FESTIVE SEASON IS ENABLING THE WEARERS TO TRY THAT LITTLE BIT MORE. THE SEASON USED TO BE ALL ABOUT GOING ETHNIC BUT NOW, PEOPLE HAVE STARTED EXPERIMENTING WITH THEIR LOOKS, SAYS CELEBRITY SAREE STYLIST, DOLLY JAIN. “LIKE WEARING SARIS WITH PANTS, DENIMS OR PALAZZOS,” SAYS SHE. “A SUBTLE TRANSITION FROM INDIAN TRADITIONAL CLOTHING TO INDO-WESTERN SILHOUETTES HAS BEEN IN VOGUE. STYLE IT WITH A CROP TOP OR T-SHIRT AND BRING A COMPLETE WESTERN LOOK TO THE EXISTING TRADITIONAL LOOK.” “YOUNG GIRLS SHOULD HAVE FUN WITH THE SARI. BY DRAPING IT IN INNOVATIVE WAYS, THEY CAN MAKE A SARI SUIT THEIR SILHOUETTE AND GET OVER THE MIND-SET THAT IT’S AN OLD WOMAN’S ATTIRE – YOUNGSTERS ARE NOW OPEN TO EXPERIMENTING WITH THE CHOLI – BE IT OFF-SHOULDERS, FLOUNCES OR RUFFLES. PAIR IT WITH AN EMBROIDERED OR PLAIN SARI AND ACCESSORISE THEM WITH BELTS AND JACKETS”, SAYS DOLLY. WHILE CONTEMPORARY DRAPES SERVE AS KEY INGREDIENT FOR FESTIVE OUTFITS THIS SEASON, JEWELLERY IS ANOTHER ELEMENT THAT DESERVES SPECIAL ATTENTION. CALL IT THE INSTAGRAM EFFECT, BUT EVERYTHING VINTAGE IS SUDDENLY DESIRABLE WHEN IT COMES TO FASHION. FISH OUT THOSE EXQUISITE PIECES OF JEWELLERY THAT YOU’VE PREVIOUSLY LOOKED AT WITH NOTHING BUT AMUSED SCEPTICISM. GO THE INTENSE COURSE WITH SPLENDID, SPARKLY GEMSTONES– THINK RUBIES, EMERALDS, SAPPHIRES AND EACH DIAMOND POSSIBLE...PULL OUT ALL THOSE EXQUISITE HEIRLOOM PIECES OF JEWELRY AND ENJOY DOLLING UP YOURSELF.

PAST ISSUES



Website:

<http://upwordsmagazine.mystrikingly.com>